



Epworth News

God's Love in Action

Growing Disciples through Compassionate Relationships

June 2017

What Is Abundant Life?

Epworth United Methodist Church

249 E. Center Street
Marion, Ohio 43302
740-387-8344
churchoffice@epworthumc.org

Church Office Hours:

Monday through Friday 9:30 am—3:30 pm

Sunday Worship

8:30 am Worship
9:30 am Sunday School
10:30 am Worship

Rev. David L. Hoffman

Pastor

Alycia Orcena

Director of Ministries
with Children and Families

Molly Levings

Youth Ministry Coordinator

Paula Aparis

Financial Secretary

Paula Dunn

Church Secretary

Pat Murphy

Director of Chancel
and Bell Choirs

Kathy Walczak

Organist

Connie Slob

Head Custodian

Aaron Breece

Part-Time Custodian

Page Gustin

Preschool/Daycare Director

It is about life for Jesus, and it always has been...life and having it abundantly.

We are taught that life is what we make out of it. Our success, achievements, and abundance are solely reliant upon our own efforts. We are instructed not to harbor dependence or inter-dependence upon or with others. We are to be independent in our thinking and actions. All that matters in life is that we get what we want and need. We are responsible for pulling ourselves up by our own bootstraps -- regardless of our situation, context, or circumstances. If we are simply good enough or work hard enough, we will receive what is coming to us. We get only what we earn or deserve. These messages, while there are elements of truth contained within them, are not Christian, nor do they support the abundant living that Jesus came to give and to share.

We don't start out with these kinds of messages in our lives or in the life of the church. Take Holy Baptism as an example. Each time we celebrate that life-defining sacrament of Holy Baptism, we, too, are reminded that we have been incorporated -- adopted -- into God's mighty acts of salvation and are given new birth -- new life -- through water and God's Spirit...and all of this is God's gift, offered to us without price. This gift is open to everyone, regardless! It is God's gift of life, and there is nothing that we can do to earn it, nor deserve it. It is God's gift to give, not ours to possess or control. And later in the baptismal liturgy as an acknowledgement of that gift, we as both family and church family pledge to walk with those who are being baptized in the way that leads to life. We pledge our time, effort, and energy to help bring opportunities to experience and receive abundant life into the lives of those being baptized, as well as into their families.

And yet, we find ourselves tempted to limit life and narrow the possibilities of life to our own experiences. We treat life as if it is somehow a limited resource and that there is not enough to go around. We tend to define abundant life as only accumulating, for ourselves and our own use, a comfortable amount of wealth and possessions. However, I am not sure that we ever stop accumulating or ever reach our goal of accumulating "enough." We worry; and that worry that we will never have enough zaps the life right out of us. As we accumulate more and more, the more and more we convince ourselves that resources are limited and that scarcity motivates us to accumulate even more by asking the question, "What if we don't have enough stuff?" While down deep, I believe we don't want this for ourselves or others; but we tend to get trapped in this vicious cycle.

There is a story that I once encountered while on a spiritual retreat. The story comes from the book, Tales of a Magic Monastery, and it is titled, "The Pearl of Great Price".

The short story begins: "He asked me what I was looking for. 'Frankly,' I said, 'I'm looking for the Pearl of Great Price.' He slipped his hand into his pocket, drew it out, AND GAVE IT TO ME. It was just like that! I was dumbfounded. Then I began to protest: 'You don't want to give it to *me*? Don't you want to keep it for yourself? But...' When I kept this up, he said finally, 'Look, is it better to *have* the Pearl of Great Price, or to give it away?' -- Well, now I have it. I don't tell anyone. From some there would just be disbelief and ridicule. 'You, you have the Pearl of Great Price? Hah!' Others would be jealous, or someone might steal it. Yes, I *do* have it. But there's that question -- 'Is it better to have it, or to give it away?' How long will that question rob me of my joy?"

So often, we don't know what to do with the life and opportunities that Jesus brings.

We try to control life. We try to define it, and often we narrow how we think and talk about the life that Jesus brings. We forget that it is not always about us -- it is really about what Jesus brings into our lives. We create walls to keep it in or to keep it out. We create gates and litmus tests to try to control access to the life that Jesus brings.

But what if we aren't feeling it ourselves? What if we find ourselves running low or on empty? Where do we find this abundant life for ourselves?

We are not simply to *listen to* Jesus' promise of salvation and abundant life, but rather, to actually *live* it. How is this possible? By joining ourselves to his mission to bring abundant life to all of God's children. That means, of course, that we must first pay attention to what is limiting those around us to not just life, but life in abundance. This requires relationship. We cannot make assumptions – we must ask questions, join in conversations, and listen to another's hopes, dreams, concerns, and frustrations. This probably requires us to slow down and to look around.

Is it better to have abundant life or to give it away? I think it is one of the greatest mysteries of our faith – it is precisely in the giving that we receive. And that life that we receive can never be taken away.

There's that question – Is it better to have it, or to give it away?

May you live in God's abundant life, David

Red Roses

A red rose was placed on the altar during worship to celebrate the birth of the following individual:

- Emmett Cooper Wood, the son of Chris Wood and Ashley Gustin, who was born on May 3rd. Emmett is the grandson of Barry and Beckie Gustin and the nephew of Page Gustin.. His great-grandfather is Emmett Ledford.
- Lyla Elizabeth Soule and Millie Kay Soule, the twin daughters of Ian Soule and Emily Haddix, who were born on May 20th. The proud grandparents are Dave and Elizabeth Claborn.

Prayer Quilts

The following members and friends of Epworth UMC have received a prayer quilt and our prayers:

- Pat Young for God to give me grace to go through this cancer and for my family.
- Sharon Nischwitz for health, family, and peace.
- Mary Jo for strength and faith, and wise decisions by the physician.
- Leslie Weichenthal for healing and good test results.
- John Hersman for peace and comfort.
- Linda Edington for strength and courage.
- Emilee Lester for continued strength and courage as she recovers from an automobile accident.

Those wishing to request a prayer quilt for themselves, a family member, a friend, or a neighbor, may contact the Church Office.

Prayer Quilt Ministry

The Prayer Quilt Ministry is an important part of Epworth's Outreach Ministry, giving hope and love to persons in a time of need or praise for special events. You are invited to join in the fellowship and creative art of quilt making. The joy happens when someone receives a quilt. Often, stories return of how it changed, or gave comfort to the receivers by knowing they are not alone during a hard time. Our days and times are as follows:

- 1st Saturday of the month
11:00 am—2:00 pm
- 2nd and 4th Tuesday of the month
4:00 pm—6:00 pm
- 2nd and 4th Thursday of the month
4:00 pm—6:00 pm

UMW Retreat

Thirty women gathered on April 28th and 29th at Our Lady of the Pines Retreat Center in Fremont, Ohio. Kathy Swanger lead us in study and reflection on the Underdogs and Outsiders of the Bible: Who's In Your Family Tree? We studied and discussed five different women of the Bible from Jesus' genealogy who loved the Lord and their families, much like we do. However, we also spent time talking, relaxing, eating, being creative, a lot of laughing, and most importantly, getting to know one another in Christian fellowship.

The **2018** UMW Women's Retreat will be held **May 11th and 12th**. Please mark your calendar and consider joining us and bringing a friend...or two.

-- Alycia Orcena



Thank You

Dear Epworth Family,

Thank you all so much for all of the packages you have sent me so far this school year! I appreciate your thoughts and prayers. It all has been very helpful in making my transition here at Capital run smoothly.

Alexus Holmes,
grand-daughter of Betty English

Dear Epworth Family & Scholarship Committee,

Thank you for supporting my endeavors as I return to school this fall at the Methodist Theological Seminary in Delaware, Ohio. My role at Epworth will remain the same, with classes being worked in around my work schedule. I appreciate your scholarship support and your continued prayers as I begin this new journey.

Thank you,
Alycia Orcena

Dear Epworth Family,

My family and I have most certainly been blessed by the many kindnesses that the Epworth staff and congregation extended to us at the time of Rick's death. The calling hours and service were a beautiful time of remembrance and celebration of Rick's life, and we were pleased that so many of you could be present. The tailgate luncheon was a perfect way to honor Rick's passion for football, and he would have loved the really good food — thank you.

Your many cards and notes have helped me to know that I remain in your prayers. My heart is broken, and I am faraway, but your kindness reminds me that I am never beyond God's love.

With a grateful heart,
Sharon Gilbert

Hospitalized? Having Surgery? Need Pastoral Care? Please contact the church office at 740-387-8344 or call Rev. Hoffman directly at 614-949-7570 so that we may be attentive to your needs. (NOTE: The hospitals are no longer allowed to notify the church when anyone is admitted; therefore, it is up to the family to let us know if this happens.)

Our sincere appreciation to the Epworth quilting group for the wonderful quilt presented to Marty Voll by members Kathy Hartley and Jan Hoffman.

This is a wonderful way to help the sick with prayer and warmth and your group is commended for doing this outstanding act of charity.

Thanks again!
Fran and Marty Voll

Dear Members of Epworth,

Marion, Ohio is not as scenic as Palm Springs, California, but the caring and concern emanated from Epworth to there was so warming and healing in my bout with pneumonia and a heart attack.

Everyday for 52 days, I received cards, notes, and well-wishes from parishioners which were tremendously uplifting. You have my unending appreciation.

John Steward

Dinner and a Movie for Grown Ups!

What about a dinner and a movie for grown ups? Join us on Friday, May 26th for dinner and a movie in Fellowship Hall. Please bring a potluck dish (popcorn will be served during the movie). Dinner will begin at 6:00 pm, with the movie following about 6:45 pm. Please bring a lawn chair or comfy chair to sit on to enjoy the movie.

Movie Hint: the story of three women who work as engineers, computer programmers, and mathematicians at NASA and through their dedication, talent, and knowledge, help to put more than one man in space!

WisdomKeepers

WisdomKeepers will meet on Thursday June 1st, at 11:30 am in Fellowship Hall. Please consider joining us for devotions, hymns, communion, and lunch. This month we will be having our traditional "Red, White, and Blue Day." You are invited to wear these colors if you choose. We also encourage you to invite a friend or neighbor to join us. Our menu will include grilled hamburgers and hotdogs along with baked beans, potato salad, and other good picnic-style food.

If you would like transportation, please call the church office at 740-387-8344. The elevator doors will be open by 10:30 am.

"Be patient, God isn't finished with us yet."



June, 4, 2017

Pastoral Visits and Holy Communion

Rev. Hoffman visits regularly with persons who cannot always make it to church and those who are residents at assisted living and extended care facilities. Often these requests come from individuals themselves and sometimes from family members. If you would like Rev. Hoffman to visit and to bring Holy Communion, please call the Church Office, and a visit will be scheduled.

Vacation Bible School

** VBS Helpers!**

We are in need of your help. Please join us for one day or all week to help guide our children on their faith journeys as they experience Hero Central 2017 VBS at Epworth, June 12th – 16th. We have children from our church, our preschool and daycare, and all over the community who join us for this fun filled week of songs, crafts, stories, and more. We have leaders in place for all of the planned activities, but are in need of extra pairs of hands from volunteers of all ages to work with the children as they participate in each activity. Please call the church office or Alycia Orcena aorcena@epworthumc.org for more information and where you can best serve. Volunteers are required to be Safe Sanctuary trained.

** VBS Decorating!**

Please stay after church on Sunday, June 11th and help to transform our sanctuary into a city scape as we superpower up for Hero Central 2017 Epworth VBS. The decorating is easy and fun. A light lunch will be served in the Parlor.

** VBS Supplies Needed**

Looking for a way to help out with VBS? We are need of the following items – these can be left in Alycia's office at any time before Sunday, June 11th.

- BIG and Enormous Cardboard boxes
- Red, blue, black, yellow, tissue paper or plastic table cloths

Epworth UMC VBS

June 12—16th

9:00 am—11:45 am

Grades:

Preschool—6th Graders

All are welcome!

Register online at:

<http://2017.cokesburyvbs.com/epworth2017> or

complete the form below



Epworth UMC VBS

(register online or fill out this form)

<http://2017cokesburyvbs.com/epworth2017>

Child's Name: _____

Date of Birth: / / Age: _____ Grade Completed: _____

Gender: Male Female

Parent's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Special Needs/Allergies: _____

Person responsible for picking up at VBS: _____

Phone number: _____

Relationship to child: _____

T-shirt size: XS S M L XL Adult S Adult M Adult L Adult XL
(\$7.00 each)

Do you agree to allow photos of your child to be used in church presentations or promotional materials?

Yes No



June 11

Sunday School Thank You

A BIG Children and Youth Thank You to all of our wonderful Sunday School teachers who have helped to grow our Sunday School program. Thank you to our teachers, Molly Beaver, Abby Claborn, Dan Claborn, Pam Douce, Betty English, and Jeanne Yoakum for working with our children and youth each and every Sunday. Special thanks to our Godly Play storytellers and door keepers who have led the children in both of our Godly Play classes: Joyful Spirits and Bible Explorers. Thank you Carole Agler, Elizabeth Claborn, Linda Foos, Andy Harper, Jane Harper, Robin Rick, Jeff Ruth, Bev Schuster, and Mimi Whisler.

Thank you to Ruth Coldwell for her talents, dedication, and commitment to the children of Epworth as she has lead our Children's Choir through another wonderful year of music ministry. Thank you Ms. Ruth for all that you do for our children, our families, and Epworth.

Thank you to Dan and Amy Erickson for assisting with our first Dinner and a Movie event. The popcorn was delicious, and the serving and clean up was easy with your assistance!

Thank you,
Alycia Orcena

Preschool/Daycare



Preschool Graduation occurred on May 11th with great success! Epworth Preschool had 29 graduates this year. We said goodbye not only to our Preschool friends, but also to the school age class, the Dolphins. This class will no longer be offered within the scope of Daycare. This summer, we will continue to offer Daycare for children ages 6 weeks – 6 years, but not yet in kindergarten. We look forward to a summer of fun! We will be taking trips to the pool and library, as well as inviting guest presenters to educate our students on topics from safety to science!

This month is VBS! All of our Daycare students will participate along with our own Epworth UMC children and families. This is a wonderful week that we all get to share!

Rolling enrollment is happening now! We have spots available for summer, but we are also enrolling for Fall in both the Preschool and the Daycare. Summer Daycare will run from June 5th – August 17th. The new Daycare school year will begin for Fall on August 21st. Preschool will begin again on September 11th with Orientation.

Thank you to the following church members/committees for donating items or volunteering for Teacher Appreciation Week: Rev. David Hoffman, Alycia Orcena, Jan Hoffman (Membership & Nurture), Lynn Garvin & Beckie Gustin (Administrative Council), Pam Combs (Trustees), and the Epworth Preschool/Daycare Board. A BIG THANK YOU is also owed to Mark Murphy. He has generously donated two truckloads of gross motor/ playground equipment for our students to use during recess/gym time. Again, I thank the members of the congregation for being so supportive of the Preschool & Daycare. We couldn't provide the care we do to the children of Marion without your help!

-- Page Gustin, Director

Epworth Travelers

Summer Fun at Lakeside & Marblehead Lighthouse- - Wednesday, June 21st

Travel to northern Ohio to the beautiful and scenic Lakeside Chautauqua. You will have time for lunch, a walk on the dock, shopping, putting your toes in the water, or sitting and relaxing while watching the boats pass on the lake. There is always time for ice cream as you stroll along the lake front. Our visit will also include a historic look at Lakeside. We will continue our journey along the lake to the Lighthouse at Marblehead for a visit and tour. Mystery stops will also be included— weather and time permitting. The cost is \$55.00 per person. The deadline to register is June 11th. We will depart at 8:45am and return at approximately 7:00pm.



Health and Wellness

Stroke

According to the American Heart Association, approximately 800,000 people have a stroke each year; about one every 40 seconds. Stroke is the 5th leading cause of death in Caucasians and 3rd leading cause for African-American people. In the US, one person dies every 4 minutes as the result of a stroke. A stroke, also called a brain attack, is an interruption of blood flow to a part of the brain; either the blood supply is blocked or a blood vessel within the brain ruptures. This lack of blood flow causes brain tissue to die. The three most common types of stroke include:

Ischemic stroke, which is the most common type of stroke and accounts for 85% of strokes. This type of stroke is caused by blockages or narrowing of the arteries that provide blood to the brain resulting in severely reduced blood flow. These blockages are caused by blood clots which can form either in the arteries connecting to the brain or in other arteries, and carried to the brain. Clots can be caused by fatty deposits (called plaques) in the arteries.

Hemorrhagic stroke is caused by arteries in the brain either leaking blood or bursting open. The leaked blood puts pressure on brain cells and damages them. The ruptures can be caused by high blood pressure, injury, blood thinning medications, and aneurysms which are weaknesses in blood vessel walls.

Transient Ischemic Attack (TIA) is different from other types of stroke as the blood flow to brain tissue is temporary and is often caused by blood clots or other debris. TIAs should be considered emergencies like other strokes and are warning signals for future, more severe strokes. According to the CDC statistics, one third of people who experience a TIA go on to have a major stroke within the year if not treated for the TIA.

Strokes of any type or cause are emergencies and treatment must be started as soon as possible (preferably within the first hour) to bring about the best recovery.

Symptoms may include:

- Sudden, severe headaches
- Sudden weakness or numbness of face, arm or leg on one side
- Dizziness, confusion, difficulty understanding speech
- Difficulty speaking or swallowing, vision problems
- Changing levels of responsiveness or unresponsiveness

What to do if you suspect a person is having a stroke:

- Call 911
- Have the person lie on his or her back with head and shoulders slightly raised. Loosen a constrictive collar. Turn the victim's head to one side to allow drool or vomit to drain.
- Monitor the victim and be prepared to provide CPR if necessary.
- Turn an unconscious victim on their left side and place something under their head to keep their airway open and in alignment.

To reduce your chances of having a stroke, lower your cholesterol and blood pressure, get adequate sleep every night, and reduce stress in your life.

Remember the acronym - FAST – Facial weakness, Arm weakness, Speech difficulty, Time to call 911

Sources: National Safety Council: First Aid; American Heart Association, First Aid; *Stroke: Causes, Symptoms, Diagnosis and Treatment*: James McIntosh

-- Jeannine Caudill

G1 Youth Group !

Greetings from G1!

As the school year has come to an end, our youth continue to stay busy with music lessons, church and sports camps, and many other activities. We have a busy summer planned from our group hang outs to surprise events, we are always having a good time.

Congratulations to all of the students for having a great school year!

Mark your calendars!

Upcoming Dates -

(Activities to be announced at a later date)

June 4th, June 18th,

July 2, July 16, July 30



Summertime Fun Time for Epworth Family and Friends

Pool Party and Cook Out

When: Friday, June 16th at 6:30 pm

Where: Brookside Pool

Please bring a side dish and your bathing suit and let's have some fun!!

RSVP to the church office at 740-387-8344 or churchoffice@epworthumc.org or to Alycia at aorcena@epworthumc.org

Columbus Clippers Game with Epworth Family and Friends

When: Sunday, July 9th at 1:00 pm

Where: Huntington Park, Columbus, Ohio

Family of two adults and up to 4 children/youth can attend for \$15 plus \$2 service charge on a family pack of tickets.

Three options for reservations:

Reserve your tickets and pay \$17 cash or check to Epworth UMC (given to church office or Alycia Orcena, Director of Ministries with Children and Families) by Sunday, June 11th;

Reserve tickets on your own for \$17 by calling the Huntington Park ticket office [614-462-2757](tel:614-462-2757) and ask for section 30;

Purchase your ticket package for \$15 at the gate on game day. Choose from other seats if section 30 is not available.

Family Camp

Let's go!! Over the past two summers, Epworth families have attended family camp at one of the West Ohio United Methodist camping experiences. This year, we want YOUR family to join us!!

Family Camp is a half-week church camp event held at Camp Widewater in Liberty Center, Ohio in the summer. Imagine summer camp, except the whole family attends instead of just the kids. It includes 4 nights lodging & 10 meals prepared for you and served in the camp's dining room.

It is a Christ-centered event where families can build relationships with one another in a safe environment through interactive learning experiences, recreational activities, crafts, and fellowship times. There is a different theme for the camp each year. Some recent examples include: "Family: In God We Still Trust", "Down on the Family Farm," and "CHRISTmas in July: It all began with a family."

Camp starts on a Wednesday evening with announcements, introductions, and an ice cream social.

Will you join us? Through generous donations, Epworth has a camping scholarship fund to help offset the costs for family camp. Please contact Alycia Orcena to see what is available for your family.



Summer Camp

Don't forget to register your child(ren) for summer church camp. Scholarships of \$100 for a single camper to one camp and \$150 for a family to a weekend family camp are available thanks to the generosity of Epworth UMC church members and Children's Council Scholarship Fund fundraisers. Please complete your online registration for your camper, print out your confirmation receipt, and submit to Alycia Orcena for reimbursement up to the allocated scholarship amount. Please register at www.westohiocamps.com Catalogs are available in Alycia's office.

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249 East Center Street
Marion, Ohio 43302-3873

Non-Profit Organization

U.S. Postage PAID

Marion, OH 43302

Permit No. 41

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RETURN SERVICE REQUESTED

God's Love in Action
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