

Wesley Grove Messenger

June 2023

My Brothers and Sisters in Christ,

Have you ever heard of a “trigger?” No, I’m not talking about the small lever located within a trigger guard that, when pulled, causes the hammer or striker to hit the firing pin, which in turn ignites the gunpowder in the cartridge and propels a bullet out of the barrel.

What I’m referring to is a psychological trigger. This kind of trigger refers to a stimulus (which can be an object, person or event) that elicits a specific reaction or behavior in an individual. This can be a conscious or unconscious response to a particular situation, word, image, or sensory experience that may evoke an emotional or behavioral response.

While a gun trigger has a straightforward and mechanical function, a psychological trigger is much more complex and can be influenced by a variety of factors, such as past experiences, beliefs, cultural norms, and personality traits. For example, someone who has experienced trauma may have certain triggers that cause them to feel anxious, fearful, or even trigger a panic attack.

But what if we also have “triggers” that fill us with joy? Emily Lewis Penn reflects on this in her poem, *“Triggers That Make You Happy...”*

What if a trigger isn’t something that makes you
want to scream and shout at the person or yourself?

What if a trigger makes you happy?
If it makes you want to get up and dance,
Or laugh and jump for joy, or sing a song off key,
Or shout, yay, at the top of your lungs?

What if the trigger is nothing at all, just you looking up at the sky,
with its crescent moon and its infinitude of stars,
On a cold winter’s night?

And you know at that moment,
Right then, right there, that
Life isn’t awful, after all.

In fact, life is pretty awesome most of the time.
Life is full of awe, and some awe is way, way better than none.

In his letter to the Philippians, Paul put it this way: “Finally, Beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.”

May your summer adventures be filled with triggers that make you happy, and may you experience much that is commendable, excellent, and worthy of praise!

In God’s Peace,
Pastor Karen

Lectionary Readings

June 4, 2023

Trinity Sunday
Christian Education Sunday
Holy Communion

Pastor Nick, preaching
 Genesis 1:1-2:4a
 Psalm 8
 2 Corinthians 13:11-13
 Matthew 28:16-20

June 11, 2023

Last Day for Sunday School

Pastor Karen, preaching
 Genesis 12:1-9
 Psalm 33:1-12
 Romans 4:13-25
 Matthew 9:9-13, 18-26

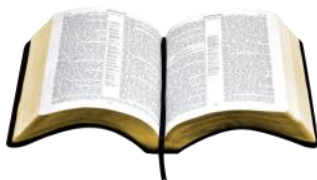
June 18, 2023

*** *Worship Changes to 10 AM* ***

Father's Day
Breakfast @ 9 AM
Frank Miller, preaching
 Genesis 18:1-15
 Psalm 116:1-2, 12-19
 Romans 5:1-8
 Matthew 9:35-10:23

June 25, 2023

Pastor Karen, preaching
 Genesis 21:8-21
 Psalm 17 or 86:1-10, 16-17
 Romans 6:1b-11
 Matthew 10:24-39



Please contact Tammy at 301-253-0044 to volunteer to serve as our liturgist during a Sunday morning worship service.



April 2023 Financial Report

Rick Monarch, Treasurer

Expenses

BWC Mission Share	\$1,184.16
Pastor's Salary (1/3 of total salary)	\$1,563.42
Associate Pastor's Salary (1/3 of total salary)	\$405.50
Church Secretary's Wages	\$1,364.39
Organist / Pianist	\$600.00
Worker's Compensation Insurance	\$0.00
Payroll Taxes	\$104.37
Capital Improvement Costs	\$0.00
Grass Cutting Costs	\$0.00
Snow Plowing Costs	\$0.00
Groundskeeper Costs	\$0.00
Custodian's Salary	\$770.00
Programs	\$293.95
Property Insurance	\$0.00
Administrative Expenses	\$150.52
Charge Treasury - Parsonage Expenses	\$390.85
Charge Treasury - Professional Expenses	\$113.92
Charge Treasury - Medical Insurance Cost	\$296.66
Charge Treasury - Retirement Contribution	\$332.23
Charge Treasury - Administrative Costs	\$12.50
Trustees - Maintenance Costs	\$1,797.77
Miscellaneous	\$0.00
Total Expenses	\$9,380.24

Income

Weekly Collections	\$15,739.00
Cell Tower Rental Fee - Sprint	\$2,167.34
Use of Hall	\$0.00
Miscellaneous	\$0.00
Total Income	\$17,906.34

Fellowship News

Becky Lewis, Chair

The “busy-ness” of summer is upon us, but be sure you plan to take time to join with our Wesley Grove family for the following times of food and fellowship:

On Sunday, June 4, Bob and Cathy Burke will host Coffee & Conversation following the worship service in honor of Christian Education Sunday and all of our Wesley Grove graduates, Sunday School members, and scholarship recipients.



On Sunday, June 18, the women of the church will prepare and serve Father’s Day Breakfast in the fellowship hall at **9 am**. Make a special note of the time, as our worship service start time moves to **10 am** on this day.

Please sign up in the vestibule if you know that you plan to attend. Signing up in advance gives us an idea of how much food to prepare, but please also know you are welcome to come even if you haven’t signed up!

The Christian Fellowship Committee will meet on Thursday, June 1, at 7 pm on **Zoom** to plan activities for the second half of 2023. If you have ideas or suggestions about events you would like to see on the schedule, please see Becky or call her at 240-338-3211.



Canned Food Drive



For this month, we are collecting cans of pasta and vegetables for Damascus HELP. Please consider purchasing extra cans of peas, carrots, corn, limas, beets, etc. this month as well as cans of SpaghettiOs and ravioli. Bring all donations to the church, and we will see that they get delivered to HELP’s food pantry. Thanks in advance for your kind generosity!

Mission News

Judy Hughes, Chair

This committee is sponsoring an informative, and hopefully fun, church-wide field trip to the Strawbridge Home and Shrine in New Windsor, MD, on Saturday, June 17. We will meet in the fellowship hall parking lot at 10 am that morning to organize and carpool together to the site. Please sign up on the sheet in the vestibule if you plan to participate, so we don’t accidentally leave anyone behind!

For those of you who might not know, Robert Strawbridge was the first Methodist pastor in America. He grew up in Ireland and arrived here in Maryland in 1760 at the age of 28 after leaving his friends and religious mentors, John and Charles Wesley, in England.



Once here, Robert and his wife, Elizabeth, started small group ministries following in the example of those they left behind in Europe. His travels and preaching extended across Maryland and into parts of Pennsylvania, New Jersey, Delaware, and Virginia.

During his ministry, Robert began numerous churches in Colonial America, some of which are still standing and operating today. He also performed the first-ever Methodist baptism right here in Maryland.

Robert’s style of teaching and preaching emphasized creating a personal relationship with God and became known as the Methodist movement, which eventually evolved into the Methodist Church we all attend today.

Unfortunately, Robert Strawbridge died at the young age of 49, but his ministry of just a little more than 20 years rooted a firm foundation of Methodism here in America.

Administrative Council Minutes

Monday, May 8, 2023

The meeting was opened by Bob at 7:00 pm.

In Attendance:

Louise Burdette, Bob Burke, Cathy Burke, Pastor Karen Davis, Judy Hughes, Jim Kemp, Becky Lewis, and Carol Stone.

Devotions:

Carol read from "Cherish These Moments, God Forgive Me" by Harry Mason.

Prayer Requests:

Donny Hobbs is very weak, but attended church yesterday via Zoom.

Greg Lynagh is still in a great deal of pain and needs continued prayers.

Jonathan Works is doing well, but please continue to pray for his ongoing recovery. He may need another surgery on his infected arm.

Good News:

Six visitors yesterday at church for "Bring a Friend to Church Sunday."

Minutes:

Cathy motioned for approval of the minutes from our March 13, 2023 meeting as presented in the newsletter. Jim seconded the motion. All approved.

Old Business:

None to discuss.

New Business:

None to discuss at this time.

Committee Reports:

Communications

13 greeting cards have been mailed so far this year.

All major church events continue to be published on Facebook under WGUMC, Mt. Airy, and Damascus Community Pages.

Education

Sunday School is going well with our study of the different denominations of Christianity.

We will celebrate Christian Education Sunday on Sunday, June 4 during our worship service with refreshments afterwards.

Sunday School will end for this year on June 11 and resume again in September.

Fellowship

Our Spring Community Yard Sale is this coming Saturday. Unfortunately, the weather looks rainy. If we need to cancel, we will decide on Thursday or Friday.

Finance

Chairperson was unable to attend this meeting. We were able to pay 100% of our BWC Mission Share in 2022. Great job, WG!

Lay Leadership

Nothing to report at this time, but we will begin to meet this summer to fill church officer positions in preparation for our next church conference in the fall.

Missions

Colonial Day at the Strawbridge Home and Shrine is coming up on Saturday, June 17. (Look for more details elsewhere in this newsletter.)

WGUMC received thank-you letters from Damascus Help and the Soup Kitchen.

We will prepare brown bag meals instead of a hot meal on Monday, May 29 at 12:30 pm at the Soup Kitchen.

Brian Lewis was recently at Damascus Help, and the food pantry could use more food donations of canned peas, carrots, mixed vegetables, and prepared pasta.

SPRC

Our organist, Eugenia Posey Marcos, is doing a great job of playing the piano and organ for our weekly services.

We have finalized a job description for our office manager and created the corresponding evaluation forms.

We have received the requested quarterly pastoral reports from both pastors.

Trustees

The work at the parsonage is complete.

We have contacted Bob Williams (REF Electric) to install a motion sensor/on-off switch on the garage flood light on the parsonage.

Darren Leslie of ARL Signs has been contacted for the additional work that he still owes us on our two outside lit signboards..

The rental house has passed the lifetime lead paint test.

The real estate agent attending to this property will attend the next Trustees meeting, which should occur sometime later this week.

We think that we have found suitable tenants for our rental house, and if all goes well, they will move in on June 1.

The broken swings on the playground have been replaced.

The air conditioning units at the church need to be replaced. Trustees are reviewing several contract proposals to make a decision.

Hall roof needs to be cleaned of assorted debris and foliage, and a scupper will be added.

Trustees will power wash and repaint the hand rails entering the church this summer.

Worship

Josh has created a calendar of soundboard operators through the end of 2023.

Michael Mirani is moving to Middletown this summer, and we are verifying if he will be able to continue his participation as a soundboard operator.

Our summer worship time of 10 am will begin on Sunday, June 18 and continue through Sunday, September 17. Worship time returns to 11 a.m. on September

Pastor's Reports:

Pastor Karen reported that she has made 97 contacts and friendly calls since the beginning of this year.

Pastor Karen reported that her new health insurance provider through the BWC will be Blue Cross & Blue Shield.

Pastor Karen will attend the Festival of Homiletics via Zoom on May 15-17 and the Baltimore-Washington Annual Conference in-person from May 31 through June 3.

Pastor Nick was unable to attend due to Wesley Theological Seminary's graduation.

Next Meeting:

There will be a short meeting in the summer, if needed. Otherwise, our next meeting will be on September 11 at 7:00 pm.

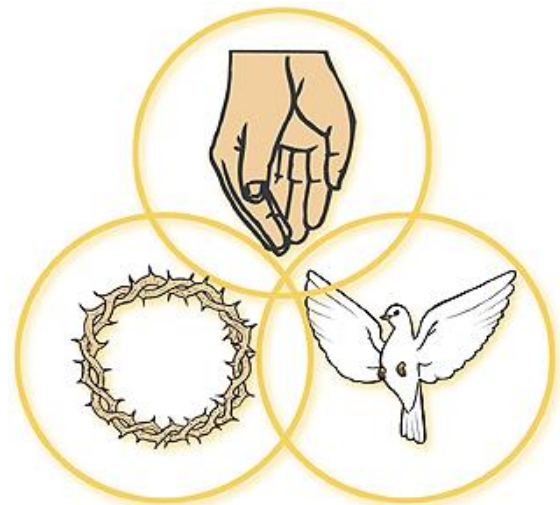
Becky volunteered to present a devotion.

Bob adjourned the meeting at 8:20 pm.

Join Us
Sunday, June 4
for

Holy Trinity Sunday

as we celebrate
God the Father,
God the Son,
and
God the Holy Spirit



Saturday,

June Birthdays

- 1 Paul Verner
- 2 Betty Eisenhaur
- 4 Brianna Powell
- 6 Jim Burns
Bob Burke
- 7 Tim Lee
- 11 Tim Benson
- 12 Scott Verner
- 14 Sam Allman
Eugenia Posey-Marcos
- 15 Ruth Hobbs
- 17 Jennifer Hyde Cano
Ralph Ketchum, Sr.
- 19 Mehrle Staley
Danny Wilson
- 27 Emilia Cano
Penelope Cano
- 29 Bruce Walter
- 30 Adam Wilson



Showers of Cards



Saturday, June 17th is a very special birthday for Ralph Ketchum this year — it's his 90th! It is our tradition at Wesley Grove to celebrate our members' 90th birthdays by showering them with cards, so please plan to send Ralph a card. We would love for his mailbox to be overflowing with warm birthday greetings on this special day! Ralph's home address is...

1001 Carroll Parkway, #119
Frederick, MD 21701

Mark your calendars
now for...

Christmas in July



Worship Service

Sunday, July 23
10 am

Plan to join us to hear the miraculous story of Our Savior's Birth and sing your favorite carols at a time of the year other than December. Adorn yourself in red and green, and be prepared for some delicious Christmas treats. More details will be forthcoming in the July newsletter. *After all, why should an event so wonderful and so amazing only be celebrated once a year?!?!?*


Hall and Church Clean-Up Day

Come and join our church family on Saturday, June 3, for cleaning up the yard around our church and hall. We plan to pull weeds, trim bushes, spread mulch, and pick up trash. We will begin at 9 am. The more hands we have, the more we can get done. This is a big job, and it will take all of us to do it. So, please come, bring your rakes, shovels, buckets, trimmers, work gloves, and other gardening tools, and help us spruce up the appearance of the property surrounding our church and fellowship hall!



June 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			31	1	2	3 9:00 AM— Church & Hall Clean-Up Day
4 Education Sunday 9:30 AM— Sunday School 11:00 AM— Worship Service 12:00 PM— Fellowship Time	5 7:00 PM— Fellowship Com- mittee Meeting via Zoom	6 6:45 PM— Lions Club Dinner & Meeting	7 BWC Annual Conference	8	9	10
11 9:30 AM— Sunday School 11:00 AM— Worship Service	12	13	14  Flag Day	15	16 Pastor Nick— Out of Town	17 10:00 AM— Field Trip to Strawbridge Home & Shrine
18 Father's Day 9:00 AM— Breakfast 10:00 AM— Worship Service	19	20	21 12:00 PM— Lunch Out at Hor- net's Nest in Damascus	22	23	24
25 10:00 AM— Worship Service Pastor Nick— On Vacation	26	27	28 3:00 PM— Book Club Meeting at the Burkes' Home	29	30	

Wesley Grove United Methodist Church

Church Phone: 301-253-2894
Email: wgumc@wesleygroveumc.org

As a Church Family that...

- * covenants to walk together in Christ's peace,
- * believes that all persons are created equal,
and
- * affirms the inclusive love of Jesus Christ,

We Welcome All to Our Work and Worship,
regardless of race, ethnicity, gender, age,
ability, sexual orientation, and/or economic
circumstance.

We're on the Web!
wesleygroveumc.org

FATHER'S DAY

Sunday, June 18

BREAKFAST

9 am in the Fellowship Hall

WORSHIP SERVICE

10 am in the Sanctuary

**Sign up for breakfast
on the list in the vestibule.**

**Contact Becky Lewis
at 240-338-3211 if you can help cook,
serve, and/or clean up from breakfast.**

To unsubscribe, please call the Wesley Grove UMC Office (301-253-2894) or email wgumc@wesleygroveumc.org

Wesley Grove United Methodist Church
23640 Woodfield Road
Gaithersburg, MD 20882