



The Wesleyan Star

West Grove United Methodist Church

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June 2018

"For everything there is a season, and a time for every matter under heaven:

a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted;

a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to throw away stones, and a time to gather stones together;" Ecclesiastes 5:1-5a

In the United Methodist Church, we give thanks to God for the seasons of the year and the seasons of the church year. We are in seasons of transition. This month, we give thanks to God for those who have been in service as we anticipate those who we will welcome.

We give thanks to God for the time that Pastor Kevin was in ministry among us. We particularly celebrate his ministry with our middle school boys. In the last year, we have learned about some interests and new ways to connect. Pastor Kevin and his family will be us in worship on June 3rd, and at the Kickball Celebration on June 8th. Please find an opportunity to offer your blessings and gratitude as he answers the Bishop's call to serve Swarthmore UMC

We celebrate the fruitful and gifts of Pastor Shirley. In the early church, when a follower of



Jesus received a call to ministry, their home church called them a son or daughter of that church. Pastor Shirley is a daughter of West Grove. We give thanks to God for her call to ministry experienced here at West Grove. She has served at West Grove previously and came back to serve. Pastor Shirley also responded to God's vision and the District Superintendent's call to serve at Friendship UMC.

During Pastor Shirley's time among us most recently, she has blessed with working with others to create a culture of prayer and visitation. Her heart for caring and prayer is a part of every interaction. Please join us on June 24th in worship as we celebrate Pastor Shirley as a daughter of West Grove at both services. After both services, we will have a shortcake social. We are still accepting donations of food items. Please find opportunities to bless Pastor Shirley with your gratitude and blessings as she serves Friendship UMC, a place she knows well, for she has served them before.

God is moving and working in the life of God's people.

This is a season of transitions and we give thanks to God for God's presence and guidance.

In God's Love,
Pastor Monica





June Worship at West Grove UMC



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

Sunday, June 3, 2018

Communion Sunday

*Emergency Aid

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

Scripture: Mark 4:1-20; Acts 5:12-16

Sermon: DO Tell Stories of Hope Deferred

Hope is seeds sprinkled on fertile and dry land. Jesus told parables so the disciples of then and now would know good news in all season.

Sunday, June 10, 2018

Peace with Justice Sunday

Graduate Recognition

Playground Dedication Day

Scripture: Mark 4:21-32; Acts 8:4-25

Sermon: DO Tell Parables

We see God around in ordinary ways. All around us do we see the effect of God's presence. Parables and teachings make God come alive.

Sunday, June 17, 2018

Father's Day

CMO Teacher Recognition Day

Scripture: Mark 4:35-42; Acts 3:1-10

Sermon: DO Tell Great Wonders

Jesus still storms. God works wonders. The Holy Spirit moves among us.

Sunday, June 24, 2018

Pastor Shirley's Farewell Celebration

Scripture: Matthew 28:18-20; Acts 16:6-10

Sermon: DO Hear the Words, "Help Me!"

We give thanks to God for Pastor Shirley's time in ministry with and among us. Please join us in worship and remain us for a shortcake celebration after each worship service. There will be a time of sharing as well a litany of farewell and blessing in worship as we send Pastor Shirley with God and our blessing.



Join us for worship is on
June 10th at 11 am
in the **Alison Theater**.
Led by Pastor Jim.

Join us or tune in on the Closed Circuit TV
at Jenner's Pond.

First Sunday

Our Emergency Food Pantry serves our community and provides much needed food and supplies to families in our area. Your donations are appreciated. An Emergency Aid donation envelope can be found in your bulletin on First Sundays as well. The funds collected help others in need with rent, utility bills, etc. Thank you for your generosity!
Our next First Sunday is June 3.

COFFEE FELLOWSHIP—Hosted by: Christian Ed Team

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



Pastor's Desk

THANK YOU

My family is filled with incredible gratitude for the generosity and kindness for all who continue to care so well in community with and for us. The initial impulse to set aside time and funds to make sure our family was together for vacation is beautiful. We look forward to that this summer. We have also been blessed by the prayers of many, the playdates with Peter, particularly, compassionate conversations, gluten-free treats, rides for Alisabeth, particularly, laughs with Felicity, especially, and much love. We are blessed and return the love.

In God's Love,
Pastor Monica, Steve,
Alisabeth, Felicity, and Peter

Books Mentioned In Sermons

- "Jesus: The Life, Teachings, and Relevance of a Religious Revolutionary" by Marcus Borg
- "Journal of John Wesley" by John Wesley
- "Creed: What Christians Believe and Why" by Adam Hamilton
- "Surprised by Hope: Rethinking Heaven, the Resurrection, and the Mission of the Church" by N. T. Wright
- "The Power of Parable: How Fiction by Jesus Became Fiction about Jesus" by John Dominic Crossan
- "Building Social Business: The New Kind of Capitalism that Serves Humanity's Most Pressing Needs" by Muhammad Yunus
- "Divine Dance and Your Transformation" by Richard Rohr



FATHER'S DAY

On this day we honor fathers, we remember all men who have guided us.

Those who we can shake their hand today and those who wishing they could hug their fathers.

We remember those whose fathers were challenging figures as well as those who never knew a biological dad.

We give thanks for men who guided in the faith as godfathers and church fathers as well as Sunday school teachers, ushers, elders, and all around eyes, ears, and role models.

We think of uncles and cousins, neighbors and friends, those we look up and listened closely to.

May our lives be enriched by their presence and be strengthened by their wisdom.

As we give thanks to God on this father's day, we look to those who raised us and those we are raising, may we all depend on the God of wonders who moves among us.

BAPTISM CELEBRATION

On Sunday, May 20, our church was blessed to celebrate the baptism of:

Emily Fulton, Josh Fulton & Abby Herman

The baptisms were celebrated not only with their families, but the larger church family as well. This sacrament marks the beginning of a journey in the nurturing fellowship of a caring, learning, worshipping and serving congregation.

Join with us in celebrating their step of faith!



Pastor's Desk, cont.

FROM PASTOR KEVIN

Goodbyes are overrated. So I am not going to say goodbye as my season of ministry comes to a close at West Grove United Methodist Church. A goodbye does not capture the joy and love you have given me. A goodbye does not reveal that we have broken bread together, prayed together, worked together, and played together. A goodbye does not reflect the reality of our faith which reminds us that we are one people, one body, united in Jesus our Christ.

What I will do is celebrate! I rejoice that the same spirit that goes into playing dodgeball goes into making PB&J sandwiches for the hungry and homeless. I heart is still full from the chili and brownie cook-off which proved coming together for a meal in Jesus not only feed our bodies, but nourishes our relationship and our souls. I am awed over how the conversations we shared over playing games during Sunday School hour once a month lead us into talking about real-life issues of faith. My own faith was deepened by experiencing your faithful leading of the Stations of the Cross on Good Friday. I am grateful for that I was able to share my passion for "bad movies" as a way of showing that faith can be light-hearted and that we find grace and appreciation, as well as a sense of humor, in what we do not normally consider as being good or redeemable.

So I cannot say goodbye to you for you will all forever be with me. No matter where my ministry leads in the future, you will be with me. I have been changed by you, and that's for the better. To be honest, I cannot look forward to where God is calling me in my ministry, without looking back and remembering all of you and the time we have spent together. I truly believe that our faith calls us to leave one another with a pause and a moment of hesitation which ends in a sense of expectation. An expectation that reminds me to tell you that you have deepened my faith, strengthened my hope, and, most importantly, loved me. An expectation the demands that I leave you with a simple affirmation of our faith:

"Until we meet again!"

With loving expectation for what is to come,

Pastor Kevin

FROM PASTOR SHIRLEY

Beloved,

A new chapter in our lives is upon us. It is a chapter that took me by surprise. The District Superintendent Rev. Dawn Taylor Storm called me one morning and asked me if I would like to be the lead pastor at Friendship UMC. I chuckled. God has been a God of surprises for me. You see, 4 days before that phone call, I had a vision. So, I must go. I am excited, and yet I am feeling the bittersweet of this appointment, I will miss everyone... all over again.

I am reminded of Paul's last letter to Timothy. He addresses Timothy, "My dear son." He sets the tone with great affection. Paul encourages Timothy to continue the Kingdom work. With love he reminds Timothy of his roots and his ancestors and the work to be done. Paul says to be bold with a spirit of power, of love and self-discipline. He assures Timothy that he will be in his prayers.

I pull from Paul's words and ask that you continue doing His work and to remember the saints before you AND after you. There are generations of work to be done. Be bold! God has called you to be the church.

So, Beloved, I say with great affection, thank you for your support as I feel blessed in immeasurable ways. I have had the privilege to see His Love amongst you all. I shout praises to God for times of shared prayers and the Holy Spirit manifesting itself. I will always love this good church and will miss you terribly. I will FOREVER carry with me all that I have experienced at West Grove UMC, and all of the love I have received.

Your friend in Christ,

Pastor Shirley

*"Be on guard;
stand firm in the faith;
be courageous;
be strong."
1 Corinthians 16:13*



GROW



NATIONAL DAY OF PRAYER

On the evening of May 3rd, approximately 87 people from area churches gathered at Penn Park in Jennersville for a local celebration of the National Day of Prayer. The theme was UNITY and those who gathered raised their voices in praise and thanksgiving to God and to ask His continued blessings on our government, military, educational institutions and processes, businesses, media, families, and churches and to petition Him for UNITY globally and in this nation. Voices were raised in prayer and song to the Lord.

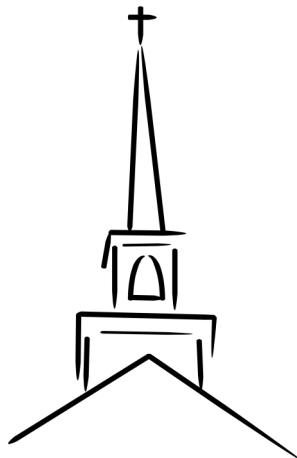
How blessed we were to be able to come together in public to worship Our Lord! Thank you to those from WGUMC, Nancy Howard, Mel Leaman, and Jordan Howard for planning and participating.

NEW MEMBERS CLASS

Interested in becoming a member?

Have you been thinking about joining the church? Have you been wanting to learn more about how you could get plugged in here at West Grove UMC?

Join us on **Sunday, July 29th** after the blended worship service at 9:30 a.m. for breakfast and more information. No obligation. Enjoy breakfast, have a cup of coffee, drink some tea, hear about the church.



Sunday Mornings View and Chew:

Cultivating Tenderheartedness in Race Relations

Watch at home – discuss it here through June. The Apostle Paul encourages Christians to be tenderhearted (Ephesians 4:32). Enhancing understanding through education is a means to move from mere tolerance to tenderheartedness. Each month participants will be assigned a movie, videos, or You Tube videos to watch that speak to relations between white people and people of color. A list of questions to consider will be sent with the assigned video or movie. Watch it at your leisure, but come ready to share your reactions and responses with the others. Please email Mel Leaman regarding your participation at jmleaman@comcast.net or sign-up in the narthex.

Sunday, June 10

Perspectives on Healing and Reconciliation

PRAYERS FOR OUR CHURCH

Join us as we pray specifically throughout the year for our church and community:

- God will move us from hearers of the word, to doers.
- Each person of the community will be welcomed here as a child of God.
- God will strengthen and grow leadership in our faith community for the next ways God is calling us to DO Faith.



CHRIST SERVANT MINISTERS

We will be offering the basic course for Christ Servant Ministers on October 26-27 at West Grove UMC. We will need a minimum of 12 students.

A Christ Servant Minister is...

An active, supportive member of a United Methodist congregation;

Eager to serve through the church

Well-informed on Scripture, and on the doctrine, heritage, and the life of the United Methodist Church

Committed to witnessing through church and community leadership, caregiving ministries, and spoken communication

Willing to improve his or her skills by training for service.

Talk to Pastor Monica if you would like to know more.



PRAYER ROOM

Our newly updated prayer room will be open each Sunday after worship for anyone seeking prayer.



Daily Meditations

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



LUTHER HOUSE NEW BIBLE STUDY

We continue to meet on Wednesdays from 2:00-3:00 PM in Building #1. Everyone is invited to join us as we delve deeper into God's Word and share love and support for one another.

We are starting a new study on **The Fruit of the Spirit**. This study will take us through the month of July.

If you have any questions about joining us, please contact Cindy Haley at 484-702-7071.

We hope you can join us!



GOD IS GOOD!

We've all prayed for God to hear our prayers, whatever they might be. So we have created a jar for "Answered Prayers".

It is located on the Information Desk in the lobby.

Please leave a note and place it in the jar so people can see that God does answer prayers.



Welcome Our New Members!

Josh & Pam Fulton

6 Maden Lane, Lincoln University, PA 19352
(302) 507-7768
Child: Emily Fulton

Andrew Herman

412 Center Street, Kennett Square, PA 19348
(302) 388-9363
Child: Abby Herman

Valerie Kapp-Benner

434 Wrigley Blvd., Cochranville, PA 19330
(610) 869-2433

Marc & Nancy Simons

4 Par Court, Avondale, PA 19311
(610) 543-8318

Doris Taylor

146 Roseview Drive, West Grove, PA 19390
484-667-8770

Hearing Assistive Devices

Do you sometimes miss what's been said in worship?

Do you want to make sure you get every word?

We give thanks to God the technology we have in the sanctuary that can help everyone hear.

Head back to sound booth in the sanctuary and ask one of sound booth technicians about our hearing assistive devices. They can go right over your ear and amplify the sounds for you.

We want you to HEAR the word of God when you come to church to hear the word of God.



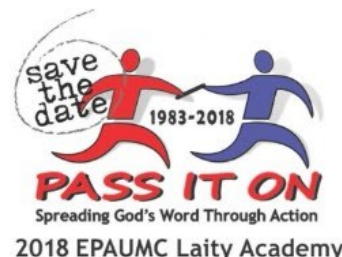
The 35th Laity Academy

Save the Date—August 3-5, 2018

'Pass It On- Spreading God's Word Through Action!'

As members of Christ's Church we all have a role to play—no matter how small or large—Paul says it very directly in Corinthians 12 where he tells us that every part of the body of Christ has a role and that the body does not consist of one member but of many. If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body."

Class, Registration & Hotel information will be posted soon.



SERVE

MAKE A DIFFERENCE

Serve the Church with Your Gifts and Time

A church is one body made of many parts. This month we are kicking off a new series of articles that will put a spotlight on the many different volunteer opportunities at the church.

Please consider how you can help to serve our body with your gifts.

A Sign-Up Genius link is on the church web site.

Nursery Helpers

If you have the gift of service and love children, considering serving in the nursery. Nursery childcare is offered to families attending the worship services as well as Sunday School.

Nursery volunteers assist Maira Tena, nursery attendant, with caring for the little ones, ages birth-3 years.

What a great way to bless parents during worship or Sunday School while enjoying spending time with God's precious little ones! For more information, contact Amy Castaldi at ahass17@hotmail.com or 610.468.4321.



VBS 2018 NEEDS YOU!!

VBS 2018 at WGUMC is planned for the week of July 9-13 from 9:00-noon for children age 3 through those entering grade 6. The theme is "Rolling River Rampage"- Experience the Adventure of a Lifetime with God! Registration is now open! Check the church web site for more details.

To make VBS a success, we need lots of volunteers, both adults and youth. Please let Joan Leaman (jmleaman@comcast.net) know, ASAP, if you would like to help.

We also need donations for items that will be used during VBS: snacks, science, craft and recreation items. A sign-up sheet will be posted in the lobby during the month of June. Please sign up to donate items if you feel led to help in this way. Thank you!

Pancake Breakfast



SAVE THE DATE!

Pancake Breakfast at West Grove UMC

Saturday, June 9th

7 a.m.-10.a.m.

Tickets for the All-You-Can-Eat Pancake Breakfast are now on sale! Tickets are \$6 each. You can purchase your tickets in advance at the church or you can buy them at the door.

**Children under the age of 3
are invited to eat for free!**

The menu includes Pancakes, Sausage links, Fruit Cup and beverages.
We also offer Gluten-Free Pancakes!

See Kim Smith or Linda Shiplet to get your tickets.
Pick up packs of tickets to sell to your friends and family!

Contact the church at 610-869-9334
if you have any questions or need more information.

Our Emergency Food Bank Depends on You!



WGUMC's Emergency Pantry has distributed over **142** bags of food so far in 2018! We are blessed to be able support others in difficult times with our emergency food pantry. It is your generous donations that allow us to do that.

Providing a family with food also allows a family the flexibility to put those funds towards paying rent or utility: to eat and keep on the lights. Don't forget the food pantry as many in our community are struggling this winter.

The most needed items currently are: **Laundry soap, body soap/wash, toothpaste, toilet paper, paper towels, house cleaning products, shampoo and conditioner.**

Also needed are some staple items: **tea bags, juice boxes, coffee, juice, canned fruit, applesauce cups, jelly, cereals, snacks for kids, canned meats and stews, baked beans, ramen noodle soup packages, ketchup, and mayo.**

Any donation is a blessing to those in need.

Thank You!



GRADUATING THIS YEAR?

Please let the church know about your future plans—educational or vocational. Send the names and plans to office@westgroveumc.org.

We want to celebrate with you and keep you in our prayers!



VISITATION

Would YOU like to make a visit to a sister or brother in our church family?

Call Pastor Shirley

484-268- 0497



PRAYER BEAD GARDEN PAVERS

The Prayer Bead Garden team is offering an opportunity to purchase a *Bead* (paver) in Honor or Memory of a loved one. The names of those Honored or Memorialized will be listed in a laminated book and displayed. A full Bead (paver) is \$100.00 or a quarter Bead for \$25.00. Checks may be made out to West Grove United Methodist Church with Prayer Bead Garden in the memo.



	<u>Price each</u>	<u>Quantity</u>	
Full Bead Paver	\$100.00	_____	\$ _____
Quarter Bead Paver	\$25.00	_____	\$ _____
Totals:		_____	\$ _____

Please designate below how you wish to offer these Pavers, so it can be recognized in the Dedication Book. Please contact Pastor Monica, Susan Paisley, or the Prayer Bead Garden Team with questions or concerns .

In Memory of _____

In Honor of _____

Your Name: _____ **Envelope #** _____ **Amount \$** _____

PRAYER BEAD GARDEN INSTALLATION

The installation of the Prayer Bead Garden is coming the week of July 16th. We give thanks to God for everyone who has already given generously. Many people have given to honor or remember members of their family or ministries of the church. The giving of the first phase is almost complete. We look forward with joyful anticipation to installation of the first phase, so that the community may know West Grove UMC as a place of prayer.

Alongside the business of life and Route 1, we pray and know God's presence.



BOY SCOUTS COURT OF HONOR

We give thanks to God for Boy Scout Troop 12 who are celebrating their 5th year chartered with West Grove UMC. We look forward to many more years of ministry together.



CMO PRESCHOOL



Another preschool year has come to an end. This time of year is always both a happy and sad time. It is wonderful to see how much our children have grown over the past months but sad to say goodbye, especially to those children and families who are headed off to Kindergarten or a new adventure. We know that the children will do wonderful things but we will miss seeing all of their smiling faces. I would like to thank everyone who has supported our program this year, our families, our teachers, and the church congregation. It is so nice to be part of such a wonderful and supportive Church.

Are you looking for a preschool program for your child? Do you want your child to meet friends, learn, and play in a loving environment? Come check out the wonderful program we have right here at our church. We begin accepting children at the age of 18 months in our Children's Morning Out program and our preschool classes' help children learn the skills they will need when they go off to Kindergarten. We do still have a few openings for next school year. Please email me at tracy.mclaughlin@westgroveumc.org or call the church for more information. I would love to give you a tour and tell you more about our program.

CMO CHAPEL TIME

As we finish up our year together in Chapel Time, I give thanks to God for the opportunity to be in worship each week with 72 little friends. These are friends who love to find out who God is in scripture, sing praise, and pray! They have learned a pattern of worship and call me back if I would ever try it a different way.

We ended the year with retelling of the Good Samaritan Story entitled: "The Cool Cat: A Modern Tail of the Good Samaritan" by Merrill Farnsworth (Author), Kami Winningham (Author), Mac Pirkle.

We also read "Freddies

Fast Cash Getaway" by Bill Myers (Author).

Our Final joint chapel time concluded with "In Your Hands" by Carole Boston Weatherford and Brian Pinkney.

Our songs filled the sanctuary with sounds of "He's Got the Whole World in His Hands" and "This Little Light of Mine"

What a joy it is to worship together.

Much gratitude to parents who trust us with their children, teachers who share them, and a church who values children.



PLAYGROUND

DEDICATION & PICNIC June 10, 12:00-2:30 p.m.

The new playground will be installed on June 5th and we will have a special dedication and picnic to celebrate it's grand opening after worship on June 10th! There has been much hard work accomplished in the planning, fundraising and researching of the playground equipment to find the perfect combination of fun and safety for the children of West Grove UMC and CMO Preschool.

If you would like to sign-up to bring a dish to share or to help with set-up and/or clean-up, please visit the church web site [click the under](#)

and link Events.



YOUTH MINISTRY NEWS



PB&J Club

Sunday, June 3

Following 11:00 a.m. Service

Come join us as we make PB&J sandwiches for the homeless. This is a fun and easy way for us to be the heart and hands of Jesus for hungry people living on the streets.

PB and J has been blessing people in Aviator Park downtown as well as those down on their luck. Join us as we share peanut butter and jelly and God's blessings with others.



Kickball!

**Friday, June 8
7:00—9:00 p.m.**

Join us our Kickball Celebration as we say Farewell and wish Pastor Kevin and his family well at their new appointment.

The whole congregation is invited to join us outside for kickball!

Share your good wishes and blessings!



FUN & FITNESS



THE MOVIE **The Greatest Showman** (PG) will be at West Grove UMC

Wednesday, July 25, at 6:30 pm.

Hugh Jackman leads an all-star cast in this bold and original musical filled with show stopping performances that will bring you to your feet time and time again.

Inspired by the true story of P.T. Barnum, the film follows the visionary who rose from nothing to create a mesmerizing spectacle. This movie focuses on those casted out in the 1800's. It is a timeless movie that defends those who are "different," then and now in the 21 century. It's a story that shouts equality for all! Is not this Jesus' message?

This evening is FREE and refreshments will be offer. Bring your friends! We hope to see you there!

Prayer Ministry Team

Pastor Shirley Daddario
Cindy Haley
Sandi Hampton
Nancy Howard

Pam Howard
Carol McGinley
Jean Kilmartin
Susan Paisley



Wednesday Nite Fun

All are invited to join in on the weekly fun of fellowship and games beginning June 20th and continuing through August 29th at the church, 6:00-8:00 p.m. It is a Rain or Shine event! Weather permitting, we will have a slip-n-slide for all to enjoy, the new playground for children of all ages, a parking lot to skateboard, ride bikes or play other games. Hot dogs and beverages are provided. If you are able, bring a dish to share. We encourage you to invite your friends and neighbors, too!



WEST GROVE MEET-YOUR-NEIGHBORS NIGHT Wednesday, June 6, 6:00 - 7:00 p.m.

Neighborhood Meet & Greet over an evening meal. Bring your dinner; bring your family; bring your friends!! We will have a few tables set-up in the area **near the West Grove Library.** The idea is for the community to gather together over a meal and get to know one another. Spread the word!!!



How to Stay Active in Warm Weather (Excerpts from American heart Association, Healthy For Good™)

Ample sunshine, longer days and warmer temperatures provide more opportunities for the whole family to get outside and get active! But when the temperature goes up, being active outdoors can be more challenging. It's easier to become overheated when the sun is beaming down all day. The warm months also bring humidity to many parts of the country. With humidity, your sweat doesn't evaporate as quickly, so your body has a harder time releasing heat.

Tips to keep in mind:

- Try to avoid exercising outside in the early afternoon. It's usually hottest between noon and 3 p.m.
- Drink water before, during and after physical activity, even if you don't feel thirsty. Bring a bottle of water with you, or plan water stops along your route.
- Wear lightweight, light-colored, loose-fitting clothes. Moisture-wicking fabric can also be a big help. Protect yourself from the sun with sunglasses, a hat or visor and plenty of sweat-resistant sunscreen.
- Take frequent breaks in the shade, and drink water before you're thirsty. Allow yourself time to adapt to the heat -- some experts say that this can take about 4-14 days. You may not be able to work out as long or as hard as usual when it's very hot.
- Check with your healthcare professional before starting an exercise routine or moving your workout outdoors if you have cardiovascular disease, diabetes, other chronic disease or any medical concerns. Certain medications like beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers and diuretics can exaggerate the body's response to heat.
- If you can, work out with a partner for safety and fun!

Keep cool as you refuel.

Try light, healthy pre- and post-workout snacks that can also help you stay cool, such as:

- Chilled or frozen fruit
- Homemade popsicles made from 100% fruit juice
- Fruit smoothies
- Cold salads loaded with vegetables, beans, legumes and heart-healthy fish like albacore tuna or salmon
- Crisp, chilled raw veggies like cucumber, carrot or celery with a light, cool dip
- Cold sparkling water with a splash of 100% fruit juice or slices of citrus or cucumber

Beat the heat.

If you find you just can't tolerate the heat, don't skip out on your workout or physical activity time! Find indoor locations where you can be active, such as a shopping mall, gym or community recreation center. Discover activities you can do in your home or at work. Adjust your workout schedule to early morning or late evening when it's cooler outside.

Know the signs of heat-related conditions.

According to the National Institutes of Health, heat illnesses or emergencies can occur with exposure to high temperatures and humidity.

Dehydration can occur when you don't replace body fluids lost by sweating. Being even slightly dehydrated can make you feel bad and put you at greater risk for heat-related illnesses like heat exhaustion and heat stroke.

- Watch for these signs of mild to moderate dehydration:
- Thirst, dry or sticky mouth, dry, cool skin, headache, muscle cramps, not urinating much or darker-colored urine.
- Signs of severe dehydration: Not urinating or very dark-colored urine, dry, shriveled skin, irritability or confusion, dizziness or lightheadedness, rapid heartbeat, breathing rapidly, fatigue or listlessness, unconsciousness
- Heat cramps are the first stage of heat illness and can share some of the symptoms of dehydration: Muscle cramps and pains, often in the legs or abdomen, very heavy sweating, fatigue, thirst.
- Heat exhaustion symptoms include: Headache, dizziness or lightheadedness, weakness, cool, moist skin, dark urine, nausea and vomiting,

If you experience signs of dehydration, heat cramps or heat exhaustion: Stop exercising right away, sip water or suck on ice cubes, move to the shade or indoors as soon as possible, douse yourself with cold water, apply cold, wet cloths to the neck, groin and armpits. Seek medical attention if your condition doesn't improve or gets worse.

Heat stroke is when the body is no longer able to regulate its temperature, and it keeps rising. This is very serious and requires immediate medical attention. Call 9-1-1 and take the actions above right away if you experience these symptoms: High fever (above 104 degrees F), dry, red skin fast, weak pulse, fast, shallow breathing, irrational behavior or extreme confusion, seizure or unconsciousness.

Retired Active People



Retired Active People (R.A.P.)

RAP met on Friday, May 11, to enjoy a covered dish luncheon to end our program year. We

enjoyed a music program presented by Danny Paisley and the Southern Grass and had a wonderful time of fellowship and conversation.

Thank you Caryl and Dick Stuhrke and Vernon and Sara Ann Ramberger for hosting our afternoon of fun. We are pleased to announce that the 2018-2019 program year has been confirmed. If you are interested in being a meeting host for one of the months, please see Sara Ann Ramberger.



Our next gathering will be Friday, September 14. Look for an announcement in August of the programs confirmed for next year. Also, in September we plan to dedicate our tree and park bench with the placement of a plaque to commemorate RAP's 20th Anniversary Year.

Thank you members and friends for joining us each month. Thank you greeters, cleanup crew and monthly hosts. And a huge thank you to the Scouts and Youth Group for setting up our tables and resetting the sanctuary for us.

See you in September! If you haven't joined us yet, please, come, and be a part of this long-standing group of faithful members who enjoy gathering each month for a time of fellowship, food and fun!!!!

Chester County 50plus EXPO June 6th, 9:00 a.m.-2:00 p.m.

Please come out and be our guest at the 15th annual Chester County 50plus EXPO, the area's dynamic, one-day information and entertainment event focused on the 50-plus community! It will be held from 9 a.m. to 2 p.m. on Wednesday, June 6, at Church Farm School, 1001 E. Lincoln Highway, Exton. Admission is free!

The EXPO will feature more than 80 exhibitors providing up-to-date information focused on the health, lifestyle, and needs of the local 50-plus community. In addition to free health screenings and door prizes, a full lineup of entertainment and informative presentations is scheduled!

Fitness demonstrations; essential oils workshops; and PA State Senior Idol winners Barry Surran (2008) and Peggy Keller (2011) will perform. As well as presentations on senior crime prevention, food, nutrition, and self-care knowledge.

And it's all free — including admission and parking. So come and spend a few hours or spend the whole day at the Chester County 50plus EXPO! For more information: (610) 675-6240 / www.50plusExpoPA.com.

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

JULIET...Just us Ladies
Interested in Eating
Together

Saturday, June 9, 2018



Juliets meet for breakfast and fun... second Saturdays at 9:00! Join us!

We meet at **Sunrise Café, 127 E. State Street, Kennett Square, PA 19348.** (They have free park-

SAVE THE DATE!

SECOND ANNUAL OPEN MARKET
AT WEST GROVE U.M.C.

SATURDAY, SEPTEMBER 15, 2018

Artists, woodworkers, etched glass, embroidery, potters, wood carvers, crochet items, handmade cards, wreath makers, alpaca items, etc.

And lots of delicious food from local food trucks!

LET'S GET SOCIAL!

Our Facebook page is a great resource for keeping up-to-date on what is going on here at church.

Be sure to "Like Us" on Facebook.

And when you are at church, check-in on Facebook to let us know you are here!



R.O.M.E.O.

Retired Older Men Eating
Out

June 28, 2018

R.O.M.E.O.

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 610-724-0477**, if you have any questions or if you are newly retired. Bring your retired friends.

STEWARDSHIP

DREAM BIG

Our opportunity list gives you a chance to give beyond your regular tithe.

Consider how you might impact our congregation and community.

Item	Quantity	Approximate Cost
Monitors- Sanctuary (80") (Dream in Process!)	2	\$ 4,000
Electronic Sign at the street	2	\$ 15,000
Electronic Sign at Rt. 1	1	\$ 50,000
2 inch slat blinds for classrooms (Dream in process...7 out of 25)	25	\$ 500

SCRIP Scripts

With over 750 retailers to choose from, Shop With Scrip is an easy way to patronize your favorite merchants and raise money for WGUMC. For every dollar you spend, merchants will rebate WGUMC from 1% to 20% (and sometimes even more during special promotions). Here's how it works:

There are several ways to participate in the program. First, go to shopwithscrip.com and click on the "Shop" tab for a listing of the participating merchants. Next, select a merchant by clicking on their logo and the rebate to WGUMC will be displayed. Delivery options are also displayed, with many of them offering three different methods. A "Physical" is an actual plastic card that is shipped once a month to WGUMC. "Scrip Now" is an email with a barcode that is sent directly to you. You can print it out and present it to the cashier at checkout or save the image on your smart phone. A "Reload" card is a traditional plastic card, but instead of having to reorder a new card when it is exhausted, you can create your

own account online, register your card and reload it any time you like.

Payments for the purchases are linked to your bank account in a secure environment making this one of the fastest and most convenient methods.

Another method is to pick up one of the order forms in the Narthex. Simply place your order form and a check made payable to WGUMC in Gene Aucott's mailbox in the mailroom.

With retailers from Amazon to Zappos, you are bound to find many options to buy groceries, gasoline, merchandise, vacations, restaurant services and even other gift cards while supporting WGUMC

If you would like to participate or have questions, you can



STATISTICAL REPORT

Overall, Christian education has grown at West Grove. More people engaging in more different ways. We took a risk two years ago and moved away from all long term courses and moved toward short term course. We called it Faith Learning Academy. The result was more options and people responded. From 2016 to 2017, children (ages 0-11) increased from 51 involved to 70. Our youth have had a rebuilding time and our numbers have reflected that. In 2016, there were 61 youth involved; 2017, 43 youth engaged. Young adult engaged in 2016 were 32 and 43 in 2017. All adults participants across all Christian formation from Sunday School to courses to small groups grew from 252 in 2016 to 406 in 2017.

Vacation Bible School participation including youth and volunteers was 181 in 2016 and 2017 was 182! We give thanks to God for all those who share the love of God with the community.

West Grove has a tradition of holding Confirmation class every other year to give 7th and 8th graders an opportunity to build community. This upcoming year will be Confirmation Class. We look forward to all our 7th and 8th graders joining us for this journey.

In 2016, we held 12 small groups and learning opportunities outside of Sunday School, including Daily Reflections and Pastor Jim's Bible Studies. This grew in 2017 to 17, including groups like antiracism training, Making Sense of the Bible, Movies.

Next month, we'll chat about United Methodist Men, United Methodist Women, and mission engagement!

'TIS THE SEASON FOR GIFT GIVING!

Graduations, weddings, showers, birthdays. So many gifts to give this time of year! Make your giving go further by shopping on Amazon Smile! Every purchase you make earns the church a donation.

And it is EASY! It doesn't cost you anything and earns the church a donation! Type in smile.amazon.com in your browser, choose West Grove United Methodist Church as your charity and then shop away! It is all the same stuff, no fees. Tell your family and friends too! It's that easy.

A percentage of your spending dollars will be credited to the church.



ANNOUNCEMENTS

WEST GROVE UMC IS HIRING!

Associate Pastor for Caring Ministries—Quarter-Time

The Associate Pastor for Caring Ministries is responsible for the practice and coordination of pastoral care. S/he will coordinate with the pastoral and lay visitation team pastoral care ministry to members of the congregation and community as well as visit.

Director of Children and Youth Ministries—Full-Time

The Director of Children and Youth Ministries is responsible for Christian education at West Grove United Methodist Church. The individual in this role will design and direct discipleship ministry for persons ages birth through young adulthood. The Director will develop and implement the children's program with preschool—6th graders and the youth program with 7-12th graders. S/he will build relationships with children and volunteers and coordinate execution of programs that nurture children to grow in the Christian faith. This is a full-time position that includes frequent evening and weekend responsibilities.

To inquire or apply,
please send your resume to
staffing@westgroveumc.org.



Thank You

Thank you for receiving Val into your fold! She is a wonderful lady with so many gifts to share. I'm sorry that our 174 year old building was too much for her allergies. We miss her and commend her to your care.

Blessings,

Rev. Andrew

Attention All Super-Sleuths!

We need your help!

Our Pentecost banners have gone missing. They were used last year, but we are unable to find them this year.

If you have any information to their whereabouts, please notify the missing banner hotline (aka, the church office).

INTERESTED IN ORDERING ALTAR FLOWERS?

The church is happy to order altar flowers in memory, honor or in celebration of someone special for you and acknowledge them in the weekly bulletin. Sweet Peas of Jennersville or Linda Shiplet are happy to supply the flowers.

The fee for altar flowers is \$25 and your check should be made payable to "WGUMC", or if ordering from Linda, you may pay her directly if you wish. If your flowers are donated, you will want to pay through the church as it is tax deductible. You have the option to take your flowers home after the service or donate them to the church to be delivered to the sick or homebound.

To order, use the **Flower Chart** in the administrative wing or email your order to the church office at office@westgroveumc.org. Be sure to indicate who you are honoring, who the flowers are from, and if you would like to order from Sweet Peas or Linda Shiplet.



*Pastor Shirley's
Shortcake Social
Farewell!
June 24th
After the 8:30 & 11:00
Worship Services*

EASTERN PENNSYLVANIA CONFERENCE NEWS

DISTRICT HIGHLIGHTS

Nearly 200 members of the South District gathered at First UMC Phoenixville, where the Rev. Dawn Taylor-Storm, District Superintendent, offered a passionate message about love related to the UMC's search for a Way Forward. Members showed their love in action by giving \$2,770 to support the district's 2018 mission project, "Giving Sight to the Blind."

Other highlights included inspirational music from the host church's bell choir and the West Philadelphia Mission ConneXion Choir. The Rev. Eric Carr, who directed the latter group, will also lead music at Annual Conference.

The Rev. Sherry Lantz, DCOM Co-Chair, John Paylor, Co-Lay Leader, and the Rev. Jeffrey Raffauf, Jeremiah 29 Team Chair, were thanked for their outstanding recent work with district teams. The body prayed for the Revs. Mercedes Case and Diana Esposito, as they prepare for ordination. And six retiring clergy, two new Certified Lay Ministers and Deaconess Barbara Drake were all affirmed for their faithful achievements.

PEACE WITH JUSTICE SUNDAY

June 10, 2018

Sunday, June 10th, we celebrate Peace with Justice Sunday. On this Special Sunday, follow in the footsteps of our founders who left us a legacy to care for and support the oppressed.

"Peace with Justice" represents many things — an absence of war, striving to live in harmony with others who may or may not share our beliefs, advocacy and support.

For over 100 years, the United Methodist Church has pursued advocacy for strangers and friends around the globe.

We believe that all God's children deserve to live full lives.

When you give on this Special Sunday, you are joining together to break down barriers so that all God's children have equal access to:

- Jobs
- Education
- Food
- Clean water
- Health care and so much more.

Will you join us today in supporting vulnerable and oppressed children, youth and adults? Together, we will make a lasting impact today. Your offering will reach around the world, because. . .

TOGETHER, WE DO MORE.





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



2018

~ 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

Office Hours: Monday—Friday

7:30 a.m.—4:00 p.m.

Staff

The Reverend Shirley Daddario—Associate Pastor for
Caring Ministries

Shirley.daddario@westgroveumc.org

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

Jim.mundell@westgroveumc.org

The Reverend Kevin Babcock-Youth Pastor

Pastorkevin@westgroveumc.org

Donna Fackler - Church Administrator

Donna.fackler@westgroveumc.org

Kim Nuzzaci - Administrative Assistant

adminasst@westgroveumc.org

Betsy Smith - Traditional Music Director

Contemporary Music Interim Director

Keyboardist

Betsy.smith@westgroveumc.org

Sandy Deckard—Handbell Choir Director

davan5@comcast.net

Tracy McLaughlin—Children's Morning Out Director

Tracy.mclaughlin@westgroveumc.org

Maira Tena - Nursery Attendant

Board and Committee Leadership

Carol Whelan - Administrative Council Chair

Gene Aucott - Trustee Chair

Barbara Delaney - Finance Chair

Scott Steele - Treasurer

Janice Bowers - Financial Secretary

Kristin Reisinger - Staff-Parish Relations Committee Chair

Judy Gambill - Christian Education

Joan Leaman - Children's Ministry Team Contact

Susan Paisley, RN - Faith Community Nurse

Janice Bowers - Missions Team Chair

Dick and Caryl Stuhrike - Hospitality Committee Chair

Susan Paisley, Mike Chalmers – Delegate to Annual

Conference

OPEN - Lay Leader

OPEN - U.M.W. President

Prayer Team - Prayer Chain Coordinator

Karen Hruz—Emergency Food Pantry Coordinator

Amy Castaldi - Nursery Coordinator

John Gambill, Betty Mundell

—Ad Council Member at Large