



# The Wesleyan Star

**West Grove  
United Methodist Church**  
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**June 2017**

*"In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters."*

*Genesis 1:1-2*

In January, I challenged the congregation to read through the Bible in a year. How is your reading going? I know for some of you, this has been a first time to read through the Bible in a systematic way. Others, have read through the Bible at some point and shared with me this is a welcome invitation to do so again. We even have a group of readers meeting to learn more and discuss what they found in the Bible! And even others, started to read and for some reason, were not able to continue. It is never to late to pick up reading. There are outlines of how to read through the Bible in the Lobby as well as on the website. God's word is illuminating and encouraging!

As I was discerning our three resolutions for this year, I found myself often in prayer about challenging us to read through the Bible. I wanted to encourage us to grow in faith with that big goal, but knew it would raise quandaries and curiosities. Most of us are not positive what is and isn't in the Bible or what to do with what we find! In my prayers, it become clear that we needed to dive deeper into one part. Through my prayers, God made it clear to me that Genesis was the place to start. In the beginning.... So, starting June 11th, we will together work through the whole book of Genesis in worship. For 6 months, we will dive deeper into how God creates and how they guides us today. I want to invite you to read along the book of Genesis as we read it in worship.

Now, I admit, I was a little nervous about the prospect of preaching through the whole book of Genesis. Never having preaching on every chapter of Genesis before. Preachers usually pick and choose a little bit! In my prayers, I found myself asking God to show me each step of the way as I have planned this series. I want to preach where we are as a congregation and in ways that each one of us might experience new beginnings of faith. I wanted worship that meets us where we are and leaves us off with fresh understandings and experiences of God. So, as I prayed, it became clear that for such a visual culture, images were an insight into where we have been (physically and spiritually) as well as what wonderings we carry. I requested images thinking I would receive many a dozen from maybe a half-dozen people.

Within two days of the request for images of creation, I had received hundreds of various birds and flowers, landscapes, and other sacred moments in God's creation from many. Before I even got home from church, there were images waiting for me, and they continue to come. At once, I was reminded of how integral creation is to each and everyone of us. Each one of those pictures captures a moment in time and only one small glimpse of the full of God's creation. Thank you to each one who sent me images, and I am still accepting more images until June 5th. I am enjoying seeing the world, God's incredible creation, through your eyes. What reassurance as well that God is guiding where we are walking as congregation.

In worship, you can look forward to animals images from around the world, unique flowers and vistas, as well as ordinary sunsets that are anything but mundane. Genesis contains the creation of the world, humanity, relationships, government, city states and much more. There are epic stories of giants and near-life ending floods as well as battles and super heroes. All of the topics of news from violence and crime to sports and weather are found within the book of Genesis. And we will walk together in God's way. I am looking forward to walking in the footsteps of our biblical ancestors together as well as finding the path to which God has called each of us, today.

*In God's Love, Pastor Monica*



## June Worship at West Grove UMC



Please join us in our worship service to be blessed by the Word of God.

### Day of Pentecost Confirmation Sunday June 4, 2017 Communion Sunday

*\*Emergency Food Pantry Collection Day is on the first Sunday of each month*

#### To be presented by the Confirmands

*Come celebrate our confirmands as they take this step of faith.*

### First Sunday After Pentecost Graduate Sunday June 11, 2017

**Scripture:** Genesis 1- 2:3 and John 1:1-14

**Sermon:** "In The Beginning"

*Creation is a time of beginnings. Creation at the beginning of time and God's new creation.*

### Second Sunday After Pentecost Father's Day June 18, 2017

**Scripture:** Genesis 2: 4-25 and  
Matthew 9:35-10:8

**Sermon:** "In The Other Beginning"

*There are two creation stories in Genesis. Come hear why and what they teach us!*

### Third Sunday After Pentecost New Members Reception June 25, 2017

**Scripture:** Genesis 3 and Matthew 4:1-11

**Sermon:** "Like One of Us"

*How did humanity become like God? Join us as we explore the challenges and joy of wisdom*



We provide a worship experience for the tenants at Twin Pines Nursing home on the following

Sundays at 2:00 p.m.:

**August 6, November 5**

If you would like to be a part of the group that goes to Twin Pines to provide worship, please see Pastor Monica!

### Easter Offering

\$2,256.00

We thank God for the generosity of this congregation in your contributions to our Mission and Ministry!



**FIRST SUNDAYS:** Our Emergency Food Pantry serves our community and provides much needed food and supplies to families in our area. Your donations are appreciated. An Emergency Aid donation envelope can be found in your bulletin on First Sundays as well. The funds collected help others in need with rent, utility bills, etc. Thank you for your generosity.

## First Sunday

### COFFEE FELLOWSHIP

June's Coffee Fellowship is brought to you by :

**Christian Ed Team**



Due to the increase in food allergies among the general population, as well as our own congregants, we request that any items brought for the fellowship hour have a note attached if there are nuts in them (including coconuts). Thank you.



# Pancake Breakfast

Gluten Free Pancakes too!!  
Ages 3 & Under Eat Free!!

*Served with all you can eat  
sausage, fruit cup and  
beverages!*



## **West Grove UMC**

**Saturday, June 3 ~ 8:00 -10:00 a.m.  
Call the church at 610-869-9334 to  
reserve your tickets today!**

# TOOLS FOR MINISTRY



We give thanks to God for all those who helped with tools for ministry!

...from the refreshments and people gathering to register and share in fellowship,

..to our District Superintendent, Pastor Dawn, with her tool box and

her daily working tool, the Bible,

...to music by West Grove UMC "PraiseWorks Band",

...to the main speaker, Dr. Rodney Smothers, speaking about "Becoming the Beloved Community",



of

...and for pictures the breakout

workshops and sharing together

before leaving.



to

Thank you also those who worked behind the scenes to set up and tear down rooms!





## Thank you from Stop Hunger Now!

“ Thank you for your gift of \$2,985.00 to Rise Against Hunger, formerly Stop Hunger Now, received April 7, 2017. You have changed lives with your contribution, and we are truly grateful. Your gift helps build a firm foundation of support for children like Anderson in Zambia....

Please accept our sincere appreciation for your gift.

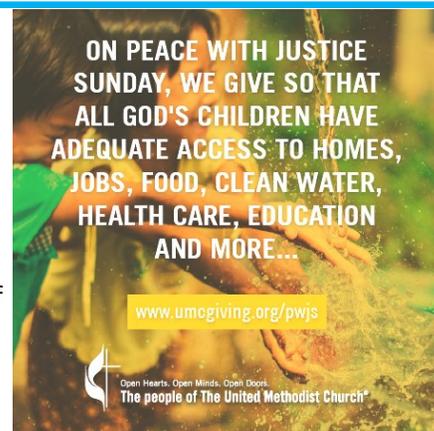
## Peace With Justice Sunday, June 11, 2017

Today the world urgently needs United Methodists to take seriously our call to be peacemakers. While violent attacks are happening worldwide, we face the tumultuous turn of political tides domestically. Angry voices dominate the landscape and seek to divide rather than unite. Amid the noise, God calls us to hear the voices of those who have no voice and to do great things on behalf of the poor, to break the chains of injustice, to feed the hungry and to love our enemies and neighbors.

On Sunday, June 11, we will observe one of our six Special Sundays with offering. On Peace with Justice Sunday, our United Methodist Church will put our collective efforts toward effecting peaceful change through local and global initiatives that promote peace and justice. Our generous gifts will support annual conference initiatives as well as General Board of Church and Society ministries globally that promote peace and justice.

Let there be peace on earth, and let it begin with each of us reaching out with God's love.

*In God's Love, Pastor Monica*



## SAVE THE DATE!



**September 30, 2017**

**14th Annual**

**Planting Seeds for Ministry Growth**

**Hopewell United Methodist Church**

**Keynote Speaker:** Rev. Scott Chrostek

Pastor of Resurrection, Downton Kansas City

**Worship Speaker:** Rev. Dr. W. Wilson Goode, Sr.

Director, Amachi, Philadelphia



Dear Friends in Mission:

Thank you for your gift to support missionaries and ministries of the General Board of Global Ministries:

UMCOR: \$170

Global Health: \$160

Covenant Missionary: \$900

Thank you for joining us in God's mission.

General Board of Global Ministries

# Family Promise Fun Bike Ride

Thank you to all who  
helped, and all who



Looking for someone to coordinate our Community Garden!

Great ministry to feed yourself and others as well as be out in God's creation! Fruits of your labor go to The Bridge, our food pantry, and your table.

See Pastor Monica for more information.

## House Blessings



*“And now, O Lord GOD, you are God, and your words are true, and you have promised this good thing to your servant; now therefore may it please you to bless the house of your servant, so that it may continue forever before you; for you, O Lord GOD, have spoken, and with your blessing shall the house of your servant be blessed forever.”* 2 Samuel 7: 28-29

*From biblical times, when someone moved into a new dwelling, words of blessing were offered over the new home. Home blessings involve prayers, scripture reading, and movement throughout the house.*

*If you are interested in a home blessing,*



Worship on the second  
Sunday of the month at  
11 a.m. in the  
Allison Theater.

Join us there!

**Sunday, June 11th**  
**11:00 a.m.**

**Pastor Jim Mundell**

### CARING FOR OUR CHURCH ~ A FEW REMINDERS



**Thank you for being an important part of our church and our community.** There are so many folks who use the church both for church meetings and community groups.

Some reminders so that we can all take good care of the church:

- Please make sure **to turn off lights**, close windows and **lock up the church** behind you as you are leaving. If you have projects that create messes, please make sure to **take time to clean them up!** The kitchen closet has the tools for cleaning as well as extra trash bags. Please be sure to **empty the trash** and deposit them in the cans at the rear of the church by the Admin wing.

Should you ever have any questions or concerns, please call Donna in the church office at 610-869-9334.



### Books mentioned in sermons

- ⇒ The Lord is My Shepherd: Divine Consolation in the Times of Abandonment  
by Leonard Boff;
- ⇒ A Shepherd looks at Psalm 23  
by Philip Keller
- ⇒ Lessons from a Sheepdog  
by Phillip Keller
- ⇒ Safe in the Shepherd's Arms: Hope and Encouragement from Psalm 23  
by Max Lucado

**HELLO!**

*New Members!*

### Ready to Take the Next Step? Become a Member

**Saturday, June 24th from 9-11 a.m.:**

#### **OPEN GROW SERVE**

Over breakfast, we will learn about Methodism, growing in our faith, and talk about our spiritual gifts and learn about different ways to serve from leaders at West Grove. Children are welcome!

**Sunday, June 25th:**

**WELCOME** On this day, you will be taken into membership during the worship services. We will welcome people at both services!

Please contact Pastor Monica, Pastor Shirley, or Donna Fackler if you are interested in learning more about membership.



# Confirmation

*Cecily Crouse Eason*  
*Michelle Jane LeSturgeon*  
*Jade Liangshu Barrett*  
*Kevin Shenqing Barrett*  
*Lauren Bailey O'Neill*  
*Sydney Marie Curtis*  
*Matthew David Simonds*  
*Caroline Elizabeth Czerpak*  
*Sarah Elizabeth Reynolds*  
*Joshua Steven Robinson*  
*Joseph Griffith Yarbrough*

*Blessings to our Confirmands. Confirmed on June 4, 2017.*

## Opportunity List

The list below comes from the dreams and visions of various teams in the church. We encourage all giving to be above and beyond your regular tithe and offering.

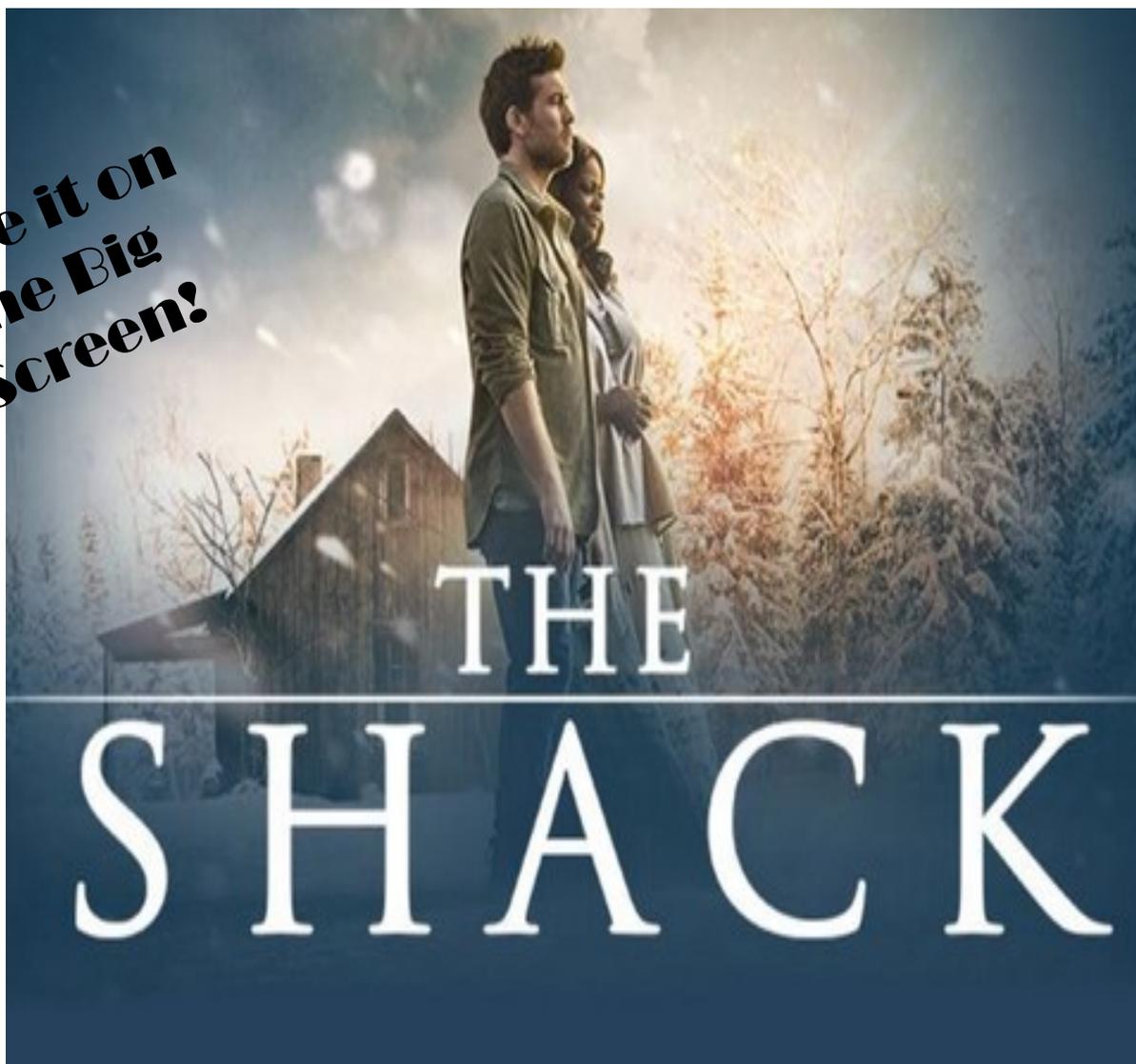
Item	Quantity	Approximate Cost
Monitors- Sanctuary (80")	2	\$ 4,000
Monitors- Narthex (42" - 46")	3	\$ 4,000
Electronic Sign at the street	2	\$ 15,000
Electronic Sign at Rt. 1	1	\$ 50,000
Fireproof filing cabinet	2	\$ 2,500
2 inch slat blinds for classrooms	25	\$ 500
Multifunction printer	1	\$ 150

Please see Pastor Monica with questions, interest, or ideas.

If your team has ideas or contributions to the opportunity list, please submit them for review to the Administrative Council chair, Carol Whelan.

**Coming to West Grove UMC!  
Friday, June 23, 2017**

**See it on  
the Big  
Screen!**



**Opening credits roll at 6:30 p.m.  
Open to the community!  
Invite your friends and neighbors!**

Missed this weekend's message?  
Listen to past sermons online.



Did you miss a sermon? Want to check a resource? Hear it again? On our website,

[www.westgroveumc.org](http://www.westgroveumc.org), we have **three ways** you can do this:

**Read the manuscript** of the sermon. This is complete with the weekly meditations and scriptures.

**Listen to the Audio** of the sermon. Listen to it through the website or download it onto your MP3 player.

**Listen and Watch** the sermon coordinated with the PowerPoint presentation for the fullest experience of word and image.

Don't miss a single Sunday! Catch each one online.

**Pastor Monica challenged us to read the Bible in a year.**

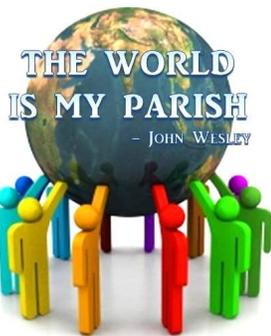


If you have taken this challenge, you have already read almost 1/6 of the Bible – GREAT JOB! You have read some heart-warming stories and some familiar passages, as well as some usual passages and things you had no idea were in the Bible.

**Some people reading through the Bible would like to get together and discuss.**

**We are considering getting together on Tuesday or Thursday evening. Let us know what would work for you.**

Questions? Comments? Please see Karen Hruz or Pastor Monica for more information.



In our United Methodist connection, we believe our clergy and lay people should be connected in ministry in the church, in the community and beyond the walls.

What's been going on recently?

Did you see Pastor Jim at the West Grove Memorial Day parade?

Did you see Pastor Shirley at Tools for Ministry, designed by the District Resource Team, of which she is a member?

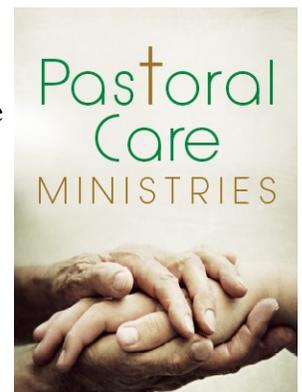
Did you see Pastor Monica preparing for Annual Conference as Co-Coordinator of Worship?

How are you connected?

Please let Pastor Monica, Pastor Shirley, Pastor Jim, or the church office know if you or a loved one is in the hospital. Our pastoral team shares pastoral care.

We would love to support you and your family with a visit. We depend on you to share the information of which hospital your loved one is in.

Please also let us know of any other pastoral needs. Thank you!



Step by step, turn by turn, bend by bend... God leads.

*"Show me your way, O Lord, teach me your paths." Psalm 25:4*

Join us on June 18th in worship for the reveal of what God has been showing us step by step.

Where has God drawn the most people in spiritual growth in the last year?

Where have lives been changed by depending on God?

Where have relationships been built by sharing struggles and faith?

Where has the life of Jesus been emulated in ordinary lives?

You wouldn't want to miss this!

Join us in worship on the 19th of June as we reveal God's path.





Thank you to all who have spent time on Sunday mornings volunteering in the nursery!

We continue to be blessed with wonderful little ones to spend time with on Sundays and watch them grow!

We are in need of additional volunteers, especially during the 11am service.

If you are interested in helping in the nursery (about once a month), please contact Amy Castaldi (ahass17@hotmail.com or 610-468-4321)



## Summer Worship

Please note that during July and August our worship will be at 9:30 am. This will be a blended service with elements from our contemporary worship and traditional worship. We hope you will take advantage of this time for worshipping with persons in our congregation who you may not see during the rest of the year.



# CALLING ALL HEROES!



## Save the Dates for VBS!

## HERO CENTRAL

July 10-14,  
9 a.m. - 12 p.m.

Get ready for an action-packed 5-day super hero training camp where kids discover their strength in God! *Hero Central 2017* VBS from Cokesbury prepares kids to *Do good! Seek peace and go after it!* Ps. 31:14B (CEB). Kids at **VBS Hero Central** learn God's heroes have Heart (Samuel Anoints David), Courage (Abigail), Wisdom (Jesus Goes to the Temple), Hope (Beatitudes), and Power (Pentecost). Grab your cape and get ready to fly with epic music, spectacular science, crafty crafts, heroic recreation, and fantastic Bible stories!

**Volunteers are needed, so please look for the sign up board in the lobby or go to our website ([www.westgroveumc.org](http://www.westgroveumc.org)) and follow the VBS tabs at the top to register online today!**



# CMO PRESCHOOL

Another preschool year has come to an end. This time of year is always both a happy and sad time.

It is wonderful to see how much our children have grown over the

past months but sad to say goodbye, especially to those children and families who are headed off to Kindergarten or a new adventure. We know that the children will do wonderful things but we will miss seeing all of their smiling faces. I would like to thank everyone who has supported our program this year, our families, our teachers, and the church congregation. It is so nice to be part of such a wonderful and supportive Church.



Are you looking for a preschool program for your child? Do you want your child to meet friends, learn, and play in a loving environment? Come check out the wonderful program we have right here at our church. We begin accepting children at the age of 18 months in our Children's

Natalie Eason (Teacher, Ducks and Turtles)

Heather Smalley (Teacher, Ladybugs)

Abbie Gruscavage (Teacher, Ladybugs)

Jennifer Smith (Teacher, Frogs)

Elsje Kumpon (Teacher, Butterflies)

Stacy Smith (Teacher, Frogs)

Mary Alice Miller (Teacher Assistant, Butterflies)

April Stoltzfus (Teacher, Bees)



Morning Out program and our preschool classes' help children learn the skills they will need when



We do still have a few year. Please email me,



they go off to Kindergarten. openings for next school



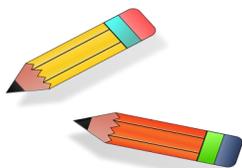
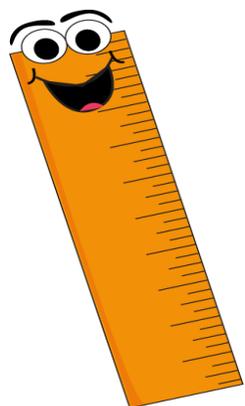
## VBS 2017 Missions School Supply List



Help support Mission Central with the following items for the 2017-2018 school year. We invite VBS families and the whole congregation to give generously. Please look for boxes in the lobby the week of VBS, July 10th-14th.



Binders  
Folders  
Book sox  
Notebooks –all styles and sizes  
Filler Paper  
Composition books  
8 1/2x 11 copy paper  
Sharpeners  
Pencils  
Erasers  
Pens  
Colored Pencils  
Rulers  
Scissors  
Markers



Pencil boxes  
Pencil pouches  
Glue sticks  
Stickers

## JOIN US!!!



### **What: WEDNESDAY NIGHT FUN!**

We provide the beverages and the hot dogs. People bring sides, desserts, and other items as they are able.

We eat, hear a short devotional thought, and enjoy the time of fellowship! Games are available for children and adults!

### **Where: WGUMC**

We are outside, when the weather cooperates.

**When: June 14th - August 23rd**  
**6-8pm**

Join us one  
week or every  
week!

Can't wait to  
see you there!



# June C.I.A. Youth Ministry News June



## CONFIRMATION SUNDAY

Our Confirmands will be leading worship on **June 4<sup>th</sup>** and we are excited to confirm them and welcome them as new members of our congregation. Please be sure to join us in celebration of worship that day!

Students: Please arrive to church at 8:00 to prepare for worship.

June 3<sup>rd</sup> – we will meet @ church at 4:45 to run through the service. Bring \$ for dinner afterwards at McDonalds and a trip to Dairy Queen. We will end Dairy Queen about 7:30.

## GRADUATES CELEBRATION SUNDAY June 11<sup>th</sup>.



Copyright © Chud Tsankov \* www.HitToon.com/1060563

We are excited to be honoring and celebrating those in our congregation who are graduates this year! There will be a brunch during the Sunday School hour and we invite all of our students, graduates, and their families, and those in the congregation who would like to come celebrate them.

## END OF YEAR YOUTH PARTY June 11<sup>th</sup>.



### Pizza & Slip-n-Slide

6:00 – 8:00 p.m.

Bring \$3 and invite a friend or two!

(I'd love for 2- 3 students to help w/ set up ahead of time – message Jamie if you are available for that.)



## VIRGINIA MISSION TRIP INFORMATION

\* We will have 2 mission team meetings to go over details and help prepare for our time away together. Please plan on being a part of those meetings on June 5 and June 19<sup>th</sup> (7:30 – 8:45 p.m.). We will meet @ the church. Additional forms will be handed out on the 5<sup>th</sup>.

\* Prayer and Commissioning in Church – as a team we will be prayed over prior to our leaving on June 25<sup>th</sup>. Please plan on attending the 8:30 service. We will pack up and leave after worship that morning.

\* We will return Friday evening (June 30<sup>th</sup>).

## YOUTH VOLUNTEERS FOR VBS!



- Vacation Bible School is July 10 14<sup>th</sup> and we would love to have ALL of our youth involved to help! If you are available any (or ALL) of those mornings – please sign up with Jamie Lindtner.

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Any questions or to get involved in the Youth Ministry @ WGUMC - contact Jamie Lindtner - [jamielindtner@gmail.com](mailto:jamielindtner@gmail.com)



**Eastern Pennsylvania Conference**  
The United Methodist Church

Prayer will fill the hall and the agenda of the 2017 Eastern PA Annual Conference, June 15-17, in its return to the familiar Expo Center (100 Station Avenue, Oaks, PA). During worship, witnessing and even its work on resolutions and other conference business matters, the plenary body will emphasize timely prayer throughout its session, guided by its elevating theme “**Rise up and Pray!**”

Preachers, teachers, musicians, liturgists, prayer guides and prayer stations around the meeting hall will all center the



gathering in the practice and power of prayer. That centering will receive particular attention when special guest the Rev. Tom Albin, Dean of the Upper Room Chapel in Nashville since 1999, offers a Friday teaching session on prayer. Albin, a SLI (Spiritual Leadership, Inc.) coach and former pastor and seminary professor, has a passion for “helping individuals, teams, small groups and organizations become mature, vital, world-changing disciples of Jesus Christ.” He oversees the Upper Room’s Spiritual Formation Academy and denominational prayer efforts. “When we pray,” he says, “we can be convinced that God will hear and respond.”

Three bishops will preach during the 231st session of the Eastern PA Conference, including two familiar voices and a new voice on the Northeastern Jurisdictional College of Bishops. Resident Bishop Peggy Johnson will preach for the Opening Worship and Eucharist Service on Thursday afternoon.



New Bishop LaTrelle Miller Easterling, who leads the neighboring Baltimore-Washington Conference, will preach for the Ordination Service on Friday night. Formerly a pastor and district superintendent in the New England Conference, she was elected a bishop at the 2016 Jurisdictional Conference.

Bishop Peter Weaver, retired, who led our Philadelphia Episcopal Area from 1996 to 2004, will preach during the Memorial Service on Saturday morning.



Special offerings will support scholarships and Methodist Services (formerly the Methodist Home for Children). The other agenda highlights—clergy and laity sessions, conference ministry reports, the 2018 conference budget, resolutions and holy conferencing—will all occur during the two-day session under the covering of prayer.

Indeed, worship and celebrations during this year’s Annual Conference will be structured around several key prayers of the Bible, according to the Rev. Candy LaBar. She co-chairs the worship team along with the Rev. Monica Guepet again this year, and both credit the many volunteers for the creative, inspirational celebrations in store for conference-goers.

**amazon**smile  
You Shop. Amazon Gives.

**West Grove United Methodist Church was issued a \$33.53 donation** from the AmazonSmile Foundation as a result of AmazonSmile program activity between October 1 and December 31, 2016. So friends, keep using Amazon Smile when you shop—doesn’t cost you anything and earns the church a donation!

Retired Active People



## Retired Active People (R.A.P.)



Our Retired Active People (RAP) concluded this year with approximately fifty in attendance for a delicious covered dish meal, lots of tasty desserts and a great program presented by Dick Stuhrke.

Dick unveiled his model of the USS Constitution which he has worked on for the past twenty years and shared many interesting facts and a history of the US Navy and the USS Constitution. Thank you Dick for a very informative and interesting program.



RAP will resume meeting in the fall as we look forward to another year of wonderful programs and a celebration of **RAP's 20th Anniversary!**



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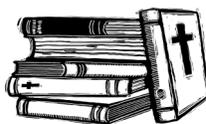
## J.U.L.I.E.T.

JULIET...Just us Ladies Interested in Eating Together

Saturday, June 10, 2017



Juliet's meet for breakfast and fun... second Saturdays at 9:00! Join us! We meet at **Sunrise Café, 127 E. State Street, Kennett Square, PA 19348** They have free parking in the parking garage on Saturdays. Ques-



## Hear the Stories!

Luther House Bible Study

Luther Class is for men and women who are interested in coming together to learn the stories of the Bible. All are welcome. We meet every Wednesday from 2:00-3:00 pm at Luther Building #1 in the parlor, right inside the door. Come join us! Bring your friends. **We will be starting a Lenten Study entitled "Walking Toward Glory" by John Birch.** If you have any questions, contact Cindy Haley at: [chaley@zoominternet.net](mailto:chaley@zoominternet.net)

After another year of making quilts for Family Promise, special friends of WGUMC, and other recipients, we are putting away our sewing gear for the summer. We will be taking a break from our regular schedule beginning in **JUNE**, and will resume September, 15th, the 3rd Friday. Questions contact Chris Curtiss (610-345-0374).



## R.O.M.E.O.

Retired Older Men Eating Out

June 29, 2017



R.O.M.E.O.

**We will meet on** If you are retired, then we would like to see you at our ROMEO lunch.

We get together to eat at Perkins in Avondale on Rt. 41 on the last Thursday of each month at 12:00 p.m.. **Call Roger Bates, at 610-869-7638**, if you have any questions or if you are newly retired. Bring your retired friends.

# Easter Eggstravaganza



Thank you to all who helped  
and all who came!



## Mental illness in children: Know the signs

Children can develop the same mental health conditions as adults, but their symptoms may be different. Know what to watch for and how you can help.

By Mayo Clinic Staff

Mental illness in children can be hard for parents to identify. As a result, many children who could benefit from treatment don't get the help they need.

Understand the warning signs of mental illness in children and how you can help your child cope.

### Why is it hard for parents to identify mental illness in children?

It's typically up to the adults in a child's life to identify whether the child has a mental health concern.

Unfortunately, many adults don't know the signs and symptoms of mental illness in children. Even if you know the red flags, it can be difficult to distinguish signs of a problem from normal childhood behavior.

You might reason that every child displays some of these signs at some point. And children often lack the vocabulary or developmental ability to explain their concerns. Concerns about the stigma associated with mental illness, the use of certain medications, and the cost or logistical challenges of treatment might also prevent parents from seeking care for a child who has a suspected mental illness.

### What mental health conditions affect children?

Children can develop all of the same mental health conditions as adults, but sometimes express them differently. For example, depressed children will often show more irritability than depressed adults, who more typically show sadness. Children can experience a range of mental health conditions, including:

**Anxiety disorders.** Children who have anxiety disorders — such as obsessive compulsive disorder, post-traumatic stress disorder, social phobia and generalized anxiety disorder — experience anxiety as a persistent problem that interferes with their daily activities. Some worry is a normal part of every child's experience, often changing from one developmental stage to the next. However, when worry or stress make it hard for a child to function normally, an anxiety disorder should be considered.



**Attention-deficit/hyperactivity disorder (ADHD).** This condition typically includes symptoms in three categories: difficulty paying attention,

hyperactivity and impulsive behavior. Some children with ADHD have symptoms in all of these categories, while others may have symptoms in only one.

**Autism spectrum disorder (ASD).** Autism spectrum disorder is a serious developmental disorder that appears in early childhood — usually before age 3. Though symptoms and severity vary, ASD always affects a child's ability to communicate and interact with others.

**Eating disorders.** Eating disorders — such as anorexia nervosa, bulimia nervosa and binge-eating disorder — are serious, even life-threatening, conditions. Children can become so preoccupied with food and weight that they focus on little else.

**Mood disorders.** Mood disorders — such as depression and bipolar disorder — can cause a child to feel persistent feelings of sadness or extreme mood swings much more severe than the normal mood swings common in many people.

**Schizophrenia.** This chronic mental illness causes a child to lose touch with reality (psychosis). Schizophrenia most often appears in the late teens through the 20s.



**What are the warning signs of mental illness in children?**

**Warning signs that your child might have a mental health condition include:**

**Mood changes.** Look for feelings of sadness or withdrawal that last at least two weeks or severe mood swings that cause problems in relationships at home or school.

**Intense feelings.** Be aware of feelings of overwhelming fear for no reason — sometimes with a racing heart or fast breathing — or worries or fears intense enough to interfere with daily activities.

**Behavior changes.** These includes drastic changes in behavior or personality, as well as dangerous or out-of-control behavior. Fighting frequently, using weapons and expressing a desire to badly hurt others also are warning signs.

**Difficulty concentrating.** Look for signs of trouble focusing or sitting still, both of which might lead to poor performance in school.

*(Continued on Page 20)*

**Unexplained weight**

**loss.** A sudden loss of appetite, frequent vomiting or use of laxatives might indicate an eating disorder.

**Physical symptoms.**

Compared with adults, children with a mental health condition may develop headaches and stomachaches rather than sadness or anxiety.

**Physical harm.** Sometimes a mental health condition leads to self-injury, also called self-harm. This is the act of deliberately harming your own body, such as cutting or burning yourself. Children with a mental health condition also may develop suicidal thoughts or actually attempt suicide.

**Substance abuse.** Some kids use drugs or alcohol to try to cope with their feelings.

**What should I do if I suspect my child has a mental health condition?**

If you're concerned about your child's mental health, consult your child's doctor. Describe the behavior that concerns you. Consider talking to your child's teacher, close friends or loved ones, or other caregivers to see if they've noticed any changes in your child's behavior. Share this information with your child's doctor, too.

**How do health care providers diagnose mental illness in children?**

Mental health conditions in children are diagnosed and treated based on signs and symptoms and how the condition affects a child's daily life. There are no simple tests to determine if something is wrong. To make a diagnosis, your child's doctor might recommend that your child be evaluated by a specialist, such as a psychiatrist, psychologist, social worker, psychiatric nurse, mental health counselor or behavioral therapist.

Your child's doctor or mental health provider will work with your child to determine if he or she has a mental health condition based on criteria in The Diagnostic and Statistical Manual of Mental Disorders (DSM) — a guide published by the American Psychiatric Association that explains the signs and symptoms that mark mental health conditions.

Your child's doctor or mental health provider will also look for other possible causes for your child's behavior, such as a history of medical conditions or trauma. He or she might ask you questions about your child's development, how long your child has been behaving this way, teachers' or caregivers' perceptions of the problem, and any family history of mental health conditions.

Diagnosing mental illness in children can be difficult because young children often have trouble expressing their feelings, and normal development varies from child to child. Despite these challenges, a proper diag-



nosis is an essential part of guiding treatment. How is mental illness in children treated?

**Common treatment options for children who have mental health conditions include:**

**Psychotherapy.** Psychotherapy, also known as talk therapy or behavior therapy, is a way to address mental health concerns by talking with a psychologist or other mental health provider. During psychotherapy, a child might learn about his or her condition, moods, feelings, thoughts and behaviors. Psychotherapy can help a child learn how to respond to challenging situations with healthy coping skills.

**Medication.** Your child's doctor or mental health provider might recommend that your child take certain medications — such as stimulants, antidepressants, anti-anxiety medications, antipsychotics or mood stabilizers — to treat his or her mental health condition.

Some children benefit from a combination of approaches. Consult your child's doctor or mental health provider to determine what might work best for your child, including the risks or benefits of specific medications.

**How can I help my child cope with mental illness?**

Your child needs your support now more than ever. Before a child is diagnosed with a mental health condition, parents and children commonly experience feelings of helplessness, anger and frustration. Ask your child's mental health provider for advice on how to change the way you interact with your child, as well as how to handle difficult behavior.

Seek ways to relax and have fun with your child. Praise his or her strengths and abilities. Explore new stress management techniques, which might help you understand how to calmly respond to stressful situations.

Consider seeking family counseling or the help of support groups, too. It's important for you and your loved ones to understand your child's illness and his or her feelings, as well as what all of you can do to help your child.

To help your child succeed in school, inform your child's teachers and the school counselor that your child has a mental health condition. If necessary, work with the school staff to develop an academic plan that meets your child's needs.

If you're concerned about your child's mental health, seek advice. Don't avoid getting help for your child out of shame or fear. With appropriate support, you can find out whether your child has a mental health condition and explore treatment options to help him or her thrive.

<http://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art->

# From Vision to Action

A year ago, we put action to our vision to reallocate our rooms and space to be used to their fullest potential. Over the summer, painting and adapting, shelves and electrical outlets were reconsidered and adapted in my many of rooms, so that we could give the most possible spaces for ministry opportunities. We have followed that up this year with the installation of three smart televisions that can interface with computers, phones, and our technological devices.

We give thanks to God for the vision of reallocation that has allowed ministries to thrive. We have increased space, energy, and opportunities around Faith Learning Academy (our adult Sunday School options). We have grown our CMO preschool classes and programs. We have expanded technology capabilities for many ministries. We have enriched these areas to be used for ministries of scouting, community, children, education, and much more.

Thanks be to God for Vision and Action!

## Looking Forward

*We are prayerfully discerning vision for our church in future years. We invite the whole congregation to pray specifically:*

God will give us specific hearts for our community.

God will open us to move beyond comfortable to growing in our faith.

God will rise up leaders and servants to serve those in need and lead.



**At West Grove, we love God by opening our hearts to Jesus, growing our faith, and serving our community and world in His name.**

### Open~ Grow ~ Serve

How are you meeting our congregation's three resolutions for 2017?

- Read Bible in a year
- Attend one spiritual growth opportunity
- Invite one person to church

Our Administrative Council is discerning how we can open our hearts to Jesus. We have set the following goals and strategies.

#### ENGAGE MEDIA:

Donna Fackler, our Church Administrator, has incorporated responsibilities related to extending and engaging social media presence into her job responsibilities, so that we open our communications and engagement within the church and to the wider community. Responsibilities related to worship bulletins and newsletters have been transitioned to Kristin Boyd, administrative assistant.

#### ENGAGE WORSHIP:

Our Worship team will be evaluating and exploring new ways to optimize and create opportunities of experiencing and meeting God in worship. We give thanks to God for our worship ministries strengthen and seek to build upon them.

#### ENGAGE FACILITIES:

Our Board of Trustees will be developing 5 year building maintenance plan to look forward proactively to caring well for our facilities so that, we can open our facilities to ministries inside and outside of the church.

We are also praying about strategies related to Grief Share, Non-Sunday worship, and reinvigorating Wednesday night fun.



## Daily Meditations

They are written one for each day of the week as a short meditation and question to begin your day. Take your bulletin home and read each day. May your relationship with God be enriched. They are also available on Facebook and our website!

Our community has deep needs with which we can help!

Thank you to everyone who responded to our calls for specific needs for our pantry.

### How can you help?

There are copies of a shopping list of our current needs clipped to the shopping card in the Narthex. Pick up the list and include one, some, or all of the items with your shopping to serve those in need in our community.

**Please focus on needs such as:**

**Personal care items, Toilet paper, Paper towels**

**Soups, Canned meats, Canned Vegetables, Canned Fruits.**



## Our Sponsored Children

Be on the look out for our touring display of Sponsored Children in your Sunday School classes and our monthly Coffee Fellowships. We will be asking for donations when you see this to aid the children we support with Compassion International in Indonesia and with Children International in Columbia.



### VOLUNTEER OPPORTUNITY!

Volunteers are needed to support meals for the UrbanPromise StreetLeader Training.

June 16th and 17th

Needed:

- \*meal preparers in the kitchen the afternoon of 6/16
- \*meal deliverers, servers, and clean up in the evening of 6/16
- \*pick up and deliver breakfast and lunch on 6/17.

Contact Janice Bowers for information.

(janicesemail2@gmail.com)



### Baby Bottle Campaign Update!

Wow! Chester County Women's Services challenged us to take on filling 50 baby bottles with coins to bless our neighbors in need. All of them have been taken! 8 have already been returned. If you took one, please return yours by **June 11<sup>th</sup>**. If you wanted to support this mission and did not get a chance to pick up a baby bottle, feel free to drop coins or a check in the offering with a memo for Chester County Women's Services. Thank you for caring for the women and children in our community.

# ***Mpasa Medical & Nutrition Center***



## ***Pediatric Building Update***

*The community of Mpasa, an area that historically has been home for over 5 million refugees, is filled with excitement about the new pediatric building being constructed at Mpasa. The building will soon be completed and furniture and equipment delivered so that Mpasa Medical Center can begin to use this new facility to enhance the care of patients in the area. What will this mean for the people of Mpasa region?*

*2 new operating rooms with new operating beds and operating lights!*

*An isolation room for children with a communicable disease...*

*A large pediatric ward with special pediatric beds and accommodations for parents who will be there to care for their children as is the custom in Congo...*



*A new laboratory for testing and analysis...*

*A new ultrasound for diagnostics especially for maternity ...*

*New surgical instruments to enhance the medical care of patients...*

*A new incubator - the 1<sup>st</sup> in Mpasa! And so much more!!!*



*THANK YOU, Southeast District! Your generosity is already touching the lives of thousands in the Mpasa area. Your new phase, providing solar energy, will help improve Mpasa. Here is how!*

## **Solar Power Can Save Lives!**



*Imagine an injury or the delivery of a baby when hemorrhaging threatens the life of the patient and there is no access to a Blood Bank! It happens so often at Mpasa but soon solar panels to power a solar refrigerator to store blood products will save lives! As soon as a refrigerator is available, the government will launch a Blood Bank at Mpasa!!!*

*Solar power will also help other important types of medical equipment recently purchased for the Mpasa Medical Center. These also require electricity to function or to be charged. For example, the new surgical lamps include batteries but they must be charged prior to their use. The incubator for newborns in need of special care require electricity for any functionality. However, much of the other equipment, such as the operating room bed, are totally manual.*

*The solar panels will totally power the Mpasa Medical campus badly in need of electricity as the local grid is unstable. This power will enhance all medical services and be a great help to the nutrition program serving 300 children daily.*





**West Grove United Methodist Church**  
OPEN • GROW • SERVE

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**2017**

*~ Open, Grow, Serve ~*

*At West Grove UMC, we love God by opening our hearts to Jesus, growing our faith and serving our community and world in His name.*

**The Reverend Monica B. Guepet, Lead Pastor**

**[pastor@westgroveumc.org](mailto:pastor@westgroveumc.org)**

**The Reverend. Jim Mundell - Associate Pastor, Chaplain at Jenner's Pond**

**[Jim.mundell@westgroveumc.org](mailto:Jim.mundell@westgroveumc.org)**

**The Reverend Shirley Daddario—Associate Pastor for Caring Ministries**

**[Shirley.daddario@westgroveumc.org](mailto:Shirley.daddario@westgroveumc.org)**

**Office Hours: Monday—Friday**

**7:30 a.m.—4:00 p.m.**

**Staff**

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Kristin Boyd - Administrative Assistant  
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Tracy McLaughlin—Children's Morning Out Director  
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Maira Tena - Nursery Attendant

**Board and Committee Leadership**

Carol Whelan - Administrative Council Chair

Gene Aucott - Trustee Chair

Barbara Delaney - Finance Chair

Scott Steele - Treasurer

Sara Ann Ramberger - Financial Secretary

David Delaney - Staff-Parish Relations Committee Chair

Judy Gambill - Christian Education

Joan Leaman - Children's Ministry Team Contact

Susan Paisley - Faith Community Nurse

Janice Bowers - Missions Team Chair

Dick and Caryl Stuhrke - Hospitality Committee Chair

Cindy Haley - Delegate to Annual Conference

Luke Chalmers- Delegate to Annual Conference

Cindy Haley - Lay Leader

OPEN - U.M.W. President

Prayer Team - Prayer Chain Coordinator

Amy Castaldi - Nursery Coordinator

John Gambill, Betty Mundell and Denise Byers

Ad Council Member at Large