



News from the Pews

February 25, 2018

Benefits of Living Loving-Kindness

Besides being biblical, there are physical and emotional benefits to random acts of kindness. Kindness creates emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a “cardio-protective” hormone. It protects the heart by lowering blood pressure.

When we give of ourselves, especially if we start young, everything from life satisfaction to self-realization and physical health is significantly improved. Mortality is delayed, depression is reduced and well-being and good fortune are increased.

The moral of the story is to be kind and do kind acts for others. You can benefit your heart, reduce anxiety, lower blood pressure, and simply be a happier human being. Who wouldn't want that?

Worship Services During Lent

Palm Sunday Services: Sunday March 25, 8:30 and 11:00am.

Maundy Thursday: Thursday, March 29, 7:00pm. Maundy Thursday service with Last Supper drama.

Good Friday: Friday, March 30, 7:00pm worship service with “The Passion According to St. Mark” presented by the Chancel Choir.

Easter Morning Services: Sunday, April 1
Easter Worship at 6:30, 8:30 and 11:00am.
Easter Breakfast at 9:30am in Corry Hall.

PRAYERS *We have a designated, focused, prayer team that intentionally brings the concerns of the congregation before the Lord. If you would like someone added to the prayer list, or if you would like to be a part of this essential ministry, please contact the team by emailing us at clarendonprayerteam@gmail.com or calling the church office.*

YOUTH GROUP- TONIGHT: Sunday, February 25, 6:00pm, Youth Room.

We have three members of the Arlington County Police Dept. attending! There will be sharing stories about their lives in law enforcement and law enforcement in Arlington County, as well as answering any questions. This is an evening you won't want to miss.

CUMC YOUNG PROFESSIONALS HAPPY HOUR: Tuesday, February 27, 6:00-8:00pm, Clarendon Grill.

CHURCH COUNCIL: Wednesday, February 28, 7:30pm, Corry Hall.

All are welcome.

THOMAS PANDOLFI IN CONCERT: Saturday, March 3, 7:30pm, Sanctuary.

Hailed for his passionate artistry and amazing technique, Thomas Pandolfi will present a solo piano program and a reception will follow. Admission is free, however a free-will offering will be collected. Join us and bring a friend for this exciting program!

FAITH, FOOD AND FELLOWSHIP: Thursday, March 8, 12:00 noon.

Chris Teale, editorial staffer from local online newspaper, *Arlington Now*, will speak about how they differ from other news distributors.

CUMC BOOK CLUB: Tuesday, March 27, 7:30pm, CUMC Library

We will be discussing *Half the Sky: Turning Oppression into Opportunity for Women Worldwide* by Nicholas D. Kristof and Sheryl WuDunn, Pulitzer Prize winning journalists. This book is a passionate call to arms against our era's most pervasive human rights violation: the oppression of women and girls in the developing world.

*****Easter Flowers:**

Beautiful hydrangea plants will grace our altar on Easter Sunday. You can honor or remember special people in your life by sponsoring a plant. Each plant costs \$15. Plants can be taken home after the 11:00 service on Easter Sunday. Look for an order form in the Sunday bulletin during the next two weeks. Orders will be due in the Church office (or offering plate) by Tuesday March 13th.

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