

# Wesley Grove Messenger

February 2021

My Sisters and Brothers in Christ,

I've been thinking... about you!

Every day as I walk past my refrigerator, I see pictures of church family members along with family photos that are posted there. Every day, I pray for each of you and for those whose pictures I carry in my heart. I check my emails and texts and pray for those who are hurting and need healing. I ask God to guide me as I make phone visits with those who are sick, homebound, or just in need of some encouragement. Yes, I've been thinking about you. I've been wondering how you're doing? How you're feeling? Not just about this day or even this week, but about this time in our lives.

It's a lot to process, right? It's a lot to think about. It's a lot to worry about, I know I carry my own grief at this time, and I see the grief that others are carrying whether it be from personal loss, COVID-19, or the deep division in our country. The truth is, everyone is grieving or feeling some sort of loss. Some have lost companionship, others have lost loved ones, jobs, homes, and still others entire businesses and ways of life.

I've heard from some who have simply lost hope. Or if they haven't lost hope altogether, hope remains elusive; difficult to conjure. It's a lot to bear, so sit for a moment. Put your hand over your tender, broken heart and just breathe. It's okay to feel down and feel what you feel. It's okay to grieve what was and what's been lost.

This is what I want you to know --- we are going to travel this road together. We are a community - you and me. We are going to be here to lift each other up, to remind each other of what matters, to remind each other that healing is possible, that hope is real, and that we are the Beloved Children of God, worthy of love and respect, and that God is using us to change the world. We are here to support, comfort, and care for each another.

So today, set your gaze forward, throw your head back if you can, straighten your shoulders, and take a deep breath. Exhale. Today is just one day, nothing more. Try to get through it, try to find faith in God, faith in yourself, and faith in your community. Exhale. We are all here for one another, and more importantly, God is here for all of us.

In God's peace,  
*Pastor Karen*



## Lectionary Readings

### February 7, 2021

Isaiah 40:21-31  
 Psalm 147:1-11, 20c  
 1 Corinthians 9:16-23  
 Mark 1:29-39

### February 14, 2021 *Transfiguration Sunday*

*Valentine's Day*  
 2 Kings 2:1-12  
 Psalm 50:1-6  
 2 Corinthians 4:3-6  
 Mark 9:2-9

### February 17, 2021

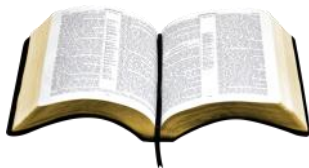
*Ash Wednesday*  
 Joel 2:1-2, 12-17  
 Psalm 51:1-17  
 2 Corinthians 5:20b-6:10  
 Matthew 6:1-6, 16-21

### February 21, 2021

*First Sunday in Lent*  
 Genesis 9:8-17  
 Psalm 25:1-10  
 1 Peter 3:18-22  
 Mark 1:9-15

### February 28, 2021

*Second Sunday in Lent*  
 Genesis 17:1-7, 15-16  
 Psalm 22:23-31  
 Romans 4:13-25  
 Mark 8:31-38



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



## December 2020 Financial Report

*Rick Monarch, Treasurer*

### Expenses

Apportionments	\$1,245.83
Pastor's Salary (1/3 of total salary)	\$1,430.84
Associate Pastor's Salary (1/3 of total salary)	\$463.20
Pastor's Benefits	\$135.66
Pastor's Professional Expenses	\$51.36
Church Secretary's Wages	\$1,220.00
Choir Director's Salary	\$0.00
Worker's Compensation Insurance	\$0.00
Substitute Musician Fees	\$0.00
Miscellaneous Church Expenses	\$2,987.22
Payroll Taxes	\$0.00
Capital Improvement Costs (new heat pump)	\$5,769.00
Grass Cutting Costs	\$1,620.00
Groundskeeper Costs	\$0.00
Custodian's Salary	\$405.00
Parsonage Expenses	\$1,406.85
Programs	\$362.67
Insurance	\$1,484.25
Office Expenses	\$121.23
Trustees - Maintenance Costs	\$810.82
<b>Total Expenses</b>	<b>\$19,513.93</b>

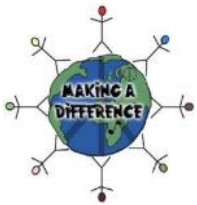
### Income

Weekly Collections	\$8,617.00
Cell Tower Rental Fee - Sprint	\$2,042.92
Cell Tower Rental Fee - Verizon	\$1,522.66
In and Out Income	\$723.00
Rental Property Monthly Payment	\$1,000.00
Parsonage Expense Reimbursements	\$1,674.52
(from Salem UMC and Mt. Tabor UMC)	
Miscellaneous	\$0.00
<b>Total Income</b>	<b>\$15,580.10</b>

## Missions News

*Judy Hughes, Chair*

Our Missions Committee would like to thank everyone for their generous soup donations to the Damascus HELP Food Pantry. Because of you, we were able to meet and exceed our goal of 100 cans. In fact, during the month of January, we collected 126 cans of soup ranging from New England and Manhattan clam chowders to minestrone and Italian wedding.



Damascus HELP is also always in need of cereal, jelly, peanut butter, pasta, macaroni and cheese, tomato sauce, canned vegetables (especially those other than green beans and corn), stuffing mixes, canned proteins (like chicken, tuna, and salmon), and diapers (especially the larger sizes of 4-6). Feel free to buy any of these items and leave them at the church. We will then get them to Damascus HELP.

## Are You in Need of Help?



This pandemic and time of isolation has made us all weary, fearful, and anxious in so many different ways. If you need help with food, anxiety, depression, rides to doctor visits, utilities, etc., please call 301-253-0044 or email the church office at [WesleyGrove208@verizon.net](mailto:WesleyGrove208@verizon.net).

Our two pastors and office manager are here to help. We have a variety of resources available and access to many others. Please don't hesitate to contact one of us at any time.

We ask that our Almighty Lord continue to watch over and bless each of you and your families in these difficult times.

## February Birthdays



- 1 Barbara Kunkle
- 9 Namela Miller
- 12 YouJung Jung
- 13 Daniel Hottinger
- 14 Joel Ketchum  
Abby Horner
- 15 Susan Boyko
- 22 Shelby Kepner
- 23 Stephen Lewis



## Worship News

*Sue Ketchum, Chair*

Our Sunday morning worship services will continue to be livestreamed on Zoom at 10 am. In-person worship will not resume until sometime later in the spring or early summer. Based on the most recent guidelines from our Bishop, Governor, and County Executive, our Re-Entering Well Task Force thought this would be the safest alternative for our congregation.

In the meanwhile, we would love for folks to volunteer to read, sing, and/or play instruments during our worship services. This can be streamed from the Sanctuary or from the safety of your own home. Please let Tammy know if you are willing to volunteer in one of these ways.

The Worship Committee would like to thank the team of "skilled" decorators who put up and took down our indoor and outdoor Christmas decorations and then redecorated for the winter months. These folks included — Bob & Cathy Burke, Brian & Becky Lewis, Pastor Karen Davis, Judy Hughes, Jim Kemp, Skip & Sue Ketchum, and Rick & Tammy Monarch.



## Finance News

*Jim Kemp, Chair*

2020 was a very unusual year for everyone, including those of us here at Wesley Grove. We started the year worshipping inside the church; in the spring, we were online; in the summer and early fall months, we met outside by our pavilion while learning to Zoom from there as well; and then in October, we moved back inside the church for both in-person and virtual worship while following all of the Covid protocols and restrictions. And now, we are once again worshipping together only online each Sunday morning.

Throughout all of this turmoil and chaos, one thing has remained constant – and that’s our love and support of this church and its congregation. Folks have joined us in the way that they feel most safe and comfortable, whether in-person or virtually from their homes, and yet, our weekly collections have remained steady. During 2020, we continued to pay all of our church bills on time, including our yearly mission share (which used to be called our apportionment) to the Baltimore-Washington Conference, and we ended the year with more money than we started the year with way back in January!

This happened because of all of you and your support of Wesley Grove – in good times and in bad. I personally would like to thank every one of you who contributed in any way (monetarily, physically, and/or prayerfully) during this past year to help keep our church open, operating, and showing the Woodfield community that we are still here and alive and that we will make it through this very challenging time period.

It takes love and faith, as well as a strong and dedicated work force, for a business, especially a church, to work, and that’s exactly what we have here at Wesley Grove – thanks to all of you!

## February



### *The Month of Love*

Test your knowledge of love and the Bible by answering the questions below.

1. How many times is the word, *love*, mentioned in the Bible?
2. How many times does Jesus tell us to “*love one another?*”
3. What Bible verses can you name that talk about *love?*
4. How many *different kinds of love* are described in the ancient Greek translations of the Bible?
5. Can you name and/or describe any of them?

### The Answers

1. Depends on the version of the Bible — anywhere from 310 times in the KJV to 538 times in the NRSV.
2. Jesus shares these words with us 11-13 times throughout the New Testament. Again, this depends on the version you are reading.  
Here are ten of the most common —  
John 3:16—“For God so loved the world that He gave His one...  
John 15:13—“Greater love has no one than this: to lay down...  
Matthew 5:43—“Love your neighbor...  
1 Corinthians 13:4—“Love is patient and kind; it is not boastful...  
Mark 12:30—“Love the Lord, your God, with all your heart...  
John 13:34—“As I have loved you, you are to love one another...  
John 14:15—“If you love me, you will keep my commandments...  
1 Peter 4:8—“Above all, keep loving one another deeply...  
Proverbs 17:17—“A friend loves at all times...  
Genesis 29:20—“Jacob worked 7 years for his love of Rachel...”
3. 8 kinds of love  
Agape — unconditional, selfless love — the love that God has for all His children  
Eros — passionate love — the physical love between sexual partners  
Ludus — playful love — the love between a couple just starting their relationship, involves flirting, teasing, etc.  
Mania — obsessive love — the negative love that one has over another to the point of controlling his/her words and actions  
Philia — self love — the love that one has for him/herself, not in a narcissistic way, but as self-esteem and self-compassion  
Philia — affectionate love — the love between good friends and the love shared with someone you respect or admire  
Pragma — enduring love — the love that stands the test of time between two devoted members of a couple  
Storge — familiar love — the love shared among family members, especially between parents and their children
- 4.
- 5.

## Suggestions for Treating Covid at Home

*(Recommendations taken from the CDC, UMD, HealthLine, and other websites)*

If you are diagnosed with coronavirus, here is a list of do's and don'ts that might help to alleviate some, or even all, of your symptoms, if they are mild and you do not require hospitalization.

1. Sleep on your stomach. If you just can't, then sleep on your side. Do not lie flat on your back as this reduces the space in your lungs and allows for fluid to settle in.
2. Set your alarm clock for every 2-3 hours while you are sleeping. Then get up and walk around for 15-30 minutes, no matter how tired or weak that you feel. This will help to reduce the settling of fluid and pneumonia in your lungs.
3. While you are walking, also move your arms around to help open up your lungs.
4. Focus on breathing in through your nose and out through your mouth to increase your lung capacity.
5. When sitting, do not recline. Instead, sit up straight, so as not to contract your lungs.
6. While watching television, try to remember to get up and move during each commercial break.
7. Eat eggs, bananas, avocados, broccoli, dark leafy greens, potatoes, asparagus, and lentils. These foods are high in potassium, and low levels of potassium can produce abnormal heart rhythms.
8. Eat healthy, wholesome foods, including fruits, vegetables, and whole grains.
9. Stay hydrated by drinking plenty of liquids, including water, juice, Pedialyte, Gatorade Zero, PowerAde Zero, and other beverages high in electrolytes.
10. Avoid cold beverages; instead, drink them warm or at room temperature. Try adding lemon, honey, or peppermint.
11. Avoid dairy and pork products.
12. Take a multi-vitamin, particularly one with vitamins B, C, D<sub>3</sub>, and zinc.
13. Take acetaminophen (aka Tylenol) to reduce your fever if you have one.
14. If you have a cough, runny nose, and/or drainage, try taking a product, like Mucinex or Mucinex DM.
15. Use a vaporizer, humidifier, or hot shower to breathe in steam to soothe a sore throat and to break up any mucus that develops in your upper airways.
16. Suck on throat lozenges, cough drops, or hard candy to keep your mouth and throat moist.
17. Try sucking on ice cubes or popsicles to relieve throat soreness.
18. Try gargling with salt water. Add one teaspoon of salt to eight ounces of water.
19. If you are dealing with leg cramps, try taking a product like Peppid.
20. To reduce the chance of developing blood clots from lack of activity, take one baby aspirin each day.
21. Avoid caffeine, smoking, and alcohol.
22. Do not share any plates, cups, utensils, towels, clothing, and/or bedding with anyone else in your household.
23. Live, eat, and sleep in a separate bedroom and bathroom.
24. Open the windows and ventilate your home as much as possible.

## Administrative Council Meeting

Monday, January 11, 2021

This virtual meeting was opened by Bob at 7:36 pm.

### In Attendance:

Bob Burke, Cathy Burke, Pastor Karen Davis, Jim Kemp, Rick Monarch, Tammy Monarch, Louise Burdette, Carol Stone, Becky Lewis, Steven Arndt, and Judy Hughes

### Devotions:

Becky read a prayer from Bishop Gary Mueller from the Arkansas Conference regarding the world's current situation entitled "Spirit of the Living God Fall Afresh on Me."

### Prayer Requests:

- Susan Park's baby's weight is on the small side, and Susan will continue on bed rest until Eleanor's birth.
- Sue Conway, Helen Smith's sister, passed away on January 6.

### Good News Items:

- Great virtual baby shower for the Parks yesterday!
- Good Christmas Season, even with all the restrictions. We did everything we could with Bible study, tree lighting, church decorating, and worship services, averaging about 35 people (in-person and virtual) weekly.

**Approval of Minutes:** The minutes from our last meeting on November 9 were approved by all.

### Old Business:

- New defibrillator is here and will be installed soon in the church vestibule. The Ketchums bought this in memory of Sue's father. The defibrillator in the hall needs a new battery and pads. Tammy will ask Sue to order these. Jim says that we can pay for them with memorial funds.
- New hall heat pump was installed last Thursday and was paid for with funds from Trustees' 2020 budget.

### New Business:

- New PPP funding was announced today, but we are not qualified to apply this time because we did not suffer a 25% decline in income in 2020.

### Committee Reports:

**Trustees** --- A couple of trees in our parking lot areas are dead and need to be taken down.

- We are considering installing a security camera in the back of our property near the little white house and possibly one near the ballfield. Bob knows someone who does this and will look into it further.
- The playground ark needs to be reset as it is sinking into the ground, and it also needs to be re-stained.
- Our pavilion needs some maintenance work.

**Finance** --- We ended 2020 with more money than we started the year with. Yay! People gave generously last year even with the tough conditions.

- All paper work for the cell tower lease buy-out has been completed and mailed to American Tower. They are

finishing their part and hope to send us our \$292,000 check within the next two months.

- The Committee is in the process of investigating various investment options for this money.

**Christian Fellowship** --- Yesterday's virtual baby shower for Susan and Josh was a success!

- Church Family Fellowship Hours on alternating Wednesdays at 7:30 pm will begin this week.

**Missions** --- We received a nice thank you note from Faith Connections for our Christmas donations of grocery and department store gift cards.

- Faith Connections provided gifts to 407 families over the Holiday Season.
- For the month of January, we are collecting cans of soup for Damascus HELP. Our church goal is at least 100 cans.

**Christian Education** --- Our Advent Book Study went well with 17 participants from all three churches.

- We will have a similar one for the Lenten Season. Pastor Karen and Tammy are currently investigating various books to use. More info will be coming soon.

**Worship** --- All services are now virtual until further notice. This is based on state and county laws and guidelines.

- The church has been undecorated from Christmas, but it has been redecorated for the winter. It is very attractive and welcoming to anyone wanting to come in to meditate or pray.

**Communications** --- Messages on our Facebook page and our church website have been updated about our winter services on Zoom.

- Many "thinking of you" cards have continued to go out to folks in need.

**SPRC** --- Pastor Karen has asked Terri to call Tammy and set up a 2021 first quarter charge meeting.

- Rick asked what had happened to our SPRC meeting with DS Park. Karen responded that had been cancelled for now, but Rick thinks that it still needs to happen, so Karen will speak with Terri again.
- Steven recommended we have a meeting with the DS prior to him leaving his position on July 1, 2021.
- YouJung will graduate from seminary this May. Pastor Karen says that YouJung will be with our charge for at least another year as the process of getting ordained takes several years.

**Pastor's Report:** Happy New Year - oh, how Pastor Karen wishes it could be so. She continues to feel blessed for sure, but this pandemic and losing her two parents this past year have left her feeling desolate and grief-stricken. Because of Covid, anxiety levels are at an all-time high for many people. She read us some uplifting and positive quotes. Their basic theme being - stay hopeful, stay grateful, and stay focused on the Lord.

**Next Meeting:** will be on Monday, March 8 at 7:30 pm on Zoom. Devotions will be led by Bob.

The meeting concluded with a prayer by Pastor Karen and was adjourned by Bob at 8:33 pm.

# February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 3:00 PM— Book Club Meeting 7:30 PM— Virtual Re-Entering Well Task Force Meeting	4	5	6
7 10:00 AM— Virtual Worship Service with Holy Communion	8	9	10 7:30 PM— Virtual Church Fam- ily Fellowship Hour	11	12	13
14 <i>Valentine's Day</i> 10:00 AM— Virtual Worship Service	15	16	17 <i>Ash Wednesday</i> 7:30 PM— Virtual Charge Wor- ship Service	18 <i>Deadline for March newsletter submissions</i>	19	20
21 <i>First Sunday in Lent</i> 10:00 AM— Virtual Worship Service	22 7:30 PM— Virtual Board of Trustees Meeting	23	24 7:30 PM— Virtual Church Fam- ily Fellowship Hour	25	26	27
28 <i>Second Sunday in Lent</i> 10:00 AM— Virtual Worship Service	1 7:30 PM— Virtual Finance Committee Meeting	2 7:30 PM— First Session of Vir- tual Lenten Book Study	3 3:00 PM— Book Club Meeting 7:30 PM— Virtual Re-Entering Well Task Force Meeting	4	5	6

**Wesley Grove  
United Methodist Church**

Church Phone: 301-253-2894  
Email: [wgumc@wesleygroveumc.org](mailto:wgumc@wesleygroveumc.org)

**As a church family that...**

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

**we welcome to our work and worship all —**  
regardless of race, ethnicity, gender, age,  
ability, sexual orientation, and/or economic  
circumstance.

**We're on the Web!**  
[wesleygroveumc.org](http://wesleygroveumc.org)



May the  
**Love of  
Jesus  
Christ**

surround you  
this day and every day  
throughout this  
month of love and  
friendship.

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

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