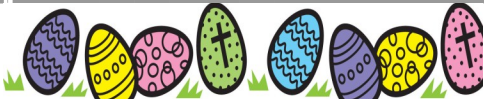


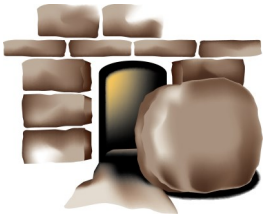


The Wesleyan Star

West Grove
United Methodist Church
300 North Guernsey Road,
West Grove, Pa. 19390
Phone: 610-869-9334,
Fax: 610-869-0110
E:mail: office@westgroveumc.org
Website: www.westgroveumc.org



April 2015



**"Every day to us is Easter, with its resurrection song.
When in trouble, move the faster to our God who rights the wrong.
Alleluia! Alleluia!
See the power of heavenly throngs!"**

There are so many gems hidden in plain sight in our United Methodist hymnal. Every so often, I find myself reading the words, pounding out the melodies on the piano, and looking into the stories behind the hymn. The hymn, "Easter People Raise Your Voices", includes the invitation to celebrate the resurrection of Christ today and every day. Rev. William James wrote those words for his congregation in Harlem when his people needed to remember on Easter (and throughout the year) that God is in control. His people had experienced the drudgeries of life and needed to know God will be victorious. Perhaps, you and I need to remember this - that every day is Easter as well. I invite you to take a moment to read over the full of the hymn in our hymnal, number 304.

It was on the first morning, when the story of redemption and resurrection had not yet been trumpeted to the world that the disciples sought Jesus out of sadness and despair, commitment and obligation. Hear the witness of the disciples from Luke 24:1-12:

But on the first day of the week, at early dawn, they came to the tomb, taking the spices that they had prepared. They found the stone rolled away from the tomb, but when they went in, they did not find the body. While they were perplexed about this, suddenly two men in dazzling clothes stood beside them. The women were terrified and bowed their faces to the ground, but the men said to them, 'Why do you look for the living among the dead? He is not here, but has risen. Remember how he told you, while he was still in Galilee, that the Son of Man must be handed over to sinners, and be crucified, and on the third day rise again.' Then they remembered his words, and returning from the tomb, they told all this to the eleven and to all the rest. Now it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles. But these words seemed to them an idle tale, and they did not believe them. But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.

The first Easter morning is so much like the church today. In the church today, we have those who like the women share the witness of Christ with some fear and trembling. There are those who dismiss the words and experiences of others as idle tales. There are some who believe upon hearing, and there are some like Peter, who must see for themselves. However you have heard the words of Christ, hold them near to your heart and then offer the good news to others. Every day for us is Easter, and God still rights the wrongs. This is the good news! So, come rejoicing on this Sunday as we celebrate Easter and many Sundays to follow as we celebrate and share God's hope in and with a challenging world.

Risen Christ, you indeed right the wrongs and bring the good news! On Easter and beyond, soften our hearts to hear your message as we seek to serve you with our lives, In the name of the One who was, is, and will be, Amen.

*In God's Love,
Pastor Monica*



March Worship at West Grove UMC



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

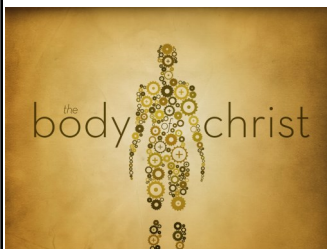
EASTER SUNDAY ~ April 5 Communion Sunday

Scripture: John 20:1-18

Sermon: Footraces at the Empty Tomb

We talk about our walk with Christ in our daily life. On Easter Sunday, we race to and from the empty tomb with good news to share.

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



For the next 5 weeks, we will be in a sermon series on the Body of Christ. Let us discern together how God is calling each of us to be a part of the body of Christ here at West Grove.

Second Sunday in Easter ~ April 12

Scripture: 1 Corinthians 12:12-27, John 20:19-31

Sermon: The Whole Body of Christ

We need all of the parts of the body in order to live in God's way.

Third Sunday in Easter ~ April 19 Mission Fair Sunday

Memory Bells at 11:00 a.m. Service

Scripture: Ephesians 3: 14-19, Luke 24: 13-39

Sermon: Ear of our Hearts

Jesus calls us to listen to the world with the heart and compassion.

Fourth Sunday in Easter ~ April 26 Baptism Sunday ~ Ariana Hargraeves

Scripture: Ephesians 6:13-20 Isaiah 52:6-9

Sermon: Standing Firm: Feet of Christ

In a world of pot holes and shaky ground, plant your feet on the strength of the Good news.

Financial Update:

We ended 2014 with a loss of fund balance of \$16,613. Our final expenses were under budget by approximately \$11,000, and our total revenues were under budget by approximately \$21,000.

Please remember the church as you travel, in bad weather, and even when you are not present. It is through your tithes and offerings that we are able to impact our community and share the good news of Jesus Christ.



Technology Team

The Trustees have begun a sub-group related to technology. The Tech will address immediate technology concerns as well as vision and plan for our future with technology. If you have particular gifts of expertise to add to this conversation, please see John Boyd, Trustee Chair or Pastor Monica.



**Church Office will
be closed on April
3rd in observance
of Good Friday.**

**The Church Office will re-open
on Monday, April 6th.**

Have a Blessed Easter!



Coffee
Fellowship

**Coffee Fellowship this month is
hosted by the Missions**

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.

Holy Week and Easter

Celebration of the Last Supper ~ Thursday, April 2, 7:00 p.m.

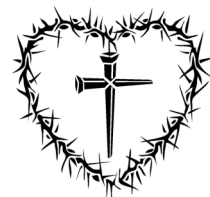


On Holy Thursday, we will recall Jesus' last supper with his disciples and time in the Garden. The service will include a celebration of Holy Communion and music from our talented musical department.

Good Friday Community Service ~ Friday, April 3 ~ 7:15 p.m.

Hosted by Avondale Presbyterian Church, 420 Pennsylvania Ave, Avondale, PA 19311

On this evening, join us as we gather as community for a service of reflection and scripture with our area pastors on this Good Friday.



24 Hour Prayer Vigil ~ Friday, April 3, 9 a.m.-Saturday, April 4, 9 a.m.



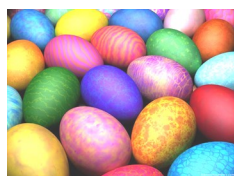
Let us join Jesus on this day in prayer. Sign up for a one-hour time slot to come into the church sanctuary and pray for the individual needs of our church family, as well as for needs of our community. Prayer requests and materials provided.

Good Friday Prayer Stations ~ Friday, April 3, 5:00 ~ 9:00 p.m.

Come spend time with guided meditations, reflections, and activities on this Good Friday. Stations will be set up in the sanctuary with easy instructions at each station. Come when you can, leave when you must.



Wiggly Giggly Easter Vigil Service ~ Saturday, April 4, 5:00 p.m.



Join us for an interactive service of celebration of our risen Lord. The Early church had a long tradition of celebrating Easter as soon as the sun went down, awaiting the resurrection and light of Christ. Music and messages, giggles and joy will fill the sanctuary as we await the resurrection of Christ!



Easter Sunday ~ April 5

Sunrise Service at 6:30 a.m.

As the first dawn of morning shine, let us celebrate the resurrection of Jesus Christ.
Christ is Risen, indeed!

Contemporary Celebration Service at 8:30 a.m.

and

Traditional Celebration Service at 11:00 a.m.

Join us as we celebrate the Risen Christ this day with Services at 6:30 a.m., 8:30 a.m. and 11 a.m.
Christ has defeated death. Let us worship the Risen Christ together!

Nursery and Children's Worship provided at all services.

New Member Class Starts Sunday, April 19



Have you been attending WGUMC and want to join our family?

Beginning April 19th, we will meet for three weeks to learn more about what it means to become a member of the United Methodist Church, and more specifically, our church here in West Grove.

April 19th: **OPEN** Join us as we learn about opening our hearts to Jesus. In this class, we

will get to know one another a little better and discuss the United Methodist Church structure.

April 26th: **GROW** In this class, we will discuss spiritual growth and what that means to you as an individual.

May 3rd: **SERVE** We will talk about spiritual gifts and how they can be used for different forms of service.

May 10th: **WELCOME** On this day, you will be taken into membership during the worship service.

Classes meet on Sunday morning at 9:45 in the Pastor's office.

Please contact Pastor Monica or Melissa Jones if you are interested in learning more about membership.

Our next class will begin in Fall 2015. Visit this page for more information in the coming months.



Tools for Ministry

Words cannot express the gratitude I have for so many people who helped to make this year's Toolkit Ministry event go smoothly. From the people who came on Friday afternoon to get the church looking its best, and the people who showed up way-too-early on Saturday morning to make sure I had coffee, to the guys who humor me and come to my rescue when I get a last minute, hair-brained idea. I feel so blessed! And that was just Saturday! I need to put a special thanks to Hope for taking charge of the youth room for the Baptism luncheon, to the people who greeted our guests and did all the little things to make it happen, and to the cleanup crew. Honestly, I love my church family more than you know and cannot thank each of you enough!

Melissa Jones

In person

Marie Monville



Author of

One Light Still Shines:

My Life Beyond the Shadow of
The Amish Schoolhouse Shooting



Friday
April 10
at 6:30 p.m.

Light refreshments will be offered

There is no cost for this event

Sitting is limited, so please plan to arrive early

www.westgroveumc.org

610-869-9334



West Grove United Methodist Church
300 N. Guernsey Road
West Grove, PA 19390

Hosted by the Older Adult Ministry and the United Methodist Women



CONGREGATIONAL WORK DAY

SATURDAY, APRIL 11

8 A.M.-1 P.M.

What is it?

It is an invitation to everyone in the congregation to come and help clean and brighten the church inside and out.

Who sponsors the "Work Day" event?

The WGUMC Board of Trustees are charged with scheduling maintenance work inside and outside of the church that members and friends can safely perform.

When does it happen?

Saturday, April 11th from 8:00 a.m.-2:00 p.m. is the designated date and time. However, some tasks can be done at your convenience. The trustees need to know about the tasks you are willing to do at a different time.

How do I know what needs to be done and whether I or my children can accomplish some tasks?

A poster listing all the various chores that need to be addressed is in the lobby. You are invited to sign up for those tasks that feel comfortable for you. More than one group, family or individual can sign up for a particular task, so be sure to include your phone number, along with your name and chosen tasks on the signup sheet.

What should I bring?

Appropriate work gloves for the task you've chosen. All cleaning agents and most of the tools are provided by the trustees. Trustees will call you in advance if they see a need for extra tools.

The trustees will provide snacks and drinks for all the workers!



Questions? Call Vernon Ramberger
at 610-869-3863



Annual Spring Rummage Sale

Set-Up on Thursday, April 30, 12:00 p.m.

Sale, Friday, May 1: 9 a.m.-2 p.m.

Sale, Saturday, May 2: 9 a.m.-12 p.m.

Household goods, adult and children's clothing, toys, and lots of other "treasures" will be for sale. On Saturday, all shoppers may fill a bag for \$2.00

How can you help?

This is a biannual event pioneered by the United Methodist Women. It offers gently used clothing and household items to the community at record low prices. Many families in our community attend this event and the bargains are very helpful to them in these hard economic times. In order for the event to be held, many hands are needed for the physical labor of setting up the sanctuary and putting the items out on tables on the Thursday before the Friday sale. Then the reverse must happen on Saturday to get the sanctuary set up for Sunday worship. It is also helpful to have a half dozen people available during the busiest sale hours to help with check out on Friday and Saturday morning. Please consider lending an hour or two. The United Methodist Women use the proceeds of this event for various missions or additions to our church.

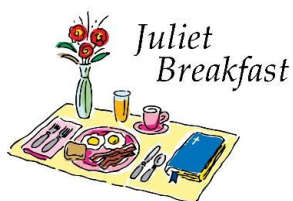
Also needed, of course, are donations of gently used clothing and household items. These can be brought to the church during office hours the week before the sale.

Volunteer sign-up sheets are located in the lobby.

We will be setting up on Thursday, April 30 at 12 p.m.

So, start cleaning and sorting and we will see you at the sale!

Your gently used donations can be dropped off in the lobby coat closet beginning Sunday, April 26 through Thursday, April 23. The church office is open from 7:30 a.m. to 4:00 p.m. Monday through Friday. Thank you!



Juliet
Breakfast

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

JULIET...Just us Ladies Interested in Eating Together

April 11 at 9:00 a.m.

Please join this group of ladies for a breakfast time of food, fun and fellowship.

We meet at Sunrise Café, 127 E. State Street, Kennett Square, PA 19348

They have free parking in the parking garage on Saturdays. Questions? Call Margee Michaels or Chris Curtiss.

THE COMMUNITY CAFÉ

Tuesday, April 28

11:30 a.m. - 1:00 p.m.



The Community Café is a monthly meal ministry offered to meet the needs of our church neighbors, friends and members who are in need of or

desire a time of fellowship and food. The meals offered through this ministry are **TOTALLY FREE** and everyone is welcome!

Please join us for a hot, delicious luncheon prepared by Chef Joe and served to you by the wonderful volunteers from the church.

Our lunch is served directly to your table, restaurant style, by our gracious volunteers, so you do not have to stand in a buffet line! Reservations are suggested, but are not required, by calling the church office at 610-869-9334 or e-mailing office@westgroveumc.org. Walk-ins are welcome. The Rover Bus Company provides local transportation for a nominal fee. You must call them at 610-594-3911 to reserve your seat. If you want to attend the lunch, but are unable to afford transportation, the driver will be met at the church doors, **and the bus fare paid.**

Care Givers Group

**April 8 @
7 p.m.**

Caregivers meet on the second Wednesday of each month. The next meeting is on March 11 at 7 p.m. in room #16. Please join us if

you are caring for a loved one, close or from afar. Find love and support from others in your situation. **Thank you.**



Dear friends,

My family and I are filled with gratitude for the outpouring of love through your prayers, cards, hugs and caring words as we are grieving the passing of my mom, Elli Streibel. In these last years so many of you had prayed for my mom which moved her deeply and she was very thankful and also prayed for our congregation. We feel truly blessed to be part of such a loving and supportive church family and pray that God may continue to bless our church members to be instruments of His love.

With love and gratitude,

Edel, Peter, Timothy, Simon and Jeffrey Mullen and the Streibel family.

Shine for the Stars! Red Carpet Prom Night

(Youth Fundraiser)

~ April 25th ~

6:00 p.m.-8:00 p.m.

\$10.00 per ticket



Dust off those fancy clothes and break in the dance shoes! The youth are hosting their Second Annual Prom Night on April 25 m 6:00 -8:00. There will be appetizers and music, games, a Red carpet and some entertainment. Tickets are on Sale starting Sunday, March 29th. for \$10.00. (Under 5 yrs. Old - Free) All proceeds go towards off setting the cost for the Youth Summer Mission Trip. It will be a Dazzling Night!

Be sure to Join Us!



Dear Church Family,
We arrived in Colorado on Monday, February 9, 2015. Needless to say, the trip was long and very fatiguing, espe-

cially with 2 Beagles. We did stop in Missouri for some quality time with Beth's family.

Downsizing has been a challenge as we are living in roughly half the space we had in PA. However, that continuous view of Pikes Peak somehow makes the worst day seem bright.

We do miss our church family and friends in PA. You have truly made an indelible mark on our lives and we really miss the friendship and fellowship. Collectively, you have helped us in our Christian journey. Thank you!

**Our temporary address (rental) is:
6509 Gelbvich Road, Peyton, CO 80831**

Our telephone # is (719)424-7185.

Please stay in contact and if you are in Colorado, the door is open to you!

May God bless you!

Ken and Beth Arnold

7th Annual Community

Handbell Concert

Sunday, May 3, 2015

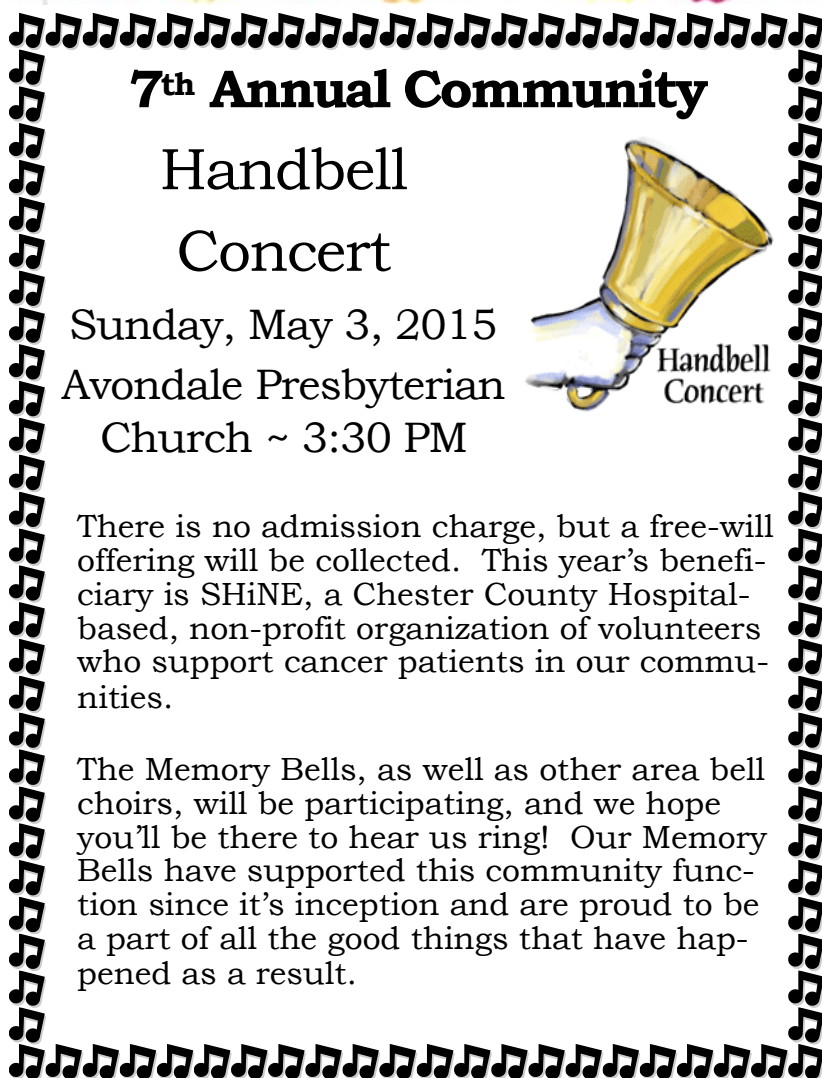
Avondale Presbyterian
Church ~ 3:30 PM



Handbell
Concert

There is no admission charge, but a free-will offering will be collected. This year's beneficiary is SHiNE, a Chester County Hospital-based, non-profit organization of volunteers who support cancer patients in our communities.

The Memory Bells, as well as other area bell choirs, will be participating, and we hope you'll be there to hear us ring! Our Memory Bells have supported this community function since it's inception and are proud to be a part of all the good things that have happened as a result.





CMO Preschool

Spring is here! We are very excited for Spring to arrive and hopefully warmer weather. The children are very excited to be outside playing on the playground again and riding bikes. Our CMO and Preschool classes have been very busy. The children have been learning all about the season of Spring, Noah's Ark, and St Patrick's Day. Some of our classes even tried to trick those tricky leprechauns into their traps. I can report though that the leprechauns were not tricked, and we unfortunately didn't catch any this year.

It is hard to believe but we just have two more months before our school year ends. In April, we will have a visit from our local fire trucks to teach the children about fire safety, and in May we will have our Field trip to Plumpton Park Zoo. There is still so much to learn and enjoy before the end of the year.

We will have one week of summer camp this year in June before our local school districts finish their school year. If you are interested in registering for camp, the packets are now available on the CMO and Preschool table. Enjoy Spring!!!

Tracy McLaughlin, Director



**Nursery
Ministry**

**Thank
you**

to those who
have been

spending some time on Sunday mornings
volunteering in the nursery! It has been a
wonderful experience watching the little
ones of the church enjoy themselves and
grow right here at church! If you are in-
terested in volunteering in the nursery ap-
proximately once a month during one of
the worship services or the Sunday school
hour, please contact Amy Castaldi at
ahass17@hotmail.com or 610-468-4321.



Thank you to Miss
Jamie (Lindtner) who did
chapel time with our
Butterflies, Frogs, Ducks,
Turtles, and Bumblebees
during Pastor Monica's
maternity leave.

Miss Jamie taught the classic Sunday School song, the
BIBLE, to the children.

It was overheard from one of preschoolers that they
wanted to sing the "BLT" song again!

Perhaps, you even got to hear the children yell out at
the end—BIBLE!

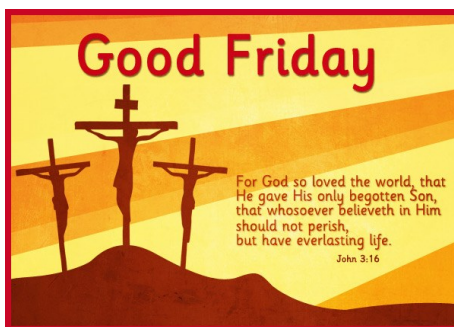


C.I.A. Youth Ministry News



Our Youth Ministry program at West Grove UMC is for all students in grades 7 – 12th. We wish to grow in our faith as we learn more about being Loved by God, Loving God and Loving Others. We have fellowship on Sundays, Outreach once a month on Fridays and activities of service throughout the year. Friends are always welcome. Any questions about participating or volunteering with our youth; please contact Jamie Lindtner, Director of Youth Ministry. 610-937-7932 or Jamielindtner@gmail.com

April Calendar and Happenings



**Friday, April 3;
5:00 – 9:00 –
Good Friday
Prayer Stations.**

This year we are opening up the prayer stations for anyone who would like to

come and spend

time reflecting and meditating on the Cross, God, and the Resurrection. Stations will be set up in the sanctuary with easy instructions at each station. Spend as little or as much time as you need. Youth Ministry Students – we will meet at 7:00 to go through the stations together. Bring a friend!

Youth Leader Meeting – Thursday, April 9 from 6:30 – 8:30 at Jamie's House. Come Hungry! We'll eat dinner together and then talk YOUTH! RSVP with Jamie by April 6th.

Youth Group Meetings

- **April 12th** – Sunday from 6:30 – 8:00 – Middle School Youth Group
- **April 19th** – Sunday from 6:30 – 8:00 – High School Youth Group
- **April 26th** – Sunday from 6:30 – 8:00 – ALL Youth Together for fellowship and food.



CONFIRMATION NEWS

Time Traveler 2015 at St. George's UMC. All Confirmands will head down to Historic St. George's UMC in Philadelphia on April 18 to participate in a dramatic

retelling of some of our Methodist history. Please meet at WGUMC at 8:30 and plan on returning to WGUMC around 3:00. Bring \$12 for lunch at Ruby's Diner.

*** If anyone from the congregation is interested in learning more about our Church's history and visiting Historic St. George's UMC with us – you are welcome to come! The program runs from 10:30 – 12:30 and doors at the church open at 10:00. Contact Jamie Lindtner ***

Red Carpet Prom Night

~~~Youth Fundraiser~~~

**April 25<sup>th</sup> ~~~~ 6:00 – 8:00**

Join the youth for a Red Carpet Night at WGUMC. Appetizers, Music, Talent Shows, FUN FUN FUN! Tickets are on Sale. All money raised goes towards our summer mission trip to Union Beach NJ. TICKETS are \$10 (Under 5 yrs. Old – Free)



## Looking towards MAY..

Because of the Holidays on Sunday in May – **ALL Youth will meet together on May 3<sup>rd</sup> and 17<sup>th</sup>.**



**Parents Nite Fundraiser will be held on Saturday, May 16<sup>th</sup>.**

**Confirmation Sunday is May 24<sup>th</sup> !**

**A Car Wash Fundraiser** will be held sometime the last weekend of May. TBD.





# Student Grants

**The Education Society  
of the Eastern  
Pennsylvania Conference  
of the United Methodist  
Church**

will be offering a number of Grants to assist worthy individuals with defraying the cost of higher education for the 2015-2016 school year. The attached pages describe the opportunity and method of application. All applications received in the Conference Office (between and including) May 1 to May 16 will be considered for a grant. Like last year, all applications will be considered. Unless there is some disqualification, grant recipients will be randomly selected. It is important that this information be provided to church members who plan to attend an institution of higher learning in the fall of 2015. Please communicate this grant opportunity to your congregation as soon as possible. If you have questions, please contact the Education Society Chairperson, Al Adey at [ahadey@verizon.net](mailto:ahadey@verizon.net).

## New Game for Youth Ministry Program

Students who attended the youth retreat at Gretna Glen in January were introduced to a new game called 9 Square in the Air and we had a blast playing it! Well, Thanks to Carol Whelan, we can now play it anytime! Carol thought it would be a wonderful addition to the youth ministry program and we want to thank her for her generosity in purchasing the game! We are excited to play it! We may even have an all church event so everyone can check it out. Thanks Mrs. Whelan! We are excited to get playing this game at youth group events.



**Children's Choir  
Singing on  
April 26th**



We will practice  
Sunday March. 29th,  
not April 5th due to it being Easter  
Practice: April 12th and 19th.

**SAVE THE  
DATE FOR VBS  
JULY 13-17**







## **THE POWER AND THE GLORY**

This June, after a five year absence, Hopewell UMC's Drama Ministry will present **THE POWER AND THE GLORY**--the modern language resetting of their original **Passion Play**. This wonderfully rich telling of the story of Jesus' ministry, teachings, sacrifice, victory, resurrection, and ascension was originally translated in 2005 from **The Passion Play** which was first performed at Hopewell in 1963. This newer production is based on the earlier script, bringing the King James Version of The Bible's language into contemporary language using several Biblical translations and adding several scenes to tell more of "the greatest story ever told".

The beginning production was performed indoors and was so popular it became an annual event. The first outdoor performance was held in 1966 with the audience sitting on folding chairs. Their outdoor amphitheater now contains 900 comfortable, convenient, and permanent stadium seats. There have been as many as 400 people involved in this annual presentation. The performances are in June because of the seasonal weather. In case of rain, the play is held inside. Admission to the play is free. Freewill offerings are gratefully received.



Our **RAP group and friends** will be traveling to Hopewell UMC on **June 12th**. The group will board a **DuVall bus** at WGUMC at **5 p.m.** The bus will return our group to WGUMC after the play. Light dinner choices, snacks, desserts, and beverages will be available for purchase at Hopewell UMC beginning at 6 p.m. The play will start at 8 p.m. Hopewell suggests that you bring bug spray for your comfort and also a pillow/blanket for your seating--we will be permitted to choose and "save" our seats before enjoying our meal.

The cost for **bus transportation** is **\$12.50 per person (includes the gratuity for the driver)**. Individual food choice purchases and freewill offering will be the responsibility of each attendee. **Please direct your questions and reserve your seat on the bus with Sara Ann Ramberger, RAP Outing Coordinator**, asap at 610-869-3863 or [sar57ver@verizon.net](mailto:sar57ver@verizon.net).



## Tips for Communicating with a Person Living with Dementia by Dotty

1. You know what makes me feel safe, secure, and happy? A smile.
2. Did you ever consider this? When you get tense and uptight it makes me feel tense and uptight.
3. Please try to understand and remember it is my short term memory, my right now memory, that is gone---don't talk so fast, or use so many words.
4. Slow down. And don't sneak up on me and start talking. Did I tell you I like smiles?
5. Make sure you have my attention before you start blabbering away. What is going to happen if you start blabbering away and you don't have my attention, or confuse me? I am going to say NO- count on it.
6. My attention span and ability to pay attention are not as good as they once were, Please make eye contact with me before you start talking. A nice smile always gets my attention. Did I mention that before?
7. You talk too much--instead try taking my hand and leading the way. I need a guide not a person to nag me all the time

## SALT

### Diets high in sodium are linked to: high blood pressure, heart disease, and stroke.

Where does the sodium in our diet come from?

5% is added during cooking

6% is added at the table

12% occurs naturally

77% is in processed or prepared foods



### High Sodium Foods:

Bacon, Canned vegetables, Ham, Packaged deli meats, Ramen noodles, Bouillon cubes or broth, Cheese, Hot dogs, Pickles, Salad dressings, Boxed rice and noodle dish, Cheese puffs, Ketchup, Potato chips, Salted nuts, Breakfast cereals, Canned soups, Frozen dinners, Marinades, Pretzels, Sausage, Gravy, Olives, Processed Cheese.

### To reduce your sodium intake, try these tips:

- Use herbs and spices to flavor foods. Try fresh herbs, spices, vinegar, and citrus to season your foods instead of reaching for the saltshaker.
- Choose low-sodium canned goods. If you buy processed foods, check the label and pick foods with the lowest level of sodium.
- Limit foods with more than 200 mg of sodium per serving. Read the Nutrition Facts label for the serving size and consider how many servings you actually eat.
- Quite simply USE LESS SALT. Gradually cut back on the amount of salt you add to your food. Your taste buds will adjust and you may even prefer less salt.

- Choose fresh foods over processed foods. Fresh fruits, vegetables, and meats are naturally lower in sodium than canned or processed foods.

- Prepare your own foods.

Restaurant and convenience foods typically have a lot of salt. When you cook your own food, you control how much salt you add.



United  
Methodist  
Women

## Upcoming UMW Southeast District Events

**The District Spring Ingathering** will be held on **Saturday, April 18** at St. Mark's United Methodist Church, 2220 Sproul Road, Broomall. Registration begins at 8:30 a.m., along with clothing and monetary donation drop-offs. A continental breakfast will be available at 9:15 a.m., and the program will begin at 10:00. Our guest speaker is Alice Mar, a representative from UMCOR. UMCOR is celebrating 75 years this year. At this year's ingathering, new clothing items, children, women and men, all sizes will be collected. **In addition, new children's books, toys and blankets will be collected.** (Note: **WGUMC UMW** will collect these items up to and including Friday, April 17. You may drop off items at the Church and place them in the designated container. Thank you!)

This year's **Mission U** will be held **July 24-26** at the Inn at Reading. Details will be available soon, as well as information on scholarships.

**The District Day Apart** will be held on **Wednesday, September 9** at Camp Innabah. The cost for lunch will remain at \$8.00 per person. More details will be available soon.

**The District Annual Meeting** will be held on **Saturday, November 14** at my church, Olivet United Methodist Church, 310 East Chestnut Street, Coatesville.

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

\*\*\*ATTENTION RAP ATTENDEES\*\*\*

**There is no RAP luncheon in April. We invite you to attend the Marie Monville speaking engagement on Friday, April 10 @ 6:30 p.m. See page 5 for details.**

**R.A.P. will meet on Friday, May 8 for Potluck Lunch!**



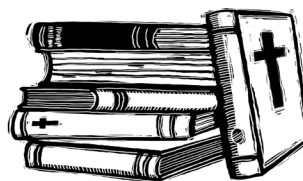
## R.O.M.E.O.

**Retired Older Men  
Eating Out**

**Thursday, April 30**

**R.O.M.E.O.**

Remember, if you are retired, then you could be a ROMEIO. We get together to eat at Perkins on the **last Thursday of each month**. Call Roger Bates at 610-869-7638 if you have any questions or if you are newly retired. Bring your retired friends!



## Luther House Bible Study

## Hear the Stories!

**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.

If you have any questions, contact Cindy Haley at: [chaley@zoominternet.net](mailto:chaley@zoominternet.net)



# Our Covenant Missionary



## It's Easter time!

Dear Brothers and Sisters in Christ,

*Rejoice and be glad! Christ has risen!* As we are entering a new season, we would like to wish

you a blessed and joyful Easter.

Our ministry in Tanzania is doing well. God has been with us in each step of our work. And everyday the church and the work of God as a whole is growing.

In this season of Easter, we encourage you to pray, meet together, share fellowship and look for the many ways God is present amongst us. Because He lives we can face tomorrow, because He lives we can do anything through him

*Rev. Umba I. Kalangwa and Mrs., both missionaries in Morogoro, Tanzania*

### Social activities

Last month ( February ), Rev. Kalangwa made a visit to Mwanza province. The aim of his visit was to attend a meeting of Wesley College board members. Wesley College is still a project to be implemented. It is a united Methodist related institution which is intended to be opened in 2017 in Mwanza province. After his visit to Mwanza, he proceeded to Kigoma district. There he chaired a meeting composed of Kigoma district leaders the motive of that meeting was to plan this year's activities. Also, this was an opportunity to supervise and control the work done in Kigoma district. Although the length of the journey we thank God for he assisted him throughout his journey.

Last but not least, Rev Kalangwa had visited Ilula region where he was invited after being appointed as the new board member of Ilula Orphanage Program. In short, let's keep praying for the ministry in Tanzania, and for our missionaries who most of the time have to travel from one place to another for supervision. May God continue to strengthen them in all aspects.

*Susannah Wesley Education and Health center*

*It's women's month!* Women from Susannah Wesley wish other women around the world a happy women's day. In church, the 8th March was unique. Women were on the first line in all activities. And it was a wonderful Sunday. We encourage women to always take part in leadership and empower others. Do not wait for

women's day to come, but let's this be part of your daily activities.

Once again we want to express our gratitude for those who are helping this ministry. Through your support we were able to repairing our drainer which has been non-functional for years now. This drainer was installed as part of Susannah Wesley ministry to help the community around. Also we have resumed repairing work the dispensary. Both work are still in progress.

Sewing training courses have started. They are four students currently enrolled in this intake. They will be finishing in April.

### Other news and activities

During the visit to USA end last year, Mrs. Kalangwa was selling DVDs of Shalom choir (our main choir at Morogoro United Methodist Church) which was part of funds raising. We thank God for all those who bought those DVDs, we hope you were blessed by the songs. We are happy to announce that the money raised has helped us to buy a set of musical instruments which were presented in church on Sunday 15th February 2015.

On the first Sunday of this month, our local pastor and missionary Ngoy Kalangwa visited the Mangae village for supervision and strengthening the church. They have discovered some challenges

faced by people from Mangae. One of them is water. These Masai people from



Mangae depend on water from the river nearby. But this river has been dangerous for them as there are crocodiles which have been threatening their lives. Last month, they lost a six years old boy who was eaten by crocodiles. And recently a 24 years old woman was rescued from the attack of a crocodile. The church in Morogoro wants to be involved in assisting their fellow members in Mangae to reduce the danger by digging a public well.





The missions team of West Grove UMC in conjunction with Family Promise of Southern Chester County is **evaluating** the possibility of being a host church for homeless families in Southern Chester County.

A host church provides overnight accommodations for up to five families / 14 people for a one week period (Sunday evening to the following Sunday morning) every 3 months. These carefully screened families are provided shelter, meals, and support services to help them get back into housing with a goal period of 30 days.

Family Promise has a day center that is located in downtown West Grove on Evergreen Street, where the families are able to shower and receive support services for getting back on their feet.

A host church provides:

- Sleeping accommodations ;A living area / hospitality room
- A Dining area; Evening Meals; Simple Breakfasts; Bag lunches
- Compassion and hospitality

For a church to effectively run this program, a crew of 40 volunteers is needed for the following roles:

- Coordinators (2-4); Meal Preparers / Food providers (14)
- Overnight Volunteers (14); Set-up / Take-Down (2-4)
- Linen Laundry (2); Activities (2); Supplies (many)

If you would like to see WGUMC be a host church, please sign up in the lobby.

If you have a particular area of interest, indicate such beside your name.

Please call Janice Bowers with any questions: 484-888-6821 days 610-444-8470 evenings or email [janicesemail2@gmail.com](mailto:janicesemail2@gmail.com).



## EVERYONE IS INVITED – COMMUNITY EVENT SATURDAY MAY 30, 2015

### HELP FEED THE HUNGRY

+++++

Willowdale Chapel  
10 am – 12 noon  
675 Unionville Road  
Kennett Square, PA 19348



Food Packaging for the World's Hungry

Stop Hunger Now is a mission providing packaged meals that provide the greatest nutritional value in the most efficient shelf-stable package. At this event, you will help make those packaged meals and feed someone who would otherwise go hungry.

**Come Join the Fun – Come Make a Difference**

Sponsored by the United Methodist Church Mission Connexion  
of Southern Chester County

**EVERYONE IS INVITED – COMMUNITY EVENT**



## Ronald McDonald House Volunteer Opportunity

Come out on **Sunday, April 12** to help prepare a dinner for the children and families staying at the Ronald McDonald House Delaware. This is a fun time of fellowship, cooking and serving along side members of our Missions Team who would love to have new or repeat volunteers come help!

You can choose to meet at the church at 1:45 pm for carpooling or at 2:30 pm at the RMH. We serve dinner at 5:30.

Ronald McDonald House of Delaware, 1901 Rockland Road, Wilmington, DE 19803

Please share your interest in participating with Janice Bowers – 484-888-6821 or

janicesemail2@gmail.com

## WGUMC Missions Fair

**Sunday, April 19**

The Missions Team will be displaying and providing information about all of the activities we are involved with before and after each service. Please stop by all of our tables and see what interests you! We are looking for people who would like to be a member of our team, so please express interest to any one manning a table!

In addition, Missions will be providing the Fellowship snacks. We will have a treat at each of our displays after each service!!



**CROP  
HUNGER WALK**  
ENDING HUNGER ONE STEP AT A TIME

**Congratulations!**

**Our 2014 Crop Walk Total  
was \$15,863!!**

**Super job from Chester  
County!**

**Roger Bates**

## Adopt a Flower Bed

We are blessed with a beautiful property at the church. Help us to take good care of property by considering adopting a flower bed.

See Vernon  
Ramberger for  
details.







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

300 North Guernsey Road, West Grove, Pa. 19390

Phone: 610-869-9334, Fax: 610-869-0110

E:mail address: office@westgroveumc.org

Website: www.westgroveumc.org

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Master: Send address changes to  
WGUMC at above address



*~ 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**

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

**jimm@westgroveumc.org**

**Office Hours: M-F, 7:30 a.m.-4 p.m.**

**Staff**

Donna Fackler - Church Administrator  
donna@westgroveumc.org

Betsy Smith - Traditional Music Director  
Contemporary Music Interim Director  
betsys@westgroveumc.org

Sandy Deckard—Handbell Choir Director

Jamie Lindtner - Youth Director  
jamiel@westgroveumc.org

Melissa Jones - Member Connection and Small  
Groups Coordinator: melissaj@westgroveumc.org

Tracy McLaughlin—Children's Morning Out Director  
tracym@westgroveumc.org

Maira Tena - Nursery Attendant

Helen Carlin-Sunday Morning Coordinator & Office  
Volunteer

**Board and Committee Leadership**

TBA - Administrative Council Chair

John Boyd - Trustee Chair

TBA - Finance Chair

Jeff Curtis - Treasurer

Sara Ann Ramberger - Financial Secretary

Cindy Hoover - Staff-Parish Relations Committee Chair

Judy Gambill - Education Team Chair

Bill Jones - Children's Ministry Team Contact

Susan Paisley - Faith Community Nurse

Janice Bowers - Missions Team Chair

Don Hurst - Hospitality Committee Chair

Cindy Haley - Delegate to Annual Conference

Roger Bates - Lay Leader

Cindy Haley - U.M.W. President

**Open-** Prayer Chain Coordinator

Amy Castaldi - Nursery Coordinator

John Gambill, Betty Mundell and Denise Byers

Ad Council Member at Large