

# Wesley Grove Messenger

August 2024

From Pastor Abby's Desk...

In my first year of seminary, I was assigned to small group for one of my classes. We would explore different spiritual practices to focus on each week and then come together with this small group to discuss how the spiritual practice went for us. One surprising aspect of my seminary experience is how little our personal walks in faith are discussed; by and large, my classes focused less on what religion means and more on the context that shapes our faith as a whole, except for this class. This class was all about the personal experience. I had very low expectations for this group --- we were randomly assigned, and I knew none of them: two of my groupmates were retired, one was just under twice my age, and the final member was married with a child on the way. Surely, I thought to myself, how much could I really have in common with this conglomeration of people?

What unfolded over the course of the year was... unexpected, to say the least. We were not required to meet weekly; yet, we formed a routine of getting lunch together every week before class. In the second semester, we were expected to meet even less at only six times during the semester; yet we chose to continue meeting nearly weekly. We were all in different phases of life; yet we learned to show up for one another, even when we personally did not understand the experiences of the other. We helped each other discern the next steps when faced with tough choices, sent well wishes during health scares, threw baby showers, shared so many meals and laughter together, and bought one another gifts.

One of the gifts I received from my beloved small group was a Lectio Divina Journal, which provides meditative journaling prompts for 365 days. We all received this gift as a way to stay connected even though the year-long class that brought us together came to an end, and I have found this to be the one spiritual practice that is most rewarding for me. As I am still new to this community, I wanted to share this practice with you all and encourage you to find a moment of peace in your week to try this practice as well. Lectio divina translates to "divine reading" or "spiritual reading" and is a way of reading the Bible slowly, thoughtfully, and in a way that tunes in closely with the whole self. It asks questions, like what comes to mind? What do you feel? What do you hear? Although you can do this with absolutely any scripture, one that I recommend is Psalm 23 from the NRSV translation.

There are four (or technically five) elements to a lectio divina. Prior to starting, spend about 60 seconds quieting your mind and heart; perhaps you had a long day, perhaps you spent the day in traffic, or fighting, or are just simply exhausted. Honor those feelings, and try to center yourself before you enter into a lectio divina.

*Step one: **Lectio.*** Simply read the text; do so slowly and prayerfully. Read and reread the text, notice words, phrases, or verses that stand out to you.

*Step two: **Meditatio.*** Reflect on those words, phrases, or verses that stood out to you. Make mental notes or write them down while asking yourself, "What is God really trying to say to me through these words?"

*Step three: **Oratio.*** Take these words, phrases, or verses to God in prayer. Speak to Him about what is stirring in your heart and soul.

*Step four: **Contemplatio.*** This is where we rest in God. Be still and let Him move within you. As we rest, we move from conversing with God to communion with God.

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## Lectionary Readings



### August 4, 2024

*Rev. Debra Whitten preaching*

2 Samuel 11:26—12:13a

Psalm 51:1-12

Ephesians 4:1-16

John 6:24-35

### August 11, 2024

*Pastor Abby preaching*

2 Samuel 18:5-9, 15, 31-33

Psalm 130

Ephesians 4:25—5:2

John 6:35, 41-51

### August 18, 2024

*Pastor Nick preaching*

1 Kings 2:10-12, 3:3-14

Psalm 111

Ephesians 5:15-20

John 6:51-58

### August 25, 2024

*Pastor Abby preaching*

1 Kings 8:1-6, 10-11, 22-30, 41-43

Psalm 84

Ephesians 6:10-20

John 6:56-69



## June 2024 Financial Report

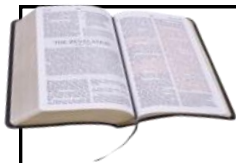
*Rick Monarch, Treasurer*

### Expenses

|                                                 |                     |
|-------------------------------------------------|---------------------|
| BWC Mission Share                               | \$1,432.38          |
| Pastor's Salary (1/3 of total salary)           | \$1,610.33          |
| Associate Pastor's Salary (1/3 of total salary) | \$417.67            |
| Church Secretary's Wages                        | \$1,683.00          |
| Organist / Pianist                              | \$700.00            |
| Worker's Compensation Insurance                 | \$0.00              |
| BWC Annual Conference for Lay Delegate          | \$463.33            |
| Payroll Taxes                                   | \$128.75            |
| Capital Improvement Costs                       | \$90,359.00         |
| Grass Cutting Costs                             | \$0.00              |
| Snow Plowing Costs                              | \$0.00              |
| Groundskeeper Costs                             | \$0.00              |
| Custodian's Salary                              | \$350.00            |
| Programs                                        | \$548.62            |
| Property Insurance                              | \$2,203.00          |
| Administrative Expenses                         | \$149.32            |
| Charge Treasury - Parsonage Expenses            | \$402.58            |
| Charge Treasury - Professional Expenses         | \$113.92            |
| Charge Treasury - Medical Insurance Cost        | \$305.00            |
| Charge Treasury - Retirement Contribution       | \$342.20            |
| Charge Treasury - Administrative Costs          | \$15.34             |
| Trustees - Maintenance Costs                    | \$1,356.35          |
| Miscellaneous                                   | \$0.00              |
| <b>Total Expenses</b>                           | <b>\$102,580.79</b> |

### Income

|                                  |                     |
|----------------------------------|---------------------|
| Weekly Collections               | \$5,454.47          |
| Cell Tower Rental Fee - Sprint   | \$2,299.33          |
| Rental Property Income to Church | \$2,000.00          |
| Roofing Project Collections      | \$150.00            |
| Memorial Donations               | \$200.00            |
| Cashing in Matured Annuities     | \$140,891.19        |
| <b>Total Income</b>              | <b>\$150,994.99</b> |



## Worship Helpers Needed

If you are willing and able to serve as our liturgist or greeter during the worship service on any given Sunday, please sign up on the sheet in the vestibule or contact Tammy by calling the church office at 301-253-2894 or emailing her at WesleyGrove208@verizon.net. We all appreciate your willingness to serve as we worship and praise Our Great Lord together!



# Fall Community Yard Sale



**Saturday, September 21  
9 am to 2 pm**

It's not too early to reserve  
your spaces for \$20 each.  
Rental tables are an additional \$5.

Contact Tammy at 301-253-0044.

## Welcome, Pastor Abby,



## to Wesley Grove UMC and to the South Damascus Charge!

For those of you that don't know, Pastor Abby Butler-Cefalo joined us on Monday, July 15 as our new associate pastor. Abby is currently a student at Wesley Theological Seminary in Washington, DC. She is excited and motivated to come and help Pastor Nick lead our church and our charge, in worship, in fellowship, and in praise of our Lord Jesus Christ!

If you should need to contact Abby, her phone number is 757-810-9921, and her email address is [abby.cefalo@gmail.com](mailto:abby.cefalo@gmail.com).

## Missions News

*Linda Chatterton, Chair*

It's back to school time, and that means filling backpacks for Wesley Grove. School supplies can be found with prices from 25¢-50¢ and up. And don't assume that The Dollar Tree has the best deals because at this time of year, it doesn't always. Staples, Target, and Walmart often have much better deals and prices for back-to-school supplies!



I know not all of you can get to the stores. If that is the case for you, I can shop for you! Just give me a call and tell me how much you want to spend (even \$5 helps), then I'll do the shopping and give you the store receipt. All donations need to be at the church **by Sunday, August 11**.

At this time, backpacks are the most needed item by Faith in Action, the group organizing this drive. These can be brand-new or very gently used.

As always, the Damascus Help Food Pantry is in need, especially of peanut butter, jelly, and boxes of cereal. Look at the sale circulars for the local grocery stores and see what's on sale. When I see good buys, that's when I buy extra food items for the pantry.



Please remember that we are also continuing to collect the small bottles of lotion, shampoo, conditioner, mouthwash, etc. and the mini bars of soap that you find in hotel room bathrooms. Sometimes, you also find shower caps, disposable razors, toothbrushes, and emery boards. Please collect all of these items on your travels and bring them back with you. We are collecting them for the residents in area nursing homes and shelters, who all greatly appreciate such treasures!

A big thank you goes to all of you for all you do to help those in need within our community!



### Fellowship News

*Becky Lewis, Chair*

Although August is a quiet month on the fellowship front, please remember that there are two big events coming up in September — the Fall Community Yard Sale on Saturday, September 21 and our Annual Outdoor Worship Service and Charge Picnic the following day on Sunday, September 22. Mark your calendars, start cleaning out your closets, dig out your favorite summer picnic recipes, and contact Tammy at 301-253-0044 if you would like to reserve one or more spaces at the yard sale.



### Education News

*Tammy Monarch, Chair*

Our Sunday School is still on hiatus until the fall when we will resume classes on Sunday, September 15 at 9:30 am in the Fellowship Hall. Please know that new folks are always welcome and invited to join us. We are a group of all ages, educations, experiences, and backgrounds, and all of these differences can make for very interesting, meaningful, and often fun Biblical discussions! If you haven't joined us before and/or have suggestions for new topics to study, please contact Tammy in the church office by phone at 301-253-2894 or by email at WesleyGrove208@verizon.net.

### Annual Charge Conference



Please mark your calendars as our fall date has been set for Saturday, November 9 at 12:30 pm. This conference will once again be held for the entire South Damascus Charge, presented virtually via Zoom, and presided over by an elder in the Baltimore-Washington Conference. Further details will be shared in the fall.



### Holly Days Craft Bazaar



If you know someone who sews, knits, paints, crafts, works with wood, and/or makes wreaths or floral arrangements, please let them know about our annual craft bazaar coming up on Saturday, November 16 and give them Tammy's number — 301-253-0044 — to call to reserve a space and/or ask any questions.



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Maybe this is a new practice for you, or maybe this is the fourth time you've done a lectio divina this month. Either way, each time I complete this practice, a new piece of me and a new piece of God's vision for Heaven on Earth is revealed to me. What started at the beginning of the year as a random bunch of folks who are in wildly different phases of life, ended as a beautiful, intergenerational community of friends. My prayer for us is that we — you all and I — may be equally as lucky to grow in faith in such profound ways as my experience in this small group. I am so, so excited for this journey with all of you!

With prayerful love,  
Pastor Abby

## Administrative Council Meeting

Monday, July 8, 2024

Bob opened the meeting at 7:00 pm.

### In Attendance:

Steven Arndt, Louise Burdette, Bob Burke, Cathy Burke, Linda Chatterton, Jim Kemp, Becky Lewis, Rick Monarch, Tammy Monarch, and Pastor Nick Works.

### Devotions:

Becky opened with a reading, "Eight Prayers for Summer."

### Prayer Requests:

- Mike and Terri Sherwood.
- Praying for all the people in Texas who were affected by last week's hurricane.

### Good News:

- Wonderful Retirement Celebration for Pastor Karen: it was very well attended by all three churches, and Karen was touched!
- Great Father's Day Breakfast!

### Old Business:

- Tammy provided a summary of her attendance at BWC Annual Conference on May 29-31 in Baltimore. For further details, see her.

**New Business:** None.

### Minutes:

- Minutes from our last meeting in May were accepted as printed in the June newsletter.

### Committee Reports:

#### Communications —

- We continue to send cards and e-mails, and make calls to church family members in need.
- Website & social media sites are up-to-date.

#### Education —

- Tammy and Nick are researching several different Sunday School study options for the fall.

#### Fellowship —

- Celebrate Damascus Parade will be held this coming Friday night. We will be participating like in years past. Join us if you can!
- We are planning a "Christmas in July" Holiday Luncheon after worship on July 21.

#### Finance —

- We are awaiting estimates to determine how much we will need to spend on the necessary repairs and updates to get the parsonage ready

to rent later this summer or in the fall.

- To date, we have received \$4,600 as a result of the letter we sent out requesting help with the cost of the church roof replacement.
- Our five annuities that matured on June 17 have been deposited into the general checking account. Bills from our new church roof and air conditioning units have been paid off from these funds. Usage of the remaining balance from the annuities to be determined.

#### Lay Leadership —

- No report this month as we will begin meeting in August to plan for church leadership in 2025.

#### Missions —

- We are continuing to collect school supplies for needy children in our community through 8/11.
- Damascus Help is in desperate need of volunteers and food for the pantry.

#### SPRC —

- Our associate pastor position has been offered to Abby Butler-Cefalo and we are awaiting her response.
- If she accepts this offer, we anticipate her beginning on Monday, July 15, and her first day in the WG pulpit will be Sunday, July 21 during our charge worship service with Pastor Nick.

#### Trustees —

- We approved the use of our facility for a DSA softball camp on July 15-17. All activities will be held on the ballfield and under the pavilion.
- We also approved the use of our fellowship hall and playground for a day camp for autistic children (about 8-10 kids) from August 19-23 from 8 am – 5 pm. Outside and inside activities will occur.
- Parsonage yard clean-up will occur this Saturday, July 13 from 8 am – 3 pm.
- We have agreed to hire the Scates Corporation for replacing the metal roof section of the roof on the Fellowship Hall. Work should begin in the coming months.

#### Worship —

- "Christmas in July" Joint South Damascus Charge Worship Service to be held on Sunday, July 21.
- Due to recent and upcoming pastoral changes, we need to schedule our next meeting soon.

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**Pastor's Report:**

- Pastor Nick is looking forward to our various committee meetings in the coming months and has a lot of ideas to share that he hopes will help to coordinate the church services and music among the three churches in our charge.
- He has continued to reach out to our shut-ins, provide communion to those who want it, and make visits within our church family.

**Closing:**

- Our next meeting will be held on Monday, September 9 at 7:00 pm.
- Linda volunteered to lead our devotions.
- Bob adjourned this meeting at 8:05 pm.

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**August Birthdays**

- 1 Henry King
- 3 Chad Kunkle
- 4 Glenn Lewis
- 5 Sam Lynagh
- 6 Elaine Falk
- 12 Terri Sherwood
- 13 Mary Ann Davis
- 15 Douglas Green
- 16 Jo Ann True
- 24 Susan Park
- 25 Andrew Wilson
- 27 Sean Falk
- 29 Lincoln Verner



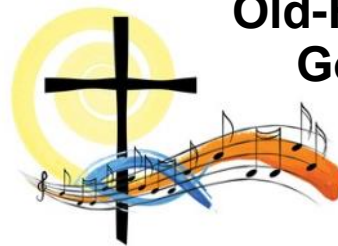
**Have You Planned Ahead?**



Don't leave your loved ones in the lurch! Wesley Grove has a number of cemetery plots available at \$1,000 each. Contact Jim Kemp at 301-253-2859 if you have any questions and/or are interested in purchasing one or more.

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**Do You Love Good, Old-Fashioned Gospel Music?**



Or how about familiar hymns with a bit of contemporary Christian music thrown in as well?

Well, if so, then please join us at Mt. Tabor UMC on Route 108 in Etchison on Saturday, August 10 for a free, community concert, performed by the Gospel trio, "Gloryway." This event begins at 6 pm in the sanctuary and will last about an hour.

After the concert, we will all gather in the fellowship hall for dinner. Mt. Tabor will supply most of the food; therefore, you do not have to bring a dish, but if you would like to contribute a side dish, salad, or dessert, that would be wonderful!

So, make plans to come and join us for an evening of uplifting and inspiring Gospel music, delicious food, and fantastic company! We hope to see you there!

# August 2024



| Sun   | Mon  | Tue       | Wed   | Thu  | Fri  | Sat  |
|---|--|-----------|---|--|--|--|
| Pastor Nick and<br>Family on Vacation               | Family on Vacation   | in Europe |   |  |  |  |
| 4<br>10:00 AM—<br>Worship Service<br>with Communion | 5  | 6         | 7   | 8  | 9<br>6:00 PM—<br>Setup for the<br>King/Burdette Re-<br>union | 10<br>10:00 AM—<br>King/Burdette Reun-<br>ion (all day)<br>6:00 PM—<br>Gospel Concert @<br>Mt. Tabor UMC |
| Pastor Nick away                                    |  |           |   |  |  |  |
| 11<br>10:00 AM—<br>Worship Service                  | 12   | 13        | 14  | 15   | 16   | 17   |
| Last day to bring<br>school supplies.               |  |           |   |  |  |  |
| 18<br>10:00 AM—<br>Worship Service                  | 19<br>Deadline for<br>September<br>Newsletter<br>Submissions | 20        | 21<br>12:00 PM—<br>Lunch Out at Mt.<br>Airy Inn | 22   | 23   | 24   |
| 25<br>10:00 AM—<br>Worship Service                  | 26<br>7:00 PM—<br>Board of Trustees<br>Meeting               | 27        | 28  | 29<br>7:00 PM—<br>Lay Leadership<br>Committee Mig.<br>8:00 PM—<br>Hub Committee<br>Meeting | 30   | 31   |

# **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)

# **Enjoy These Dog Days of Summer!**



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