



**MAY 2020**

**FROM THE PASTOR:**

*“And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ... that you may be filled to the measure of all the fullness of God.” - Ephesians 3:17-19*

Dear Church Family and Friends,

I am thanking God for you: for your faithfulness throughout this time in our lives, for your caring ways that I know are making a difference for others, for the uniqueness of each one of you. I truly look forward to when we can gather together for worship face to face. The above prayer is one that I am praying for you all each day: that you may be filled full with the love of Christ, so deep, so wide, so high, this awesome love.

We received some information about “re-opening” our church buildings. The Church (as in the *Church is a People*) has always been open! Some of you we’ve seen and/or talked with on ZOOM Worship. Some have been able to listen to the Podcasts. Some we’ve spoken to on the phone. But there are others that we have not had much contact with in these last weeks and we are eager to connect with you, for you are all in our prayers. Please look for the ways to be together, while apart, that are in this newsletter. It looks like it will be several weeks at least until we can be together in the same space.

Someone said to me, “What are we learning from all of this?” I would be glad to know what you have come to understand! I have mentioned a few times in ZOOM meetings that what struck me was one pastor who said, “We cannot return to normal.” She was talking about the fact that the air is clearer now and we are living in such a way that our natural environment is healing. We surely pray for this healing to extend to all of God’s people. This pause in our usual routine, though, gives us the opportunity to consider that the Lord’s “normal” for us is different than what we’ve been living – in terms of stewardship, love, justice.

I looked up the definition of normal just to see how it is defined. Here it is: *conforming to a standard; usual, typical, or expected.* I don't think there is normal in any day with our Lord. Our Lord excels in the unexpected and in taking what comes and filling it full of His grace. That's what I want to be a part of and that is what I pray for the world and for you – our Lord's healing touch.

Blessings, Pastor Mary Jane

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## SCRIPTURE PASSAGES FOR MAY SUNDAYS

(Some Changes may occur)

### **May 3: 4<sup>th</sup> Sunday of Easter**

Acts 2:42-47

I Peter 2:19-25 - John 21:1-19



### **May 10: 5<sup>th</sup> Sunday of Easter/Mother's Day**

Acts 7:55-60 - I Peter 2:2-10 - John 14:1-14

### **May 17: 6<sup>th</sup> Sunday of Easter**

Acts 17:22-31 - I Peter 3:13-22 - John 14:15-21

### **May 24: 7<sup>th</sup> Sunday of Easter/Memorial Sunday Worship**

Acts 1:6-14 - I Peter 4:12-14, 5:6-11 - John 17:1-11



### **May 31/Day of Pentecost**

Acts 2:1-21 - I Cor. 12:3b-13 - John 7:37-39

## *A Mother's Day Prayer*

*Dear Lord,*

*Please watch over and  
support all mothers  
on earth and in heaven..*

*and help them to know how much  
they are loved and appreciated on  
Mother's Day and every day.*



*Harry Collins Photography*

**HAPPY MOTHER'S DAY**

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## **MISSIONS AND OUTREACH within the UMC**

### Global Ministries

The General Board of Global Ministries (GBGM) connects all United Methodist churches in mission. Through our financial and prayer support and the relationships we develop with missionaries, we are helping to make disciples for Jesus Christ, strengthening congregations around the world, alleviating human suffering, and seeking justice, freedom, and peace.

Our UM Church is supporting over 300 missionaries in over 60 countries, providing medical care in over 300 Methodist hospitals and clinics, sharing the good news of Jesus, rebuilding homes after disasters through UMCOR, giving hope to people who feel hopeless, flying sick people in rural areas to hospitals, and assisting refugees displaced from their homes and countries. In 7 years, Global Ministries has planted 963 new faith communities.

Global Ministries is helping us to learn how missionaries are coping with COVID-19. Every Monday, Wednesday, and Friday at 9 am there is an interview with a different missionary which is recorded and can be watched at your leisure via computer. Go to [facebook.com/globalministries](https://facebook.com/globalministries) to see the interviews by Thomas Kemper, GBGM General Secretary. You can see Dr. Glenn Paraso at Mary Johnston Hospital, a Methodist training hospital in Manila, where GBGM provided PPE. Global Mission Fellows are young adult missionaries serving for 2 years, and you can see Gangoul Choi from Korea serving in Greece with refugees, and Sarah Walker from Texas serving in Spain. Judith Yanga is the East Congo Communications Coordinator, and she reported that during the Ebola and measles outbreaks the churches stayed open, but COVID-19 has closed the churches, and because internet is not strong, they are depending on radio broadcasting to keep people connected and educated about health safety. Dr. Belinda Forbes in Nicaragua reported they have very few cases of coronavirus, although the other Central American countries have hundreds of cases. You can see pictures of our missionaries and read about each one on the global ministries website: [umcmmission.org](https://umcmmission.org).



*HEALTHY PANDEMIC LIVING: from Parish Nurse Barbara Drake*

During our enforced stay-at-home time, many of us are spending more time sitting, and we are finding that boredom or loneliness are causing us to eat more. The result may be weight gain before an effective vaccine frees us to return to our usual activities. Here are some hints to help you avoid weight gain and stay healthier in body, mind, and spirit.

- \* Eat breakfast. Studies show this will help you eat fewer calories the rest of the day.
- \* Put all food on a plate rather than grazing so you are more aware of how much you eat.
- \* Eat a few healthy vegetables first to curb your appetite before moving on to other foods.
- \* Include proteins at every meal or snack to help you feel fuller.
- \* Eat more slowly and enjoy every bite, and if you don't love it, don't eat it.
- \* If tempted to go back for seconds, wait 10 minutes to feel fuller, and the temptation will pass.
- \* Use fruits and raw vegetables for snacks. This will give a boost to your immune system.
- \* When watching TV, use commercials to get up and walk around the room.
- \* When the weather is nice, go out for a walk.
- \* Find an indoor activity that promotes movement, like cleaning or organizing stuff.
- \* Find a good book to read and puzzles of all kinds to challenge your brain.
- \* Begin your day with prayer, devotional reading, or meditation.
- \* Keep in touch with family and friends via phone or computer.

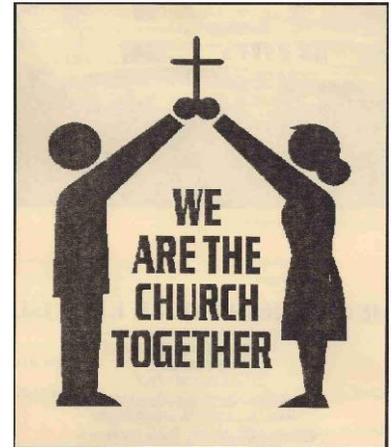
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**HOPE FOOD BANK:** We are so thankful for the ministry of the Food Bank. Coordinator Sally Kiner tells us that 63 families received assistance this month and the food bank is responsive to needs always and at this critical time for our communities. Thank you to the volunteers and to all for your prayers. The next Food Bank will be on May 16.

**HOPE AND UNION CONTINUE TO WORSHIP  
AND SERVE TOGETHER:**

We are blessed to worship with both of our congregations together on these “Stay in Place” Sundays. Your positive spirit and the way you have embraced our style of worship in these unusual times is a blessing. We are the Church, no matter where we gather. We are called to be good neighbors to our Havertown community and beyond. Here is how you can stay connected:



Look for the **PODCAST FOR EACH SUNDAY** in your Email or on Facebook. This is a 20-25 minute audio worship that features Pastor Brenda and myself with prayer, scripture, and message. We also have some musical offerings in the podcast and are thankful for this way to share the message! Please share this on Facebook so that we can witness to a broader audience.

Join us for a **ZOOM Worship each Sunday morning at 10:30 a.m.** Please note the time, a bit different from our gathered worship time. You will continue to receive a link to join this service in your email each week. We are calling those without email to give a number to call in. *We do want you to know that there is some cost to call in; how much seems to depend upon your carrier.* So, please check that out.

If you would be willing to read scripture for the Podcast and/or ZOOM, please let Pastor MJ know. **Thank you, Church Family, for sending in your weekly offering to support the Lord’s ministry here at Hope during these weeks. Your support means a great deal.**

Here is the contact information for the ZOOM Worship. This should remain consistent for the May Sundays:

Join Zoom Meeting

<https://us02web.zoom.us/j/81672113179>

Dial in: 646 558 8656 US (New York) (There is a cost to dial in.)

Meeting ID: 816 7211 3179



**BIBLE STUDY: 10:30 a.m. on Wednesday mornings:** A Wednesday Morning Prayer and Bible Study is meeting via ZOOM and you are welcome to join them. We are studying the **Shortest books of the New Testament.** Here is the information to join us. This contact information remains the same each week.

Join Zoom Meeting

<https://zoom.us/j/968476497?pwd=cEVwUWhlUFJwOE9KQlYzalJtWVJkQT09>

Dial by phone: 1 646 558 8656 US (New York)

Meeting ID: 968 476 497

Password: 211461

**HOPE PRAYER GROUP AND BIBLE STUDY:** A timely study, “**Anxious for Nothing**” is taking place on ZOOM each Friday afternoon at 2 p.m. led by Ann Eves. Please let us know if you would like to be part of this study. It is good to study together!



**CHURCH CHAT:** We decided that it would be fun and a great way to fellowship to have a time to get together with no agenda but to greet one another, encourage one another, and just enjoy saying hi. So, please join us for these Church Chat times on Thursdays at 7:30 p.m.

The link will be sent to you in a Hope Update!



**FROM PASTOR BRENDA:** All children from Union and Hope will be introduced to the Flat Jesus Project. Each student will get their own paper cutout of Jesus (through email) to take with them on their stay-at-home adventures. Children will be encouraged to take photos of their Jesus as he walks with them—helping them keep Jesus at the forefront of their minds as they do homework, play games, play in the backyard, etc. Flat Jesus will be introduced on May 10th.



Thanks to Stephen Illich (See Genesis 6-8) 05-19-2003

WE WERE TOLD YOU WERE TAKING CREATURES  
THAT CAME TO YOU IN PEARS



*Please  
Pray  
For...*

Healing of our world  
Those suffering from the virus  
Those who mourn  
Protection and strength for medical  
workers and care providers  
Protection for all who serve  
Guidance for leaders  
Our Church family and Community  
Our leaders for wisdom and strength  
The Church everywhere in the world



**Happy Birthday to the following people  
with May birthdays:**

- May 2 David Sears
  - 6 Carolyn Shaw  
Jessica (Eves) Williams
  - 8 Elizabeth Brunner
  - 10 Brian Cherwinski
  - 14 Cassie Popky; Peter Jacobs
  - 15 Ron Cherwinski
  - 18 Audrey Johnson
  - 22 Marion Fash
  - 24 Tori Grob
  - 25 Ann Eves
  - 26 Mike Cutillo
  - 27 Donna Parson
  - 30 Doris Peabody; Janice De Franco
- (Apologies to any we forgot; please let us know!)

**LOVING OUR NEIGHBORS...**

I was told of this situation and I invite you to support folks at a difficult time:

Please consider sending cards/notes of appreciation to the caregivers at the Quadrangle who are caring for residents with COVID-19. 12 residents have died from the virus and 17 of the skilled nursing staff have tested positive. There are so many team members, e.g. nurses, aides, housekeepers, PT workers, dietary staff, clerks, that are working very, very hard and would be pleased to hear from members of the Havertown community! We will be glad to drop off cards that you leave at the church. The church lobby will be open on Tuesday, May 5 and again on May 12 from 11 a.m. – noon if you would like to drop off your note or send in to the church and Pastor MJ will deliver. If you want to send directly to the Quadrangle, mail to: Harriet Ball, Apt 6113, 3300 Darby Road, Haverford.

**EARTH DAY 2020:**

*Climate Justice*

April 22 this year marked the 50<sup>th</sup> Anniversary of our Celebration of Earth Day. Our UM Board of Church and Society encourages us to prayerfully consider how we treat our environment and what we can each do to cooperate with our Lord in caring for this beautiful world. Together with other United Methodists, we are committed to ministries that address both the impacts and root causes of the climate crisis.

We have noted that, due to less traffic during this Covid-19 pandemic, the air is cleaner and our environment is healthier. That is a blessing that we so appreciate! As one UM environmental specialist said yesterday, "Let us not return to normal!" We understand more profoundly than ever the impact our actions are having on God's Creation. Let's renew our commitment to make wise decisions concerning the need to reduce emissions, and reduce, reuse, and recycle!