

Bellringer

Sherman Avenue United Methodist Church

August 2016

From the Pastor's Desk

We could all use a hug from God right now. Our world could use a hug from God. Our state, our city, our neighborhood could use a hug from God right now.

We are certainly facing trying times. Even a casual glance at the newspapers or media websites on the Internet makes us aware of all of the very real and pressing issues we face in this county and abroad.

We need a hug. And that hug needs to come from God.

We know that the hug is one of the most powerful communication and healing tools we have. It is a simple act--wrapping our hands, arms and shoulders around another person.

There are a few kinds of hugs. There are "church" hugs. We give church hugs when we are greeting people in church in the name of the Lord.

There are also hugs we give to people when we are getting acquainted with someone. There are also hugs we give to our spouses and to our children and family members.

And there are the hugs we give when we are offering comfort to someone. The hugs we give at a bedside, or a gravesite, when words fail to express our sympathy.

Regardless of the type of hugs we give, however, hugs are good for us. Research suggests that hugs help the body's immune system, help to cure depression, reduce stress, and induce sleep.

Hugs are invigorating, rejuvenating, and they have no unpleasant side effects. Hugging is nothing less than a miracle drug.

A hug from God can do all that and more.

So how do we receive hugs from God when God is not present in the flesh? God gives us the answer through the Apostle Paul.

In I Corinthians 12 verses 13 and 14, the Apostle Paul writes, *"For we were all baptized by one Spirit into one body whether Jews or Greeks, slave or free and we were all given the one Spirit to drink. Now the body is not made up of one part but of many."*

This simply means that we all, as members of the body of Christ, have the Spirit of God living in us. So when we feed someone, we hug them. When we console someone, when we love someone, when we pray for someone, when you we buy someone a meal, we are hugging them.

So when the body is working, we're reaching out and touching and loving and caring the way Jesus would in His body because He lives in us.

That's how God hugs us.

Rev. David

Pulse by Veronica Berry

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.”
2 Corinthians 1:3-4

Music has always soothed me when I am stressed or have too many questions swirling around in my head. Sometimes a particular song will capture my attention and I have to stop whatever I am doing so I can really listen to the words. A few weeks ago I heard Melissa Etheridge’s new song, “Pulse” which she wrote immediately after the mass shooting in Orlando Florida. Her words lingered in my mind and touched my heart with the purity and essence of her truth. The song begins with these words:

*Everybody’s got a pain inside
Imaginary wounds they fight to hide.
How can I hate them when everybody’s got a pulse?
I dream in a world that wants my soul
that tells me if I hate I can control.
But I don’t believe it. I cannot conceive it.
Because everybody’s got a pulse.
I am human, I am love.
And my heart beats with my blood
Love will always win
Underneath the skin
Everybody’s got a pulse.*

As I listened to these words, I thought about all the mothers and fathers crying for their lost children, all the sisters and brothers, sons and daughters, missing the pulse of their loved ones shut out by an act of violence. I also thought about how wounded a person has to be when they commit these acts of violence, disconnected from feelings of humanity and love, consumed by anger and false realities. I realized that so many of us are in need of prayer because something broken in our lives has diminished our hope and taken away our joy. The height of brokenness is a total disconnection from humanity followed by an immersion into darkness, anger, and fear. The light of God is the strongest link to stop us from falling into that abyss and if we

fall, the love of God is the only thing can bring us back. All of us who carry the belief of God in our hearts are rays of hope who are able to magnify his love through our compassion and prayers for everyone.

Melissa’s song ends with these words:

*Once again I hang my head to cry
I can’t find the reason why they died
We will find the answer
Blowing in the wind
That everybody’s got a pulse
I am human, I am love
And my heart beats with my blood
Love will always win
Underneath the skin
Everybody’s got a pulse
Who you gonna hate now
When there’s no one left but you
Who you gonna gun down
If you can’t kill the truth
That’s inside of us
It’s inside the blood. It’s inside a pulse.
I am human, I am love
And my heart beats with my blood
Love will always win
Underneath the skin
Everybody’s got a pulse
Everybody hands up if you’re alive
Hands up if you’re alive
Love will always win
Underneath the skin, everybody’s got a pulse.*

The pulse of our nation is dependent upon us. It is our time to realize that life is the most precious gift God has given us. We must do everything we can to preserve a world of peace and love. We have to help each other stay focused on God’s message of forgiveness, kindness, acceptance, and love towards ourselves and others. We are symbols of God’s light and we can comfort our families, friends, neighbors, and community whenever it is needed. As long as blood is pulsating through our veins we have a voice that can calm a troubled soul, reach out to a defeated spirit, and radiate love to everyone around us. God’s love always wins, it is the essence of our pulse.

Scout News

BAILEY SARGENT AWARDED THE EAGLE SCOUT AWARD

Bailey Sargent of Boy Scout Troop 127 was recently awarded Scouting's highest honor, the Eagle Scout award. Bailey had his ceremony in the new skating shelter at Tenney Park. For his Eagle Scout award project, Bailey supervised a great group of volunteers who built 30 bee houses. The bee houses were then placed in various locations throughout North Madison.

VICTORIA LENIUS EARNED HER WAY TO SPACE CAMP

Victoria Lenius from Girl Scout Group 2082 sold 5379 Boxes of Girl Scout Cookies to pay her way to The Space Academy held in Huntsville, Alabama. Victoria was the top seller throughout the 24 Bagerland Councils. And more than that she sold more cookies than any other Wisconsin Girl Scout in 2016.
Congratulations Victoria.

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 Certificate of
Appreciation Presented to

John L.

In recognition of your volunteer service to our church as Financial Secretary; serving on the Communication Committee and Administrative Council; helping with ELL, the homeless shelter, rummage sale, ham dinner; as a Jack of All Trades, and for 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!

PRAYER CORNER

We pray for all whose lives
have been touched by tragedy,
whether by accident
or a deliberate act.

For those who mourn,
immerse them in your love
and lead them through this darkness
into your arms and light.

For those who comfort,
be in both the words they use
and all that's left unsoken;
fill each heart with love.

We ask this through Jesus Christ,
whose own suffering brought us life,
here and for eternity. Amen

Summer Musicians Wanted!



As the choir takes a well-deserved summer break,
we are looking for others to contribute their musical
talents to our worship services. Please contact Barbara
or the church office if you are able to provide music.

Thank you!

**Vacation Bible School at Sherman Avenue UMC
will be held 8/8 to 8/12 from 6:30 to 8:00 PM.
This is a free opportunity for your children or
grandchildren, ages 5 to 12. Contact Patsy M.
or Mee T. for details**

CONNECTIONS by Craig Myrbo

A method for deciding.

How do I decide who to vote for etc.?

Matthew 22:36-40 Common English Bible (CEB)

36 *“Teacher, what is the greatest commandment in the Law?”*

37 *He replied, “You must love the Lord your God with all your heart, with all your being,[a] and with all your mind. 38 This is the first and greatest commandment. 39 And the second is like it: You must love your neighbor as you love yourself.[b] 40 All the Law and the Prophets depend on these two commands.”*

Wesley believed that the living core of the Christian faith was revealed in Scripture, illumined by tradition, vivified in personal experience, and confirmed by reason. Scripture [however] is primary, revealing the Word of God 'so far as it is necessary for our salvation.' (From UMC book of discipline.)

I use my reason to conclude that all scripture should be interpreted through the lens of Jesus' words found above. I further believe that the application of scriptures to my life and decisions should be based on thoughtful prayerful consideration of what Christians have said about similar things in the past and my own experience and it should make sense.

This method includes how I react to anything I encounter, including my reactions to the larger world---- that world includes politics.

Definition of Politics: The activities associated with the governance of a country or other area, especially the debate or conflict among individuals or parties having or seeking power.

As we participate in the society; Tuesday August 9 primary and beyond. I offer this method to decide what to do in voting and other citizen activities

Join in the fun. An all church picnic is being planned at Token Creek on Saturday, August 13th at noon. Bring a dish to pass.



AUGUST 2016

SUN	MON	TUE	WED	THU	FRI	SAT
Please remember to wear your name tags on Sundays so Rev. Hart can learn your name	1 6:00 Cub Scouts	2 6:00 UM Women	3 4:30 Bible Study 6:00 Band Practice 6:00 Prayer Group	4 4:00 ELL	5	6 5:00 Men's Group
7 9:30 Worship 11:30 Worship	8 6:00 Cub Scouts 6:00 SPRC 6:30 VBS	9 6:30 Trustees 6:30 VBS	10 4:30 Bible Study 6:00 Band Practice 6:00 Prayer Group 6:30 VBS	11 4:00 ELL 6:30 VBS	12 6:00 Hmong Ministry & Youth Bible Study 6:30 VBS	13 12:00 Church Picnic
14 8:30 Adult Sunday School 9:30 Worship 10:30 Blood Pressure Clinic 11:30 Worship	15 6:00 Cub Scouts	16 6:00 Admin Council	17 4:30 Bible Study 6:00 Craft Night 6:00 Band Practice 6:00 Prayer Group	18 4:00 ELL	19	20
21 8:30 Adult Sunday School 9:30 Worship 11:30 Worship	22 <i>5:00 Newsletter Deadline</i> 6:00 Cub Scouts	23 6:30 Outreach and Missions	24 4:30 Bible Study 6:00 Band Practice 6:00 Prayer Group	25 9:00 Copy & fold 4:00 ELL	26 6:00 Hmong Ministry & Youth Bible Study	27 Homeless Shelter Meal
28 Homeless Shelter Meal 8:30 Adult Sunday School 9:30 Worship 11:30 Worship	29 6:00 Cub Scouts 6:15 Brownies	30 6:30 Prayer Team	31 4:30 Bible Study 6:00 Band Practice 6:00 Prayer Group	Welcome to Kathy M., Sherman Avenue's new Secretary. Kathy's office hours will be Tuesday, Wednesday and Friday from 1 to 5 PM. The office will be staffed by volunteers on Monday and Thursday from 1 to 5 PM. If you are interested in volunteering, please contact Ed McDonald.		

August Birthdays

RON H.	8/1
HILDA D.	8/3
JAN K.	8/3
JASON V.	8/4
JOHN V.	8/4
RALPH S.	8/6
CYNDY H.	8/7
MARGERY S.	8/8
BROOKS B.	8/13
TRACY A.	8/18
ETHAN B.	8/24
JEAN K.	8/26
KIMBERLEY N.	8/31

August Anniversaries

CINDY & CURT V.	8/16
CRAIG & DEBBI M.	8/20

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
Contact Kathy in the office
for current addresses and
phone numbers: 244-0868**

Linda Jungbluth

Marvel Mapes

Jean & Justin Kramer