

Edmonds United Methodist Church

Guidelights

January 2020 // Volume 66 - Issue 11



Worship Calendar

Verse of the month

"Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here!"

- 2 Corinthians 5:17

JANUARY 5

Epiphany Sunday

Pastor Jerry preaching
Holy Communion for All
Foundry at 6:00 p.m.

JANUARY 12

Baptism of our Lord

Pastor Jerry preaching
Foundry at 6:00 p.m.

JANUARY 19

Epiphany 2

Martin Luther King, Jr.
Sunday
Foundry at 6:00 p.m.

JANUARY 26

Epiphany 3

Children's Sabbath Sunday
Jennifer McLaughlin,
Director of Family
Ministries, preaching
Foundry at 6:00 p.m.

Office Hours

The Church office will be closed in honor of Martin Luther King, Jr. on Monday, January 20. We will reopen on Tuesday, January 21, at 8:00 a.m.

There will be a congregational meeting in the Sanctuary on January 26, from 12:00-1:30p.m. and on January 27, from 5:00-6:30p.m. The meetings will explain and clarify the pastoral appointment process. We invite you join us at one of them. - Pastors Jerry and Ann.

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Letters from the Pastors



Dear Friends,

Taking time now and then to reflect is usually wise. Reflect on what? On whom? Year-end can be one of those times, often one of the best times to stop and look back. Did you do that during the Advent season and or during the Christmas break? I try to do it even though some years grabbing the

time isn't easy. Did we count our blessings? Do we think we've already done that adequately? Probably not. Most of us have a significant list of blessings hidden just out of view, to be discovered when changing life circumstances suddenly bring them into focus.

Did we take the opportunity to deepen our faith? Those special worship events of Advent were not merely for our enjoyment. They were prayerfully designed, planned, and

scheduled so we might worship God and grow deeper with Him. (Why would I use the word "Him?" I do so because of what Richard Foster said in his book "Prayer." Foster was writing about the "Prayer of the Heart" which is also called the Abba prayer. He writes: "I know that many find abba language painful because they have been inexpressibly hurt by their own human fathers. I grieve for those wounded by these terribly destructive experiences and I pray, even as I write these words, that they may know grace and healing. Then too, it may help all of us to remember that we are to receive our understanding of how human fathers are supposed to function by learning what God is like, not the other way around." (*Prayer*, by Richard J. Foster, 1992. P. 131)

If we have made good use of Advent, we will be more ready to embrace the New Year and all the possibilities God has prepared for us, to worship, to receive of God's grace and to serve.

In His grip,
Jerry



Happy New Year, friends! May God's abundant love and hope be present to you in this new year.

New Year's Eve has always had a special place in my heart. This is partly because I have found memories of attending candlelight New Year's Eve services with my grandparents. As a child, these services gave me opportunities to think

about ways I wanted to cultivate kindness in myself and in my community in the new year. The idea of a new year was and is an invitation to reflect on the past year - ways we have grown, beloveds who have journeyed with us, and experiences that have nurtured our souls. It is also a gift to think about ways we can continue to grow in our beloved fullness through embodying love to all who we encounter.

For some, New Years can be markers of loss and sadness – not entering a new year with a loved one, a reminder of a dream deferred, a continued reminder that a relationship is in need of tending or reconciliation, or a health diagnosis that seems insurmountable. Regardless of the circumstances of your loss or sadness in this New Year, may you be guided with the knowledge that God is present to us in the midst of uncertainty and loss. God's abundant love and comfort will make itself known to you this new year. It may come in surprising or altogether unexpected ways. Remain watchful. One thing I know is that Love is all around us, we need only open our eyes.

So, Friends, as we enter this new year, may the everlasting presence of Love envelope you, may Love reveal herself to you in surprising and unexpected ways, and may your days be filled with opportunities to show that love and kindness to all those around you. May God bless you and may you be a blessing to all you encounter.

With gratitude and joy,
Pastor Ann

Welcome Words

Take this Quiz - When people I don't know sit next to me at church, I:

- Scout away from them a little so we have more space between us
- Smile and say "Hi," and go back to what I'm doing
- Shake hands, introduce myself, and ask about them
- Everything in "C" plus introduce them to others sitting nearby

Welcoming can take practice, today is a good time to start!

Children's Sabbath and Children's Center Open House January 26

Jennifer McLaughlin will be preaching on January 26 and addressing child poverty. We also will celebrate the ministry of the Debbie Leraas Children's Center with tours and a special ministry highlight. Join us!



Happy Birthday to...

Emily Kudebeh

Celebrating 103 years
on January 1!

Donald Sandall

Celebrating 94 years
on January 22!

Dorothy Jennings

Celebrating 94 years
on January 26!

Alice Adams

Celebrating 93 years
on January 17!

More than resolutions!

As we enter a new year, if you are looking for a way to begin effective Bible reading without giving up at week two, I recommend the One Year Bible. You can find them at Amazon. I recommend the OYB NLT or NIV, but other options are available. You'll have a Bible broken into 365 daily readings. Each day offers a reading from the Old Testament, New Testament, a Psalm, and a proverb, altogether not usually more than three to four pages per day. The advantage is that in each day's reading you are likely to discover a helpful word. If you begin reading a "normal" Bible with Genesis 1, you may get bogged down in Leviticus or Numbers and stop. Let me know how it goes for you!



January Movie with a Message January 18 | 4:00 p.m. | Library

The January Movie with a Message, *A Dog Named Christmas* is, at its core, an endearing movie about family. From imdb.com - "A developmentally challenged young man with a penchant for caring for animals in need sets out to convince his family - and their whole rural community - to participate in a local shelter's inaugural 'Adopt a Dog for Christmas Program.'" Join us on January 18, at 4:00 p.m. for this great movie.

Making at Donation to Edmonds Food Bank

As of January 1, 2020, Edmonds Food Bank is officially a 501c3 non-profit organization. While this is an exciting time for the Food Bank, you may be wondering how this change may affect your donation.

Beginning today, if you'd like to make a donation to the Food Bank with a check, please make your check out to Edmonds Food Bank. Checks can be mailed to the church or dropped off at the front office and the office staff will route your envelope to the Food Bank mailbox.

The ability to donate online donations is on its way and a link to that site will be communicated as soon as it is available.

Family Tae Kwon Do

Parents and kids - participate together in a fun and safe family-oriented Tae Kwon Do class. The class runs Saturday mornings from 10:30-11:30 a.m. in the Aldersgate room. Learn the basics of self defense and Tae Kwon Do. Only \$25 per student per month! Contact: Ken Abrams, kenalfmc@gmail.com



Save These Dates:

Women's Retreat: April 17-19, 2020

Family Camp: June 26-28, 2020

Vacation Bible School: July 13-17, 2020

Children's Center Community Open Houses



The Children's Center will host open houses on Thursday, January 23rd from 9:30-11:00 a.m. and from 6:30-7:30 p.m. and again on Sunday, January 26th from 10:00 a.m.-12:00 p.m.

This is a great opportunity to see the classrooms and meet the staff. Registration

for the 2020 summer and fall programs will be available as well.

Self Care

By Tim Guirl

Are you a caregiver for a spouse, a child, a parent, a friend? Many of us are, but few of us are masters at performing the delicate balancing act of helping others while also getting our own needs met. Attending to the needs of someone else does not mean that we neglect our own needs. In fact, not paying attention to our own needs inevitably leads to exhaustion, depression, and health problems. To care well for others we need to take care of our own needs first. While this may seem counterintuitive, practicing good self care helps to sustain us physically, emotionally, and spiritually while we help another. Here are some tips that caregivers can use for taking good care of ourselves.

- Get enough sleep, eat healthy foods, and exercise
- Take regular breaks and do something nourishing and refreshing for yourself
- Be patient with yourself and keep a sense of humor
- Maintain your spiritual life
- Use community resources
- Get support from others
- Simplify your life to remove unnecessary burdens
- Ask for help; don't try to go it alone
- Take advantage of community care-giving resources
- Accept your feelings, including negative ones of frustration, guilt and anger
- Set limits to your care-giving responsibilities. You need time for other aspects of your life
- Be aware of your strengths and limitations
- Have realistic expectations
- Learn to say, "No"
- Take time to regularly assess your care-giving responsibilities and adjust as needed
- Be open and honest with your care receiver about what you can and cannot do to help
- Remember to be kind to yourself and allow yourself to make mistakes
- Learn to recognize symptoms of stress—exhaustion, irritability, anger, difficulty concentrating, withdrawal, physical changes

Caring for others can be a daunting task. Stephen Ministers are available for one-on-one support to walk alongside you as you navigate the road of care giving for others.

Winter Small Groups

Winter is a wonderful season to tend to your soul. Our Adult Spiritual Formation program is ready to help make that possible, no matter where you are on your spiritual journey. Consider, this year, participating in a small group!

Sign-ups will be January 19th through February 2nd, with most groups and classes starting the week of February 2nd. You will also be able to sign-up online at www.edmondsumc.org/asf beginning January 19th.

We'll be available during coffee hours after both services to answer questions on January 19th and 26th and February 2nd.

Feel free to contact Ann Jacob, Interim Pastoral Associate, at annj@edmondsumc.org or 425-778-2119, if you have additional questions.

United Methodist Women - A Good Year



United
Methodist
Women

FAITH • HOPE • LOVE IN ACTION

The United Methodist Women are active in this church. Our bread and butter is based on sales in our tiny Thrift Shop downstairs. In addition, we host a rummage sale and a bazaar each year. We survive on minimal volunteers and we only ask, "Come when you can" to help support our efforts. This year we pledged \$4,000 to District UMW, sent money to remodel a Nigerian School (\$2,000); pledged \$700 to the children's Easter Challenge to help Heifer International, and we paid for the Third Grade Bibles. Total income was \$17,979 and total disbursements are \$15,843. On our bulletin board, we will post all efforts to support mission work, charities, and our Thrift Shop work which supports Food Bank recipients. We supported the mission teams, EUMC Youth, hosted a tutoring dinner, and sold nuts, jams and jellies. Thank you for your support of UMW activities.

Toy Shop 2019

by Jennifer McLaughlin

The joyful sounds of accordion music filled the Hospitality Suite, staffed by EUMC Youth at Toy Shop 2019 as teens made coffee, plated and re-plated appetizers and cookies and showed love to the 282 families who came for Toy Shop. Families from all walks of life find themselves in need sometimes and this year we had the privilege of serving homeless families, refugee families, and all kinds of different people. The one thing they all shared in common: gratitude.

Families received two new and three or more used books, a bike with helmet or one new large gift, one to three medium gifts, and one stocking stuffer per child. Plus every family received gift wrap, ribbons, holiday home décor, and candy canes.

Toy Shop was led by Director Pamela Frank, Book Manager Laura Bernatek, Bike Managers Christine Harris and Dennis Hart, Floor Stock Manager Sheri Ambacher, Volunteer Coordinators Cindy Featherstone and Gabrielle Catton, Registration Coordinator Hartley Steiner, Shopping Manager Jennifer Hendrix, Staff Liaison Jennifer McLaughlin, Hospitality Coordinator Greg McLaughlin, and Bike Storage Manager Coralie Shepherd. The event was staffed by hundreds of volunteers from EUMC and the community.

Hundreds of donors and community partners make the event possible and this year for the first time we partnered with Toys For Tots who donated 2500 toys to the event! The Rotary partnership at the Alderwood Mall giving tree is a source of donations, Harbor Square Athletic Club hosted a special Neon Red Hot Dance Party for donations, and local businesses housed donation barrels.

This was truly a community event and local parents will get to see the joy on the faces of 980+ children this Christmas morning as they open gifts that parents were able to have the dignity to select themselves. It truly takes a village to serve all those in need and the village is better for doing it. Acts 20:35 reminds us that it is better to give than to receive. Perhaps that is because when we give we receive so much.

Thank you one and all for all you gave through Toy Shop 2019! The Toy Shop team wishes you a very Merry Christmas!



Ann Moloney helps a shopper.



Even the smallest tikes get bikes.



Teagan, Kaitlyn, Megan, & Becca help with the Hospitality Suite.

February *Guidelights*

The deadline for the next issue of *Guidelights* is

January 20, by 12:00p.m.

The maximum word count is 300. Please send articles to Jessica Pair at jessicap@edmondsumc.org.

Interim Lead Pastor
Jerry Poole

Interim Pastoral Associate
Ann Jacob

Director of Youth Ministries
Greg McLaughlin

Director of Family Ministries
Jennifer McLaughlin

Food Bank Executive Director
Casey Davis

Director of Worship Arts
David Hendrix

Organist
Hyun-Ja Choi

Chapel Bells Director
Ian Alvarez

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Yusra Nakkour

Coor. of Media & Information
Jessica Pair (Editor)

Office Coordinator
Alyx Payne

Office Assistant
Jacque Benjamin

Building Manager
David Walters

Custodian
Gloria Anderson

Children's Center Director
Kim Erickson

Stewardship 2020 Update

As of December 11, 2019, Stewardship pledges totaled \$738,137. That is 78% of our goal of \$947,668. If you have not made a pledge and would like to do so, please contact Office Coordinator Alyx Payne at 425-778-2119 or stop by the office to fill out an Estimate of Giving card.

Church Council

Tuesday, January 7 | 7:00 p.m. | Chapel

Church Council meetings give congregants the opportunity to listen to new and on-going ideas. Lend your voice on everything from discussions on new ministries and finances to upcoming events and denominational decisions. The Church Council meets the first Tuesday of each month.

Trustees Update: The Future is Bright at EUMC



...but don't worry, we now have sun shades on the west windows of the church sanctuary to reduce the glare and temperature during sunny days. Rainier Industries Ltd. designed and installed the four seventeen foot rolls covering sixty-eight feet of window. The shades can be opened and closed with a hand held remote. The sun shades were part of the sanctuary update more than 10

years ago. Thanks to the Special Ministry Fund and a memorial donation by the Bob Brown Family for making this project possible. A big thank you to Howard Carr for leading this effort.

Our next major update will be to replace the large sliding fabric doors at the back of the sanctuary with a glass door system.

Music Room Door Replacement: A wider door has been installed to the downstairs music room to allow for large percussion equipment storage. Thanks to Tom Hutto, Paul Hawley, Howard Carr, and Dave Walters for their dedicated efforts in remodeling this space.

Children's Center Classrooms: Three classrooms in the Children's Center have been painted and new floor covering installed. Those rooms are 210A, 210B, and Asbury. Special thanks to Dave Walters and the teachers in the Children's Center.

Financial Report

A financial report was not ready at press time. If you have questions regarding church finances or your personal giving, please contact Interim Finance Administrator Yusra Nakkour at 425-778-2119 or yousran@edmondsumc.org



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**Join us for Sunday worship at 9:00 & 10:30 a.m. or
Foundry service, Sundays at 6:00 p.m.**



www.edmondsumc.org



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MLK Tribute

Monday, January 20 | 10:30 a.m. & 7:30 p.m. | Edmonds Center for Arts



Spend the morning of MLK Day celebrating the legacy of Dr. Martin Luther King, Jr. and his vision of a Beloved Community for our second year! Performances include Kaleidoscope Dance, Northside Step Team, 206 Drummers, Mariner Step Afro Brazilian Dance, and our own children's choir Joyful Noise! Additional activities include reading and coloring areas,

art exhibits to spark imagination, discussion and community building by Colibri Studios. Admission to the morning event is free and all are welcome! Doors open at 10:00 a.m.

The performance at 7:30 p.m. features Dr. Stephen Newby, Barclay Shelton Dance Center, Jazz singer Josephine Howell, and more. For tickets and information for the evening performance, contact the ECA Box Office at 425.275.9595 or online at ec4arts.org