



Jefferson United Methodist Church  
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ADDRESS SERVICE REQUESTED

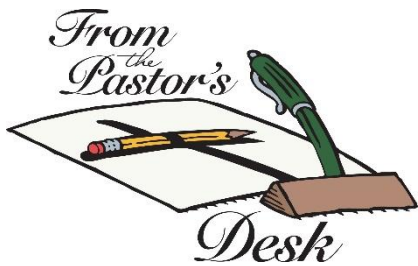
**Office hours are 8:30 - 2:00 M-F**  
**Lunch: 11:30 – 12:00 daily**

**Our Mission: To make disciples of Jesus Christ for the transformation of the world.**

**July, 2023**

**Volume 106**





*“Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. <sup>29</sup> Put on my yoke and learn from me. I’m gentle and humble. And you will find rest for yourselves. <sup>30</sup> My yoke is easy to bear, and my burden is light.”*  
~Matthew 11:28-30 CEB

Blessings to each of you! Many of you are reading your newsletter in your homes...perhaps at the kitchen table or from your favorite armchair. It is nice to be surrounded by the familiar or by what makes us feel safe. Sometimes, those surroundings are what carry us through in dark or wearisome moments. Many are having those moments. Not all, but many. Whatever you may be experiencing, I pray this passage offers hope for at least one person that might be struggling, worried, or who are just plain tired. I sit here writing this article before I go on vacation. My body is depleted of strength, my ability to think and do all that needs to be done can't come to fruition. My body, soul, and spirit are crying out for that message of comfort and safety. I take solace in knowing that in the midst that in all that is happening, I have a chance to connect with Christ in space of rest and Sabbath. It is so essential that we all find these moments where we realize that whatever heavy loads we carry, our Creator tells us that we do not bear the burden on our own.

Yet, we try. We try to lift the world on our shoulders. We think doing it all is an exemplar, and it should not be! We are meant to help bear the burdens of those around us. We serve as Christ to each other and for each other. When we help each other, the yoke, burdens, the seeming weight that is on us becomes lighter. When we don't carry everything, there is strength to serve and love others in the way that was intended: as the body of Christ, the community of believers, and as a family connected to the kin-dom. In this season, when there seems to be so much divisiveness and separation, we are called to work together. Let's listen to each other. Let us bear one another's burdens. Let us remember we don't have to carry the world on our shoulders. Brother, I pray you feel the lightness of Christ's yoke. Sister, I pray you find rest amid pressures and expectations. Family of God, may we know that there is no 'perfect;' or 'just right.' Instead, let us find our perfection in Christ and the surety that Christ's love carries us through in those moments that overwhelm. This is my prayer for you; this is my prayer for me. This is my prayer for us.

Holy One, in the moments that seem too much; give strength. Bathe us with Your gentleness and humility. Help us to support and lift one another. Remind us to give each other grace and love, even when we perhaps may be unsure of how to so do. Invoke and enliven your Spirit that we may be emboldened to live as your kin-dom, knowing that we do not all have to agree with one another, but rather, we are charged to all love one another. Thank you, O Lord for support and for a love that carries us, especially when we cannot carry ourselves or one another. Amen.

Blessing to each of you, and may God grant strength and rest. Find comfort in God!

Peace,

Pastor Lizzie



# JULY BIRTHDAYS

2	Brian Pakkla
3	Helen Ferraro
5	Dennis Marlow
6	Bonnie Kennedy
7	John Patterson, Jr
9	Marian King
10	Gretchen Litwiler
11	Matt Allen
12	Greg Hamper, Jr.
13	Dominic Hodgkinson
14	Josh Hamper
17	Sandy Claypool
19	Amy Spencer
	Noah Nelson
21	Vivian Ford
	Fred Ebersole, Sr.
30	Shannon Markley
31	Kathy Housel



# Notes of THANKS

To the Chancel Choir:

Thank you so much for the surprise at our end-of-season gathering! I really appreciate all of the wonderful gifts and I LOVED your letters.

This is such a faithful, hard-working (and sometimes crazy!) group. There was good music, lots of laughter and love. I will always have fond memories of our time together.

Sherry



To the Praise Singers and Band:

You have been such a good group to work with over the last several years. It has been a privilege to serve with so many talented people. Your flexibility and willingness to try anything gave me such freedom to be creative with our music!

I am grateful for the opportunity to get to know each of you as we worked together in this special ministry.

Thank you so much for your wonderful gift. It will be quite a special treat!

Sherry



To Pastor Lizzie and JUMC:

Thank you so much for the spectacular sendoff on my last Sunday!! The outpouring of love and good wishes was overwhelming. I so appreciate your kind words, beautiful cards and very generous gifts.

I would like to extend a special thank you to several people who were a significant part of my music service:

Ruth Rea: We have been musically “in sync” from the very beginning. It has been a joy to make music together.

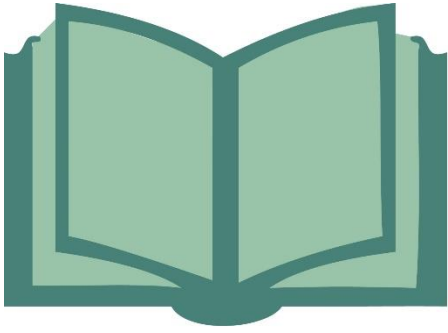
Mark Brail: For many years, Mark has been my “right hand man” with the praise band. His support, encouragement and musical input has been invaluable.

Rob Ebersole and tech crew: As leader of the tech team, Rob puts in a lot of time and effort to continually improve our system. Although the sound and camera people work behind the scenes, they are an integral part of the music ministry and I appreciate their faithfulness.

JUMC is a church that really values and supports the music ministry. It has truly been my pleasure and privilege to serve God and this church for so many years.

Sherry





## Book Recommendation

As our Thursday morning Women's Bible Study looked more closely into the lives of Sarah and Hagar, our study reminded me of this excellent book that made its way to my Top 20 Spiritual Book list several years ago. It's written by Anne Graham Lotz (Billy Graham's daughter) and titled "Wounded by God's People." It's available at Christian bookstores and of course, Amazon. Below you will find a description of the book.

*Tucked into Abraham's biography is the story of Hagar, a young Egyptian slave with whom Abraham had a son named Ishmael. Hagar stood out because she was wounded--not physically, but in ways that were as emotionally and spiritually painful as any injury to a body would be. Some wounds were provoked by her own bad behavior, but others were inflicted by those who considered themselves God's people.*

*As Hagar's story unfolds, you will discover that wounded people often become wouunders themselves. While Anne identifies with the wounded, the unpleasant reality is that she also identifies with the wouunders, because she has been one, too. She knows from experience that wounding is a cycle that needs to be broken. And by God's grace, it can be.*

*Many have had similar experiences. And perhaps you are among those who have been so deeply hurt that you have confused God's imperfect people with God. Maybe you have even run away from God as a result. Or perhaps you have been a wouunder to the extent that you are living in a self-imposed exile, believing you are unworthy to be restored to a warm, loving relationship with God or with God's people.*

Laurie Krieg



**BOOK  
CIRCLE**

**July**

Lessons in Chemistry by Bonnie Garmus

July 13 at noon at Lorna Westlake's. Please join us & bring your lunch!

**August**

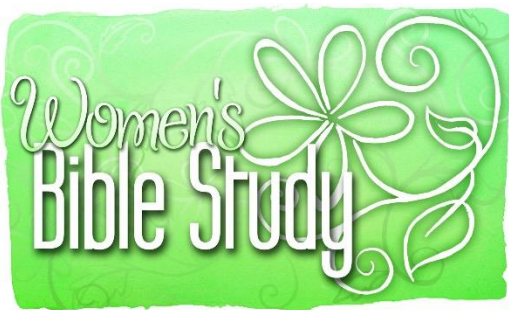
The Measure by Nikki Erlick

Please join us & keep reading!

# SUSANNA'S CUPBOARD

Have you ever wondered who fills Susanna's Cupboard every morning? People just like you do that. On weekdays, they come to the church during office hours and load the cart from a list on the wall in Susanna's storeroom. They push it out to our front entrance, where the cupboard stands, and arrange the food inside.

If you would like to be the person to load the cupboard for our hungry visitors, just call 440-479-8252 for information. We need workers for Tuesday and Wednesdays.



## Women's Study Continues Throughout the Summer

We are continuing our Thursday morning, 10:30-12:00 Women's Bible study throughout the summer. We are studying women of the Old Testament and the beauty of this study is you can come and go on any Thursday that fits your schedule and it doesn't involve much reading.

Pre-read the scripture and bring your Bibles. If you're interested in the book we're using, it's a Life Guide study, "Women of the Old Testament," by Gladys Hunt, \$12 at Amazon or Christianbooks.com, but the book is not required reading.

Here's who we will be studying and the Scripture we will go deeper into.

- July 6 Ruth: The Cost of Loyalty (Ruth 1-2)
- July 13 Naomi: Sadness Swallowed up by Joy (Ruth 3-4)
- July 20 Hannah: From Misery to Praise (1 Samuel 1:1-2:11)
- July 27 Abigail: A Levelheaded Woman (1 Samuel 25:2-44)
- Aug. 3 The Shunammite Woman: Taking Initiative (2 Kings 4:8-37)
- Aug. 10 Esther: Captive in a Strange Land (Esther 2-4)
- Aug. 17 Esther Part 2: Courage to Act (Esther 5:1-8; 7-8)
- Aug. 24 The Model Woman: A Portrait of Excellence (Proverbs 31:10-31)

Questions, call Laurie Krieg at 440-858-3884



## Verse of the Day

Such knowledge is too wonderful for me; it is so high that I cannot attain it.

- Psalm 139:6

## Voice of the Day

Do not now seek the answers, which cannot be given to you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.

-Attributed to Rainer Maria Rilke

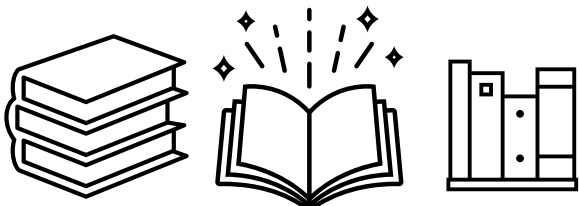
## Prayer of the Day

Lord, teach us to be content with mystery. May we live peaceably with our questions.



### JUMC LIBRARY

Have you seen the mobile book giveaway? It is about to be moved, so watch for it! Good stuff there.



Did you know that any person who qualifies for Manna Food Pantry assistance can ask for delivery service when they are no longer able to drive, too ill to leave the house, or other limitations that keep them from picking up the food they need? Volunteers take the orders for them over the phone, pack the requested items and deliver them at no cost.

Who are these food heroes? People just like you, who have one hour to spare on the second and fourth Thursday of each month. To be added to the list (and fitted for your hero cape...just kidding) call 440-479-8252 and check it out.



Manna is having a chicken fajita special for July. We are

asking for help in supplying taco shells, Spanish rice, corn, and for dessert, Cookie mix. You make our job easier, when you help to supply this special which we give to approximately 100 families. Thanks for all you do.

Lorna

## THANK YOU

I want to thank everyone who prayed, sent cards, phoned, emailed, hugged me or provided food during my husband Duane's hospitalization (8 weeks) and after his passing on May 28, 2023. We are planning a memorial service for Duane in August after our son COL Tim Woodruff returns home from his deployment in the middle east. The people of JUMC have been a blessing to me. Again, thank you.

Sincerely,

*Hannah Jo Woodruff*



**In anticipation of our fall programming starting back up, we are recruiting new members for our praise team!!!**

**If you are interested in joining the worship praise team or are already involved, please plan to join us for a meeting immediately following Family WOW (about 7pm) on Thursday, July 20<sup>th</sup>.**



### JUMC "General Fund" Monthly Summary through May 31, 2023

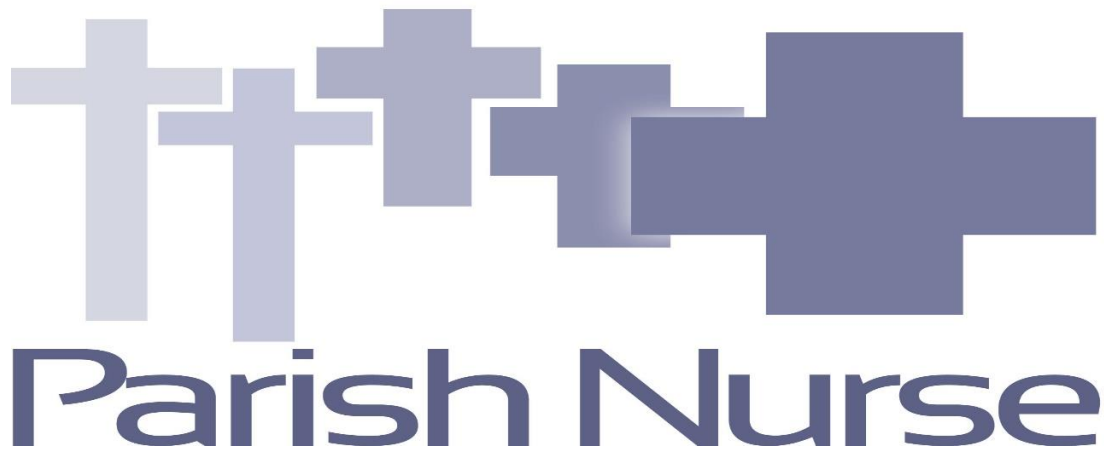
Monthly Budget	\$29,718
Average Monthly Contributions	\$23,554
Average Monthly Expenses	\$24,645
"Shared Ministries" (Conference Apportionments) Paid*	41.7%

### JUMC "Building Fund" Summary as of May 31, 2023

Total Expenses (Phases 1-3 plus new entrance driveway)	\$660,344
Paid to Date	\$515,344
Congregational Loans ( <i>Payable by 12/31/2024</i> )	\$80,000
Congregational Loans ( <i>Payable by 12/31/2027</i> )	\$65,000

The August newsletter will be delayed until August 4<sup>th</sup>.





## End of Life Care Planning

Thinking about or talking about care planning for serious illness can be difficult and is something we'd rather not think or talk about. That proverbial "head in the sand" approach doesn't help us if we need to have such a conversation. Please think about this: **Do you have a Health Care Power of Attorney?** (This is not a financial power of attorney.) Or: **Do you have a Living Will?**

"We can't plan for everything. But we can talk about what is most important – in our life, and in our health care – with those who matter most": this is an excerpt from the following article, found at this link.

[Your Conversation Starter Guide \(theconversationproject.org\)](http://theconversationproject.org). [Having this conversation is one of the most loving things you can do for those closest to you.](#)

If you have questions about related medical terms, see this document: [Advance Care Planning: Health Care Directives | National Institute on Aging \(nih.gov\)](http://nih.gov).

Advance Directives include Durable Power of Attorney for Health Care and Living Will - they are separate documents that do different things. These are available online, are free and an attorney is not required to complete these health care documents. I have the forms readily available and will be glad to meet with you and your family member at your request for a personal conversation. Making the decision to complete this process when you don't see an immediate need to have it in place will be a valuable gift to your loved ones. Have the conversation; talk about the "what ifs of life".

Please read again the following quote:

***"We can't plan for everything. But we can talk about what is most important – in our life, and in our health care – with those who matter most". You'll be thankful that you finally did.***

Please contact me at 440 862 2331  
or by email: [marthahaluszka@gmail.com](mailto:marthahaluszka@gmail.com)

*Martha Haluszka, Health Ministry*



Messy Church is a different way to “do church”. At Messy Church, all ages meet together to learn about Christ through games, crafts and activities, music, and storytelling from the Bible. A foundational ingredient of Messy Church is to gather around a table for a learning experience and a meal to build relationships with each other and God. It is based on the values of all ages together, celebration, creativity, hospitality, and centering ourselves in Christ. This summer, our VBS is getting “Messy”.

Instead of a traditional VBS program for children, we will be hosting a Messy VBS that we are calling Family W.O.W. (Week of Worship), the week of July 17-21 from 5:30PM to 7PM. Each evening, families, and individuals will come together for a meal, games, crafts, and a short devotion. EVERYONE of all ages and family size are welcome!



Let's go

# *Camping*



**Please Join Us For Some Fun**

You're invited to a family camping  
party on July 14th @5:30pm to  
July 15th @12pm.

**Hosted by the Gage Family at**

2770 Callender Rd  
Rome, OH 44085

## Bible Study Every Wednesday!

We started a bible study with Pastor Prak Sok Khoeun from Prek Toal Methodist Church every Wednesday. The students read the New Testament together and reflect and learn in detail about Jesus Christ and how His ministry journey impacted the world around him. Starting the session with a worship and praise song every week, it is followed by a fun game, self-reflection and sharing. We are so grateful for the time we can spend with the Pastor and study the bible deeper and learn about Jesus. The students actively participate in answering all the questions.



## Graduation ceremonies!

Graduation is a very important event in Cambodia like most nations with a lot of flowers, soft toys, balloons and students all dressed up in their caps and gowns. Here in Cambodia, the ceremony is made more special by the required presence of the Prime Minister in every university graduation. This means all the universities have to set a special appointment with the Prime Minister to host a graduation ceremony. Due to COVID, the graduation ceremony had been delayed for the last three years and we finally got to celebrate the graduation of former SWH students this year. This month we celebrated the graduation ceremony Heang Seng Phailin and Vann Youlika. We look forward to all the other graduated students to receive their degrees officially and to celebrate their great achievement next month.



“Hello this is Rachel Therieh signing out as a Susanna Wesley House Activity Coordinator. Being with SWH for almost 2 years is something I will truly cherish for the rest of my life. The experiences gained here, the treasured friendships, devotions, loud dances, English classes and the uncountable moments shared with every precious soul at the dorm and even those that left during my term. I am so grateful to you all for your prayers and your support that allowed an empty building in Phnom Penh to be filled up and transformed into a house of love where young, dedicated and sincere women from around the nation can come and live happily and securely their whole university session as they work hard towards achieving their goals and ambitions. As I prepare to step out of Cambodia, I move ahead with a heart full of love for my beautiful community here, a head full of memories and prayers of blessings and gratitude.”



*Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.*

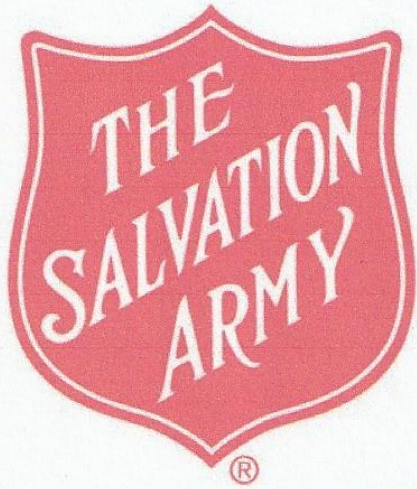
**2 Thessalonians 3:16**

**How to Support:** An annual tuition for most of the universities in Phnom Penh is about \$600.

**Online support:** <https://advance.umcmission.org/p-393-children-and-youth-scholarships.aspx>  
Children and Youth Scholarships; Advance # 3020791

**To donate by check:** Please make your check payable to **Advance GCFA** and write the **Advance # 3020791** on the memo line. (Address: Advance GCFA PO Box 9068 GPO New York, NY 10087-9068)

**Contact:** Janice Lee (Susanna Wesley Dormitory Coordinator) - [janicechristian@gmail.com](mailto:janicechristian@gmail.com)



# Back to School Sign-ups

**The Salvation Army, Jefferson Unit will be holding sign-ups for clothing and school supplies to help families prepare for the upcoming school year. The sign up dates are as follows:**

**Monday, July 17, 2023 9am -11am**

**Tuesday, July 18, 2023 1pm - 3pm**

**Wednesday, July 19, 2023 5pm - 7pm**

**Families that sign up will receive a \$100 WalMart voucher per child for clothing as well as school supplies for the upcoming year.**

**Families must bring proof of income.  
Recipients must be students  
of Jefferson Area Local Schools.**

