



# LENT

## Season of Renewal

HARPER CHAPEL  
MARCH 2026

### *A Note from Pastor Eric*

Lucky?

Do you believe in luck? As we enter March and St Patrick's day, I think about luck a little bit. There is the search for a four-leaf clover that is supposed to bring you luck. Even sitting at a breakfast table, you can eat a cereal with a leprechaun on it called "Lucky Charms." We even talk about the "Luck of the Irish" or "Lady luck." You might even have a famous line from the movie Dirty Harry come to mind "you've gotta ask yourself one question: "Do I feel lucky?" Well, do ya, punk?"

As Christians, we must ask ourselves what we believe about luck. The bible doesn't contain the word luck. The concept of luck is not articulated as a concept that guides or interferes with human life. The author of Ecclesiastes weighs in on this idea of luck to an extent "Again I saw that under the sun the race is not to the swift, nor the battle to the strong, nor bread to the wise, nor riches to the intelligent, nor favor to the skillful, but time and chance happen to them all." (9:11 NRSVUE) God is the author of everything that happens and therefore it is not luck that is involved but divine providence perhaps. It is hard to explain the outcome of some

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*(Continued from page 1)*

many things in life that seem very unfair or even unlucky. Why does one person seem to have so many problems in life who is a believer and a non-believer seems to have everything go right in life? These types of situations and questions cause theologians and philosophers quite a quandary.

So how is it that we deal with all this randomness in life? For me I have to say that I am so small in comparison to the whole of human history, let alone the history of the universe. My comprehension of the how and why everything happens so thin. As a person of faith, I have chosen to acknowledge

*Pastor Eric*



## Lenten Services

During the season of Lent, we are once again participating in ecumenical worship services on Wednesday s at noon. We hope you are able to come and have your faith strengthened as we worship with fellow believers at the lake. When we host, we need volunteers to help us be gracious and hospitable host. Please sign up in the narthex for a variety of ways to help.

February 25 @ Harper

March 4 @ Faithbridge

March 11 @ LOCC

March 18 @ Harper

March 25 @ Faithbridge

April 1 @ LOCC

10AM



Faith & Discussion  
Room 203 - 11:10 AM

2<sup>nd</sup> Sunday of Each Month  
2PM



## *Bible Study*

During Lent, Bible study will be from  
10AM-11AM on Wednesdays.



## PRAYERS & CONCERNS

Pastor Eric tells us each Sunday we are a people of prayer. Did you know we have a prayer team that is here for you anytime you need us? The Harper Prayer Team has been in place for about a year.

### How do you request prayer?

- 1.Fill out a prayer card in the pew and place it on the alter during communion or give it to Pastor Eric.
- 2.Call or text Pastor Eric or Sue Fletcher (573-480-2788)
- 3.Call the church office.

Unless you specify otherwise, your prayer request will remain confidential to the prayer team only. You can also ask that you request to remain only with Pastor Eric. If you want church-wide prayer, you can ask that your request be placed in the newsletter. Typically either Pastor Eric or Sue Fletcher will be in touch with you regarding your request. I hope you will consider reaching out for prayer. It is not even necessary to state the details of your needs. God knows and we will pray for his comforting arms to hold you.

### Harper prayer team:

Sue Pierce, Carol Weatherford, Carolyn Moore  
Linda Craig, Beth Hargrave, Chris Poland  
Robyn Roehl, Jannette Smith, Helen Schmidt  
Eric Schmidt, Sue Fletcher

### ***2 Corinthians 1***

***“He is the one who comforts us in all our trouble so we can comfort other people who are in every kind of trouble”.***



## PRAYERS & CONCERNS

Ed Conklin

## "Blessed are the Meek"

I wrote last month about focusing on the upcoming Lenten season and things we could do to more mirror Christ. One way was to fast. To give up something we typically do as a vanity (e.g., electronic entertainment, a favorite food or drink) even if it was for an hour a day. We also can show how we can give that vanity, item or time to someone in need as a sign of giving or sharing. And listening to Christ. This is called the Three Pillars of Lent or "reorienting" toward God.



### Wesley's "Holiness of Heart and Life"

- Methodism's founder, John Wesley, emphasized that personal and social holiness are inseparable. For men, this often manifests as:
- **Self-Examination:** Identifying "roadblocks" in their relationship with Christ and others.
- **Repentance and Reconciliation:** Seeking forgiveness from those they have harmed and reconciling strained relationships.

#### Identity and Pilgrimage

- Lent is often framed as a **40-day journey** toward the cross, mirroring Jesus' time in the wilderness:
- **The Way:** Exploring what it means to follow Jesus as "The Way" and navigating life's challenges with faith.

The United Methodist Men will meet  
Thursday, March 26 at 6 pm with dinner.  
Guest presenter will be Colonel Josh Campbell with the



Harper Ladies will meet at Thompson Hall on  
Thursday, March 12 at 2pm.

Coffee, tea and dessert will be served!

All women are welcome to join in conversation and a devotional.



# THE HEALING POWER OF NATURE



I have long been a proponent of spending time in nature as part of an integrative health plan. Even a small amount of time spent outdoors can physically, mentally, and spiritually impact health positively. “The impacts of the natural environment on human well-being have been considered in many ways for thousands of years”, according to

Dr. Gregory Bratman, an assistant professor at the School of Environmental and Forest Sciences, University of Washington. ”

From landscape aesthetics to healing gardens in hospitals , ecotherapy(connecting with nature) is as effective as traditional psychotherapy in lowering stress, anxiety, and depressive episodes.” Multiple studies have shown that patients who had a room looking out on nature got out of the hospital after surgery a full day earlier than those that looked at a brick wall.

“People worldwide are becoming increasingly disconnected from nature as they spend up to 90% of their time inside buildings and vehicles,” Dr. Bratman added. The health effects of green space are wide-ranging, and studies that can’t prove cause-and-effect still show strong associations between access to nature and longer, healthier lives. A recent study in Environmental Health found a 12% lower mortality rate in people who live in close proximity to green space, with the biggest improvements related to reduced risk of death from cancer, lung disease, and kidney disease.

Research has shown that immersing oneself in nature lowers cortisol (a major stress hormone); reduces heart rate and blood pressure; bolsters immunity; improves sleep, mood disorders and mental health; reduces obesity and diabetes.

Our bodies are designed to get vitamin D from nature , instead of from a pill, and 10-15 minutes of sunlight per day can provide ample vitamin D, which helps your body absorb calcium and promote bone growth. Also, vitamin D has many protective effects against a lot of diseases and conditions like cancer, heart disease, obesity, mood disorders, and muscle weakness.

Being around trees and plants, which emit chemicals called phytoncides, stimulates the immune system to increase our resistance to viruses and germs. Phytoncides are airborne chemicals that trees and plants emit to protect them from bacteria, fungi, viruses, harmful insects, and rotting, which also seems to benefit humans. Cedar, oak, locust, pine trees, garlic and onions all emit high amounts of phytoncides, and phytoncides are also found in varying amounts in fruits and vegetables.

Reaping the benefits of nature can be as easy as spending time in your own backyard. The Missouri Department of Conservation recommends taking a dose of nature at least once a day , whether that be through gardening, walking, or biking, or taking a few minutes to sit outside or beside a window looking out on na-

*(Continued on page 8)*



(Continued from page 6)

ture scenes. Exposure to nature 30 minutes or more daily, can help you reap physical, mental, spiritual, and emotional benefits, as well as an increase in your energy level. Also, during this time of social distancing, the research is clear that connecting with others outside is safer than connecting inside, as it reduces the chance of viral transmission.

Do your overall health a big favor by immersing yourself in nature this spring and enjoying the scenic wonders the Lake of the Ozarks area has to offer.



Lunch at  
Bear Creek Valley Golf Club  
Monday, March 19  
11:30 AM

RSVP to Robin Roehl



910 State Hwy. 42  
Osage Beach

Harper Chapel  
January 2026 Financials



INCOME

Tithes & Offerings	\$10,371.26*
Forrester Dividend	\$18,623.93**
Other Income	\$ 627.00
Total Income	<u>\$29,622.19</u>

\*Reporting for 3 Sundays only; Closed January 25 due to inclement weather.

\*\*Annual dividend from Thomas Forrester Trust

Financials are available for review on the Leadership Bulletin Board.

EXPENSES

\$23,344.63

NET INCOME

\$6,277.55



# March

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Worship Service 10AM Bells Faith & Discussion - 11:10AM Room 203	2	3 Brainstorming w/Pastor Eric 9AM	4 Bible Study 10AM-11AM Lenten Service - Noon Faithbridge - Pastor Eric "Healing of a Nobleman's Son" John 4	5	6	7
8 Worship Service, Choir 10AM Faith & Discussion - 11:10AM Room 203 Stonebridge Worship - 2PM	9	10	11 Bible Study 10AM-11AM Lenten Service - Noon LOCC - Pastor Ben "Healing/Invalid for 38 Years" John 6	12 Harper Ladies 2PM - Thompson Hall	13	14 Men's Breakfast - 8AM  God's Closet Noon-3PM
15 Worship Service, Choir 10AM Faith & Discussion - 11:10AM Room 203	16 JOY Lunch - 11:30AM Bear Creek Valley O Golf Club	17 Brainstorming w/Pastor Eric 9AM	18 Bible Study 10AM-11AM Lenten Service - Noon Harper Chapel - Pastor Ron "Feeding 5000" John 6	19 UMM Men 6PM With Dinner	20	21
22 Worship Service 10AM Faith & Discussion - 11:10AM Room 203	23	24 Leadership Committee 6:30PM Room 203	25 Bible Study 10AM-11AM Lenten Service - Noon LOCC - Pastor Eric "Healing Man Born Blind" John 9	26	27	28
29 Worship Service 10AM Bells Faith & Discussion - 11:10AM Room 203	30	31 Brainstorming w/Pastor Eric 9AM	Bible Study 10AM-11AM Lenten Service - Noon Faithbridge - Pastor Ron "Raising Lazarus from the Dead" John 9			

*Blessed is he who comes in the name of the Lord. Psalm 118:26*  
*From the house of the Lord we bless you.*

## Our March Birthdays

Harold Harvey	2nd
Janie Hamner	8th
Carol Gentry	11th
Stepheni Grass	14th
Geniece Tyler	20th
Dan Beffa	24th
Deryl Roberts	29th
Terri Sager	30th

