

Bellringer

Sherman Avenue United Methodist Church June 2018

From the Pastor's Desk

“For every kind of beast and bird, of reptile and sea creature, can be tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison.”

James 3:7-8

One of my favorite superheroes growing up was Aqua Man. His command over sea animals was unmatched. I was in awe of his ability to tame and command even the most massive animals in the sea with poise and grace.

In our Scripture today, James tell us that every creature on earth can be tamed, but no one can tame the tongue. The tongue is full of deadly poison and can lash out and strike at any moment.

So, here is the question to consider in light of this description of our tongue: What do we do when we have lashed out at someone? How do we respond when the beast comes out and spews venom through painful words and reckless talk? Consider these thoughts when your words have run wild:

Acknowledge hurtful speech. As painful, harsh and reckless words can be, greater pain is often caused when we refuse to acknowledge what we did. It can be so healing to simply say “I realize I was out of line” or “I know that what I said was hurtful”. Acknowledgement of the pain caused shows that we are aware of what we have said and are willing to move toward healing.

Apologize. I know this seems basic, but saying, “I’m sorry”, and really meaning it, is often very hard to say. An apology reveals we are taking ownership for what we said, instead of getting defensive or deflecting blame. Oh sure, we may try to rationalize it, or explain our tone, but an apology is essential to move toward reconciliation. Don’t minimize the destructive power of your words. My motto is: Apologize, don’t minimize!

Seek forgiveness. Offering an apology builds a bridge to seek forgiveness. There are few words that can be spoken with more power than “Please forgive me”. Asking to be forgiven reveals a heart of reconciliation and humility and is the path to healing and renewal when our words have run wild.

Taming the tongue is impossible for sinful humans, but we all can do what is right when our words have caused pain. Seeking forgiveness and reconciliation allows us to point people to the good news of Jesus Christ.

Relax and Know All is Well by Veronica Berry

“He said, My presence will go with you, and I will give you rest.” Exodus 33:14

How often do we allow ourselves the blessing of relaxation – when we turn off our phones, shut off the TV, and quiet our minds? How much do we shut out worry, frustration, and fear? How often do we feel that divine sense of ease and utter contentment?

Most of the time our lives are filled with appointments, family and work responsibilities, home maintenance, grocery shopping, bills, health issues, volunteering, and world concerns. On top of this, there are times in our lives when unforeseen circumstances occur and throw our whole schedule totally off track. All these things don't leave us much time to enjoy life and just relax.

Within the last two months several items in my household stopped working and had to be replaced or repaired. My dishwasher stopped working properly in the middle of a cycle and flooded the kitchen. My clothes washer wouldn't start because water leaked into the electronic mechanism and fried the circuits. My computer froze and wouldn't turn on and my mother called me to tell me that her oven needed to be replaced. I felt like I was in the middle of a sad blues song.

At first, I was filled with anxiety and worry about how I was going to pay for everything. Who was going to be home to meet the repair man and sign for deliveries. How quickly could all these things be repaired or replaced. Fortunately, before I made any decisions, I asked God to guide me, ease my mind, and remove the overwhelming worry and frustration that was settling in. With prayer and faith my anxiety and worry were replaced with a sense of knowing that everything would be okay. With God's help, I was guided to the right repairmen and had the funds to replace the items that couldn't be fixed.

We don't have to allow worry, frustration, and anxiety to take residence in our minds and hearts. We can ask God to evict them immediately and fill us with his presence, so we can rest. Although the world may present us with situations that are out of our control, we can choose to have faith and ask God for inner peace. No matter where we are or what we are doing, we can pause to relax and breathe in the peace of God.

We all have things in life we have to do but we need to remember that allowing ourselves to experience the blessing of relaxation restores healing and connects us with the knowledge that all is well. God's presence is always with us. At any time, we can pause to relax, breathe, concentrate on his love, and open ourselves up to health and wellness in mind, body, and spirit.

Enjoy your summer and take time to bask in the sun and appreciate God's blessings.

Connections by Craig Myrbo

Two June upcoming events that can connect us to each other and the wider world

Methodist Federation for Social Action (MFSA) was founded in 1907 to address issues of social justice confronting the Methodist Church. The Wisconsin Chapter meets annually in conjunction with the Annual Conference of the United Methodist Church.

MFSA Wisconsin Chapter Gathering
Friday, June 15, 2018 5:00 p.m.
Asbury United Methodist Church
6101 University Avenue Madison, WI 53705
Catered Meal
\$6 per person
Pay at the Door
Pre-registration is appreciated

Please send your reservations to Frank Gaylord at frgaylord@charter.net (608-443-6361)

Perry Saito Award recipients will be announced

Presentation by Jocelyn Miller, Ph.D., Gun Violence Prevention Advocate

- Member, Wisconsin Anti-Violence Effort
- Clinical Psychologist with specialty in child psychology
- Third generation United Methodist
- Experienced organizer and speaker on public policy changes which can reduce gun violence
- Member of First UMC Baraboo

An additional opportunity for reflection on today's topics will be on Saturday at the noon hour.

Kairos CoMotion was formed in 2000 in response to exclusion of LGBTQ persons from full participation in the life of the United Methodist Church.

The annual Kairos CoMotion conversation and communion will be held during the Lunch time (12:15–1:30) on Saturday, June 16, in a room at the Marriott. Check on specific location when there. A potential point of conversation will be the interactions of Love Prevails with the “way forward” process and response to what is known of the current “plan” of bishops. Please note that a meal will not be served.

As a heads-up, Kairos will have 25 copies of Julie Todd's book, *Nothing About Us Without Us: LGBTQ Liberation and The United Methodist Church* available for a donation of \$10 or more. Note: it is available for less on Amazon — <https://www.amazon.com/Nothing-About-Without-Liberation-Methodist/dp/0991100557/>. This resource notes a good bit of the history of Love Prevails and some of our adventures with the church institutional.

Please consider attending either or both of these events.

Recipes

Our SAUMC 65th Anniversary will be
Saturday, December 1, 2018.

Recipes are needed for our Anniversary Cookbook.
Please share your favorite church potluck recipes for beverages,
appetizers, main dishes, vegetables or desserts.
Please give recipes to Cyndy Hoffman or e-mail to:
cyndy8756@gmail.com.

Summer Musicians Wanted

We extend our warmest thank-you to Barbara Zanoni and the choir for their diligence and all the wonderful music they have provided this year.

As the choir takes a well-deserved break this summer, we invite others in the congregation to share their musical talents. Please contact Barbara if you are willing to help.

Water for Flint

The program to provide bottled water for the citizens of Flint Michigan is ending.
Yet, the water crisis continues.

*But those who drink the water I give will never be thirsty again.
It becomes a fresh, bubbling spring within them, giving them eternal life. John 4:14*

SAUMC is collecting water for Flint. Our goal is 1000 gallons.
Donations of water can be placed on the table inside the door of Fellowship Hall.
Monetary donations can be placed in the collection plate. Please label your donations for Flint.
We will be collecting through the month of June. Thank you for your generosity.

Bellringer Editor

Cindy Van Pelt will be retiring soon from her role as newsletter editor.
Please take a moment to thank her for her years of service.

If you are interested in becoming the new editor or have questions, please contact John Litweiler.

Have a safe and blessed Summer!

June 2018

SUN	MON	TUE	WED	THU	FRI	SAT
You can bring donations for the Rummage Sale year round as we have storage space in the parsonage. Please leave them in the entryway or contact Chuck Litweiler for a pickup.				3	1 6:00 Hmong Ministry & Youth Bible Study	2 12:30 Stephen Ministry 1:00 Boy Scouts 5:00 Men's Group
3 8:30 Adult Sunday School 9:30 Worship 10:45 Sunday School 11:30 Worship 12:30 Hmong Men	4 6:00 Cub Scouts 6:30 Speak Up!	5 6:00 United Methodist Women	6 4:30 Bible Study 6:00 Band Practice 6:00 Prayer Group 6:00 Meditation TC 6:30 Book Club	7	8	9 12:30 Stephen Ministry
10 8:30 Adult Sunday School 9:30 Worship 10:45 Sunday School 11:30 Worship 12:30 Hmong Women	11 6:00 Cub Scouts	12 6:30 Trustees 6:45 Communications	13 4:30 Bible Study 6:00 Band Practice 6:00 Prayer Group 6:00 Meditation TC	14	15 6:00 Hmong Ministry & Youth Bible Study	16 12:30 Stephen Ministry
17 8:30 Adult Sunday School 9:30 Worship 10:45 Sunday School 11:30 Worship	18 6:00 Cub Scouts	19 6:30 Admin Council	20 4:30 Bible Study 6:00 Band Practice 6:00 Prayer Group 6:00 Meditation TC 6:00 Craft Night	21	22	23 10:00 Peter Cramblit Fine Art Sale Homeless Shelter
24 Homeless Shelter 8:30 Adult Sunday School 9:30 Worship 10:45 Sunday School 11:30 Worship	25 5:00 Newsletter Deadline 6:00 Cub Scouts	26 6:30 Outreach & Missions	27 4:30 Bible Study 6:00 Band Practice 6:00 Prayer Group 6:00 Meditation TC 6:30 Dinner with Rev David	28 9:00 Copy and Fold	29 6:00 Hmong Ministry & Youth Bible Study	30

June Birthdays

Colleen M.	6/5
Unda T. X	6/5
Patti H.	6/10
David H IV	6/11
Robin B.	6/11
Cindy VP	6/11
Michael T.	6/13
Pat B.	6/15
Katie H.	6/15
Nou L	6/15
Matt K.	6/21
Don H.	6/23
Brad K.	6/24
Rev. David H.	6/27
John K.	6/28
Melodie B.	6/29

Anniversaries

Dawn & Ed N.	6/19
Kay & Walt N.	6/23
Judy & Dan M.	6/28

These are the dates that are in the database. If you find that your name is not included with the Birthdays or Anniversaries, please call Matt Treadaway.

Please take a moment to remember our homebound members

Linda J. (B-day 7/11)
c/o Avalon Assisted Living
2875 Fish Hatchery Rd, Rm 11
Fitchburg, WI 53713-3177
608-274-4350

Justin K. (B-day 12/13)
1601 Wheeler Rd #208
Madison, WI 53704-7056
608-416-5343

Carol R. (B-day 2/1)
1524 Wheeler Rd #B
Madison, WI 53704-1443
608-249-2638

Christian Education Opportunities

Anyone interested in learning about God's love is invited to join any of these classes at any time.

Early Adult Sunday School meets on Sundays at 8:30 in the Youth Room.

Sunday School for All at 10:45 The Adult Class meets in the Choir Room. The Children's Class meets in the Youth Room.

Wednesday Bible Study begins at 4:30. This is an ongoing study of the Old and New Testament.

The Youth Group meets Wednesday and Friday. Please check the Bellringer and Bulletin for activities, topics and times.

Dinner with Rev. David will continue on the fourth Wednesday of each month at 6:30 in the Parsonage.

Mid-Week Meditation The call in number is 1-641-715-3836. The access code is 486727.