

Bellringer

Sherman Avenue United Methodist Church

July, 2015

From the Pastor's Desk

The summer season is here! And our staff continues with the book discussion "Sticky Teams" by Larry Osborne. I was searching for additional material to enrich our discussion and I found the following story that blessed me. I want to share it with you. Read on and enjoy ...

On a hot summer day, what's the most refreshing treat you can imagine? Ice Cream. That's what hits the spot. And that's what people wanted on a hot, sticky day in the summer of 1904. People at the St. Louis World's Fair had walked for hours in the hot sun, and they were ready for something to cool them off. That's why they were lined up for what seemed like miles in front of the booth of Arnold Fornachou to get a taste of his frosty ice cream.

The problem was that Arnold's ice cream was so popular he quickly ran out of paper bowls. The moonlighting teenager scrambled to keep his potential customers by washing and reusing the few ceramic bowls he had on hand. But no matter how hard he worked, many people grew tired of waiting and wandered off in search of another treat. That's when an unlikely partner emerged to save the day.

His name was Ernest A. Hamwik, a pastry chef who had grown up in Damascus, Syria. In the booth next to Arnold's he was selling sweet wafers (much like today's wafer-like cookies) that Syrians call "*zalabias*". He was offering them but no one was buying them.

When Ernest saw his neighbor's plight he was struck with a great idea. Grabbing a warm *zalabia*, he twisted it into a cornucopia shape and rolled it in sugar. Then he ran over to Arnold's booth and offered it to him. Still scrambling to wash bowls and wait on customers, Arnold didn't understand what the older man had in mind. But when Ernest handed an ice cream scoop atop a confection cone to a waiting customer, Arnold instantly got the message. A huge smile spread over his face, and in no time, the two men were working side by side - Ernest made "edible bowls", and Arnold scooped ice cream. Back then, they were called World's Fair Cornucopias. The cone concept was born and they were the hit of the fair.

Today, we simply call them ice cream cones, and they're still a hit. So the next time you're looking for relief on a hot summer day, think of Ernest and Arnold, and celebrate their partnership by taking a friend out for an ice cream cone. I will keep this in mind every time I take my wife, Mariana, to her favorite ice cream place in Madison. She likes the banana caramel crunch ice cream wafer very much!

Bill McCartney, founder of Promise Keepers, writes, "*We have not come to compete with one another, but to complete one another.*"

While I was writing this article I have heard my wife Mariana singing a beautiful song in Spanish, "*Un hombre es uno solo, y es dura la vida, dos juntos caminando avanzan mejor, un hombre sin amigo esta sin apoyo y para sostenerse hacen falta dos.*"

The Apostle Paul says in his first letter to the Thessalonians church, chapter 5 verses 10-11: "*Therefore encourage one another and build each other up, just as in fact you are doing*" (NIV).

Please pray with me. Loving and living God, be in our hearts, homes, and Church as we find summer refreshment and prepare to partake and partner with other people in the Gospel of Jesus Christ our Lord and Savior! AMEN.

ENJOY THE SUMMER!

Your servant in Christ Jesus, **Pastor Rafael**

Relaxed Mind and Rejuvenated Spirit by Veronica Berry

"You will find rest for your souls." Matthew 11:29

Nature is alive all around us. Summer is here, beckoning us to bask in the sunlight. Sometimes these warm hazy days makes us feel like little children who can't wait to get home; so we can play outside in our gardens, take a long leisurely walk, or enjoy a picnic with our friends. Taking time to appreciate a gentle breeze carrying the amazing scents of summer ignites our senses with new life and happy memories. Nature invites us to see all its splendor and take time to relax our minds and rejuvenate our spirits.

Connecting with nature brings us closer to God because we consciously become aware of the miracles he has created. Taking a moment to watch a summer night's sky filled with the beautiful colors of a sunset, feeling the warm gentle waves splash on your legs, or laughing at your dog or cat sprawled out on the grass absorbing as much sunlight and relaxation as possible, remind us to stop and quiet our minds so our spirits can be renewed. Opening our eyes to the miracles of nature shows us that everything happens in the cycle of God's time. All we have to do is let go, concentrate on him, follow his word, and allow spirit to flow in our lives.

Maintaining balance in our lives is essential to our physical and spiritual well-being. When our minds wander in worry or fear, we can connect with God, as we breathe in the fresh air. We can let go of our worries and ask for his spirit to renew us with each breath. When our bodies are tensed with stress, we can find a quiet spot by the water, on a park bench, or our front porch to feel the sunlight extracting all our tension and stress, so we can see a new perspective. When circumstances tells us that our world is dark and there is no hope, we can look to the skies and see the greatness of his creations, the stars, cloud formations, the magnificent rainbows, and know that he is in charge and all will be well.

God is the everlasting energy that fuels our soul. We can find solace and comfort through him to quiet our thoughts and relax our minds. Focusing on God's energy can rejuvenate our spirit and help us feel strong and renewed. Dedicating time every day to connect with God is a precious and sacred moment. It is something all of us can do. Take time to thank him for the sunlight you feel on your face, the scents of flowers in the air, the sound of the waves washing over the beach, and the sight of sparkling stars on a clear summer's night. Thank him for all his creations and like a child enjoy every moment!



United Methodist Women

The next UMW meeting is Tuesday, July 7 at 6:00 PM. We will discuss the planning for UMW Sunday on Sept. 20. We will also choose a different book for our book discussion later this year.

Anyone interested is invited to attend.

**Stephen Recognition
In the spirit of the Book of Acts**

"Therefore, friends, select from among yourselves seven men full of the Spirit and of wisdom, whom we may appoint to this task, while we, for our part will devote ourselves to prayer and to serving the word." Act 6: 3-4

**Sherman Avenue
United Methodist Church
Certificates of Appreciation Presented to Judy Madden**



In recognition of your volunteer service to our church, you chaired both Trustees & SPRC, were an active member of Outreach & Missions, assisted with International Ham Dinner, visited homebound members, taught ELL students both English and citizenship and many other tasks of which few people are aware.

We hope this certificate will serve as a lasting memento of our appreciation for your continued and dedicated service.
In the name of God, Thank You!

WHAT IS THE SPRC?

The role of the Staff Parish Relations Committee (SPRC) is to strengthen the connection between the SAUMC Congregation and its staff. Here, this includes our two pastors, Office Manager, Choir Director, Band Director, Organists and Janitor. Committee members represent the congregation in preparing for, or making, hiring decisions. Primarily, though, the committee serves as mentors or sounding boards for ideas that staff have about how to improve their experience at Sherman Avenue. Also, committee members actively look for ways to help staff grow in their professional effectiveness.

It is a very important Church Committee, and I encourage our congregation members to tell our Nominating Committee that they would welcome the chance to serve our flock in this manner.

Dan Madden, SPRC Chair

**Travelers keep up with regular offerings
by giving electronically**



Just as you rely upon receiving income on a regular basis, Sherman Avenue UMC relies on your regular contributions. SAUMC appreciates the efforts of congregation members to make consistent donations throughout the year—especially during popular summer travel periods. To assist you, the church provides a convenient electronic giving option for setting up regular contributions. Please contact the church office for details.



Ten members of Sherman Avenue UMC participated in the Prayer Walk on June 20th. The rains stopped and the sun shined on us as we walked the 1.3 mile loop. If you are interested in walking the route by yourself, or with a friend, copies of the Prayer Guide and route are on the Missions Table in the Narthex.

A Fourth of July Prayer

We lift up our hearts, O God, on this day of celebration in gratitude for the gift of being Americans.

We rejoice with all those who share in the great dream of freedom and dignity for all.

With flags and feasting, with family and friends, we salute those who have sacrificed that we might have the opportunity to bring to fulfillment our many God-given gifts.

As we deny all prejudice a place in our hearts, may we also clearly declare our intention to work for the time when all people, regardless of race, religion or sex, will be granted equal dignity and worth.

Come, O gracious God, who led your children Israel from slavery,
keep us free from all that might hold us in bondage.

Bless our country and join our simple celebration that we may praise you,
our Source of freedom, the One in whom we place our trust.

Amen.

(Ed Hays, *A Pilgrim's Almanac: Reflections for Each Day of the Year*, p. 111)

CONNECTIONS by Craig Myrbo

Jesus said: "You given them something to eat." Mark 6:37.

This is also found in Matthew 14:16 and Luke 9:13.

How do we live out this command?

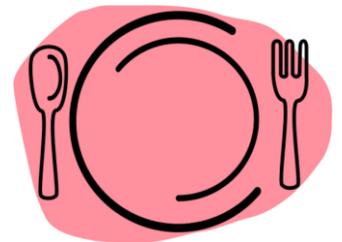
Pat McDonald and Craig Myrbo recently attended a workshop called "Hunger at our Doorstep", which focused the problem of hunger in Wisconsin and what we, as Christians, can do about it.

Test yourself. Take the following quiz:

http://wichurches.org/sitecontent_03_13_12/pdf_files/programs/HANDOUT_1.pdf

Wisconsin Council of Churches offers a study/action guide to explore the problem and solutions:

<http://www.wichurches.org/programs-and-ministries/hunger-at-our-doorstep/>



JULY 2015

SUN	MON	TUE	WED	THU	FRI	SAT
Need A Prayer? Call Pat Bruccoleri (576-7331) or Cyndy Hoffman (513-2280)			1 6:00 Band Practice	2 4:30 Bible Study	3 6:00 Hmong Ministry 6:00 Youth Bible Study	4
5 8:30 Sunday School 9:30 Worship 10:45 Sunday School 11:30 Worship 6:00 Self-defense	6 6:15 Brownie Scouts	7 9:00 ELL 6:00 UMW	8 12:00 Staff Meeting 6:00 Band Practice	9 4:30 Bible Study	10	11 5:00 Men's Group
12 8:30 Sunday School 9:30 Worship 10:45 Sunday School 11:30 Worship 6:00 Self-defense	13	14 9:00 ELL 6:30 Trustees	15 12:00 Staff Meeting 6:00 Craft Night 6:00 Band Practice	16 4:30 Bible Study	17 6:00 Hmong Ministry 6:00 Youth Bible Study	18 10:00 Craft and Direct Sellers Fair
19 8:30 Sunday School 9:30 Worship 10:30 Youth Breakfast 10:45 Sunday School 11:30 Worship 6:00 Self-defense	20 6:15 Brownie Scouts 6:15 Daisy Scouts	21 9:00 ELL 6:30 Admin Council	22 12:00 Staff Meeting 6:00 Band Practice	23 4:30 Bible Study	24	25
26 8:30 Sunday School 9:30 Worship 10:30 Blood Pressure Clinic 10:45 Sunday School 11:30 Worship 6:00 Self-defense	27 5:00 Newsletter Deadline	28 9:00 ELL 6:30 Outreach & Missions	29	30 8:00 Copy/Fold	31 6:00 Hmong Ministry 6:00 Youth Bible Study	

Please take a moment to remember our homebound members

Linda J
 c/o Avalon Assisted Living
 2875 Fish Hatchery Rd, Rm 11
 Fitchburg, WI 53713-3177
 608-274-4350

Marvel M
 702 Jupiter Dr #276
 Madison, WI 53718-2972
 608-663-8783

Jean & Justin K
 Meadowmere Madison
 5601 Burke Rd, Rm 114
 Madison, WI 53718
 608-268-9114

July Birthdays

Virginia F	7/3
Melissa M	7/8
Kyle VP	7/10
Linda J	7/11
Mildred W	7/31

July Anniversaries

Nancy & Brooks B	7/4
Melissa & Chris M	7/29

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