

The “Practice” of Fear

With all that is going on in our world today, it seems reasonable to have some element of fear in our lives. Each day brings more news that reminds us of how very little control we have over much in our lives and world. This reminder of the limits of our humanity is cold comfort to that potential for galloping fear that dwells within all of us.

I cannot promise myself or anyone that we will ever live in a world free from fear and uncertainty. I wouldn't even begin to try and make that argument. However, I do know that our lives will feel less uncertain and our days will feel more hopeful—if we can practice faith more than we “practice” fear.

I have come to understand my Christian faith as something that I must practice in order for it to be sustained and to grow. Some days faith is strong within me, and it is easy to pray and study and take actions that build my faith and my Christian faith life. Other days, it is all too easy to consciously (or unconsciously) practice fear. That is why I am committed to daily spiritual practices that can stop me in the midst of a “runaway day” or “free-floating” anxiety and turn me toward a reclamation of faith in the midst of fear.

I am not unrealistic enough to believe that we can be totally without moments of fear in our lives. I know all too well the grip of fear and doubt when news that is seemingly impossible to grasp or accept comes my way. However, I am inviting us all to be aware of the space that fear claims in our lives and to consider an intentional, resilient, and robust, practice of building faith in the place of fear.

What might be in it for us in our lives, our church community, our world if we could practice faith more than we practice fear? I ask you in this moment to try on that idea. Imagine a day in your life without fear—fear of financial insecurity, fear of all that is happening in our world, fear of changes in family/church/community/world, fear of health concerns, fear of anything that is weighing you down. How would your outlook on life and your daily actions be different if you practiced faith more than fear?

As we look intentionally at the goal of creating a Sanctuary culture at Wesley, it occurs to me that a place that dwells more in faith than in fear could be an oasis of Sanctuary in this world in which we dwell. And, this Sanctuary would benefit not only those who seek us out but also those who already “dwell” within our walls.

If you are interested in new or additional resources to practice more faith than fear in your daily life, I invite you to take a look at the Spiritual Formation page later in this Herald and/or e-mail, call, or talk with me.

In faith, Lisa Fagerstrom, Director of Christian Formation and Discipleship

LIGHTINGS AND ALTAR FLOWERS

The Tower lighting for June is given in loving memory of Hazel & Sherman Langille by The Bellil Family.

The Rose window lighting for June is given in loving memory of George Hammond by The Hammond Family.

WE LIFT UP IN PRAYER THIS WEEK

- ✝ Antoinette Enyim who celebrated her birthday on May 29. Giving thanks for her life and ask for more blessings on her.
- ✝ Spencer and Yvette who travel to the Caribbean to visit family and friends. Please pray that they may have a safe journey.
- ✝ Karen Chamberland who lost her husband of 40 years to cancer.
- ✝ Richard Henney (Judith Barton's brother-in-law) who is still in the hospital since March 16. He now has a breathing problem.
- ✝ Nicole Wakadilo's young brother, Prosper, who underwent surgical intervention (removal of amygdala) in Paris, France last week.
- ✝ Kacie, 19, who was recently diagnosed with Lupus. May she find strength, encouragement and healing.
- ✝ Someone who gives thanks for God's intervention in their health and asks for prayers for healing for all who need it.
- ✝ All those who are graduating this Spring and Summer.
- ✝ Congratulations to our 2017 Confirmands: Jason Assie, Nicholas Assie, Mack Edmunds, Sophia Gibbs, and Edward Ogbarmey-Tetteh, Jr.

Mark Your Calendars... **Sunday, June 18th** — There will be a joint celebration luncheon held in the Brewer Hall right after the 10:30 a.m. service for the Mothers and Fathers. Hope to see you all there. Thank you.

GRADUATES... Do you have a child(ren) graduating from high school or college? If so, please email your child's name(s), school he/she is graduating from, and where he/she plans on attending next. We will be lifting up their names on Sunday, June 18th. Please email Debi by June 12th at office@wesleyworc.org or leave a note in the office when you are in church. (Please be sure to print neatly so I can read what is written.)
Thank you, Debi Ritacco

REFLECTIONS FROM THE PASTOR'S DESK

In the last Herald, I posed the question: what makes (or should make) our ministries of social service uniquely different from those you might find in a secular nonprofit agency? I was pleased to receive some responses from some of you, one of which is now printed in this herald by Margaret Watson. I remain curious to hear from others of you and eager to continue to the conversation.

When I raised my question, I had been hearing, echoing in my spirit, the words Jesus uttered when the devil had offered Jesus a solution to his hunger, daring him to command the stones in the desert to turn into bread. Jesus responded saying: "One does not live by bread alone but by every word that comes from the mouth of God." (Matthew 4:4). In this passage, Jesus does not dismiss the need for daily bread. He simply says, "one does not live by bread *alone*," which says to me that, there is more that is needed to sustain life than just physical bread. Like Margaret, I too believe that what we have to uniquely offer people is spiritual bread on top of physical bread. Perhaps our constant challenge is figuring out how to do this without seeming to "proselytize" in the negative sense.

When I accepted God's calling to ministry, I did not immediately realize it was a call to ordained ministry. I thought it was a calling for me to only make more intentional efforts to connect my faith to my life and work. I had felt God said to me that I needed to spend time studying the scriptures and learning from God. So, I made a decision to join a men's group in my church: The Promise Keepers. These were older men who were seeking to shape their lives after the image of Christ as revealed in scripture. It was after a year of this Bible study that I found myself being re-directed toward seminary for more formal study of scripture. I'm not sure, however, that I would have come to that decision when I did, had it not been for the year I spent studying scripture by myself and with other Christians.

In 2010, when the Pew Research Center conducted a survey on religious knowledge among Americans, they discovered some surprising facts: Mormons, Evangelicals, Atheist/agnostics, and Jews (in that order) all exhibited greater knowledge about the Bible than mainline Protestants and Catholics. Now, I believe that the Bible is the word of God which reveals Jesus as the Word of God, for "in the beginning was the word and the word was with God and the word was God..." (John 1:1).

Now, taking the lead from Jesus' words above, I wonder how many of us see scripture as providing us with nourishment for our daily living that we devote ourselves to reading and studying it daily? I am inclined to believe that before we can even think about offering Jesus as the Bread of Life to others, we who believe in Jesus perhaps ought to demonstrate more of our commitment to feasting on God's word daily. Out of the nourishment Christ gives can we find ways to offer him to others in meaningful ways. What do you think?

In faith and hope, Pastor Shandi

A MESSAGE FROM SPRC

THE STAFF-PARISH RELATIONS COMMITTEE (SPRC) would like to hear your perspectives on our Ministry with Children, Youth and their families so we are asking that you please participate in the Survey that will be sent to you via email or if you prefer a hard copy, copies are available in the Welcome Office. Responses are due by June 18th. Thank you.



VOLUNTEER NEEDED... We are in need of a volunteer to help clean up the chapel and sanctuary after services on Sunday or on Monday mornings. It shouldn't take you longer than a half hour to pick up any bulletins/inserts left behind and refill the prayer request cards and envelopes. If you have a little spare time and can help out, please call me in the office Monday-Friday or email me. We can set up a time and go through everything very easily. Thank you! *Debi Ritacco*

INVITATION TO RAMADAN OBSERVANCE... We once again have received a gracious invitation from a local mosque to share an evening with them during their observance of Ramadan. The mosque at 57 Laurel St. in Worcester is hosting this event on Sunday, June 18 beginning at 7 p.m. The program will begin with a discussion of the topic "The History of the Scriptures: The Torah, the Gospels, and the Holy Quran." Dinner will be served at sundown, approximately 8:25 p.m. that evening. The organizers would like a headcount for the dinner, so please contact Margaret Watson if you wish to attend. The event is free and open to all interested. Thank you.

FREE THE GIRLS... Many of you remember when we collected new and slightly used bras for women who were trafficked into the commercial sex trade, usually in the under developed world.

FREE THE GIRLS offers services, education, and therapy to these women and girls who then are able to support themselves selling the bras and to learn to become independent and respected business women.

We will collect bras at our June Supper meeting. A cloth bag will be on the counter in the Welcome Office this summer and fall. I will ship them all in November. Thank you for your support.

Carolyn Bellil and the UMW

DONNA HIRTLE NAMED AS 2017 UMW MISSION RECOGNITION AWARD WINNER

There are so many women involved in service to others through this church's activities and beyond, but this year's nominee stood out. As one person said, she has been "involved in many activities for a long time in a mighty way." Put another way, her name can be associated with just about every ministry at Wesley.

About 20 years ago, she was involved in youth ministry, and her leadership is still remembered with appreciation. She has served on the pastor's youth advisory council. She has worked with MOPS – Mothers of Preschoolers, Vacation Bible School, and the Education Committee. When Wesley was between Christian Education leaders, her commitment ensured Sunday School continued through the summer months.

She has supported children and families in countless ways, from Friday night basketball to Carty Cupboard and community suppers, where she is known as a member of that small community with the secret knowledge of how to run the dishwasher.

Looking beyond the church walls, she has volunteered to support the families in the Interfaith Hospitality Network. She has been a representative for Stand Up for Kids. She helps prevent homelessness as a founding volunteer for the Hope for Housing grocery gift cards sales. And she has served on the Mission Committee.

We appreciate her commitment to United Methodist Women, as she attends meetings of not just one, but two circles within Wesley's UMW unit.

As a liturgist, her dramatic reading has brought deeper meaning to God's words for many of us, much as she did today.

For her timeless efforts, helping whenever asked, and her commitment and dedication to the growth and well-being of Wesley, we are proud to recognize Donna Hirtle with the 2017 UMW Mission Recognition Award.

Allison Hansen and Barbara Ingrassia
UMW Co-Presidents



CHILDREN'S EDUCATION

Did you see the board in Brewer Hall with the fish all over it? What do those fish mean? Well, it's the "ichthus," an early Christian symbol. It is reported that in early times it was used by Christians as a secret symbol that all would recognize, whether scratched on walls, rocks, or sand. It plays a prominent role in this year's VBS: Rome and Paul and the Underground church.

Those fish on the board in Brewer Hall all contain supplies we are seeking for VBS. **Can you help by donating?** Come check the board, take a fish, sign up, and bring the item in.

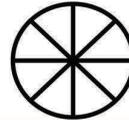
Many thanks! The VBS Team



The Ichthus ("Fish"): An Acronym



<i>Greek</i>	Ιησούς	Χριστός	θεός	Υιός	Σωτήρ
<i>Forms</i>	Jesus	Christos	Theos	Huios	Sotor
<i>English</i>	Jesus	Christ	God	Son	Saviour



A way of writing the Ichthus symbol by superimposing the initial Greek letters one on top of another

Got a Pop-Up or EZ-up open-sided tent? **We need 4 of them for VBS.** They will be returned. To make our Roman "marketplace" these tents are **KEY!** Please help us out! Thanks! See Jean Grant.

Christian Education Updates

VBS is July 10-13 (Monday-Thursday), 5-8 p.m. Please see the registration insert or go online: vbspro.events/p/4d3515

We are still in **need** of Summer Sunday School helpers to help our teachers. Without the extra help during summer, we have a difficult time meeting the needs of our Sunday school families. Please consider volunteering! Every extra hand helps! No task is too small for this ministry.

See Jean – grantgirl05@yahoo.com or 717-333-5367





United
Methodist
Women
FAITH • HOPE • LOVE IN ACTION

A Call to All Women

*Come and see what UMW is all about
at our Pot Luck Dinner*

Location: Wesley United Methodist Church ~ Brewer Hall

Date: Thursday - 6/15/2017

Time: 6:30 pm

Free the Girls, share a meal, plan a year!

Our next United Methodist Women meeting will be in Brewer Hall on Thursday, June 15 at 6:30, kicking off with a potluck dinner.

We are collecting new and nearly new bras for Free the Girls, a non-profit organization that supports women entrepreneurs in developing countries. Bring them on the 15th or to the Welcome Office afterwards.

We will be hearing about the mission work undertaken in Liberia by Rev. John Innes, retired Bishop of Liberia, and his wife Irene. Also on the agenda -- fundraising initiatives and events for next year.

Bring your favorite dish to share!

Childcare Available

If you would like to attend and need transportation please contact Kimberly Lindsey-Amoah or Gladys Poku or call 508-439-0435.



NEW FLORIST FOR WESLEY ALTAR FLOWERS...

We are now getting our flowers from Perro's on Grafton Street in Worcester. As of July 1st the cost for 2 arrangements will be \$60. The calendar and forms to order flowers are in the Welcome Office. If you'd like to order altar flowers for a future date, please be sure to secure that Sunday in the book and complete an order form as soon as you are able. Thank you.

Debi Ritacco

MISSION MATTERS

Thank you to Habitat for Humanity Volunteers!

On Saturday, June 3, these Wesley people worked on converting an 1800's former store into two condos: Tim McBrayer, Mark Muncey, Bill Wong and Betsy Pennino worked the full day. Half-day volunteers were Pastor Shandi, Leslie McBrayer, Deanna and Quinton Wong, Nancy Cook, Pat Coulter (from the Baton Rouge mission team), Chris Kerns, Gene Adams, Bill Robbins, and Bruce Pennino. Some had construction skills and were able to take the Site Manager's directions and lead a project, while others of us made comments like, "How many Methodists does it take to hammer in a nail?" Yet working together, we were able to construct three sections of flooring and two structural support posts, including cutting all of the wood pieces needed. Lorna Mattus-Merrill and Stephanie Smyth brought us a wonderful lunch with enough to feed the Site Manager and Owners of the two condos who worked with us. Thank you to all who contributed in this effort to work with homeowners to provide affordable housing in America. We'll be returning to this Northborough site as a team next spring, and a few of Saturday's volunteers will be working there before then.

June 24th Community Supper... The Ghanaian women of Esther Circle will be bringing us our June supper. The menu is chicken burritos, soup, salad, beverages and dessert. They would *appreciate donations of as many desserts as possible.*



A RESPONSE TO "REFLECTIONS FROM THE PASTOR'S DESK"

In the "Herald" appearing in the week of May 28, Pastor Shandi posed an interesting question concerning our ministries as a church. How do our Christian services differ from those of secular organizations who also minister to the needy? Certainly all of these are humanitarian efforts and should be commended, but the motives and services of the Christian church differ significantly from those of the secular.

First, our motives are differently derived. We follow the Master's directions, for he urged his followers to feed the hungry and clothe the naked. He explained further: "Inasmuch as ye have done it to the least of these my brethren, ye have done it unto me." So in rendering services to others, we are also serving God. Secular organizations do not share this intent.

We also have, however, other obligations: we should consider spiritual hunger also. Jesus performed the miracle of the five loaves and two fishes, but he added, “I am the Bread of Life. He who believes in me shall not hunger.” The message must be shared: the love of God will support a man or woman during difficult times. Further, we need to respect one another and build a relationship with our God. The two most important commandments are to love God and love our neighbor. Secular organizations do not carry this message.

The noted psychologist, Abraham Maslow, described human needs in the form of a hierarchy. On the lower levels we find the needs for security and physical necessities, including food. Next are the psychological and social needs — desire for acceptance and love from others. On the highest level, however, human beings have esthetic, spiritual, and creative needs. All of us have some potential on this level, but many of us are so busy satisfying our physical wants that we forget about our higher needs—and the higher needs of others as well.

The philosopher Friedrich Nietzsche identified the greatest human beings as our artists, philosophers, and saints, creative individuals who do not conform to the ordinary but are willing to venture into new realms. By so doing, they contribute to the growth and understanding of the rest of us. The progress of humanity is measured in small degrees, but the greatest among us reach the highest levels in the hierarchy and so contribute to the lives of all of us.

While we attend to the physical needs of others, we should consider their spiritual needs, not simply to gain new members for Wesley, but to minister to their needs on a higher level so they may understand that God loves them, supports them, and encourages them. Once their physical hunger is satisfied, they can begin to address the spiritual needs that transcend those on the lower level.

Margaret Watson



BOX TOPS FOR EDUCATION... I have recently shipped hundreds and hundreds of BOX TOPS for EDUCATION coupons to our mission at Cooper Community in Roxbury, MA. AND Red Bird in Beverly, KY. They add them to the many others from other churches in the USA for large purchases for the children and families they service. Remember, these BOX TOPS for EDUCATION coupons are collected in the silver box on the counter behind the door in the Welcome Office.

Thank you, Carolyn Bellil

CHRISTIAN FORMATION OPPORTUNITIES AT WESLEY

“Fear is not a bad place to start a spiritual journey. If you know what makes you afraid, you can see more clearly that the way out is through the fear.”

Kathleen Norris in “Dear Heart, Come Home” by Joyce Rupp

Here are some basic ideas to try on in facing fear and practicing faith—

- ✦ Pray—Make/take time during each day for prayer. Use a favorite prayer that you have memorized, read prayers from a book, pray silently or with words.
- ✦ Pause When Agitated—Sometimes it seems impossible to pray when we are anxious or afraid. Take a moment to stop and breathe and be present in the moment and in the awareness and peace of God’s Spirit surrounding you.
- ✦ Take a Positive Action—Call or write a friend or someone in need, volunteer for a project/task that will help someone in need, take a nap, take a walk, spend time with a friend, pray.
- ✦ Find a Spiritual Practice (that you can do each day and that brings you peace)—Read a book or devotional guide, read Scripture, journal, take a prayer walk, spend time with a friend, sing/listen to music, join a group—Sunday School class, small group, prayer group, social action or mission group.

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Spiritual Direction Group—

A new small group for Spiritual Direction has formed. This is a group of 4 people who will meet monthly for in-depth discussion around the Wesleyan question “How is it with your soul?” Please talk with Lisa if you have questions about and/or are interested in taking part in a new group of this type.

“One Thousand Gifts” Small Group—

(9 a.m. on the second Saturday of each month—starting July 8th)

A small group is forming to read and discuss the book “One Thousand Gifts: A Dare to Live Fully Right Where You Are” by Ann Voskamp. In a world of uncertainty, fear, and upheaval, *One Thousand Gifts* “beckons you to leave the parched ground of pride, fear, and white-knuckle control and abandon yourself to the God who overflows your cup.” Additional groups will be offered during the week if there is interest expressed in this option.

See or contact Lisa Fagerstrom (508-799-4191 ext 106, or lisa@wesleyworc.org) if you are interested in further information about joining any of these groups or about additional opportunities for Christian Spiritual Formation and Practices.



**WESLEY CHURCH TEAM
DAYS FOR GIRLS**

Leaders: Violet Ansah, Deb Bock, Lorraine Kronberg

***THANK YOU TO THE WESLEY CONGREGATION
YOUR GENEROUS GIVING TO OUR
DFG ORANGE RIBBON SUNDAY WAS OVERWHELMING!***

We have purchased the new “Brother Serger” and it is getting a lot of use already. We are now able to continue sewing liners, hot spots and bags to complete our goal of over 50 kits by September. You can continue to help by working with our team here at Wesley on Friday mornings or at home. We have all types of needs from cutting, tracing and sewing. Call any team member for information.

WHY DOES DFG MATTER?

When a girl is educated, *everything changes*. It’s better for her health, her family, her job prospects, her community and her country. The point is: Girls do better when they stay in school.

COMING IN SEPTEMBER WILL BE ‘KIT SUNDAY’, WHEN YOU CAN PARTICIPATE AND ASSEMBLE THE KITS TO BE SENT OUT.

EVERY GIRL... EVERYWHERE... PERIOD

DID YOU KNOW?

This past Sunday, June 4, we celebrated Pentecost, the liturgical commemoration of the descent of the Holy Spirit on the disciples and the “birthday” of the church. The name given to this special day derives from the Greek word *pentekoste* meaning fiftieth, and was the name given by Greek-speaking Jews to the Old Testament Feast of Weeks or Day of First Fruits, a day of thanksgiving for the wheat harvest. By the first century in some parts of Judaism this festival also came to be associated with commemoration of the giving of the law on Mount Sinai. These meanings carry over into the Christian celebration of Pentecost but are transformed by the church’s experience of the outpouring of the Holy Spirit, 50 days after the Resurrection, as told in Acts 2.

Based on the account in Acts which tells us that “...suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting” (Acts 2:2. NRSV), wind and breath are common symbols of the Holy Spirit. The same Hebrew word *rûah* translates as “wind,” “breath,” and “spirit.” Similarly the Greek word *pneuma* used in the New Testament, is sometimes translated as “wind” and the verb form *pneō* means “to blow.” Breath is necessary for life, and the breath of the Holy Spirit offers us new life.

Our worship celebration on Pentecost included our praising God with our voices in song. In a reflection for Pentecost composer and church musician Wayne Wold suggests that “One of the most grateful ways to use breath is in music... In the prime instrument of worship—the human voice—tones unite with words, and they carry each other from the depths of the soul to others and to God... Live music made by live people proclaims the living, breathing presence of the Holy Spirit”.

Pentecost signals the end of the Great Fifty Days, but the Holy Spirit continues to move in and among us, and is palpably present when we raise our voices in song in worship together. That Pentecost long ago was only the beginning of the work of the church on earth. As we move forward from our most recent observance of Pentecost, we continue to celebrate the “varieties of gifts” given to the church and empowered by the Holy Spirit—including the ministries and mission of our congregation.

Submitted by,

Deborah A. O'Driscoll

2017 HERALD SCHEDULE

Below are the next Herald mailing dates along with the deadline dates.

<u>Article Deadline Date</u>	<u>Herald Mailing Date</u>
Mon., June 19	Wed., June 21
Mon., June 10	Wed., July 12

If you have an article, please email it as a Word attachment to:

office@wesleyworc.org

ALTAR FLOWERS on Sundays are available for donation in honor, celebration or in memory of a loved one or friend. Stop by the office and reserve the date in the Altar Flower book. You can reserve the chapel or the sanctuary. After church you are welcome to take the flowers home to enjoy or you may leave them to be delivered to a shut-in or member/friend in the hospital or in rehab. The cost for the two arrangements in either the chapel or sanctuary is \$60. Please be sure to complete a form with the dedication and return it to Debi with the payment as soon as you are able.



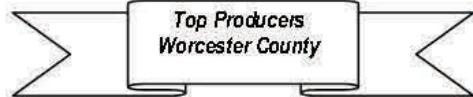
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WESLEY HERALD
JUNE 7, 2017

***DON'T MISS OUT...
READ THE HERALD TODAY!***

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- Director of Christian Formation & Discipleship Lisa Fagerstrom
- Director of Children's Christian Education Jean Grant
- Director of Music Ministries Brett Maguire
- Director of Children's Music Nan Gibbons
- Asst. Director of Ghanaian Choir Wesley Hall
- Music Assistant & Layleader Deborah O'Driscoll
- Toddler Care Leader Lori Conlon
- Building Superintendent Tim Murphy
- Business Administrator Lorna Mattus-Merrill
- Church Secretary Debi Ritacco
- Custodians April Dylewicz
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- Ghanaian Association Paul Hayfron
- Hospitality Co-Chairs Vivian Assie
Kimberly Lindsey-Amoah
- Medical Ministry Ron Ramsay
- Mission Coordinator Betsy Pennino
- Staff-Parish Relations Gifty Bentum-Asante
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