

Light of Grace

A monthly publication of:

GRACE UNITED METHODIST CHURCH
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Sunday Worship: 10:00 AM

Grace and Peace to each of you!

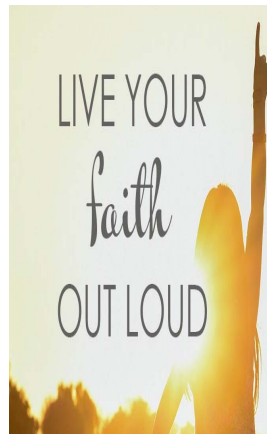
There's going to be some irony in asking this, but have any of you experienced writer's block? I honestly can't tell when it's worse, if it's when you WANT to write something and can't, or if it's when you NEED to write something and you can't. I sat staring at this blank page for about 4 days before finally typing something out. Perhaps you know the feeling, and it feels like no matter what you put down you just end up going and erasing it and having to start all over. You go back to the very beginning of what you know and you try to do it all over again. Maybe you hit another roadblock, perhaps something just breaks through and you surprise yourself and forget you even had writer's block.

For some people, that's how you feel about your faith life. You've gone through it all time and time again and just can't seem to break out of the rut, can't seem to make any progress or see any meaningful change. You're reading your Bible and you're praying and serving, and doing everything you can, but you just find yourself going back and starting again. Maybe you're not even able to put the first word down onto paper, and believe me, I've been at that place before and it can be brutal for the soul.

In John Wesley's faith journey, one of the key identifiers for Methodists of the time was that faith was not about having total assurance all the time. There was room to have these writer block moments to work through. In Wesley's journal he writes that he was afflicted by his unbelief and asked one of his mentors, Peter Bohler, if he

should refrain from preaching until he had more assurance. Bohler responded. "by no means." Understandably, Wesley was a little confused and asked what he should even preach on when he himself had little to no faith at the moment. Bohler gave an intriguing answer, "Preach faith till you have it; and then, because you have it, you will preach faith."

One of the best ways to get through writer's block is to simply write. Write anything and everything and eventually you are able to break through and create literary masterpieces or get your article done in time! Much like Wesley, that is often the case for our faith as well. In moments where we feel unsure or we find ourselves wrestling with the difficult questions, it may be right to proceed as though we have faith. By no means do I mean to undermine the struggle that comes with that questioning or invite you to a superficial faith. What I think Bohler is helping Wesley to understand is that lack of assurance didn't stem from a lack of God's faithfulness, but from Wesley's own heart and ponderings. God does not change, our perspective and lived experience does, and that's okay! If you find yourself struggling with your faith, try a paraphrased version of Bohler's response. "Live with faith till you have it; and then, because you have it, you will live with faith."



Pastor Taylor



PRAYER LIST AT Care Facilities

Pat Walter (Elim)
 Don Walter (Pioneer House)
 Will Wehrman (Eventide-Fargo)
 Shirley Mohr (Serenity)
 Barb Hopkins (Park Rapids)

PRAYER LIST at home

Luann Larson Lynette Anandel
 Wally Walseth Larry Possehl
 Linda Gibson Eddie Ybarra
 Rick Abel

Ministry TEAM Program. A Way of Being the Church at GUMC! The TEAM's mission is to provide ushers, greeters, opening welcome and readers to our congregation. **TEAM #1 (July/Jan).**

701-293-3260—J. & O. Alveshere
 701-388-9231—R. & J. Beck & Family
 605-220-2788—J. & D. Bellon
 701-367-0371—C. & D. Borgen & Family
 701-373-5218—R. & B. Christopherson
 903-360-7798—L. Collins
 218-233-1969—D. & J. Graning
 218-260-7276—D. Hansen
 218-671-0653—M. Hoganson
 701-373-5286—K. Jacobson
 218-790-6266—J. Mann
 218-236-0141—R. & P. Murray
 218-287-3817—A. Severson
 218-233-7474—S. & P. Struble



July Birthdays

2—C. Ladwig
 5—S. Hamm
 7—S. Anderson
 8—B. Chandler
 9—G. Anderson
 11—C. Maurer
 15—M. Hanna
 18—C. Burkhardt
 20—J. Enkers
 S. Martin
 21—S. Fangsrud
 24—S. Burkhardt
 26—R. Ward
 30—G. Hamm



July 3—D. & P. Walter
 6—M. & B. Eisen
 12—T. & G. Anderson
 13—D. & A. Maag
 22—T. & K. Johnson
 27—J. & J. Eide
 R. & P. Murray
 28—L. & P. Horner



S'more Fellowship

Summer night, fire pits in the parking lot, games on the lawn, what could be better? You being here! Bring a friend to

Grace for an opportunity to connect on July 17th from 7-9 pm. Bring a chair if you'd like, and we'll supply the rest.

DONUTS



Homemade Buttermilk Donuts will be made on July 10th and July 24th, for \$10.00 a dozen. Please place your orders by using the sign up sheet on the table in the Connection Center, calling the office, 218-233-1857 or on the website:

www.graceumcmoorhead.org/donuts.



A big thank you to the Donut Group and the Lenten Soup Supper servers for their very generous donation to have an air conditioner installed in the kitchen.

A big thank you also to S. Simmons and L. Possehl for the lawn mowing, weeding and trimming in making and keeping the church yard beautiful.

WORSHIP AT GRACE

10:00 A.M.

WORSHIP SERVICES are livestreamed on Facebook and on the website: graceumcmoorhead.org

Offerings may be mailed to Grace UMC, 1120 17th Street South, Moorhead, MN 56560

Online giving available through Givelify! Go to grace-umcmoorhead.org/give and click the button to make your one time or recurring gift.

GOD WHISPERED AGAIN TO ME

Del Larson, CLM

I have shared a couple of times in our newsletters about God Whispers, Taps, and Nudges. Well, God got my attention again this past weekend. Most of my ministry now is to support caregivers. I do lots of research and writing to help them through these challenging years.

Recently, I have been focusing on how to keep friends close and supportive, but it doesn't always turn out that way. My son gave me this idea after talking about Luann moving into assisted living soon. He encouraged me to write about keeping friendships close during these difficult times for my caregiver groups and their loved ones.

For this project, I have collected 39 web-links and 27 pages of notes since I started in early May. The last couple of weeks I have really struggled to get this written without too many details and statistics. On a Friday night in mid-June, Luann and I were reading our nightly devotions, which was about friendships. I marked the page for future reference. Then Saturday night Luann went to bed early and I sat up and read. The first story from Guide Post was exactly what I needed to read on senior friends, and realized that God was tapping me on the shoulder. Then the next morning, God showed His sense of humor, by making sure I was paying attention. Pastor Taylor's Ecclesiastes sermon on June 16th was exactly what I needed to get me out of the starting blocks and into the writing race for my caregiver groups.

So many caregivers don't want to bother friends with their problems of caregiving. When caregiving becomes a part-time job, they start to lose connections with friends and activities. Seniors who can't get out anymore, or are frustrated with technology, also lose those moments with friends, who still are able to socialize. Many seniors who are still active are afraid that if they visit someone in a nursing home or assisted living, they might catch something. The pandemic scared many people, especially those isolated. Loneliness is a

horrible thing. Most of us have experienced those lonely feelings, that's why we crave those interactions. Let's face it, none of us look forward to being in a situation that prevents us from seeing others. It's more than just family visits, it's reliving beautiful memories with friends.

Today, nursing homes and assisted living facilities are much different than the ones I visited with my mother in the early 60's. They aren't the dark, smelly holding pens, but rather living places filled with activities and lots of interaction. There are apartments where you can make your own meal, or go out and eat in the facility cafe. The schedules are full and filled with a variety of activities. Still, activities are not enough when you don't have someone to share it with. I have a 97 year old woman in a local facility, whose sons don't visit or call. She sits in her apartment all day long waiting for that call, only leaving for meals.



As a caregiver for my parents, and now Luann, I made many mistakes. Thankfully, there are now personal and online groups to support these people, but it doesn't compare to what friends can do. Friends are a part of good memories that bring joy for both. Church members can share God's message of loving your neighbor. Calls, cards, and visits can make a world of difference in the life of a person who is mostly limited to a one or two city block area for their last chapters of life.

Pastor Taylor's message that following Sunday, was our best reminder of what we are called to do: *"It is only through friends that we can lighten our load, and enhance the reward... With friends we gain encouragement when we feel down, and reinforce us in the battles of life... Jesus gave us the commandments to live by, but a holy life is lived through relationships... Who is my neighbor? EVERYONE!!! So live like it! Another believer can safely bring you out of the darkness."*

May God bless you on your daily journey. May your heart be filled with joy and happiness that can be shared with those who struggle. Amen!

Grace United Methodist

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 7:00 pm AA	3 7:00 pm Latter Rain Ministries	4 Holiday Office Closed	5	6 10:00 am Latter Rain Dance Practice
7 10:00 am Worship w/Communion 12:00 pm Latter Rain Ministries	8	9 7:00 pm AA	10 6:00 am Donut Making 7:00 pm Latter Rain Ministries	11	12	13 10:00 am Latter Rain Dance Practice
14 10:00 am Worship 12:00 pm Latter Rain Ministries	15 6:30 pm Leadership Team	16 7:00 pm AA	17 7:00 pm S'more Fellowship 7:00 pm Latter Rain Ministries	18	19	20 10:00 am Latter Rain Dance Practice
21 10:00 am Worship 12:00 pm Latter Rain Ministries	22	23 7:00 pm AA	24 6:00 am Donut Making 7:00 pm Latter Rain Ministries	25	26	27 10:00 am Latter Rain Dance Practice
28 10:00 am Worship 12:00 pm Latter Rain Ministries	29	30 7:00 pm AA	31 7:00 pm Latter Rain Ministries			

Date	Psalm	OT	Epistle	Gospel
Jul 1	am: 119:145-176, pm: 128, 129, 130	Num 22:42-23:12	Rom 7:13-25	Matt 21:33-46
Jul 2	am: 131, 132, 133, pm: 134, 135	Num 23:11-26	Rom 8:1-11	Matt 22:1-14
Jul 3	am: 140, 142, pm: 141, 143	Num 24:1-13	Rom 8:12-17	Matt 22:15-22
Jul 4	am: 137, 144, pm: 104	Num 24:12-25	Rom 8:18-25	Matt 22:23-40
Jul 5	am: 146, 147, pm: 111, 112, 113	Num 27:12-23	Acts 19:11-20	Mark 1:14-20
Jul 6	am: 1, 2, 3, pm: 4, 7	Num 32:1-6, 16-27	Rom 8:26-30	Matt 23:1-12
Jul 7	am: 5, 6, pm: 10, 11	Num 35:1-3, 9-15, 30-34	Rom 8:31-39	Matt 23:13-26
Jul 8	am: 119:1-24, pm: 12, 13, 14	Deut 1:1-18	Rom 9:1-18	Matt 23:27-39
Jul 9	am: 18:1-20, pm: 18:21-50	Deut 3:18-28	Rom 9:19-33	Matt 24:1-14
Jul 10	am: 16, 17, pm: 22	Deut 31:7-13, 24, 32:1-4	Rom 10:1-13	Matt 24:15-31
Jul 11	am: 20, 21, pm: 110, 116, 117	Deut 34:1-12	Rom 10:14-21	Matt 24:32-51
Jul 12	am: 148, 149, 150, pm: 114, 115	Josh 1:1-18	Acts 21:3-15	Mark 1:21-27
Jul 13	am: 25, pm: 9, 15	Josh 2:1-14	Rom 11:1-12	Matt 25:1-13
Jul 14	am: 26, 28, pm: 36, 39	Josh 2:15-24	Rom 11:13-24	Matt 25:14-30
Jul 15	am: 38, pm: 119:25-48	Josh 3:1-13	Rom 11:25-36	Matt 25:31-46
Jul 16	am: 37:1-18, pm: 37:19-42	Josh 3:14-4:7	Rom 12:1-8	Matt 26:1-16
Jul 17	am: 31, pm: 35	Josh 4:19-5:1, 10-15	Rom 12:9-21	Matt 26:17-25
Jul 18	am: 30, 32, pm: 42, 43	Josh 6:1-14	Rom 13:1-7	Matt 26:26-35
Jul 19	am: 63, 98, pm: 103	Josh 6:15-27	Acts 22:30-23-11	Mark 2:1-12
Jul 20	am: 41, 52, pm: 44	Josh 7:1-13	Rom 13:8-14	Matt 26:36-46
Jul 21	am: 45, pm: 47, 48	Josh 8:1-22	Rom 14:1-12	Matt 26:47-56
Jul 22	am: 119:49-72, pm: 49, 53	Josh 8:30-35	Rom 14:13-23	Matt 26:57-68
Jul 23	am: 50, 59, 60, pm: 66, 67	Josh 9:3-21	Rom 15:1-13	Matt 26:69-75
Jul 24	am: 40, 54, m: 51	Josh 9:22-10:15	Rom 15:14-24	Matt 27:1-10
Jul 25	am: 55, pm: 138, 139	Josh 23:1-16	Rom 15:25-33	Matt 27:11-23
Jul 26	am: 24, 29, pm: 8, 84	Josh 24:1-15	Acts 28:23-31	Mark 2:23-28
Jul 27	am: 56, 57, 58, pm: 64, 65	Josh 24:16-33	Rom 16:1-16	Matt 27:24-31
Jul 28	am: 61, 62, pm: 68	Jud 2:1-5, 11-23	Rom 16:17-27	Matt 27:32-44
Jul 29	am: 72, pm: 119:73-96	Jud 3:12-30	Acts 1:1-14	Matt 27:45-54
Jul 30	am: 70, 71, pm: 74	Jud 4:4-23	Acts 1:15-26	Matt 27:55-66
Jul 31	am: 69, pm: 73	Jud 5:1-18	Acts 2:1-21	Matt 28:1-10



“Grace” Me Out To The Ballgame!

Now is the time to sign up for tickets for a FM Redhawk's baseball game on Thursday, August 15th. Our Redhawk's will play the Lincoln Saltdogs. For \$10.00 you will be treated to a picnic meal, a ticket to the game, and great fellowship. Reservations and money are due Sunday, July 28th. See you at the game.

HOT AIR

Scientists have discovered that sound travels faster in the summer than in the winter. In hot summer air, sound travels at 1,266 feet per second. But in cold air, sound travels as slow as 1,066 feet per second. So that means sermons preached in the summer will naturally be shorter, right?

BLESSED TO BE A BLESSING

God promised Abram, “I will make of you a great nation, and I will bless you...so that you will be a blessing” (Genesis 1 2:2, NRSV). Especially on the Fourth of July, we in the United States remember that God has blessed us as a nation, too.

That isn't to say everyone here has an equal share of resources. Our government isn't perfect, and our land isn't necessarily more beautiful than any other place on earth. It doesn't mean we alone model “liberty and justice for all” - or that we do so flawlessly.

Rather, God's promise to Abram and us means we aren't to hoard our blessings. We are to share our wealth generously, cultivate liberty and justice, and pass on to the world the gifts we enjoy in this land.



ADDRESS SERVICE REQUESTED

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1120 17th Street South
Moorhead, MN 56560