



# The Wesleyan Star

## West Grove United Methodist Church

300 North Guernsey Road,  
West Grove, Pa. 19390

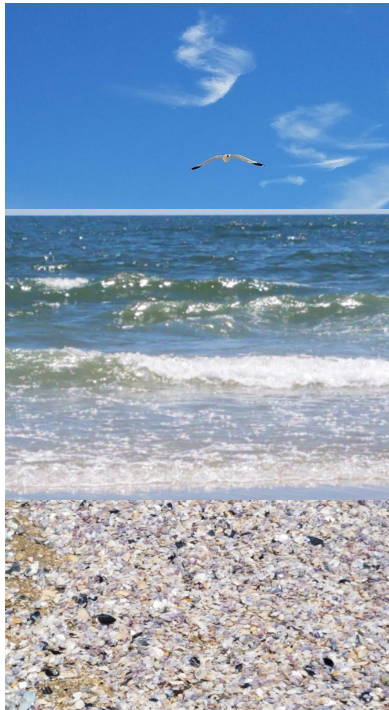
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## August 2018



*"I wait for the Lord, my soul waits, and God's word I put my hope. My soul waits for the Lord more than watchman wait for the morning, more than watchman wait for the morning. O Israel, put your hope in the Lord, for with the Lord is unfailing and with God is unfailing love and with God in full redemption."*  
Psalm 130: 5-7

Our vacation this year found us with beautiful weather and abundant time on the beach.

With much gratitude to many of us, we give

thanks to God for reflection. For me, I am often delighted by the simplicity of vacation. The routine of going to the beach with its lathering sunscreen, preparing snacks, gathering chairs and towels and walking towards the ocean which feels like an adventure on the first day, is no excitement by the end of the week. The simpleness of routine has built in waiting for one member of the family or another, at different time. I wonder if you can relate!

Beachtime was filled with jumping the waves, sandcastles, naps on the sand, reading, and snacks. You can guess who enjoyed which! But I love a solitary walk seeking the shells up and down beach. You never know what you will find. You have to be open to the gifts from the sea. I was blessed each time, me and my sea pail.

From Kathleen Norris's reflection, *The Quotidian Mysteries: Laundry, Liturgy, and "Women's Work,"* "I have come to believe that the true mysteries of the quotidian are not those who contemplate the holiness in isolation, reaching godlike illumination

in serene silence, but those who manage to find God in life filled with noise, the demands of other people and the relentless daily duties that consume the self. They may be young parents juggling child rearing and making living; they may be monks or nuns in a small community who have to wear three or four "hats" because there are more jobs to fill than people to fill them. If they are wise, they treasure the rare moments of solitude and silence that come their way, and use them not to escape, to distract themselves with television and the like. Instead they listen for a sign of God's presence and they open their hearts towards prayer." (page 70).

You may or may not find moments of rest and vacation this month, but I can imagine that you find quotidian and ordinary moments of routine. You may find moments of folding the laundry or washing the dishes, mowing the lawn or making the bed. In the midst of the moments, I pray the you might look for solitude and silence. One of the gifts for me in vacation is always that my mind can stop focusing on the urgent and make space to be present with God, who has been waiting for me. I am always rewarded. Every time I let go of the daily grind and lean into the routine, my mind can wait on God. I pray August can have moments, hours, maybe even days, of waiting on God.

August moves us from the freedom of time with vacation and possibility as children go back to school, work schedules change, board meetings pick back up, and fall obligations resume. The weather might change and temperatures might drop a bit in the evening, and then again, they might not. As we face down September, we think about intentional discipleship and how we are growing in our faith, but for today - may you rest and wait on the Lord.

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.



## SUMMER BLENDED WORSHIP One Service at 9:30 a.m.

**Sunday, August 5, 2018**

**Communion Sunday**

**\*Emergency Aid**

**Pastor Jim is preaching**

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

**Scripture:** 1 John 4:7-21, John 14:15-27

**Sermon:** Do Love: With God and Others  
God challenges us to love both God and others;  
how will you do both?

**Sunday, August 19, 2018**

**13th Sunday after Pentecost**

**College Student Blessing**

**Scripture:** Mark 6: 30-40, Isaiah 55:1-8

**Sermon:** Do Love with Bread, Fish, and  
Chocolate!?!  
The awarding winning movie, Chocolat highlights a  
woman a her daughter moving in a French town in  
1959 and opening a chocolate shop in a traditional  
town. What can we learn about God's love from  
chocolate and tradition?

**Sunday, August 12, 2018**

**12th Sunday After Pentecost**

**Scripture:** Mark 6:14-29, James 1: 16-18

**Sermon:** Do Love: Gifts from the Sea

Anne Morrow Lindbergh's book written 63 years ago  
holds timeless truths about the rhythms of life and  
faith. What gifts does God offer in the sea and  
through life?

**Sunday, August 26, 2018**

**14th Sunday After Pentecost**

**Backpack Blessing**

**Scripture:** Mark 6: 45-56, Psalm 124

**Sermon:** Do Love with Courage

N C Wyeth painted multiple images of the raging  
sea and storms rising against ships. We sometimes  
find ourselves adrift in need of strength and  
courage. Where will we find Jesus in the midst of  
greatest storms?



Join us for worship is on  
**August 12th 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 August 5.**

### AUGUST COFFEE FELLOWSHIP—Hosted by: Youth Ministry

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

## PASTOR SHIRLEY

We celebrate the fruitfulness 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 again as our Associate Pastor for Caring Ministries. 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 us with working with others to create a culture of prayer and visitation. Her heart for caring and prayer is a part of her every interaction with our church and community. On June 24th, Pastor Shirley shared her call to serve Friendship UMC again and the vision that led to that call.

West Grove offers blessings upon Pastor Shirley in this season of her ministry.



## COLLEGE STUDENT PRAYER PARTNERS

For our first year college students as well as those who continue in their studies, we give thanks to God for those who pray faithfully. Please make sure the office has current addresses for college students, young adults who are serving in the military, and those in trade school. We want to pair you up with those who will pray for you and with you and occasionally send a care package. Thank you for committing to this vital ministry!

## PRAYER WALK

What a honor it is to be one of the few miniseriums and school districts that work together in offer a prayer walk for our educators. This opportunity allows members of community to be pray with or for our teachers and staff as they begin the school year. Teachers have often been over heard asking for specific prayers for themselves and new curriculum, heartbreaking family circumstances, and life transitions. Join us as we embrace the call to live the world as our parish on August 21!

## Books Mentioned In Sermons

- *The Hound of Heaven and Other Poems* by Francis Thompson, G.K. Chesterton.
- *New Creation. John Wesley's Theology Today*, by Theodore Runyon
- *Forty-Four Sermons* by John Wesley
- *Grace Sufficient* by Jean Miller Schmidt



## *Pastor's Desk, cont.*

### **PRAYER FOR PARENTS**

As our youth and young adults go to college or off on their own, it is often parents who find themselves looking for a ritual or reflection. The youth person's time is filled with what comes next and the parents find, at least initially, a little more time on their hands. A prayer for parents:

Loving God, who offered up your son, you know about letting go. As I drive away, I confess I remember days gone by from when my child was learning to walk to just writing their own name to needing assistance in so many ways. Sometimes, I miss those days. Bless my child in this new season of life. Keep them safe as they explore with stronger enough roots and be grounded in faith and wide enough wings to fly. Help me, Lord to gentle with myself as I tiptoe into this new season of life, for myself and for my family. God of surprises, grace us with your presence at every turn, we pray, Amen.

### **PRAYER FOR CAREGIVERS**

My heart is often heavy for all in our community who care for their friends and family. A prayer for caregivers:

Caring God, we often prayer for those in need of healing and cure. Next to every person in need of care is one who labors to care. Make us every mindful of the caregivers. May the held hands and gentle touch bring healing both to patients and caregivers, we pray. May the quiet hugs and soft sighs communicate care when no words will come, we pray. May rest and respite be ample when exhaustion settles in the soul of the long term caregiver, we pray. Caring God, care for us, we pray, Amen.

### **Pastor Monica's Vacation & Pastoral Care Schedule**

Pastor Monica on vacation August 7th - 11th, 13th . We give thanks to God for the pastoral leadership of Pastor Jim and Deaconess Yvette for emergency pastoral care. We give thanks to God for our trustees and staff parish as well as Donna Fackler as our Church Administrator for administrative needs during that time.





# GROW



## BOOK OF THE MONTH 4th Thursday of Each Month 5:45 p.m.

Are you interested in reading and discussing what others are reading? Join us on the 4th Thursday of each month at 5:45 p.m. to discuss a newer title. We'll meet in Room 3.

**August 23:** *"Sin of Certainty"* by Peter Enns

**September 27:** *"Finding God in the Waves: How I Lost My Faith and Found it Again Through Science"* by Mark McHarque

**October:** *"A World of Three Zeros: The New Economics of Zero Poverty, Zero Unemployment, and Zero Net Carbon Emissions"* by Muhammad Yunus

**November:** *"The Great Alone"* by Kristin Hannah

**December:** *"The Nutcracker"* by E T Hoffman

See Pastor Monica for more information.

**West Grove United Methodist Church**



300 N. Guernsey Road, West Grove

[www.westgroveumc.org](http://www.westgroveumc.org)

## 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.



## 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!



## CHRIST SERVANT MINISTERS

**Classes on October 26, 7-9 p.m.  
And October 27, 9 a.m.-3 p.m.**

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.



## 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 August.

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.



*But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen.*

*2 Peter 3:18*

## 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.



**Sunday, August 5**

**2:00 p.m.**

Join us as we worship with the residents at Twin Pines Nursing Home.

Pastor Jim will be preaching and offering communion.

# 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 putting a spotlight on the **HOSPITALITY**.

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

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

### Hospitality

If you have the gift of hospitality,  
this is for YOU!

Serving as a hospitality volunteer is an easy way to serve and make people feel welcome at our church. It involves making coffee and hot water and setting up the coffee and tea in the lobby prior to each worship service. The time commitment is minimal—30 minutes before each service to set up and 15 minutes after each service to clean up.



## HELP WANTED



The Trustee board is looking for volunteers to accomplish some maintenance tasks at the Church. The following list are some of the things that need to be done:

**Painting**—Exterior doors need a fresh coat of paint; and the walls in the Men's bathroom need to be repainted since ceiling leaks have been fixed.

**Weeding**—The flower beds along the front of the church and the six Community Garden plots. (located between Parking lot & Rt# 1 by-pass). (Thank you to Roger Bates & Carol Whelan have done some of this; more needs to be done!)

**Trimming**—If you have a weed trimmer & can spare an hour or two, we need help with trimming the bank on both sides of steps leading to Harmony Park, the bank from N. Guernsey Road to Utility Pole on Harmony Street and around the Church Sign next to the Rt# 1 By-Pass. A visual path to Rt# 1 is vital.

**Curb Cleaning**—Sweeping along the Curbing of the Church Parking lot & removing debris.

Contact Vernon Ramberger concerning tools, materials, & further instructions &/or clarification. E-mail is [spartan57@verizon.net](mailto:spartan57@verizon.net); Phone #: 610-869-3863





Our adventure in the Rolling River Rampage Vacation Bible School has now come to an end. We leave with great memories and grateful hearts – because this week was made possible due to the tireless work of many volunteers. Thank you to everyone who served through story telling, game playing, craft making, snack-preparing, praying, showing love, and sharing the gospel to our community of children.

**Registration and Sign-in/Sign-out:**

Joan Leaman, Kelly Hendrickson, Carol Whelan, Julie Hughes, Jeanette Strujewski, Joyce Smith, Melanie Hartley

**Opening and Closing Assembly Leader:**

Abby Branham, Eileen Bushnell, Jordan Howard

**Sound Booth:** Keith Schneider

**Photography:** Bob Castaldi

**Crew Leaders:**

**K** – Kathy Wiwel, Ketzia Luna, Alex Smith, Kevin Barrett

**1st** – Scott Steele, Sydney Curtis, Matt McLaughlin

**2nd** – Linda Duffy, Riley Italia

**3rd/4th** - Amy Castaldi, Lauren O'Neill, Julie Hughes

**4th-6th** - Jake Schneider, Tyler Curtis

**Craft Leaders** - Valerie Kapp-Benner, Jean Kilmartin, Gina Cerrato,

**Recreation Leaders** - Maureen Hill, Abbie Gruscavage, Matt Simonds, Parker Featherston, Eddie Palecko, Brian Barrett

**Science Leader:-** Andrew Herman

**Bible Story Leader:-** Janice Bowers

**Snack Leaders:** Cindy Hailey, Linda Peirson, Coby Van Snik, Marilyn Street

**Mission Leader:** Pastor Monica

**Preschool Leader:** Amy Simonds

**Preschool Assistants:** Sydney Simonds, Hannah McCummings, Nancy Simmons, Mila Capaunolo, Abby Branham, Alisabeth Guepet, Barb Ranieri, Cecily Page, RoAnn Scheider, Mikayla Kilmartin, Caryl Stuhrke, Julia

**Preschool Science:** Reed Smith, Joyce Smith

**Preschool Music:** Debbie Schneider

**Preschool Recreation:** Tracy McLaughlin

**Preschool Story:** Karen Hruz

In the words of Paul to the Philippians: "I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel from the first day until now."

## FAMILY PROMISE

In the summer of 2014, we began conversations in a structured way about supporting our neighbors who were temporarily homeless. Shortly after that we watched the pieces fall into place as West Grove became one of 13 host churches. Below you see an image of the original signers supporting Family Promise of Southern Chester County as an organization incorporating. Look close and you will find



Joan Leaman, Janice Bowers, and Pastor Monica (one of her first acts that first July 2014). Since then we have hosted countless families approximately 13 times thus far. We have been each and every time families have been with us. I know that volunteers have often been on their toes with the details and situations of the moment. It is the long term success of sustainable housing and employment for families that we celebrate.

From Family Promise we know:

- 394 students were impacted by homelessness during 2016-17 in Southern Chester County's four school districts.
- Zero shelter beds exist in our area to keep families together during an already stressful time.

People served since opening:

- 37 families (49 adults, 85 children)
- 24 families housed

We give thanks to God for West Grove's vision to Open, Grow, Serve. Our work with Family Promise across years has allowed us an opportunity to connect with others making a difference. May God move as we pray that families sustainably find employment and housing they to might be open, grow, and serve.

## BLESSING OF THE BACKPACKS

Join us on August 26th as we send our children and youth to school with backpacks full of blessings. Each year, we work with artist, Suzanne L. Vinson of Silver Tree Art to design backpack buttons and teacher blessings that share thematic blessings across our ages with our students.

Invite your children, grandchildren, neighbors, and friends to join us.



## OUR COMMUNITY GARDEN TO FEED THE HUNGRY



We are planting our Community Garden to grow produce for our neighbors. Everything we grows benefits either our familiar from the Garage or the Bridge. Please consider signing up for a week or more this summer to weed, water, and harvest our community garden.

**A sign-up sheet is posted on the lobby bulletin board.**

It takes a community to feed a community. Help us feed ours.



### Our Emergency Food Bank Depends on You!

WGUMC's Emergency Pantry has distributed over 230 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 to make ends meet.

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:

- Juice mix (ice tea, lemonade)
- Cereal
- Tea bags / coffee
- Juice boxes
- Canned fruit / applesauce cups
- Snacks for kids
- Canned meats and stews
- Canned pastas / spaghetti sauce
- Baked beans
- Ramen noodle soup packages, / canned soup (especially chicken noodle)
- Condiments (ketchup, mustard and mayo)

Any donation is a blessing to those in need.

**Thank You!**





## 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>	
<b>Full Bead Paver</b>	<b>\$100.00</b>	_____	<b>\$</b> _____
<b>Quarter Bead Paver</b>	<b>\$25.00</b>	_____	<b>\$</b> _____
<b>Totals:</b>		_____	<b>\$</b> _____

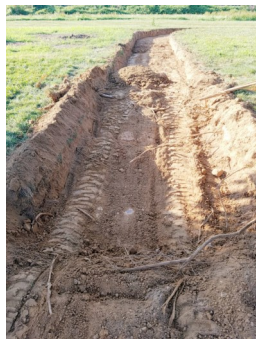
Please designate below how you wish to offer these Pavers, so it can be recognized in the Dedication Book. Please contact Pastor Monica, Susan Paisley, or the Prayer Bead Garden Team with questions or concerns .

**In Memory of** \_\_\_\_\_

**In Honor of** \_\_\_\_\_

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

## PRAYER BEAD GARDEN INSTALLATION



The Prayer Bead Garden has entered a very exciting time! Installation of **Phase I** began in July with the laying of stones, pathways and the main outline of the garden. The vision is becoming a reality!

**Funding for Phase II is now open!** The second phase will include the planting of flowers, hedges, and other foliage, as well as benches to sit on as we

reflect, meditate and pray.

**Phase III** will include the installation of a water feature that will enhance the garden and its serenity.

Funding for Phase I is secured. We will continue our fundraising efforts for Phases II and III.

Thank you to all have helped and continue to help in making this vision come to fruition!







# A PRAYER WALK FOR OUR SCHOOLS

Penn London Elementary School  
Avon Grove Intermediate School  
Fred S. Engle Middle School  
Avon Grove High School  
Assumption of the Blessed Virgin Mary School  
Avon Grove Charter School  
Nazarene Academy

**Tuesday, August 21, 2018**

We will meet at in the lobby of  
Avon Grove High School  
at 9:30 AM to receive ID tag  
& to choose a school.

**Bring your children to pray for their schools.**

FOR INFORMATION,  
Call Pastor Monica or the  
West Grove United Methodist Church office  
At 610-869-9334



# CMO PRESCHOOL



I hope you are enjoying the beautiful summer weather. I was thrilled to be a volunteer at VBS. It was wonderful to see so many children, especially many of our preschoolers, enjoying the program. We had a fantastic 2017-2018 preschool year. We are looking forward to welcoming all of our returning families back and getting to know our new families in September. We do still have a few openings in some of our classes. If you are interested in learning more about the preschool program, please reach out to me at [tracy.mclaughlin@westgroveumc.org](mailto:tracy.mclaughlin@westgroveumc.org). I would be happy to meet with you and show you around our wonderful church

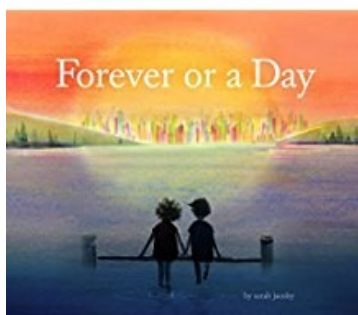
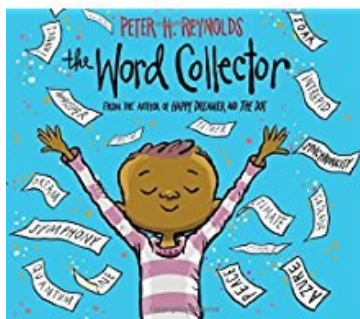
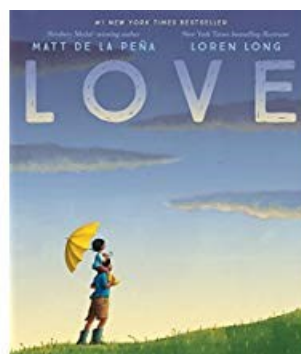
## BOOKS READ AT VBS

### With Pastor Monica

These are wonderful books to use at home with your family!

#### THE RABBIT LISTENED

CORI DOERRFELD



# CHILDREN & YOUTH MINISTRY NEWS

Hello West Grove UMC families!

My name is Melanie Hartley and I am the new Director of Children & Youth Ministries. I was born and raised in southern New Jersey and I live in Woodstown, New Jersey with my husband Gary (You will see him around on Sundays).

I knew from the first time I served as a camp counselor at 17 that my heart was being tugged towards youth ministry. I graduated from Eastern University in 2009 with a Bachelor of Arts in Youth Ministry, and I have been working with children and youth ever since. I believe that children are the church of today, not just tomorrow and It is a joy to walk beside them during the formative years of their life.

I look forward to getting to know the students and families here at West Grove! I am looking forward to a great first year at West Grove UMC! Please feel free to email me or stop by the church office and say hello!



## CHILDREN'S MINISTRY NEWS

### Sunday School Kick Off

**September 9, 9:45-10:45 a.m.**

Another great year of Sunday school will be starting soon!

Come and meet the teachers, Miss Melanie and see friends!

More details on Sunday school and youth group to come!

Contact Melanie Hartley with questions or concerns

[childyouthdirector@westgroveumc.org](mailto:childyouthdirector@westgroveumc.org)

## YOUTH MINISTRY NEWS

### Youth Group Kick Off!

**September 9, 6:00-7:30 p.m.**

Youth group is kicking off for the school year! Come on out for a night of games and catching up with new and old friends! You'll also get to meet Gary and Melanie!

Plus- Gutter ice cream.

"What is that?!" you're asking?

You'll have to come to find out!





# FUN & FITNESS



Chester County's improv comedy team, Better Than Bacon, will perform original comedy on **Thursday, August 9**, that is sure to make you break a smile. They have selected Family Promise of Southern Chester County as the beneficiary of this monthly performance. The show will be at the Kennett Flash (102 Sycamore Alley, Kennett Square, PA). **Doors open at 7 pm; the show is at 8 pm.**

Tickets are available for \$20 by calling 610-444-0400. Bring your friends and family to enjoy a laugh-filled evening to support Family Promise of Southern Chester County."



## Wednesday Nite Fun

All are invited to join in on the weekly fun of fellowship and games every Wednesday night through August 25th 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!

## MEL LEAMAN & FRIENDS BENEFIT CONCERT

**Sunday, November 4**

**6:30 p.m.—8:00 p.m. at West Grove UMC**

Tickets are a \$10 donation

to benefit the Garage Youth Center.

Enjoy a new set of music and refreshments provided by The Garage.

## OPEN MARKET

**SEPTEMBER 15, 2018**

**9:00 a.m.-2:00 p.m.**

Fall is upon us and it is time to start thinking of the upcoming holidays. What a great time to start shopping early for unique gifts, holiday décor, etc.

On September 15, 2018, West Grove United Methodist Church will host our Annual Open Market with local vendors showcasing their wares: artists, potters, jewelers, wreath makers, quilters, woodworkers, etc. Shop for hand etched glass items, homemade greeting cards, soap, alpaca products, kids designed clothing and shoes, birdhouses, handmade stockings, etc. The variety and talents of these artists and crafters within our community is outstanding.

Join us September 15 from 9:00-2:00 to support our vendors! Plan to shop, eat, and enjoy the outdoors on a fall day!





## TECH BREAK

“We are more connected than ever, and all of this connectivity involves the use of our hands,” said Joseph Valenza, MD, director of pain management, Kessler Institute for Rehabilitation ([www.kessler-rehab.com](http://www.kessler-rehab.com)).

“Overuse, however, can quickly lead to numbness, pain and loss of function. We’ve seen an alarming increase in tech-related injuries in recent years. That’s why it’s important for everyone to be aware of the symptoms of these ‘digital injuries’ and seek treatment before more serious complications arise.”

On average, adults respond to 40 emails each day, spend 23 hours a week texting, and play games for more than 6.5 hours a week.<sup>1</sup> Children are equally impacted with hours of computer-based schoolwork, texting and playing games. Considering the time people spend on these devices – and the force exerted on the fingers and hands – it’s not surprising that problems can develop.

“Whether typing or texting, playing games or surfing the Internet, the use of these devices and our increasing dependency on them puts us all at risk,” noted Norma Glennon, OT, CHT, Kessler Institute. “The continuous pressure of hitting the keys, tapping a screen, or even holding a device can affect the nerves, muscles and tendons in the hand, wrist, elbow and shoulder – and cause any of a number of what are called repetitive stress injuries.”

The more common Repetitive Stress Injuries (RSIs) include:

- “Texting thumb” or De Quervain’s tenosynovitis, an inflammation in the tendons that leads to pain and cramping
- “Trigger finger” (stenosing tenosynovitis) causes the thumb or other fingers to lock or snap.
- “Text claw”—from holding devices for long periods of time—causes pain, cramping and loss of hand and wrist function
- Carpal tunnel syndrome is marked by pain, swelling, tingling and numbness in the hand and wrist
- “Tennis” or “selfie elbow” (epicondylitis) and “cell phone elbow” (cubital tunnel syndrome) produce aching, burning and numbness in the hand, forearm and elbow

Overuse can also lead to ruptured tendons and permanent loss of function, as well as “Tech Neck” (<http://kessler-rehab.com/company/newsroom>) and

pain in the shoulders and back from hunching over and looking down at these devices.

Many of these tech-related injuries can be avoided by using common sense – putting down your device and taking regular breaks throughout the day. As a national leader in physical medicine and rehabilitation, Kessler Institute offers the following 10 tips to help prevent injury in techusers of all ages:

- Watch for early warning signs, such as a tingling sensation, pain or numbness in the hands, wrists or elbows, as well as the neck, shoulders and back.
- If you experience pain, stop what you’re doing.
- Rest the affected finger(s), hand, wrist, etc.
- Change your habits and disconnect regularly.
- Give your thumbs a break. Switch hands, use a stylus or the talk-to-text feature on your phone if available, and learn to use a softer touch.
- Stretch and roll. Simple exercises, such as shoulder and wrist rolls or stretching your hands and fingers can help alleviate muscle fatigue.
- Use a neutral grip with your wrist straight when holding your digital device.
- Act ergonomically. Be mindful of your posture, hand and body positioning, and placement of devices.
- Pay attention to play. Studies show that gaming affects people’s perception of pain; that is, they’re so intent on the game, they fail to notice any discomfort and continue playing.
- Seek medical attention. Speak with your physician about which treatments may be most helpful in managing your symptoms/ condition: ice or heat packs; splints or braces; anti-inflammatory medication; or physical, occupational and/or specialized hand therapies.

“The best ‘cure’ for tech-related injuries is prevention – using devices wisely, taking breaks, and listening to your body for signs of discomfort. Unfortunately, given the extent to which we rely on our mobile devices, we’re really just one click away from a ‘digital disability,’” said Dr. Valenza.

References 1. Pew Research Survey

*(This article is from the Advance Healthcare Network, an Elite CE Company.)*

Retired Active People



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

### RAP AND FRIENDS OUTING TO SIGHT & SOUND FOR THE SHOW: JESUS



JESUS is the musical stage adventure about the most famous person ever to walk the earth and the everyday people whose lives he changed forever.

Date: **Wednesday, October 17, 2018**

Time: **Show begins at 11 a.m.**  
(Suggested arrival time is 10:15 a.m.)

Cost: **\$56 for Adult, \$26 for Child.**  
Sara Ann Ramberger will collect the money for the outing. Please make checks out to Sara Ann Ramberger. Payment to Sight & Sound and to Miller's Smorgasbord will be made with her VISA.

Seats: Main Floor Seating, Right Center, no steps, Rows H, J, K

#### *After the Show*

Meal: **Miller's Smorgasbord, 2:30 p.m.**  
(70 minute feast). Reservations will be made for those desiring a meal following the show.

Cost: **\$28.50 for Adult, \$14.50 for Child**  
Includes Smorgasbord, Beverage, Taxes, and Gratuities.

Shop: After the meal—short walk to the Quilt Shop, Ruthie's, and Locally Made (food, olive oil, wine).

Drive: **We are carpooling.**  
Inform Sara Ann Ramberger if you are willing to transport additional passengers or if you need transportation.

**Reservations and payments are due before or on September 14.**

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

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

**Saturday, August 11, 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-

### AVON GROVE SENIORS BUS TRIP

Our RAP Group and Friends are invited to join the Avon Grove Seniors for their bus trip to:

Rainbow's Comedy Playhouse  
Wednesday, October 10th  
Lunch Buffet and Show  
"Love, Lies, and the Lottery"  
*Winning the lottery  
should make all your wishes come true—  
but, be careful what you wish for!*  
10:30 a.m. Board Bus at WGUMC  
Total Cost: \$70

Contact Janet Gregg at 610-255-4477 or Sara Ann Ramberger at 610-869-3863 for reservations.

## 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 "check-in" when you are here!



**R.O.M.E.O.  
Retired Older Men Eating  
Out**

**August 23, 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") ( <b>Dream in Process!</b> )	2	\$ 4,000
Electronic Sign at the street	2	\$ 15,000
Electronic Sign at Rt. 1	1	\$ 50,000
<b>PA System—Dream Fulfilled</b>		
2 inch slat blinds for classrooms	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](http://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

As we wrap up our final look on statistical report in 2017, leadership are beginning to work on our charge conference reports for this year. In the Methodist movement, we have a deep sense that knowing where we have been shows us where God is leading us. God through God's people has been actively moving in this place. We give thanks to God.

We have been sharing our blessings in giving time, volunteers, and staff. In 2017, we shared \$12,271 to United Methodist causes (outside of our apportionments). This is a 56% increase from the previous year and includes Mpasa and UMCOR. Additionally, we gave \$14,370 to non-United Methodist causes, which represents a 321% increase. This includes Rise against Hunger, Guatemala Mission trip, Les Family, GSR, and others. The generosity of this congregation in giving to mission is astounding!

We have increased our expenditures in programming and operating to \$79,778 with 17% increase. This shows our commitment to quality educational, discipleship, and administration operations and programming. We paid \$51,972 on principal and debt an increase 10% over the previous with our commitment to our facility.

In our giving, we received \$369,018 in pledged or identified givers in 2017. This is an increase of approximately 10%. In our special Sundays, we had 131% increase from \$2217 to 5138.

Our capital giving this year included giving to the prayer bead garden, HVAC units, donations to mortgage principal, TVs, window blinds, and memorials. The total received in capital giving was \$49,578. We give thanks to God and look forward to all the ways in which ministries will be birth out of these capital initiatives.

Our staff has been blessed and continue to see growth. In 2017, we saw change in development of the Engagement Specialist Role, part time in the Office as well as two additional teachers in the CMO preschool. This brought us to a total in 2017, to 1 full time clergy (Pastor Monica), 4 part time clergy/worship (Pastor Shirley, Pastor Jim, Pastor Kevin, Betsy Smith), 1 full office (Donna Fackler), Other full time (Tracy McLaughlin), 2 part time Office (Kristin Boyd, ) and other 13 part time staff members (Sandy Deckard, Maira Tena, Natalie Eason, April Stoltzfus, Jennifer Smith, Stacy Smith, Elsje Kumpon, Mary Alice Miller, Karen Reischke, Heather Smalley, Abbie Gruscavage) The 2018 statistics will reflect our current reality.

As we give thanks for our staff, volunteers serve at the heart of our congregation and community. Our ministries and office track, to the best of our ability, how many people serve. we estimate that across the year approximately 1,029 people serve in ministries to serve others! Thanks be to God. From Family Promise to Sunday School to Food Pantry and PB and J, we desire to open, grow and serve! Join us as we together love God by opening our hearts to Jesus, growing our faith and serving our community and world in His name.



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](https://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.

### Giving Sight to the Blind

On behalf of the South District, **I want to express my deepest gratitude for your generous gift in support of our South District Mission Project.** Through Phase III, we are now providing solar energy and a blood bank to the Pediatric and Ophthalmology Units of the Mpasa Medical Facility in the Democratic Republic of Congo and now in Phase IV we are preparing to launch "Giving Sight to the Blind" - an eye care ministry.

Your gift will enable children, youth and adults to receive the best possible treatment at the time of their greatest need. **Your generous contributions of \$3,429.00 are greatly appreciated.** Through your sacrificial giving, the lives of children and families will be transformed both now and into the future.

Sincerely,

Rev. Dawn Taylor-Storm  
South District Superintendent



# ANNOUNCEMENTS

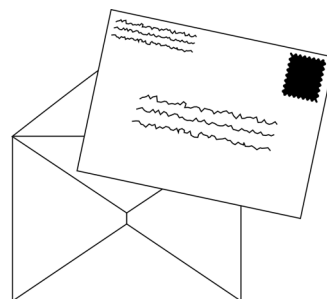
*Thank  
you*

I thank each and every one of you for a warm welcome to West Grove UMC. I am grateful for the beautiful hand made cards, dairy- free cupcakes and warm welcoming smiles. Blessings to you as we journey together.

Deaconess Yvette

## Recent college grads:

Let us know your current mailing address so we can stay in touch!



## 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](mailto: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.



I want to thank you so much for everything you have done for my family and I. It has been a blessing hearing the multitude of ways in which you have helped my parents; and most recently, I am extremely thankful to have received the scholarship for my education at the University of Delaware. I am excited to share where my journey will continue.

Kim & The Tena Family

## REMINDER

We will return to our regular two services at 8:30 a.m. and 11:00 a.m. on Sunday, September 2.

## Save the Date

Dine to Donate at Perkins in Avondale  
to benefit the West Grove UMC Prayer  
Bead Garden  
September 10  
4:00 p.m.—8:00 p.m.

## PLEASE NOTE

The Church office will be closed on September 3 in observance of Labor Day.



## Annual Fall Rummage Sale

Friday, October 5: 9 a.m.-2 p.m.

Saturday, October 6: 9 a.m.-12 p.m.

Household goods, adult and children's clothing, toys,  
and lots of other "treasures" will be for sale.

On Saturday, all shoppers may fill a bag for \$2.00

# EASTERN PENNSYLVANIA

## CONFERENCE NEWS

### **Disaster Response Grows, but Puerto Rico's Recovery is Slow**

In Puerto Rico the 2018 hurricane season began June 1, with over 11,000 residents still lacking electrical power and an estimated 5,000 or more lives lost from the September 2017 hurricanes Maria and Irma, based on a new Harvard University study. But behind those numbers are many more people still struggling to overcome the sheer devastation the eight-month-old disaster caused to their lives, homes, churches, businesses and communities.

Hundreds of buildings that lost roofs are still covered by blue tarps. The U.S. Army Corps of Engineers has removed most of the debris, but much still remains. And while power has been restored to most of the 3.3 million residents, after the longest lasting power outage in modern U.S. history, Puerto Rico's repaired power grid is still fragile and could easily fail again if—or when—a new hurricane hits the island.

#### **Thousands left island**

Thousands have left the island, most of them to try to build new lives in New York and here in Pennsylvania. Those who remain are still waiting for needed repairs, for payment of insurance claims, for use of their homes and churches again... waiting for evidence that someone cares about them and their tiny, beleaguered U.S. territory.

The UM Committee on Relief (UMCOR) is among the many faith-based organizations trying to provide that evidence, working alongside the Federal Emergency Management Agency (FEMA). UMCOR has hired volunteer coordinators and other staff to work with UM Volunteers in Mission (UMVIM) teams, in cooperation with the Methodist Church of Puerto Rico (MCPR), based on its needs and priorities.

The relief agency approved grants of \$16.8 million to the MCPR in April, part of \$46 million approved for U.S. disaster relief in general, and on the heels of \$3.6 million in funds and eight cargo containers of supplies delivered there last fall. UMCOR also gave the MCPR \$1 million to repair 39 destroyed or damaged churches; and it has engaged churches in managing supplies and doing relief and recovery work for their communities.

Ruben Velez, director of logistics for the Methodist Church of Puerto Rico, told a UMVIM team in March that the island is finally transitioning from response to recovery and rebuild. The queue of work teams waiting to come is growing, as he works to match them with homes and churches needing help.

#### **\$66,000 raised so far**

Eastern PA Conference churches and members have given \$66,112 as of June 1 to the conference's Helping Puerto Rico Rise Again campaign, launched in January to support Methodist churches in recovery there. Some have also sent funds directly to UMCOR and possibly to partner churches in Puerto Rico. Fundraising efforts have included culinary competitions, dinner and bake sales, and mission offerings received at district events.

Churches sent offerings to Annual Conference in June. A special offering received there, and online giving will be available, all in hopes of surpassing the conference's \$100,000 goal.

In addition, the Rev. Nicolas Camacho of West Lawn UMC, who resources the campaign with information about relief needs and efforts in Puerto Rico, has submitted Annual Conference Resolution 2018-26, calling for a special conference-wide "Love Offering for Puerto Rico" in the fall to help with long-term recovery needs. He recommends the offering be received on Sept. 16, the first Sunday of National Hispanic-Latino Heritage Month.

"The extent of destruction and other challenges are so great that people and churches there will need all the help they can get for many years to come," said Camacho, who, like many of the Latino members of our conference, is from Puerto Rico. West Grove UMC will receive a special offering on September 16th.



**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](mailto:office@westgroveumc.org)

Website: [www.westgroveumc.org](http://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](mailto:pastor@westgroveumc.org)**

**Office Hours: Monday—Friday**

**7:30 a.m.—4:00 p.m.**

**Staff**

Deaconess Yvette Diaz—Associate Pastor for Caring Ministries

[caringministrypastor@westgroveumc.org](mailto:caringministrypastor@westgroveumc.org)

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

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

Melanie Hartley—Youth & Children's Ministry Director

[Childyouthdirector@westgroveumc.org](mailto:Childyouthdirector@westgroveumc.org)

Donna Fackler - Church Administrator

[Donna.fackler@westgroveumc.org](mailto:Donna.fackler@westgroveumc.org)

Kim Nuzzaci - Administrative Assistant

[adminasst@westgroveumc.org](mailto:adminasst@westgroveumc.org)

Betsy Smith - Traditional Music Director

Contemporary Music Interim Director

Keyboardist

[Betsy.smith@westgroveumc.org](mailto:Betsy.smith@westgroveumc.org)

Sandy Deckard—Handbell Choir Director

[davsan5@comcast.net](mailto:davsan5@comcast.net)

Tracy McLaughlin—Children's Morning Out Director

[Tracy.mclaughlin@westgroveumc.org](mailto:Tracy.mclaughlin@westgroveumc.org)

Maira Tena - Nursery Attendant

**Board and Committee Leadership**

Carol Whelan - Administrative Council Chair

Gene Aucott - Trustee Chair

Open - Finance Chair

Scott Steele - Treasurer

Janice Bowers - Financial Secretary

Kristin Reisinger - Staff-Parish Relations Committee Chair

Steve May—Tech Team

Aaron Boyd—Scouting Coordinator

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 and Yvette Diaz -

Delegates to Annual Conference

OPEN - Lay Leader

OPEN - U.M.W. President

Susan Paisley - Prayer Ministry Coordinator

Karen Hruz—Emergency Food Pantry Coordinator

Amy Castaldi - Nursery Coordinator

John Gambill, Betty Mundell

—Ad Council Member at Large

Carol Whelan—CMO Advisory Board Chair

R.A.P Coordinator—Sara Ann Ramberger