



Heart Beat Newsletter



Zion United Methodist Church
In the heart of Whitehouse



August, 2019

Pastor Carol's Comments

“Remember the sabbath day, and keep it holy.” Time set apart for a rest from our daily routines is important enough that it is part of the Ten Commandments. Of course, we already had an example of sabbath-keeping from the first creation story in Genesis, when God rested from the work of creating the world. With our 24/7 culture, it’s easy for us to neglect taking sabbath time. I’m as guilty of that as anyone, which I realized when I filled out my annual Pastoral Self-Evaluation Report a few weeks ago.

The West Ohio Conference specifies that pastors are to take a weekly sabbath day in addition to a day off for errands, chores, etc. Not only is it an important part of our own self-care, but we are to be an example of sabbath-keeping. So, as a start, I have chosen Tuesdays when we don’t have Food Pantry as my sabbath day. (Saturdays will continue to be my “day off.”) Of course, I will be available for hospital calls and other emergencies, but you can help me observe my sabbath by holding off on non-emergency calls, texts, and emails.

If you’re not taking any sabbath time for yourself—time to rest, reflect, enjoy the beauty of God’s creation or the fellowship of friends and family over a simple meal, I invite you to join me in sabbath-keeping. If your unfinished to-do list nags at you, use the words of an 11th c. rabbi as your guide: spend some time living *as though all your work were done*. I also like one well-known preacher’s guidelines for sabbath-keeping: “Any activity prefaced by *ought*, *should*, or *must* is automatically disqualified.” Happy Sabbath!

News Around Zion

Global Leadership Summit

Pastor Carol and Ron Myers have been invited to attend the Global Leadership Summit on 8/8-9 as guests of our friends at Cedar Creek. Cedar Creek is a live-streaming site for this event, which will be attended by more than 400,000 participants worldwide.

Respected leaders from the Church, business, entertainment, government, and non-profits will share their insights about effective leadership in today’s world. The wide variety of speakers includes a former FBI hostage negotiator, the mayor of Compton CA, the founder of Home for Good (which helps find permanent homes for children in foster care), and author/TV host Bear Grylls. You can learn more at <https://globalleadership.org/global-leadership-summit/>.

Freedom School Update

Unfortunately, it was hot, HOT, HOT the day we were supposed to help serve lunch at Freedom School, so classes were cancelled. Hopefully, we will have better luck next year, serving children as they work to maintain and increase their academic achievements.

New Bible Study

On Sept. 12, we start our Bible Study on “God’s Amazing Grace.” Please sign up on the form in the narthex. It will be led by Pastor Carol, using Scripture, so no other books are required. We are trying a new time frame for this study - 6:30 to 7:30 p.m.

amazing
GRACE



News Around Zion (continued)

Emmaus Walk

We have a pilgrim going on the September 19 to 22 Emmaus Walk at Widewater Camp. Please keep Cassie A. in your prayers as she attends this retreat. For further information, contact Pastor Carol or Patricia Jones.

Community Prayer Services

On the 2nd Monday of each month at 7:00 p.m., a prayer service for our Anthony Wayne community is held in Studio A of the Anthony Wayne YMCA in Waterville. The service lasts about an hour, and all are welcome to participate. Each month features a different prayer focus. Upcoming meetings will focus on the AW school district's students, faculty, staff, and administrators (August), AW Communities of Waterville, Whitehouse, Monclova, and Neapolis, together with their administrators and staff (September), First Responders in the AW community, including those who provide snow removal and power line repair (October).

TAP (Tutoring Assistance Program) Information

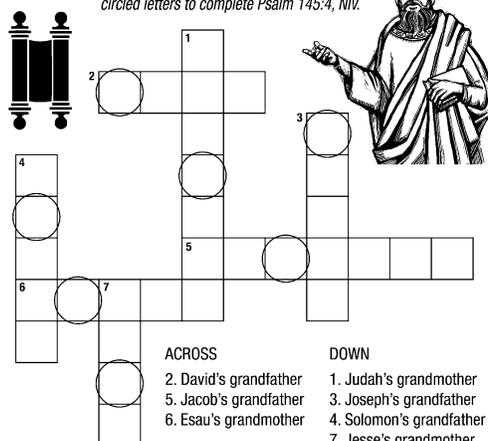
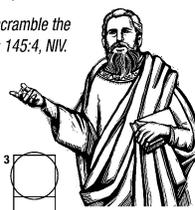
Our TAP program starts Sept.18. We tutor students from Whitehouse Elementary on Wednesday afternoons from 3:45 to 4:45 p.m. You can volunteer to tutor, provide snacks, or help at the monthly fellowship meals. Contact Sandy Morse for more information.




Grandparents of the Old Testament

Can you name these biblical grandparents? If you get stuck, find an Old Testament family tree in your Bible or online.

Directions: After filling in the crossword, unscramble the circled letters to complete Psalm 145:4, NIV.

ACROSS	DOWN
2. David's grandfather	1. Judah's grandmother
5. Jacob's grandfather	3. Joseph's grandfather
6. Esau's grandmother	4. Solomon's grandfather
	7. Jesse's grandmother

One G _ N _ _ _ _ N commends your works to another; they tell of your mighty acts. Psalm 145:4, NIV

Answers: ACROSS 2. Obad, 5. Abraham, 6. Sarah; DOWN: 1. Rebekah, 3. Isaac, 4. Jesse, 7. Ruth, Generation

Church Information

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Upcoming Events

August 6 & 20 - Food Pantry, coffee and conversation at 9:30; food pick-up 10 a.m. to noon

August 12 - Community Prayer at 7:00 p.m. at Waterville YMCA

September 3 & 4 - Preschool starts

Sept. 8 - Rally Day

September 9 - Community Prayer at 7:00 p.m. at Waterville YMCA

September 12 - New Bible Study at 6:30 p.m. (every Thursday evening for 6 weeks)