

Clarendon Happenings

The Prayer Labyrinth Is a Great Way to Begin Lent

Begin your Lenten journey with a walk through the prayer labyrinth. Praying with a labyrinth is a form of walking meditation, a physical expression of the interior journey towards Christ. It gives us time and space to listen and respond to the Lord.

The labyrinth (borrowed from Messiah UMC, Springfield) will be available in Corry Hall through 6PM today.



Join Us for a Pancake Breakfast TODAY!

Support Our Youth & HIBS!

Today, after the worship service, our youth will be hosting a Pancake Breakfast in the Praise Room. This is more than just a delicious meal—it's an opportunity to make a difference.

All proceeds from the breakfast will go toward the HIBS Fully Funded Campaign, supporting students at Honduras Independent Bilingual School (HIBS). Every dollar raised helps provide education, resources, and opportunities for children in Honduras who need our support.



Our youth are working hard—not just in fundraising but in service—to ensure these students have access to life-changing education. Let's show up for them the way they are showing up for others. So come hungry, enjoy some pancakes, and be part of something bigger than breakfast! Together, we can lift our youth and transform lives. See you there!

Invitation to a Support Gathering for Federal Workers - TODAY

Finding Peace in Uncertain Times

To our valued federal workers,

We recognize that these times can bring uncertainty, stress, and anxiety. Whether you are facing job-related challenges, financial concerns, or simply the weight of the unknown, you are not alone. We invite you to join us for a Support Gathering — a space to breathe, share, and find encouragement among others who understand your journey. This will be a time of community, prayer, and practical support, where you can connect, reflect, and find strength together.

On **March 9th**, right after the worship service, grab some breakfast from the youth and head over to room 311.

Come as you are. Whether you wish to speak or simply listen, this is a place for you to be heard, uplifted, and renewed.

For more information, contact Pastor Nilse (nilse@clarendonumc.org)

You are not alone—we are in this together.

Leadership Board Meeting Today

The March Board meeting will be today at 11:30AM in Room 301, with the public open session ending at approximately 12:45PM. Board meetings are open for members of the congregation to attend and observe, except for closed portions dealing with staff-parish relations and other sensitive topics. There will be a public comment period at the end of the open session for member observers to comment or ask questions. As a reminder, the Board has set up a folder in the CUMC Google Drive for interested church members to view general Board information, financial information, meeting minutes, reports, records of decisions, etc. Access to this folder is restricted to CUMC members and approved individually in response to email requests. Members are able to view the contents, not edit or change them. If you would like access to this folder, or if you have any questions, please email the church office (office@clarendonumc.org).

A call for courageous resisters & moral leaders by Rev. Dr. Annemarie Mingo

Tuesday, March 18th 7pm ET, Zoom event

Join United Women in Faith for an informative and inspiring lesson in history and theology from Rev. Dr. AnneMarie Mingo. Her lecture, "A Call for Courageous Resisters and Moral Leaders," will present selections from her extensive research on Black Church women's leadership in the Civil Rights Movement. See the Friday newsletter for more information.

Enjoy Our Lenten Playlist

As part of our Lenten series, our choir director has put together an expanded music playlist that relates to each week's scripture readings and lessons. Please enjoy the music as you meditate, learn, and observe a holy Lent. You can find the playlist on Clarendon UMC's Youtube channel (@clarendonumc). Select "Playlist" at the top and click on "Steadfast Love: A Lenten Playlist." This week's song is "**Rise Up**" by **Andra Day**: https://youtu.be/hmHfo_3EGFA?si=Ao1WbkBvG7kRqbWw. See the Friday newsletter for more information and the full playlist.

Door Codes

Clarendon UMC's doors remain locked and secure during the week and are only unlocked for Sunday morning worship and special events. All other times, you may only gain access using your door code. If you are a member or regular attendee, you are eligible to receive a code so that you can attend other events. Please contact Fran Underwood at office@clarendonumc.org to request a code.



Church office hours: Mon - Thurs, 9AM - 2PM 703-527-8574 or office@ClarendonUMC.org

Items for the Friday email/Clarendon Happenings are due by Noon on Wednesday.

Please submit all calendar and room requests to Fran Underwood at the office email.



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Church Center app



www.clarendonumc.org



Youtube - Clarendon UMC

AmplifyMedia.com - Church code: **WSRTFZ**