



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

September 2015



"Offer hospitality to one another without grumbling" 1 Peter 4:19, NIV

It was my first Sunday at a new church. Steve and I were going to be introduced, and the pastor asked that we come to all three services. We were excited about the new ministry opportunity. We got to the church about 20 minutes before the worship service started. We choose a seat about halfway back and settled in. As people arrived, we greeted them and shook hands. We felt wonderful about this new opportunity; until we got a tap on the shoulder. We were informed that we were sitting in someone's pew. She informed strongly with the clear expectation that we would move out of the seats we were sitting in. We moved. Imagine how we felt when the church described itself as an open and welcoming church! Imagine how she felt when the lead pastor announced the new Director of Christian Education and her husband who were kicked out of their seats!

As we enter the fall season, we return to two services. I can imagine there may be guests coming to worship with us. While it goes without saying that I hope no one has the experience that Steve and I, I also was inspired after our District Superintendent's devotion at charge conference to think about our own hospitality.

A couple of key points from the book, Clip in: Risking Hospitality in Your Church, by Jim Ozier and Fiona Haworth.

1. The "Where is..?" Rule. When someone asks you where is the bathroom or the Children's Sunday School room, instead of pointing, walk them. Walk them to the location and take that time to make them more comfortable as a guest in our church home.
2. Guests vs. Visitors. We have changed much of our language from visitor to guest in worship. Have you noticed? Guests are those you desire in your home and for whom you prepare. Visitors are often an undesired interruption in the regularly scheduled events. Are you treating those coming to our church for the first time as visitors or guests?
3. Walk with Guests. When guests come into the church, it is ideal if someone not only walks with them to the bathroom or the sanctuary, but perhaps remains with them in service. Relationships are made in time together. How are you seeking relationships with our guests?

Are you intrigued? Can you extend our hospitality ministries? As we return to two services and the rhythm of fall, consider how God is calling you to offer hospitality without grumbling.

In God's Love,

Pastor Monica



August Worship at West Grove UMC



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

Sermon Series: Creation:

God's Creation reveals God's glory, purpose, and self. In looking at and absorbing creation, we learn about God.

**Fifteenth Sunday After
Pentecost ~ September 6
Communion and Emergency
Food Shelf Sunday**

Scripture: Mark 7:24-37 and
Isaiah 35:4-7a

Sermon: "Labor of Love"
What is our vocation and the
work we do to live out love?



**Seventeenth Sunday After
Pentecost ~ September 20
United Methodist Women
lead worship**

**Eighteenth Sunday After
Pentecost ~ September 27
Children's Choir**

Scripture: Mark 16:14-18 and
Isaiah 65:17-25

Sermon: "God in the Mountains"
God is close to you at all times.

**Sixteenth Sunday After
Pentecost ~ September 13**

Back to School Sunday

Third Grader Bible Sunday

Scripture: Psalm 19 and Mark 15:33-39

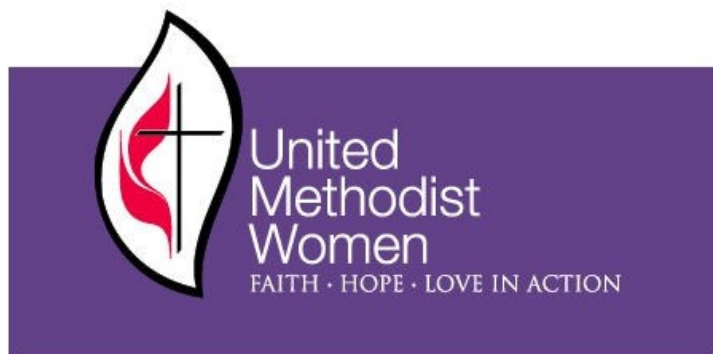
Sermon: "God in the Sky"
Come and discover the immense majesty of God!

**Wiggly Giggly Blessing of the Animals
October 3rd, 2015**

**5pm
Parking Lot**

**United Methodist Women to lead
service on Sunday, September 20**

**We are so excited about our United
Methodist Women leading us in
worship. Make sure to mark your
calendar for this celebration.**



Coffee
Fellowship

**Coffee Fellowship
this month is
hosted by our
Christian**

Education 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.

**New website at
www.westgroveumc.org**

Check it OUT!



Vision Retreat
Saturday, September
12th

At Camp Innabah,
near Pottstown

All leadership and persons interested in how mission and ministry in our congregation and community is lived out, should plan to join us for the day.

"The Majesty of God" **Bible Study**

Led by Pastor Jim Mundell

Mondays,
7:00 p.m.-8:30 p.m.
September 14- October 19

Beginning on September 14 and running for at least six-weeks, Pastor Jim will conduct a Bible Study on passages from the Old Testament. It is entitled **THE MAJESTY OF GOD IN THE OLD TESTAMENT**. God's unsurpassed majesty and greatness is an aspect of biblical truth that is often lacking in our Christian life. The objective of our study is to learn about the magnificence and the majesty, the awesomeness and greatness of our God. I trust you will want to take part in this study of Old Testament passages about of our God.

The weekly topics and passages to be studied are listed below.

"THE MAJESTY OF GOD IN THE OLD TESTAMENT"

- 1.) Magnifying the Incomparability of our God.
Isaiah 40:9-31
- 2.) Magnifying the Greatness of our God.
Daniel 4:1-37
- 3.) Magnifying the Awesome Character of our God.
Psalm 139:1-18
- 4.) Magnifying the Holy Spirit from our God
Zechariah 4:1-14
- 5.) Magnifying the Holiness of our God
Isaiah 6:1-13
- 6.) Magnifying God's Help in Time of Need
2 Chronicles 20:1-30

Pastor Jim



Back-To-
School
Sunday,
September
13!

We will kick off the return to **two services and Christian Education on September 13.**

The children will meet their teachers and break off into their classrooms, while the adults will have an opportunity to view the different studies available to them and ask questions of the leaders.

In addition, refreshments will be available for everyone! So, come check out what is new in Sunday School!

Commissioning of our Sunday School Teachers and Sunday Morning Servants will be on September 6.

Please be sure to mark your calendar. We are so blessed by the men and women who teach. Let us offer them our blessings and receive their promises as they prepare to shape hearts and minds for the next year.

Our Sunday school and Children's Worship rooms are in need of the following items in



order to prepare for the coming year:

Scotch Tape, construction paper, white glue, glue sticks, crayons, pens, pencils, white board markers, white board erasers, white board cleaner.

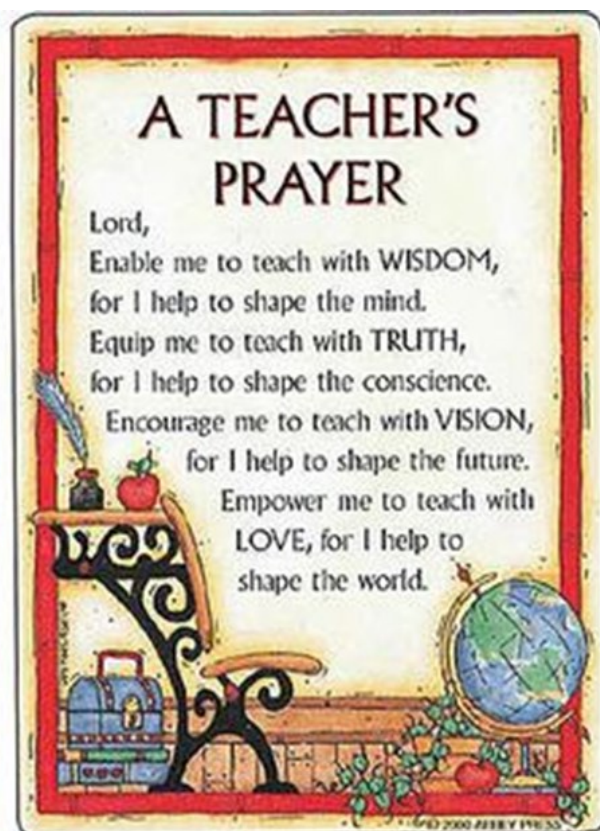
Picking up any of these items would be greatly appreciated. Supplies can be left in the black bins in the narthex. Thank you for your support.



Bible Sunday for
3rd Graders
Sunday, September
13th

On **Sunday, September 13th**, we will present each of our third graders with Bibles. To ensure we do not miss anyone, please call Donna in the church office, 610-869-9334, or email her at office@westgroveumc.org with the spelling of your child's name so a Bible can be presented to your child.

We can't wait to share the Word of God



Blessing of the Backpacks

On Sunday, August 30th, we celebrated the Blessing of Backpacks as we prepared for the beginning of school the next day for many of our students and teachers. The stage was filled with children, youth, and teachers with their backpacks, lunch bags, and other bags. As we prayed then, we pray now, may God be known to them as they return to school. May the tag on their bag remind them of God's got their backs! May the above teacher prayer remind our teachers of our support and God with them!

West Grove United Methodist Church

300 North Guernsey Road ~ West Grove ~ PA ~ 19390
610-869-9334

ANNUAL CHICKEN BARBEQUE

1/2 chicken served with a baked potato,
coleslaw, applesauce, a roll and dessert!

Saturday, September 19, 2015

Drive-Thru: 3:00 - 6:00 p.m.

Eat-In: 5:00 - 7:00 p.m.

Adults: \$10.00

Children 10 and under: \$5.00

Children under 5

may *EAT-IN* free w/adult

www.westgroveumc.org

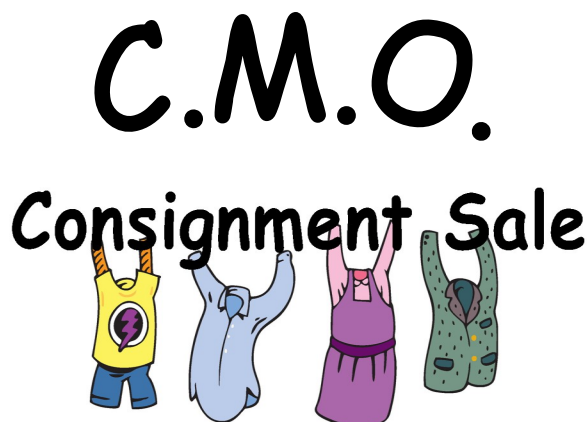


SAVE THE DATE!

The Children's Morning Out program will be holding the Fall/Winter Children's Clothing, Toy and Equipment Consignment Sale on Friday, October 16 and Saturday, October 17.

Find the outgrown children's clothes, toys and baby equipment that you aren't using anymore!

The Children's Morning Out is having its Fall/Winter Children's Consignment Sale on October 16th and 17th.



This is a great way to make some extra money and support the CMO program. More details to come!

We also gladly accepted any donated children's items if you do not want to consign them yourself. **The proceeds from the sale of these items go directly to the CMO Scholarship Fund.**

Please contact the church office at 610-869-9334 with any questions.



CMO PRESCHOOL

Hooray for September and the start of our CMO and Preschool program! I am very excited for the start of our new school year. I cannot wait to welcome back all of the children and families. I look forward to a year filled with lots of smiles, learning, laughter, and fun. Be sure to

check out the preschool hallway as it becomes filled with the beautiful artwork of our children.

It is hard to believe, but our Fall Children's Consignment Sale is right around the corner. This sale is a great opportunity to sell your gently used children's items and to shop for some wonderful items at a very discounted cost. If you are interested in finding out more about this sale or volunteering your time to help the preschool program out, please check the CMO and Preschool bulletin board in mid September. I will be posting consignment directions and volunteer information then.

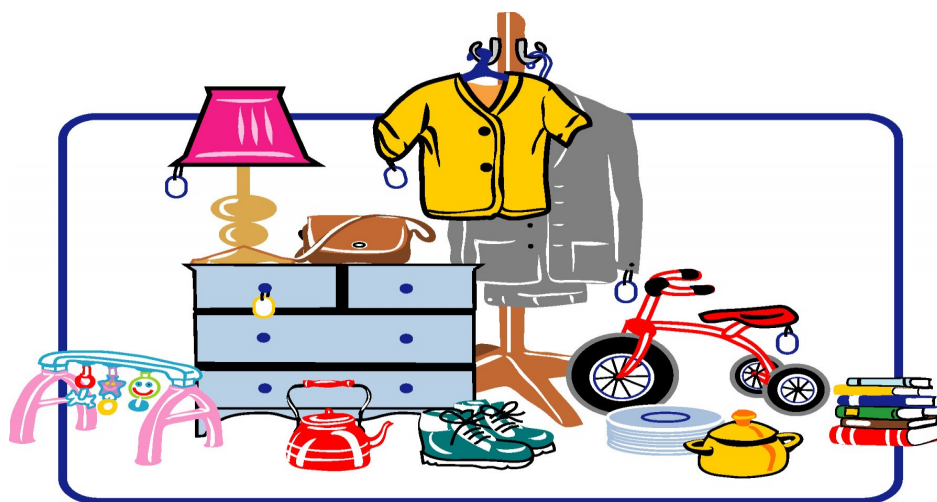
Thanks for your support.

West Grove United Methodist Church

Semi~Annual Rummage Sale

Friday, October 2nd, 9 a.m.-2 p.m.

Saturday, October 3rd, 9 a.m.– 12 p.m.



**Donations accepted at the church from Sunday, September 27
through Thursday, October 1**

**On Saturday, there is a special bargain because you may fill
a brown paper grocery sack for only \$2.00!!**

**Left-over items are donated to Mission Santa Maria. The
United Methodist Women who sponsor this sale, use the
proceeds to fund various missions in the church and the
wider community.**

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

**JULIET...Just us Ladies
Interested in Eating
Together**

September 12 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.



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

Care Givers and Grief Sup- port Group September 9 @ 7 p.m.



Caregivers and Grief Support Group meets on the second Wednesday of each month in the Conference room. The next meeting is on September 9 at 7 p.m.

There are many in our community who provide care for their loved ones, whether close by or afar. There are many who quietly grieve from any number of losses they have suffered. Find love and support from others in your situation. Please join us for a time of sharing and comfort. **Thank you.**



R.O.M.E.O. Retired Older Men Eating Out Thursday, September 24

R.O.M.E.O.

Retired Older Men Eating Out, will meet, September 24. 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.

Retired Active People



Retired Active People (R.A.P.) FRIDAY, September 11 12:00 Noon -3:00 p.m.

R.A.P. (Retired Active People) has been meeting for many years and has been such a success due to the wonderful ladies and gentlemen that attend not only from our church family, but from the wider community as well. We have been blessed with fellowship, old and new friends, great entertainment and, of course, good food!


We meet on the second FRIDAY of every month September through May.

Our first meeting is **9/11/2014 Friday at noon.**

We always love to kick off the new RAP season with a delicious potluck lunch, so please bring a dish to share! Please also consider bringing a favorite game to share. Invite a friend.

Details on our upcoming schedule will be shared!

Looking forward to a wonderful RAP season!



**Building Community with
People of Color**

small groups
grow spiritually.

A small group of us have been meeting once a month with the goal of gaining a better understanding of the African American experience and white privilege. We have been reading articles, watching videos, listening to guest speakers, and discussing personal experiences. However, we know we need to build relationships with people of color.

Recently, we have enjoyed our connection with a more ethnically diverse group from The Church of the Open Door United Methodist Church in Kennett Square. Our combined groups have decided to develop meaningful relationships by sharing our responses to the book ***It's the Little Things: Everyday Interactions That Anger, Annoy, and Divide the Races*** by Lena Williams.

A few brothers and sisters from Star of Bethlehem Union Methodist Episcopal Church in West Grove will also be joining us. Our ultimate hope is to build unity, community, and be change agents for the sake of justice.

Please accept this invitation to buy the book and join our adventure.

Contact Mel Leaman (jmleaman@comcast.net) if you will participate in either of the two events:
Pot-luck Dinner at Church of the Open Door on Sunday, **September 20 from 5:00-6:30.**

We will enjoy a meal with interested members of several area churches who want to pursue interracial community building.

September 27 from 6:30-8:30 – book discussion of chapters 1-2 of ***It's the Little Things*** at West Grove United Methodist Church.



As we celebrate United Methodist Women on Sunday, September 20, 2015, we are asking the congregation to help in our fall mission project.

There is a local organization in West Grove, the **Community New Garment Association**. In October they come together with donations of articles which are distributed to several local agencies. Two recipients of these donations are the **Avon Grove School Nurses and Maternity Departments of Jennersville Regional and Chester County Hospitals**. We would like to support these two agencies and invite you, our congregation, to help by donating an item from the list below.

These items will be collected on **Sunday, September 20**. We thank you for your help.

AVON GROVE SCHOOL NURSES – New items such as sweat pants and tops, socks and underwear for children from Kindergarten age through High School.

JENNERSVILLE REGIONAL AND CHESTER COUNTY HOSPITALS – New Items of receiving blankets, crib sheets and blankets, diapers, one piece sleepers, undershirts (onesies) or any layette item.

Please remember that all articles must be new.

C.I.A. Youth Ministry News

Youth Ministry News

Welcome to September! I am excited for a new program year, for welcoming up our incoming 7th graders and spending more time growing in our faith together! Keep reading to see what is going on in September!



New Youth Sunday School – 'Rooted'!

I am so excited to share with you all that we are starting a brand new program for our youth Sunday School. It will offer

a variety of ways to learn about God and to grow in faith!

ROOTED: A gathering for Middle school and High school students who get ROOTED in their faith through participation in;

- * Service
- * Faith Journaling & Art
- * Technology Fun
- * Drama & Music
- * Small group times for guys and girls.

We will gather together on September 12th to kick off ROOTED. We will have some juice and donuts and talk about what this new exciting program will look like. I do hope you will join us.

Friday Night Game

Night: Need something to do on a Friday night?

Come on out on the **2nd**

Friday of the month for a youth game night and pizza. We will do fun games like *Dodge ball* or *Nine Square in the Air*. It's a great night for bringing friends. Bring \$2 for pizza and we will have fun. 7:00 – 9:00 on September 11, October 9, November 13th and December 11th.



Youth Kick Off – BBQ & Games in the church parking lot. – September 20th.

We will be kicking off youth group by grilling and gaming Sunday, September 20, from 5:30 – 7:30. We'll have dinner, play some

Frisbee/football/nine square in the air... and celebrate a new year. Bring a friend! RSVP by Wed, September 16th.

Youth Group: All students will meet together for fellowship on the 1st and 3rd Sunday's of the month from 6:00 – 7:30. We will separate into 2 groups (MS and HS) for games and bible study.

Parent's Nite Out, Saturday, September 26:

Parents of little one's.. – need a few hours off? Drop your kids off at church and the youth (and some adults) will entertain them! We will feed them pizza, play games, do crafts and watch a movie. We ask for a suggested donation of \$10 per child and the money raised goes towards the youth budget and next summer's mission trip. 4:30 – 7:30. Please RSVP to Jamie Lindtner if you plan on coming. **STUDENTS** – We will be needing your help so let me know if you can be there! You will need to be at church from 4:00 – 8:00.



Youth Leader/Volunteers Needed: Perhaps you have been watching our youth from afar and have thought about what it would be like to be a part of what we are doing. We'd love your help! Some areas we could use some extra help in are..

* Friday night game night adults.. – if you like playing games (sports or board games – then join us! We could use some adults to be a presence on this one Friday a month. Talk to Jamie Lindtner if you want more information.
* Sunday night youth leaders – We meet together for youth group on the 1st and 3rd Sundays of the month from 6:00 – 7:30. We will be splitting into two groups (separating our MS and HS group). I need some adults to work together to lead games/activities for one group while I lead a bible study with the other group.
We will be having a youth leader meeting at my house (Jamie Lindtner) on Thursday, September 3 to talk about our needs, vision and plans for the fall. If you have any interest in being a part of the youth ministry team of leaders – come join us and hear more about how you can be involved. We will also eat some ice cream! 7:00 – 9:00. RSVP to Jamie Lindtner





Bell Choir

THE MEMORY BELLS of the WEST GROVE UNITED METHODIST CHURCH

IT'S TIME FOR HANDBELLS AGAIN! Our first rehearsal will be **September 8**, when we will start with our annual bell polishing, and quick review of some of our upcoming pieces. Again this year, I have chosen two pieces that should be very easy to pull together, and since we

actually have two weeks to prepare, I think we can plan to play in church on **September 21**. If not, our usual third Sunday schedule will begin on October 19. Come join us for some great fellowship and interesting and fun bell choir music.

AS WE HAVE DONE BEFORE, WE WILL BE PLAYING IN CHURCH THE **THIRD SUNDAY OF EACH MONTH**. We also usually play during our annual Advent Music Night, Christmas Eve, and Easter Sunday. For the past five years, we have been participating in an annual Community Charity Concert, usually held in mid-April.

WE REHEARSE EVERY MONDAY EVENING AT 6:30 P.M. If there is an occasional Monday when you cannot rehearse or are out of town for any particular Sunday, we ask that you get a substitute for your position from the substitute list that is provided. It is really important to have a full choir for rehearsals and, especially, the Sundays we play.

We know that belonging to a handbell choir is a huge commitment, but the rewards are great. Not only do you have the great fellowship times with your fellow ringers, you are part of enhancing the worship experience for our congregation each month. You don't need to be able to read music, just learn where your note appears on the staff and be able to count to three or four (very occasionally to six) and you'll fit right in! Besides, everybody is there to help everybody else, so we have a good time working together.

We currently have three full octaves of bells and chimes. If you are interested in learning or in being a substitute, please contact me at 484-887-0003 or 610-563-9500. You can also just talk to me at church!

Thank you, Sandy Deckard

Handbell Choir Director

Daily Meditations



We hope you have had a chance to catch the new meditations in the bulletin. They are written one for each day of the week as a short meditation and question with which you might begin your day. Don't forget to take your bulletin home and place the meditations and scripture reading in a place you can use each day. May your relationship with God be enriched. They are also available on Facebook and our website!



Join The Choir

Join the Chancel Choir!
1st rehearsal, Thursday,
September 3 at
6:45 p.m.

Our Chancel Choir is excited to begin a new season and wants to invite you to join them! **The first rehearsal is on Thursday, September 3 at 6:45 p.m. in Room 6. We**

will sing at the September 6, 11:00 a.m. service. This is the last combined service before we transition to the separate contemporary and traditional services.

Below are listed a few of the reasons why it is so great to be a member of the choir!

Advantages of joining the choir:

1. You never have to worry about what to wear.
2. You have excellent seats and are assured a reserved seat for Christmas and Easter.
3. From your advantageous seat, you can smile at, gawk at, ignore and otherwise enjoy the rest of the people in the congregation.
4. The pastor is nearly always looking the other way.
5. You're in a wonderful spot to see new members.
6. The cost for all these benefits? Just one evening a week (Thursdays at 6:45 p.m.).
7. Oh, yes, one more reason to join the choir: You're a leader in the worship experience.

If you have any questions, please contact Betsy Smith, the Choir Director, or any of the choir members would be happy to help you!



The children of the church are invited to be in ministry through the children's choir.

The group usually sings four or five times during the school year. Practices are generally held the three Sundays leading up to a performance, in Room 4 at 10:50. The children receive a CD and lyric sheets so they don't need to make every rehearsal. All children four and older are welcome to participate. If your child is three, but you feel he/she is mature enough, that is fine. **The first time the choir will be singing this fall is Sept. 27 and we**

PraiseWorks Band



Our PraiseWorks Band leads the 8:30 a.m. contemporary worship service each week. We always welcome new singers and instrumentalists. If you have a heart for worship and are willing to serve God though leading the congregation on Sunday mornings, please contact Betsy Smith for more information.

Finance Report



The finance team faithfully analyzes and manages the resources given by the congregation and community for the purposes of serving God and God's people. We give thanks to God for all who have given faithfully, particularly those who have given generously. It has often been said that summer is a low point in church attendance and church giving. You should have received your 6 month giving statements in the mail, in addition to a letter from Pastor Monica. This summer, we as a congregation have maintained our commitment. Please contact Sara Ann Ramberger if you did not.

During the summer months, there have five weeks in which regular giving was above the amount projected in need for the mission and ministry of our budget. This significant commitment is an encouragement that we are moving into a stronger financial position.

We can now share that you may give electronically through either your bank or PayPal. Please see Donna Fackler for details on how to set up electronic giving with your bank. You can use the PayPal link on our website to give electronically as well. Thank you for your faithfulness this summer. We look forward to how we can serve God together with your continued faithfulness.

Donate with **PayPal**



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, please contact Pastor Monica.

Have you been traveling?

Away on vacation?

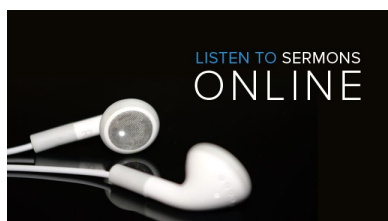
Sick on Sunday morning?

Want to remember an illustration from a sermon?

Did you know?

Sermons are now available on the website!

You can choose to read them in manuscript form or listen to them in mp3 form.



Building To Serve

Building Maintenance Reserve Fund

We believe that our building is not ours, but it is God's. We have the privilege of updating it and maintaining it so that all who enter find it a warm, welcoming and hospitable place to experience the spirit of Christ. Our Building Maintenance Reserve Fund is one way we ensure that we are good stewards of all that God has entrusted to us.

Please consider making donations regularly.

MISSION: IMPOSSIBLE

Are you a 5th or 6th grader?

Want to join the youth group but are not old enough yet? Well, then, there is a place for you! Join us this fall as we launch the Mission Possible Group. We will meet 1-2 times a month and do a variety of things including crafts, missions and fun activities while learning about Jesus and what it means to be a Christian. If you want to know more, please provide Melissa Jones with your email and address. More detailed information will be coming out in August.

If you are an adult that would like to help out, please let Melissa Jones

Thank you to all who have volunteered in the nursery over the spring and summer! The little ones are blessed to have such caring adults spending time with them during worship!

If you are interested or know someone who is interested in helping in the nursery, please contact Amy Castaldi at ahass17@hotmail.com or 610-468-4321. The volunteers generally are scheduled in a rotation once a month to join Maira, the weekly nursery attendant, as they care for the babies and toddlers during worship or Sunday School.

Thank you!
Amy Castaldi,
Nursery
Coordinator



SCRIP PROGRAM

Savings for Church through Rebate and Incentive Program
The SCRIP program allows for the congregation of WGUMC to participate in a savings program which benefits our church.



By purchasing prepaid cards for use at business establishments you frequent on a weekly basis, WGUMC will receive a percentage from the businesses. Buy your groceries, pay for your gas, buy gift cards for friends and family, etc. It is a great way to budget your money, too! The possibilities are limitless, and every dollar provides another avenue of stewardship for our church.

We look forward to the whole congregation participating in the program. There is a table in the lobby with Order Forms. Just choose the cards you wish to purchase, attach your check made payable to "WGUMC" with memo "SCRIP" and put them in the bin below the forms.

Envelopes for your privacy and convenience are there as well. This is an on-going program, so you can order at any time!

Last month, with just 5 families, the church raised\$ 138.49! Join into help support the church!

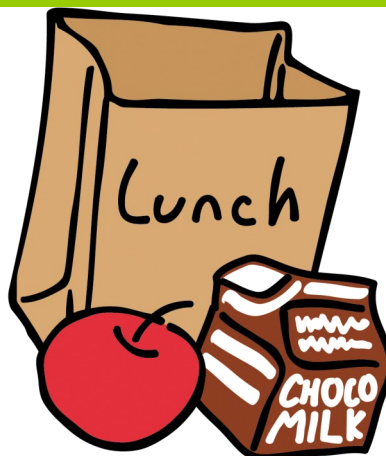
If you have any questions, please see John Boyd or e-mail him at jwb389@zoominternet.net. Thank you.



How to Pack a Healthy School Lunch

As the summer winds down and the whole family gets ready for a new school year to begin, getting kids involved in making their own lunch can actually make them more likely to eat it!

The whole family can benefit from these budget-friendly, creative ideas to keep kids happy and healthy at lunchtime.



Whole wheat spaghetti with low sodium tomato sauce.

Low sodium baked beans, bean casserole or beans & rice.

Let Them Dunk

Sometimes it's OK to let your kids play with their food, especially when they are getting extra nutrition. Try packing one of these fun dunks with dippers:

Make a Smarter Sandwich

While some kids prefer the same thing every day, other may be OK with a slight switch to their sandwich.

Use different breads like 100% whole wheat tortilla wraps(choose wraps low in saturated and made with no hydrogenated oils) or 100% whole wheat pita pockets.

Instead of lettuce, try shredded carrots or avocado slices with a turkey sandwich.

Buy blocks of low fat, low-sodium cheese. You save money when you slice it yourself. Or use a cookie cutter to cut into fun shapes.

Instead of lunchmeat, try a leftover grilled chicken sandwich with lettuce and tomato.

Love Those Leftovers

Think about using the leftovers from a family favorite dinner for a next day lunch. Invest in a thermos to keep foods hot or cold until the lunch bell rings. Some ideas:

Low sodium tomato, vegetable or bean soups,
Chili made with lean or extra lean ground turkey.

Apple and pear slices to dip into low fat or low-fat plain yogurt mixed with peanut butter.

Carrot, celery and sweet pepper strips to dip into hummus, fresh salsa or homemade bean dip.

Whole grain crackers(choose those low in sodium and saturated fat) or slices of grilled low sodium tofu(a soybean product) to dunk into low sodium vegetable or tomato soup.

Unsalted sunflower seeds, crushed whole wheat cereal and sliced banana to mix into low fat vanilla yogurt(no added sugars) to eat with a spoon like a sundae.

Get Them Involved

While letting kids in the kitchen might mean a bigger mess, if they help pack their lunch, they're more likely to eat that lunch! On nights you have a bit more time, like Sunday night, have them choose which piece of fruit or what type of whole grain bread they want and let them assemble their lunch. Make this a weekly routine-it's another great way to spend family time together.

American Heart Association's Simple Cooking with Heart Program 2015

THE WGUMC FAITH CIRCLE has made some fidget quilts and is offering them to folks in the congregation.

WHAT is a FIDGET QUILT you may ask

Fidget quilts used to comfort, engage, and/or stimulate those suffering from dementia, Alzheimer's disease, or other impairments.

Usually lap size or smaller, these quilts are designed to connect with the recipient - The quilts are constructed with various fabrics with different textures and embellishments....such as velcro tabs, pockets, rickrack, zippers, and small toys.

If you know of a person or family who might like a Fidget quilt for their special person, please feel free to select one - they are in the volunteer office along with the prayer shawls which are made by our KnitWits.



Our circle meets on the second and fourth Fridays in the conference room.

Consider joining us in the FAITH circle!

If you have questions, contact Chris Curtiss or Karen Boyd.

Photo from ...OwlTreeIreland shop on Etsy website

Coming Soon to a Children's Sunday School Classroom near You...

We are experimenting with a new Sunday School curriculum, Rotation!

Do you love the energy of Vacation Bible School? Do you like the different ways of learning the lesson at VBS?

Our teachers will take their energy and excitement and parlay into our every week Sunday School. Look for more information to come and consider if you have special gifts and talents to offer.

See a brief description below

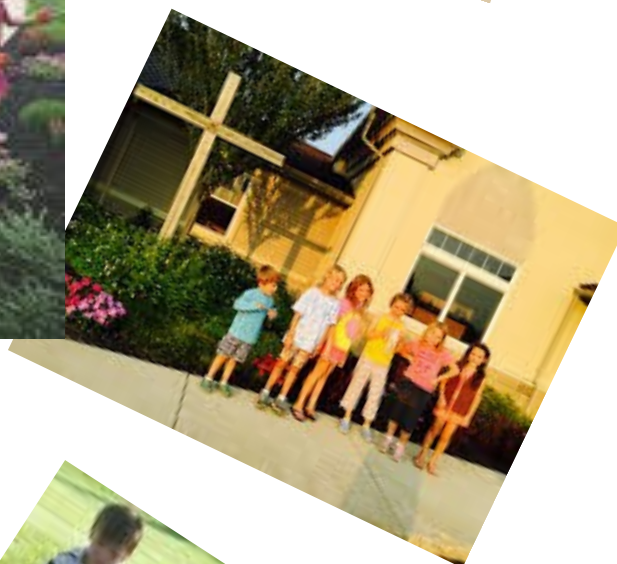
THE WORKSHOP ROTATION MODEL in BRIEF

The Workshop Rotation Model was designed to combat boring and beige Sunday School, prevent teacher fatigue, address teacher preparation problems, and promote both attendance and Bible literacy.

- Re-organize your classrooms into 4 or 5 creative "workshops", including: Art, Drama, Games, Computer, Video and more. You choose.
- Rotate your grades into a new workshop each week.
- All the workshops teach *the same* Bible story for a 4 to 6 week "rotation," --each with its own unique workshop medium and teacher.

A Big Thank You

To our Brownie, Daisy and Jr. Girl Scout troops
For all their hard work in keeping our flower beds
Beautiful and weed free this summer!





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Amazon will now donate 0.5% of the price of your eligible AmazonSmile purchases to **West Grove United**

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repairing homes and restoring hope

Thank you to all those who served on August 8th. Helping others. Read the reflection below:

Today we went to good works. The folks who went were: Me(Melissa Jones) , Sara, Shelby and (little) Sara White, Liz Hadly, Jerry, Elizabeth, Max and Megan Gula, Keith Schneider, John Lindtner, and Dave Talley.

We were working on 2 different trailers that were pretty much right next to each other up in Honey Brook- off 82 just north of 322. The one group spent a lot of time prepping for painting, Stripping paper, washing walls, etc. We were able to get a coat of paint on the ceilings

and the walls before we left and it made a beautiful difference. The home owner was a very sweet older woman and her son (who has had some physical issues and surgeries) was also living with her.

The other group did some painting as well. But some of them got the pleasure of suiting up in Tyvek and ripping out insulation under the trailer. Then getting back under there and putting new insulation in. Everyone had a nice time and truly felt blessed by the experience. We look forward to seeing if we can do something like this on a more regular basis with Good Neighbors in the future. (Good Neighbors works with Southern Chester County)



West Grove United Methodist Church

Prayer Focus for September, 2015



1. Lift up the Trustees of our church who will be meeting this evening. Pray for the strength of their families, and pray that God will give them His vision for our church facilities.
2. Lift up those who will participate in the gleanings program today and pray for those in our community and around the world who struggle to have food.
3. Give thanks for our staff at WGUMC and ask for God's blessings as they meet this afternoon.
4. Lift up someone in our congregation who needs healing; praise God for the hope that we have in his gentle, powerful care.
5. Give thanks for the respite of summer and pray for students, teachers, and school administrators as they return to classes.
6. Pray for our Sunday School teachers as they are commissioned today, and ask the Holy Spirit to fill our classrooms throughout the year.
7. Pray for working men and women of our nation on this Labor Day, and give thanks for the work to which God has called you.
8. Praise God for Pastor Monica and pray that God will fill her with strength and wisdom, and will use her to speak into our lives each week.
9. Give thanks for our United Methodist Women and pray that God strengthens and guides their ministry and fellowship.
10. Give thanks for the ministry of our Chancel Choir, PraiseWorks Band, Memory Bells and Children's Choir. Pray that they will help lead us to worship in spirit and truth each Sunday.
11. Pray for our nation as we remember those who lost loved ones through acts of violence on this day; Give thanks for the Retired Active People and pray for fresh vision and leadership this year.
12. Lift up those attending the Visioning Retreat today, that God will provide wisdom, guidance and His presence.
13. As our 3rd graders receive the Bibles today, praise God for His Word, and pray that we will all grow to love His Word.
14. On this first day of our CMO program, pray for blessings, good health and safety for the children, families and teachers.
15. Thank God for the leaders in our congregation, our Finance Team and Ad Council, as they meet today. Pray for their marriages and families.
16. Praise God for His unfailing love and mercy.
17. Pray for God's wisdom and guidance as our SPRC team (Staff and Pastor Relations Committee) meets this evening.
18. Pray for our sponsored children: Danaed from Colombia and Hassan from Indonesia.
19. Pray for the success of the Chicken BBQ today. Pray that our visitors will experience God's love in our midst.
20. Give thanks for the youth ministry of our church and pray that God will reveal Himself to our youth through His word.
21. Lift up the women who gather to knit today, that the love they pour into their work will be understood by those who receive their blankets.
22. Pray for the planning and work of our Missions Team. Ask God to use our church family to join together in bringing the love of Christ to those in need.
23. Lift up the senior citizens of our community and give thanks for the Luther House Bible Study.
24. Give thanks for the men of our ROMEO group as they share lunch this afternoon, and pray for God to grant them His wisdom, power and love.
25. Pray for the safety and health of President Obama. Pray for God's guidance and blessings in all that he does.
26. Pray for young parents of our congregation as they participate in Parents Night Out. Pray for God to give them strength, wisdom and perseverance.
27. Lift up the pastors of our community and pray that God moves powerfully through His Church.
28. Pray for the Les family of Ukraine, that God will bless and use them as they serve those in their community.
29. Lift up our yoga class that meets this evening and pray that we will care for our bodies as God's temple.
30. Lift up the men and women of our military and pray for their safety. Pray for peace and strength for their families.

"Because of the LORD's great love we are not consumed, For his compassions never fail.

They are new every morning;

Great is your faithfulness." Lamentations 3:22-23



Family Promise!! We have signed our Congregational Agreement to be a host church for Family Promise of Southern Chester County. The Missions' Team and the Family Promise Coordinators are beginning to make concrete plans for hosting our first family sometime in the November/December timeframe. All volunteers will be trained prior to hosting our first set of families. We have the following members who have agreed to be coordinators and if you have signed up to help in an area, you will be hearing from them.

Program / Volunteer Coordinator – Janice Bowers

Vice Program Coordinator / Overnight Volunteer Coordinator – Joan Leaman

Meal Coordinator – Tim Bushnell

Supplies Coordinator – Kim Weingarten

We are still seeking for assistance in all of these areas. Please contact Janice Bowers at 484-888-6821 or janicesemail2@gmail.com if you would like to help in any area.

We will begin to accept supply donations in September in the lobby.

Twin & Full Size Sheets

Washable Blankets

Pillowcases

Mattress Pads

Towels

Washcloths

Alarm Clocks

Lamps

Cleaning Supplies

First Aid Kit

Facial Tissues / paper towels

Food Staples - non-perishable for packed lunches

Juice Boxes

Lunch bags

Sandwich Bags

Plastic or rubber gloves

Toiletries

TV / DVD player for Family Room

Iron / Ironing Board

Infant Supplies

Porta Crib

High Chair

Coloring Books, Crayons, Games, Toys, Books



STOP HUNGER NOW

Save the Date: December 5th, 2015 At Lincoln University Hosted by our Mission ConneXion

Stop Hunger Now packages and ships meals to feed people in need. They have engaged over 500,000 corporate, student, civic and faith-based volunteers to package meals. They educate thousands of people each year about hunger and inspire them to help end it. This year, they will package 45 million meals, and ship over \$9 million in donated aid, mainly vitamins and medical supplies. On the day, you package meals with preset foods and in a preset process. All you need to raise is 29 cents for each meal you package. Stop Hunger Now meals are nutritiously sound. Every dehydrated rice/soy meal is fortified with 23 essential vitamins and nutrients. Research has shown that one in three people in developing countries are adversely affected by vitamin and mineral deficiencies. Join us!

Save the Date for the Crop Walk!

Sunday, October 18th

For over 30 years we have all worked together in support of an Oxford event to feed the hungry through the Church World Service/CROP walks. The hunger needs remain but, for the reason described below, we think it is time to disassociate from CROP.

In recent years Church World Service has been beset with cash flow issues. The 25% of local return from our October walk has been delayed repeatedly. This year the check did not arrive until after June 30, 2015 – that is after the end of the fiscal year for Neighborhood Services Center (NSC), our local recipient. Despite repeated urging from us, CROP deferred reimbursement so long that we were already starting to plan the 2015 walk before the check appeared. Center which serves meals for needy young people, and also the Church of God Food Bank in Barnsley. Other local food cupboards can be included provided they enjoy 501(c)(3) status.

As in the past the Oxford Ministerium will promote this local effort, and, for the first time, the Oxford Civic Association will distribute all of the money raised. This change in administration will result in the prompt depositing of checks and the timely distribution of funds to programs that provide services to the hungry. Under this arrangement all of the money raised will stay in the local community.

We also need help on the organizing committee to plan and publicize the event and to create local walk fliers and recruiter materials. We hope you can attend a meeting at the **Oxford Presbyterian Church at 7 PM on Tuesday, August 25.** Please join us to discuss these issues and plan our local walk for the hungry. Thank you for considering this change from the CROP Walk to a local food cupboard walk.

Your friends in Christ, Jim Sumner (jimandetha@zoominternet.net)

Look for more information to come!

REACHING OUT MINISTRY/ MOROGORO

THE UNITED METHODIST CHURCH P. O. Box 5428 MOROGORO TANZANIA

Umba I. Kalangwa, Missionary number 14211Z, Email: ukalangwa@umcmmission.org

Ngoy M. Kalangwa, Missionary number 15162Z, Email: nkalangwa@umcmmission.org



We thank the Lord our God, Jesus Christ and Savior, for all the strength He has put into us and the blessings that He is continuing to shower too us and all the people of the United Methodist Church in Morogoro and in the all Tanzania. From the month of June to August the church has had a number of events like a youth seminar, the Annual Conference meeting of Tanzania Annual conference, seminar of pastors and delegates who participated in the conference, and the training of Pastors.

Starting with the youth, we believe these are the leaders of the future in our church and our communities. With the help of the new Missionary Christina, the youth leaders from all districts came together in Morogoro to a seminar that looked to establish programs in the our church and also in the communities that will train our youth to be leaders of tomorrow. With the theme "Tuko Pamoja" meaning "We are together", the youth from the all Tanzania now get more connected and have the same opportunity to get trained.



The annual conference held in United Methodist Church in Morogoro was the second time in Morogoro and the first annual conference to be held in the new church building. The conference was presided by Bishop Ntambo and it lasted for 4 days. During this conference 3 elders and 8 deacons were ordained and we hope this number to grow in the next year as the church continues to grow in Tanzania. Thus, the bishop appointed the first female pastor Rev. Yunisi as District superintendent in the District of Morogoro.

A seminar was organized soon after the conference for all the pastors and delegates, to continue with a good examples in leading the church and in decision making as the people of the church have given us the privilege and trust to represent them in conferences. The seminar was conducted by Rev. Nday Bondo a lecturer at Africa University.

Finally, thank God the training of pastors has been conducted this year, Morogoro Pastor's training is a project that equip pastors with tools that help them in handling churches and also planting churches in new areas. This year we had 10 people who participated, and among them there were 7 ordained pastors and the 3 other participants are the candidates to be pastors in the future. The whole training was led by Rev. Umba, with the help from Rev. Stephano Boy from Dodoma, Rev. Alfred Njau from Dar Es Salaam, and Rev. Kerry Cox from Oklahoma Annual Conference.



Susannah Wesley Health and Education Centre

Susannah Wesley Education and Health Care Center thanks the United Methodist Women for supporting the renovation of 4 rooms and now we have the rooms finished with the ceiling board covered and the floor was rehabilitated. Prior to this the rooms are ready to be used, hence, we are expecting a gynecologic doctor from South Korea to be visiting and to consult women in September he will consult women of the community. This will help women around to receive medical assistance from a specialist near.

The water project in Mangae, Mkangazi and Mtipule has been very well welcome by the people in these 3 communities. Being exposed to constant danger of being killed by a crocodile when fetching water or herding cattle in the river near their villages, the Masai community have now a solution and keep themselves safe from that danger has the have a water pump near. Wesley Primary school's library is under construction construction and the roof has been placed, we are still to put the windows and door before putting the floor. Thank you to all of you who have been supporting us financially and in prayers, partnering with us in this ministry.

2015 EPAC HIGHLIGHTS

Our Annual Conference was held May 14 – 16 at the Greater Philadelphia Expo Center at Oaks. This year's conference theme was "Faithful Stewardship of our Time, Treasure and Environment." Following registration on the first day, Clergy and Laity met separately to review items of specific interest to each. In the Laity session individuals nominated to represent the EPAC Laity at next year's General and Jurisdictional Conferences were introduced. In addition, about nine Lay Members were introduced as having completed courses as Certified Lay Ministers and would be presented to the Bishop for Commissioning. Throughout the three days, several Worship Services are held. Annual Conference begins with an Opening Worship and Communion Service. A Memorial Service was held with Bishop Peggy Johnson preaching on "God's Time" as several Bishops, Clergy and Spouses who faithfully served the EPA Conference were remembered. One of my favorites is the Service of Commissioning and Ordination held on Friday evening of Conference. The Bishop James Swanson of the Mississippi Episcopal Area preached a powerful message entitled "As Shepherds." Encouraging us to be mindful that just as our Pastors lead and shepherd our congregations, so they too need time to be lead and shepherded by God.

Since General Conference next year will be held in May, the EPA Conference will be held June 16-18, 2016 at the Lancaster Marriott. I would encourage anyone who may be interested in experiencing how our church connects with other churches in our conference and issues affecting all churches throughout our denomination, please let Pastor Monica know. If you would like more information from a Laity perspective, please do not hesitate to ask me.

Since the theme this year was Faithful Stewardship our first evening Keynote Speaker was Pastor Clif Christopher founder of the Horizons Stewardship Company. He highlighted several points from his book, "Not Your Parents Offering Plate, A New Vision for Financial Stewardship," making note that giving to the church is not a priority as it once was and that the Church needs to be more creative in drawing in the congregation to want to give to the church's ministries. In addition to all that I have mentioned, we do come together for a time of Holy Conferencing to review and debate resolutions and to approve reports of the several conference committees. Among the several reports submitted, were highlights from UMM, UMW, Youth ministries, District Superintendents, the Conference Camps and Connectional Ministries. All of these reports and our times of worship are a time to celebrate and praise God for all He is doing through the many churches in our conference.

This year 25 resolutions were submitted for consideration. Among the resolutions passed were a revised Safe Sanctuary Policy based on the new Pennsylvania Child Safety Laws; four justice-oriented resolutions, one asking churches to oppose solitary confinement in prisons, one relating to a full fair funding formula for Pennsylvania schools, and one supporting payment of equitable, living wages to a minimum of at least \$15 per hour. The fourth social action resolution called for the conference's ministry networking group, the Connectional Table, to "develop and support small-group dialogues on racial justice throughout the annual conference", "to encourage the bishop and Conference Sessions Commission to make racial justice and white privilege a key element of the 2016 Annual Conference"; and "to support and petition conference leaders to help congregations and communities advocate for fair, non-racial policing policies and practices, including establishment of independent citizen review boards to monitor and recommend improvements in police conduct." Five resolutions proposed that the Annual Conference petition the 2016 General Conference to amend the United Methodist Book of Discipline by changing church law that rejects homosexuality as illicit in lifestyle, matrimony and ordained ministry. These resolutions

failed to receive the votes to pass. Another resolution, however, urging the conference to demand clergy accountability to the Discipline's "rules of our common covenant," and to call upon clergy to challenge those rules only "through legitimate channels of holy conferencing, rather than breaking that covenant", did pass following much debate. A resolution was submitted on behalf of Wesley UMC, Quarryville requesting to leave the denomination. Before approving this request, a substitute motion was approved authorizing the conference trustees to "negotiate the best possible outcome" in this case, while also setting forth a more accountable process in the event another congregation decides to leave the denomination. A church and conference-affiliated programs and ministries resolution was approved in order for them to receive Conference Advance Specials for 2015-2016. This list is posted on the Conference Website along with more details on all resolutions passed at Annual Conference.

Additionally, six resolutions were approved together without debate dealing with a consistent start-date of July 1 for all pastoral transitions; rental or housing allowances for retired or disabled clergy members; 2015-2016 guidelines for clergy moving by appointment; the adoption agreement to establish 2016 rates and policies of the Clergy Retirement Security Program; adjustments in the 2016 minimum starting and base salaries of pastors and other Equitable Compensation policies and considerations; and continuation of the Mission ConneXions initiative launched in 2013 as a two-year experiment in aligning churches for special collaborative ministry and creative mission enterprises. The Council on Finance and Administration will present a proposed 2016 conference budget for a vote at a special Adjourned Conference session on Nov. 14 at Hempfield UMC. It was felt that the economic forecasting and planning for next year would be more accurate at that time. Additionally, a resolution concerning changes in Active Health Care Plans for Pastors and Employees was tabled at Annual Conference and will be brought to the table at the Nov. 15 Adjourned Session with more information on offering multiple plan design choices to Group Medical Plan participants in 2016.

The EPA Conference has the pleasure of hosting the 2016 NE Jurisdictional Conference at the Lancaster Marriott at Penn Square in Lancaster from July 10-16. I have submitted my name to receive information on helping at the NE Jurisdictional Conference, which I will share when it is received in order to afford anyone interested the opportunity to serve and help as greeters, registrars, or in any capacity needed during the NE Jurisdictional Conference. As I subsequently reported, at our 2015 Annual Conference this past May we elected delegates to the 2016 General and Northeastern Conferences. However, there were some problems and concerns due to the institution of new electronic voting devices connected to wifi. Conference has determined that due to discrepancies involving the total number of voters not matching the votes cast, new elections will be held at the Adjourned Session of Annual Conference in November.

Additionally, I had reported that a resolution was submitted on behalf of Wesley UMC, Quarryville requesting to leave the denomination. After on-going negotiations following Annual Conference, Conference Trustees have negotiated a fair and equitable settlement with Wesley UMC in lieu of assuming the property and debt upon their leaving the denomination. Again, this is just a highlight of the 2015 Eastern Pennsylvania Annual Conference. More details are posted on the Conference website (www.epaumc.org) and I do encourage you to visit the website and know how we as a local church connect to churches around the world. Thank you for allowing me this opportunity to serve you as a Lay Delegate to Annual Conference.

In His Service, Cindy Haley



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



~ 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

Jim.mundell@westgroveumc.org

Office Hours: Monday—Friday

7:30 a.m.—4:00 p.m.

Staff

Donna Fackler - Church Administrator

Donna.fackler@westgroveumc.org

Betsy Smith - Traditional Music Director

Contemporary Music Interim Director

Betsy.smith@westgroveumc.org

Sandy Deckard—Handbell Choir Director

Jamie Lindtner - Youth Director

Jamie.lindtner@westgroveumc.org

Tracy McLaughlin—Children's Morning Out Director

Tracy.mclaughlin@westgroveumc.org

Maira Tena - Nursery Attendant

Board and Committee Leadership

Carol Whelan - Interim 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 - Christian Education

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

Luke Chalmers - Delegate to Annual Conference

TBA - Lay Leader

Cindy Haley - U.M.W. President

Open- Prayer Chain Coordinator

Amy Castaldi - Nursery Coordinator

John Gambill, Betty Mundell and Denise Byers