

**A Monthly Publication that
features your church on the move!**

Wesley Word

May 2016

Volume 33 Issue 5

A Mother's Prayer

Make me a wise mother, O Lord. Keep me calm and give me patience to bear the small, irritating things in the daily routine of life. Give me tolerance and understanding to bridge the gulf between my generation and that of my children.

Let me not be too ready to guide my children's stumbling feet, but allow me to be ever near to bind their bruises. Give me a sense of humor that I may laugh with them but never at them. Let me refrain from preaching with words; let me show by example instead.

Keep me from forcing their confidences, but give me a sympathetic ear when my children come to me. Make me humble. Keep my children close to me, O Lord, though miles may separate us. And let Thy light so shine upon me that they, too, will perceive Thy glory. Amen.

A mother of 13 children was asked, "How in the world do you have time to care for 13?"

"Well," she replied, "when I had only one child, it took all my time; what more can 13 do?" ☺

Milestones

"The LORD appeared to Abram and said, 'To your offspring I will give this land.' So he built an altar there to the LORD, who had appeared to him." (Genesis 12:7, NIV)

Building an altar to the Lord was a sign that something significant happened in the lives of the Biblical patriarchs Noah, Abram, Isaac, Jacob, Moses, and many more. Times when the Lord appeared to them

and revealed a message or vision or gave them refuge

from their enemies were marked with an altar. There, they gave thanks to God for walking with them in their journeys – physically and spiritually.

The month of May marks many milestones for our young people. We rejoice with our graduates for having finished their course, at least up to high school. Whatever their plans may be – whether con-



From the **MINISTER**

tinuing their formal education in college or elsewhere, taking a break from school, or venturing into something new – we pray that the Lord will guide them and give them wisdom and inspiration along the way.



"Many hands of God in a living sanctuary."

On the day of Pentecost, May 15th, several of our youth will be confirmed, declaring publicly their faith in God through Jesus Christ and the power of the Holy Spirit. We pray that they will continue to grow in their faith and that, as they meet different situations, they will remember to

look to God for help and guidance.

I would like to appeal to our parents and guardians, mentors and elders in the church to pray that the Lord would continue to reveal God's wonderful plans in the lives of our young people; that the Lord would "appear" to them, as God had in the days of our faith mothers and fathers. Let us help and *inspire them to build an altar to the Lord to mark these significant events, to remember them always, and to give thanks to God for being their*

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Living By Learning

Matthew 28:19a & 20a: Therefore go and make disciples ... teaching them to obey everything I have commanded you.

The Flamingos Have Landed!

The Wesley Flamingos have gathered into their flock and started to roost in people's yards! The Wesley Youth have been trained to remove these flamingos from people's yards to help raise money for their mission trip this summer. If the flamingos happen to land in your yard, to get them out, please make a donation to the Wesley Youth Mission Trip, and then you get to

choose where they roost next. Don't want those pesky birds in your yard? Purchase Anti-Flocking Flamingo Insurance at a suggested donation of \$20 and you will be covered for one month. The flock's journey will be documented on the facebook page www.facebook.com/wesleyumcinton and also documented in the back of the Sanctuary!



From the Pastor, cont.

(Continued from page 1)

loving and gracious companion in their life and faith journey.

As they look back at each milestone, may our youth find strength, comfort, and peace of mind that the God of Abraham, Isaac, and Jacob kept the covenant made with them and will do the same with us. May this fact encourage us and our youth to keep our covenants made at our baptism, confirmation, and at every milestone, where God has given and will still give the vision and passion, the gifts and graces to love, honor, and serve God and others. The Lord be with you!

Blessings now and throughout your life,

Pastor Judith

CONGRATULATIONS to these 2016 GRADUATES!

Annebeth Ahrenholz, Austyn Farmer, ~~Clay Follmann~~, Maci Griffith, Makenzie Horak, Kyle Jorgensen, Olivia Ketchen, Shane Monaghan, Sean Noeller, Grant Noren, Kendra Peterson, Maraya Sondag, and Jarrica Speidel

Vacation Bible School is on its Way



Vacation Bible School (VBS) is coming up this Summer on Friday, July 17 from 6:00-8:30 and Saturday, July 18, from 2:00-4:30 with a celebration potluck for families to follow.

VBS will be held at the Presbyterian Church this year.

Our theme is Rocky Point Lighthouse. This is open to toddlers through graduated 5th graders! The 5th graders will be helping Kelsie throughout the weekend, and they will be taking pictures and creating a video for the celebration. They will be our Paparazzi! If you are at all interested in helping out please contact Kelsie DeReus – [kel-](mailto:kelsiedereus@gmail.com)

siedereus@gmail.com or 319-471-3599. Registration forms for children will

The Wesley Word newsletter is a monthly publication of the Wesley United Methodist Church, 516 Second Avenue, Vinton, Iowa 52349; phone 319 472-2581; FAX 319 472-4420; church e-mail: wesleyumc@juno.com; Pastor Judith's e-mail: jbunyi88@yahoo.com; website: www.wesleyumc-vinton.org; Editor: Lori Ferguson. Deadline for submission of articles and other items of interest for the newsletter is the 20th of each month, unless otherwise noted.

Living with Love

John 13:34b: As I have loved you, so you must love one another.

Pentecost is May 15



Red geraniums are being ordered again this year to help decorate our sanctuary for Pentecost

Sunday, which is May 15. If you are interested in buying a geranium, you may sign up at the back of the sanctuary or call the church office, 472-2581. Cost is \$6 per plant and checks should be made to Altar Guild. Deadline for orders is May 8.

Don't forget to dress yourself in red that morning, too!



Change a Child's Story

We are continuing to pursue our

project to help our children in this community to read at grade level. As of this date, we have donated about 135 books to schoolchildren. Some of our members have volunteered to read at Happy Time Day Care, as well as the schools. Our church has pledged to donate 1100 books and 1100 volunteer hours by the end of 2017. Help us attain our goal by volunteering to read to or listen to children read to us, either in groups or individually, at HACAP, Happy Time, at the school, or even at the public library. There are lots of places and opportunities to share God's love and care with our children.

Who's Who and What's New

WELCOME to our NEW MEMBERS!

Please take the time to meet and know our new members, greet them with a warm welcome, and extend the peace of Christ to them! They joined Wesley UMC on April 17th.

Deanne Henkle retired from Vinton-Shellsburg Community School District after 31 years serving as secretary. She and her husband, Larry, live in rural Garrison. They have three grown children and four grandchildren. Deanne was baptized and confirmed at Wesley and is transferring from Stewart Memorial UMC. She enjoys reading, quilting, and spending time with their grandchildren.

Bryan and Natalie Rodman:

Their family of four includes two active sons – Tanner, who was confirmed last year at Wesley, is

in 8th Grade and Axel is in Kindergarten. Bryan works as a salesman for P&K Midwest and is a member of the Vinton Fire Department. Natalie works at the Betterton Family Chiropractic Clinic. Their family loves the outdoors and being involved in the children's activities and ball games. They are transferring from Dysart UMC.

The Wesley Church family



extends their heartfelt sympathies to **Ben and Kelsie DeReus** on the unexpected death of Ben's brother, **Lucas Chandler**

DeReus, on April 5, 2016 in Slater, Iowa. He was 29 years old. Please keep the family in your prayers as they continue to cope during this sad time.

Thank You So Much!

Dear Church Family,

I just want to thank all of you for your support and prayers this past school year! The support from the church has been great through the stress of my first year in college! I always enjoy visiting when I'm in town for the weekend! The care packages around finals week gives me something to look forward to in such a stressful time! Thank you again!

~Sydney Bartling

Karrie Bartling and Wesley United Methodist Church,

Thank you so much for thinking of me and sending me a gift card. It means so much to me to

be included into your church family! I am so appreciative. Thank you again!

~Sierra Rast

*Not what I get, but what I give,
this be the gauge by which I live.
Not merely joys that come my way,
but the help I give to those astray.
Not the rewards of money and fame,
But the loads I lift in mankind's name.
This be the pay at the end of the day,
Not what I keep, but what I give away.*

give!

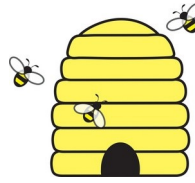
~Author Unknown

Health Ministries

Honey: Food with a History and Hidden Benefits

Dear Friends and Family in Christ,

A while ago one of my devotionals concentrated on honey. May is a month of Mother's Day and other sweet occasions. I would like to discuss Honey.



According to the devotional, when the tomb of Egyptian King Tutankhamen was discovered in 1922, it was filled with things ancient Egyptians thought were needed in the afterlife. Among items, such as golden shrines, jewelry, clothing, furniture, and weapons, was a pot filled with honey, still edible after 3,200 years.



Today we think of honey primarily as a sweetener, but in the ancient world it had many other uses. Honey is considered to be a food known to have all the nutrients needed to sustain life, so it was eaten for nutrition. Honey is known to improve digestion. It can help to keep your digestive tract working properly due to its antimicrobial properties. I found that it has many other properties and therapeutic benefits, after looking it up on the Internet.

Honey also contains glucose oxidase, an enzyme that is beneficial for alleviating gastritis. It increases energy by reducing muscle fatigue. Glucose is absorbed instantly while the fructose in it is absorbed over time, which gives acute and sustained energy. Honey is sweet but will not cause a spike in your blood glucose due to having a low glycemic index.

My mother used to give me and my siblings hot tea with lemon and honey when we had a cough or sore throat. That is a use today because of a natural cough suppressant property, as well as potent antibacterial. It can also be used topically for minor cuts etc. due to antibacterial, antimicrobial and antiseptic properties. It also looks to reduce pain, lessen pus and odor and helps to promote a faster recovery and lessen a chance of scarring. It also helps heal minor burns as it has both antifungal and antibacterial effects. Honey can be put directly on a burn. It is also known for helping to improve facial skin by preventing pimples and will alleviate dryness and inflammation of skin conditions like eczema and psoriasis.

When God rescued the children of Israel from Egyptian captivity, He promised to lead them to a "land flowing with milk and honey" (Ex 3:8,17) a metaphor for abundance. When their journey was prolonged due to sin, God fed them bread (manna) that tasted like honey. The Israelites grumbled about having to eat the same food for so long, but it's likely that God was kindly reminding them of what they would enjoy in the Promised Land.

God still uses honey to remind us that His ways and words are sweeter than the honeycomb (Ps 19:10). So then the words we speak should also be like the honey we eat, both sweet and healing. "Gracious words are a honeycomb, sweet to the soul and healing to the bones" Proverbs 16:24.

May you have a blessed May!

Frieda Davis, RN,BSN, Parish Nurse



Memorial Day

Over the years, Memorial Day has become a big holiday weekend. It's now the unofficial start of summer, rather than a day of tribute to the departed it was originally meant to be. Even if we plan fun events for Memorial Day weekend, it's important to stop long enough to bow our heads and pay respect to our departed loved ones—especially those who fell in battle while helping preserve America's liberties. Let us take time to make the pilgrimage to various cemeteries and pause long enough to say, "Thank you, Father, for these special lives, for sacrifices made and for friendships we have shared."

Seven Things You'll Never Regret

1. *Feeling reverence for your Maker.*
2. *Showing kindness to an aged person.*
3. *Destroying a letter—or not sending an e-mail—written in anger.*
4. *Offering an apology that saves a friendship.*
5. *Stopping gossip that could wreck a reputation.*
6. *Taking time to show loved ones consideration.*
7. *Accepting the judgment of God on any question.*

Sun

Mon








Tue

Wed

Thu

Fri

Sat

1  9 a.m.-Worship Service 10 a.m.-Love Comm. mtg. 10 a.m.-Fellowship Time 10:15-Christian Ed. classes AN-Michael & Lori Ferguson BD—Mark Christy, Elizabeth Fischer	2 Noon-PEP at Pizza Ranch 5:30 p.m.-SPRC meeting	3 10-2 p.m.-Drop-In Center 5:45 p.m.-Ruth Circle outing-meet at church to Carpool 6 p.m.-Cub Scouts meeting No Starfish meeting	4 9 a.m.-Mission Stitchers 3:30 p.m.-Creative Arts Min 5 p.m.-Girl Scouts meeting No Wesley Ringers 6 p.m.-Confirmation No Choir rehearsals in May BD—Beth Tichy-Golden, Amanda Albert, Owen Mullinex, Hugh Mangold	5 7 p.m.-Bible Study AN—Bill & Marilyn Faust, Dan & Sandy Evans BD—Dick Kerdus, Dan Albert	6 10-2 p.m.-Drop-In Center AN—Jeff & Kelly Tilson Carrie & Shane Powers Mike & Ellen Abernathy BD—Janet Moody	7 
8  9 a.m.-Worship Service 10 a.m.-Welcome Comm. 10 a.m.-Fellowship Time 10:15-Christian Ed. classes BD—Nathan Geater, Cylas Kettler	9 6 p.m.-Girl Scouts meeting 6:30 p.m.-Committee mtgs.	10 10-2 p.m.-Drop-In Center 6 p.m.-Tiger Scouts 6:30 p.m.-EO Group BD—Dale Sutton, Joan Hyde, Barbara Rego, Sandra Kulhavy	11 9 a.m.-5 p.m.-WIC Clinic 3:30 p.m.-Creative Arts Min 5:30 p.m.-Wesley Ringers 6 p.m.-Confirmation No Choir rehearsals in May AN-Pat & Nancy Jorgensen (25 years) BD—Lauri Rollins	12 9:30 a.m.-UNWW May Breakfast 7 p.m.-Bible Study AN—Rod & Angie Moore	13 10-2 p.m.-Drop-In Center 5:30 p.m.-Girl Scouts mtg. AN—Kathie & Jerry Adams BD—Bunny Fritch, Tony Olsen, Dalea Gahring, Carrie Powers BD—Dennis Williams	14
15  9 a.m.-Worship Service (Confirmation) 10 a.m.-Fellowship Time 7-9 p.m.-HS UMYF BD—Wanda Allensworth	16 8 a.m.-1 p.m.-Benton Co. Decat meeting 5:30 p.m.-Learning mtg. 6:30 p.m.-Service meeting BD—Pat Lyons	17 10-2 p.m.-Drop-In Center 6 p.m.-Cub Scouts mtg.	18 3 p.m.-Commodity Foods 3:30 p.m.-CAM (last one) 5 p.m.-Girl Scouts meeting 5:30 p.m.-Wesley Ringers 6-7:30 p.m.-MS UMYF No Choir rehearsals in May BD—Judy Travis, Kenneth Struve	19 5:30 p.m.-Church Council BD—Marissa Yessak	20 NEWSLETTER DEADLINE 10-2 p.m.-Drop-In Center BD—John Yundt, Tracy Sellers, Mark Vogt	21 
22 9 a.m.-Worship Service (honoring graduates) 10 a.m.-Fellowship Time AN-Jeff & Maggie Mangold BD—Lucas Richards, Jenna Pattee	23 11:30 a.m.-Benton Co. Coalition meeting 6 p.m.-Girl Scouts meeting 7 p.m.-4-H meeting BD—Lois Ewins, Edee Vogt	24 10-2 p.m.-Drop-In Center 6 p.m.-Tiger Scouts mtg. 6:30 p.m.-BeFriends mtg. BD—James Fuller	25 No Wesley Ringers No Choir rehearsals in May AN—Scott & Angie Tharp (25 years) BD—Kallea Christy	26 AN-Harold & Cheryl Knaack BD—Jeff Tilson, Audrey Tharp	27 10-2 p.m.-Drop-In Center 5:30 p.m.-Food Pantry mtg. 5:30 p.m.-Girl Scouts mtg. AN-Mike & Diane LaGrange Lois & Perry Ewins BD—Gene Fritch, Valerie Struve, Nita Obermueller, Annebeth Ahrenholz, Lillia Dahlstrom, Amrie Wittmer	28 2:30 p.m.-Food Pantry Distribution
29 9 a.m.-Worship Service 10 a.m.-Fellowship Time BD—Barb Beau, Austin Karr	30 Memorial  OFFICE CLOSED 12-3 p.m.-Graduation Party for Clay Follmann BD—Kayla Lange, Lainey Phippen	31 10-2 p.m.-Drop-In Center AN— Lyle & Luanne Langstraat BD—Becky Primus, Russell Lindberg				

Hands Raised in Worship & Folded in Prayer

Acts 2:42: They devoted themselves to the apostles' teaching, to the breaking of bread and to prayer.

Marvelous May Worship

Nowadays, it seems that we can't really predict the weather in Iowa, let alone the rest of the country or the world. In our area alone, weather seems to jump from winter to spring, then summer, then a cold snap, and back to spring in a span of one week. It keeps us on our toes! Each day, however, brings its own beauty and surprises. The outdoors offers fresh air and a buffet of colors, fragrance, and taste in fruits and blooms. Our eyes feast on the beauty of nature and creation. Even a gray and rainy day can provide some respite from our busy lives. The psalmist invites us, "Shout for joy to God, all the earth! Sing the glory of his name; make his praise glorious. Say to God, 'How awesome are your deeds!'" (Psalm 66:1-3a, NRSV) Come, join us on Sundays as we offer thanks and praise to God for all these generous bounty.

Memory Verse for May: "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." (John 14:27, NIV)

SCHEDULE OF WORSHIP SERVICES

May 01, 2016 **6th Sunday of Easter**
HOLY COMMUNION Chancel Choir

Acts 16:9-15 Lydia's conversion in Philippi)
Psalm 67 (Benediction)
Revelation 21:1-10, 22-22:5 (The New Jerusalem: A new heaven and a new earth)
John 14:23-29 ("Whoever loves me keeps my word.")

May 08, 2016 **7th Sunday of Easter**
Mother's Day Youth Sunday
Festival of Christian Home Ribbon Team

Acts 16:16-34 (The story of Paul, Silas, and the jailer)
Psalm 97 (The Lord reigns)
Revelation 22:12-14, 16-17, 20-21 (Come, Lord Jesus, come!)
John 17:20-26 (Jesus prays for all believers to be one in the Lord)

May 15, 2016 **Pentecost Sunday—Wear Red to Church**
HOLY COMMUNION
CONFIRMATION SUNDAY

Acts 2:1-21 (The Holy Spirit comes at Pentecost)
Psalm 104:24-34, 35b (God is the Lord of creation)
Romans 8:14-17 (The Spirit testifies to our spirit that we are children of God)

John 14:8-17 (25-27) (Jesus promises the Holy Spirit)

May 22, 2016
1st Sunday after Pentecost



CONGRATULATIONS to our 2016 CONFIRMANDS!

Conner is the son of Jason and Tammy Hicok.
Mentor: LeRoy Katcher
Favorite verse: 1 John 4:7-8
Favorite Hymn/Song: "He's Alive"
Favorite Bible Story: David and Goliath

Elijah is the son of Travis and Heather Kalous.
Mentor: Juanita Hargrave
Favorite Verse: Philippians 4:11
Favorite Hymn/Song: "Silent Night"
Favorite Bible Story: Noah's Ark

Sandra is the daughter of Susan Kraklio and Russell Kraklio.
Mentor: Wanita Burns
Favorite Verse: Galatians 5:1
Favorite Hymn/Song: "This Little Light of Mine"
Favorite Bible Story: Noah's Ark

Jenna is the daughter of Tysus and Amber Pattee.
Mentor: Cindy Pattee
Favorite Bible Verse: Romans 5:8
Favorite Hymn/Song: "Mary Did You Know?"
Favorite Bible Story: Creation Story

Emma is the daughter of Todd and Denise Wiley.
Mentor: Shirley Wiley
Favorite Bible Verse: John 3:16
Favorite Hymn/Song: "Amazing Grace"
Favorite Bible Story: Creation Story

Let us pray for our Confirmands that they may continue to grow to be more Christ-like each day, with the help of the Holy Spirit and the encouragement and example that we will provide.

(Continued on page 7)

Living for Service & Hands Offered in Welcome

1 Corinthians 12:5: There are different kinds of service, but the same Lord.
Mark 9:37a: Whoever welcomes one of these little ones in my name welcomes me.

Walking in Faith

In What Are You Afraid Of? Facing Down Your Fears With Faith (Tyndale House), David Jeremiah describes Englishman John Pounds (1755-1839) as an example of facing debilitation with faith. While working at the docks as a teen, Pounds fell from a ship's mast. Recovery took two years. Out of boredom while bedridden, he began reading the Bible and soon accepted Christ.

Once well enough, Pounds worked for a cobbler and later bought his own shop, making orthopedic shoes for disabled children. His own body had healed crookedly, resulting in constant pain, so he could identify with the people he served. Pounds also fed homeless children, taught them to read and told them about Jesus.

"What might John Pounds have become had he not been severely injured?" Jeremiah asks. Our struggles often enable us to empathize with and help people we wouldn't have met otherwise. Through our weakness, God can minister to others (2 Corinthians 12:9).

All of God's people are ordinary people who have been made extraordinary by the purpose he has given them.

~Oswald Chambers

Giving Opportunities for May



Graduates Celebration: Again, for the third year, The Starfish

Group is preparing to help high school graduates who would otherwise not have a celebration. At this time we have six applications. All of these graduates are going to college or some form of further education. They are in need of towels, toiletries, dishes, bedding, household cleaning products and any other items that would be needed when heading off to college or getting one's own apartment. With money donated, we will purchase cakes, food and supplies to help them have a party and any other things that they need. In past years we have purchased clothing for them to wear to graduation. If you wish, you may write a check to the church with Graduates in the memo section. If you have questions, please contact Barbara Rego.

Henderson Settlement #773365

May Worship, cont.

(Continued from page 6)

HONORING our 2016 Graduates
CONFIRMATION and BAPTISM
Peace with Justice Special
Offering, Wesley Ringers

Proverbs 8:1-4, 22-31 (Wisdom's call)

Psalm 8 (Humankind participates in ruling over creation)

Romans 5:1-5 (Peace and hope through Jesus Christ)

John 16:12-15 (The Spirit of Truth will guide you into all truth)

May 29, 2016

2nd Sunday after Pentecost

HYMN SING

(orange) - Meeting basic needs in Appalachia through God's love and connecting people to Jesus Christ.

Solar Ovens Partners UMC

#418812 (yellow/green) - Providing both the knowledge and the tools to alleviate hunger and human suffering through clean, affordable solar cooking. Education and training help meet the basic human needs of safe water and healthy foods. This successful project is expanding beyond Haiti to the Dominican Republic.

Peace with Justice (22nd) purple-

Gifts on Peace with Justice Sunday fund programs that advocate for peace and justice in the United States and around the world. These programs empower United Methodists to speak out for removing structures and systems that harm God's children globally.

1 Kings 18:20-21, (22-29), 30-39
(God demonstrates power at Elijah's request)

Psalm 96 (God rules over creation and human affairs)

Galatians 1:1-12 (Paul preaches no other Gospel than that of Christ)

Luke 7:1-10 (The faith of the Centurion)

*Dear Lord, you deserve praise forever.
May all glory be yours for the gift of life,
the loveliness of the earth and your
love through Christ. Amen.*

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Wesley Word

Return Service Requested

Pastor.....Judith Bunyi
Administrative Assistant.....Lori Ferguson
CE/Youth Ministries Director.....Kelsie DeReus



Scenes from the Spring Ring 'N Sing

