

Grace and Peace

A Newsletter from Grace Methodist Church (*The Miracle Church*)

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{Grace Methodist Church where people gather to celebrate, serve, and grow in Christ.

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A Message from Pastor Kip

Greetings Church Family! As May arrives perhaps one of the most notable changes in our church is the migration of our snow birds as they head north. It is always a joy when they return from the north and spend several months with us. Their return from the north allows us to get caught up, to renew friendships and re-enter deeply into each other's lives. And then, they head north. There is always a real sense of sadness or perhaps loss when the reality of their departure becomes evident by the empty seats in our church. But alas, we know that there is still that remote reality that they are still joining us on Sunday mornings via the magic of the internet.

I thought the following scripture, 2 Corinthians 1:3-4 may offer a theological presence of comfort to us all, snow birds or not, when this time of separation takes place. *"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles (sadness) so that we can comfort others. When they are troubled (saddened), we will be able to give them the same comfort God has given us."* What's Paul saying? Here you go: 1) He praises God, our heavenly Father because He is the source of all our comfort! Regardless of the source of our dismay, God can provide divine comfort! 2) Because he is the Father of snow birds and non-snowbirds alike, his ability to comfort as well as the actual comfort itself, is shared between us! 3) Because He is the Father of snow birds and non-snowbirds alike, and we share His source of comfort (via the Holy Spirit) we are then able to extend comfort between each other! The end result: yes, we miss your presence with

Pastor Kip...continued

us while you are gone. Yes, we miss seeing your faces and hearing your voices. However, greater than our sadness in missing each other, is the power of our Father to empower us to pray for each other, and extend the comfort that only He can provide! So, there you go, for those of us living here full time, we pray for your safe travels and a wonderful summer!

Here are some important items to share as we enter into May. 1) On April 18th, our church went before the Planning Development Commission to present our petition for our occupancy of the current Mason's building for the purpose of using it for our church. It was unanimously approved! This month our request goes before the County Board of Commissioner for their approval. We will provide you with the exact date when we know for sure, so we can attend and be in prayer. 2) Mother's Day: May 12th. Men, don't mess this up. 3) Pentecost! The celebration of the gift of the Holy Spirit to the Jews gathered together for the Feast of Weeks, 50 days after the resurrection! Now, may God bless you and hold you, care for you and forgive you and continue to be our source of compassion, mercy, forgiveness, and love for one another!

Blessings, Pastor Kip

Help Needed....Cleaning the Church...Karen Kline

There is a signup sheet in our Fellowship Hall with a schedule for monthly cleaning of the church. Also attached is a list of cleaning details. Essentially: If it looks dirty to you, clean it! Everything needed to clean is in the closet across from the men's bathroom.

When you sign up include your phone number, please. The idea of "two" couples or 3-4 people to sign up is basically that you don't forget. Plus, you can coordinate when it is convenient to clean. Cleaning normally takes about an hour.

If you don't have a church key there is a "cleaning key" that is passed each month. If you find any supplies running short, please contact me at 352-634-2781. Thank you: Karen Kline

Ways of the Kingdom.....Jan Wise

TRUST IN THE LORD WITH ALL YOUR HEART AND LEAN NOT ON YOUR OWN UNDERSTANDING; IN ALL YOUR WAYS ACKNOWLEDGE HIM AND HE WILL MAKE YOUR PATHS STRAIGHT. (PROVERBS 3:5-6)

This verse has been a part of my scriptural knowledge since a child. One of the things leading to my learning and trusting with a child's understanding happened because of the age of my parents. Since they were in their forties when my surprise birth occurred, it became obvious to me that my parents (compared to my friends' parents) were old and quite liable to die before I grew up. From Sunday School and church teaching, it became obvious trusting God was my only protection, because he was in charge of such things. So, I begged this God (who was supposed to love me) to keep my parents alive until I grew up.

To my amazement, he did! They both lived to see me grow up, marry and even enjoyed their three grandchildren. God's faithfulness exceeded my expectations.

Ways of the Kingdom...Continued

Now Tom and I are the age of my parents. We have seen our children grow up, with the exception of 18-year-old Brad, who is safe in heaven with Jesus. We have seen them married and now living at the age where they help take care of us. But as good as they are to help us, God warned, "Don't depend on your children for your care. Depend on me and I will make your paths straight, straight home to heaven along the way I've prepared for you".

It's not a question of who will help us as we need assistance in living (at any age) but on whom we depend. As we age, trusting in the Lord and leaning not on our own understanding (with all our accumulated wisdom no one wants to hear!), I still struggle to trust God instead of my years of experience.

For example, there's learning to trust God for finances. I'm fine trusting God to take care of us as long as we have money in the bank. But let the news talk about the possibility of the failure of our financial system, and I'm back to that child, fearing her parents would die and leave her with no one to care for her. So, I need to confess I'm trusting God AND my accumulated finances. But I have finally learned to say, "Lord, I am trusting you to take care of things. There remains nothing or no one to trust but you.

This past week as I struggled with sickness and care of my husband, the Lord pointed out my response to unexpected challenges. I immediately go into a mode called "excessive planning" to figure out how to solve the problem instead of trusting as I've been trained. God had to remind me once again that he is God and I am not; therefore, I can trust him with all my heart. He's got this!

Cough CPR...Karen Kline, Faith Community Nurse

Our daughter, Amy, recently sent me a Facebook posting about the value of Cough CPR and suggested I share in a monthly article. I have seen this article before and have probably shared it as well, but this time I decided to do a little more research on the subject.

The original article gives you the scenario about what to do if you are driving alone, about five miles from the nearest hospital and you suddenly experience severe chest pain radiating down your left arm and into your jaw. You've just taken a CPR course, but somehow you weren't taught how to do CPR on yourself. Ringing a bell yet? The article suggests that you have about 10 seconds before losing consciousness and states that you could help yourself by coughing vigorously and repeatedly after taking a deep breath until either your heart starts beating normally or help arrives.

Well guess what... Wrong! The procedure as described is NOT sanctioned by the American Heart Association. And, if you do a search on Cough CPR, eventually you will find a Snopes fact check: "It is true that repeated, vigorous coughing may help victims experiencing some types of cardiac events, but medical professionals DO NOT recommend that it be used by the public without medical supervision." Performed incorrectly or during the wrong type of cardiac event it could actually cause more harm.

Cough CPR...continued

Cough CPR has been around for years and has been used successfully in isolated emergency cardiac events under direct medical supervision.

OK, so we're back on the road driving alone and you experience chest pain and you think you might be having a heart attack; what should you do?

1. Stop the car and pull off the side of the road.
2. CALL 911
3. Notify your family or a friend
4. Chew a 325 mg uncoated aspirin or four 81 mg uncoated tablets. Aspirin can possibly limit the severity of the heart attack
5. Take a nitroglycerin tablet as directed and prescribed by your doctor.

Before you are faced with this situation, it is important to recognize the symptoms of a possible heart attack. If you are having a heart attack, the chest pain **usually** occurs in the center of the chest, and there are sensations of heaviness, lightheadedness, pressure, burning, numbness, fullness and/or squeezing. These symptoms may last several minutes or be intermittent. Other classic symptoms may include unexplained pain in upper body, including arms, left shoulder, jaw, neck, back or stomach. You may also experience sweating, cold sweats, difficulty breathing, nausea, vomiting, dizziness, a rapid or irregular heartbeat or sudden weakness. If you are a woman your symptoms may be milder or there may be no chest pain at all. You may experience pain, ongoing fatigue, difficulty sleeping or frequent irregular heartbeats on and off for a month.

Male or female, do not ignore these symptoms; call your doctor or obtain medical help as soon as possible!

STEPHEN MINISTER MOMENTS...Carol MacKenzie

HOPE

- If you only carry one thing throughout your entire life, Let it be hope.
- Let it be hope that better things are always ahead.
- Let it be hope that you can get through even the toughest of times.
- Let it be that you are stronger than any challenge that comes your way.
- Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be...because during those times, hope will be the very thing that carries you through. **Nikki Banas**

DO YOU PRAY?

I loved this interpretation of Prayer. What is a prayer? Prayer doesn't just happen when we kneel or put our hands together and focus and expect things from God.

- Thinking positive and wishing good for others is a prayer.
- When you hug a friend, that's a prayer.
- When you cook something to nourish family and friends, that's a prayer.
- When you send off our near and dear ones and say, "drive safely" or "be safe," that's a prayer.
- When you are helping someone in need by giving your time and energy, you are praying.
- When you forgive someone by your heart, that's a prayer.

Prayer is a vibration. A feeling. A thought. Prayer is the voice of love, friendship, genuine relationships. Prayer is an expression of your silent being. *Keep praying always*.

Stephen Ministers...continued

Stephen Ministers are available for you at Grace Methodist Church. Call Karen Kline or Carol MacKenzie, the Stephen Leaders. They will walk with you, listen, totally confidential, pray with you. Just a phone call away.

Ladies of Grace Use Spiritual Gifts to Launch Many Services

Activities...Sue Pagano

The Ladies of Grace have been busy organizing many service programs to support church friends, including:

Comfort & Care (C&C) Meals

Thanks to June Kirshbaum and Sharon Smith for coordinating a meal delivery service. When someone is being discharged from the hospital, ill, grieving or lonely, they are able to receive a home-cooked dish. C&C meals will be usually be delivered by a Ladies of Grace member. Meals are made with attention to healthy guidelines (low salt, low sugar, low fat). They will arrive in microwavable /freezable containers. To request a C&C delivery, contact June Kirschbaum at 352-382-0424 or email her at junekirsch13@gmail.com. Requests should be made at least 48 hours in advance. Please provide helpful information such as:

- Recipient's name, address, phone number
- Current situation (Discharging hospital or rehab center, grief, depression, etc.)
- Known allergies, medical conditions
- Spouse or caregiver

If you are interested in cooking or delivering meals, step right up. Recipes can be provided. The next meeting of the Comfort & Care Meals team will follow the Ladies of Grace meeting on Sunday, May 19, 11:15am.

Mother's Day Cookie Celebration

We hope that you will enjoy the **Mother's Day Cookie Celebration**. Say Happy Mother's Day to a special lady. We believe that every lady has impacted the life of a child- as a parent, a teacher, or a neighbor. Every woman has 'mothered' a child at some time and deserves recognition.

How does it work? On Saturday, May 11, all church members are invited to bring 2 dozen homemade cookies to the Fellowship Room between 10am-Noon. These will be sorted into gift boxes (one dozen goodies per box) and given out on Sunday, May 12 following the service. There will be no charge, though love donations will be gratefully accepted. We hope to make Mother's Day a little sweeter. See a sample box in the entry hall by the Welcome Table.

Crafts and Chats

Crafts and Chats sessions offer fellowship for those who want to work on craft projects and visit with friends. The group usually meets on the second Tuesday monthly, 10am-Noon; however, the next **Crafts and Chats** meeting has been moved to Tuesday, May 21. Diane Monce, Lorraine Washburn and Karen Stone have been making bookmarks for the hymnals. Jeanette McDougall has been crocheting. Sue Pagano has samples of simple dresses that can be sewn for little girls in Haiti.

Ladies of Grace...continued

Community Resource Brochure

Heather Steigher has created a Community Resource brochure for quick reference on Citrus County medical, rehab, senior living, elder support services, community agencies and more. It will soon be distributed at church and possibly, online.

Ladies of Grace...continued

Lending Library

A Lending Library is now set up in the office behind the stage in the Fellowship Hall for church members. It includes books by Christian authors, devotionals, inspirational writings, community resources and health information/dementia offerings from our parish nurse. There is also a section for donations to the **Little Free Library** book boxes. Members are encouraged to enjoy the selections and add books.

September 14 Women's Retreat Focuses on Knowing and Using Our Spiritual Gifts

Mark your calendars for Saturday, September 14, 9am-4pm when the Ladies of Grace will be hosting a one-day retreat at the church. Details will follow; however, the retreat is based on our mission scripture which is 1 Peter 4:10- " **Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.**" We have been identifying our individual gifts and using them provide services that help our members. In addition, we are strengthening our knowledge of scripture. Tools to accomplish both goals will be part of the retreat program.

Nancy Kennedy, *Grace Notes* columnist and devotions author, will be guest speaker.

Visitors and New Members

This women's ministry meets on the third Sunday at 11:15 am following the church service. Light snacks are provided along with coffee. Interested women are invited to attend to see how you can use their own spiritual gifts. Next Meeting: Sunday, May 19.

TAKE A BOTTLE!.....FILL A BOTTLE!

Sunday, April 7th to Sunday, May 26th

Pick up a baby bottle in the Fellowship Hall and fill with loose change....or dollar bills....or a check!

Return your bottle to church by May 26th!

Support the Pregnancy and Family Life Center in Inverness

Any questions: see or call Sue Pagano @ 813-785-4166 or

Priscilla Frederick @ 352-212-4037

WOMEN OF WORSHIP (WOW) UPDATES!...Priscilla Frederick

Flip Tops...Women of Worship have learned that only the flip tops from soda cans will be accepted. Soup and vegetable can flip tops will not be accepted in exchange for the free minutes of treatment. Please continue to use the container on the missions table for your donations of soda can flip tops.

Women of Worship...continued

Stamps...Women of Worship will continue to cut and trim stamps at our monthly meetings...BUT...we have not had many, if any, stamps to trim! Please think of us as you open your daily mail and place your stamps in the designated box on the missions table.

Women of Worship meet on the second Thursday of each month at 1:30. Plan to come and check us out! The fellowship has been amazing.....

Rummage Sale is Back!

Save the dates for Grace's fall rummage sale which will be on **Friday, October 25th and Saturday, October 26th**. Donation days are set for Saturday, September 7th and Saturday, October 5th from 9 until noon. Start that clean-up you have been meaning to do. Please use boxes or tubs for packing! Questions may be addressed to Priscilla Frederick @ 352-212-4037

Vacation Bible School (VBS)...Miss Laurie

VBS is scheduled for June 10-14, and Miss Laurie needs your help! Please sign up to help Miss Laurie. It is important that we know who will be helping because there is some training that needs to be accomplished since you will be working with children. Please see Karen Stone regarding this training which has to be completed before VBS.

Pancake Breakfast...Kent Kester

Grace's next pancake breakfast will be held on **May 25 from 8 am to 10 am**. Please note the time change. Grace's Men's Prayer Group will continue sponsoring this community-wide pancake breakfast at no charge to attendees; however, **DONATIONS** will be accepted. If you have any questions, please call Kent Kester at 814-553-2614.

Ministry Safe Training...Karen Stone

An enormous thank you to everyone who has completed the Ministry Safe Sexual Harassment Training that is endorsed by the Global Methodist Church. As of this date, 23 have completed the training with 5 additional individuals signed up for future training. The Ministry Safe training is for anyone who will be participating at some level in church activities where children are involved. Ministry Safe training consists of watching a one-hour video and completing an easy quiz at the end. If you wish to take the training, please contact Karen Stone by e-mail (Karen.stone3@yahoo.com) or text (302-270-8273) and a link from Ministry Safe will be sent to your e-mail. This training can be completed at your convenience.

Sunday Morning Goodies...Karen Stone

Many enjoy the fellowship time we spend with each other every Sunday morning between 9 and 10 prior to our church service. It gives us time to chat, laugh and catch up with each other's lives. Of course, along with our conversations, we enjoy a good 'ole cup of fresh brewed coffee and some goodie that has been brought in by one of our fellow parishioners. This brings me to the real point of the article...WE NEED GOODIES. There is a sheet in Fellowship Hall for individuals to sign up for any given Sunday to bring something. It is good to have the goodies there by 9 a.m. on Sunday (it can be brought in during the week and placed in the refrigerator.) If bringing in cookies, just a couple dozen will do. Thanking you in advance...Bon Appetit.

Mission Moment...Donna Farmer



Samaritan's Purse is rushing food aid into southern Sudan. Hundreds of thousands of men, women, children, and newborns who have fled violent conflict in the north are now confronted with a faceless enemy: starvation.

Feeding these people will help Samaritan's Purse workers earn the respect and right to also tell them the Gospel Story.

If you would like to help Samaritan's Purse feed these people, please donate by marking this option on your offering envelope. All donations to Missions collected in May will go towards this cause. Our gifts to them are normally designated to be used where most needed.



Do you read a daily devotion?



Maybe at one time you faithfully read the Upper Room or some other publication every day. But you have not seen one for a long time. Or maybe you always felt like you should. I would like to recommend two devotionals that will come in your email every day and they are free unless you choose to make a donation. The first is **Our Daily Bread** just google it and follow directions. The other is **Seedbed** (an extension of the Global Methodist Church). Google: seedbed.com/wakeupcall/ and follow directions. Both devotionals can also be heard (read to you). If you subscribe, they will be in your email every morning.

Dates to Save

- May 5, 2024 -- Communion Sunday
- May 8, 2024 -- Grace Board Meeting 9 a.m. (Any member may attend.)
- May 9, 2024 -- Women of Worship (WOW) 2 p.m.
- May 12, 2024 -- Mother's Day
- May 19, 2024 -- Ladies of Grace meeting at 11:30 a.m.
- May 21, 2024 -- Ladies of Grace (LOG) Craft and Chat 10 a.m. to 1 p.m.
- May 25, 2024 -- Pancake Breakfast
- May 27, 2024 -- Memorial Day
- June 2, 2024 -- Communion Sunday
- Sept. 14, 2024 -- First Annual Ladies Retreat

Bible Studies, Prayer Groups, & Other Meetings at Grace Methodist Church

- Sun 11:30 am Ladies of Grace meet 3rd Sunday of each month
- Mon 1:00 pm Memory Lane Support Group & Respite
- Tues 9:00 am Weight Management Meeting (women & men)
- Wed 7:00 am Men's Prayer Group at GMC followed by breakfast out
- Wed 4:00 pm Choir Practice led by Katherine Cornelius & Becky Jones
- Thurs 10:00 am S.O.A.P. (Scripture, Observation, Application, Prayer)...Jan Wise
- Thurs 11:30 am Women's Lunch Bunch Bible Study led by Sharon Miller
- Note.... Women of Worship...Meet once a month on the second Thursday @ 2 p.m.
- Fri 10:00 am-11 Prayer concerns, joys, & fellowship...led by Jan Wise
- Fri 11 am -12 pm Bible Study...led by Jan Wise
- Fri 10:15 am Bible study led by Pastor Farmer, Meadow Crest Clubhouse



"I KEEP THE WINDOW OPEN TILL AFTER MY PRAYERS.
I GET BETTER RECEPTION WITH IT OPEN."