

# Elmer United Methodist Church

**T H E**  
**CIRCUIT RIDER**  
CHURCH OFFICE AND PETER'S PANTRY - 358-0135  
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DAVID REPENNING, PASTOR

**JUNE 2012**

## Pastor's Corner

Dear Friends,

What an eventful Memorial Day Weekend: Emily Cooke's Wedding on Saturday, worship and decorating the parade float on Sunday, the Parade, memorial service, and community picnic at the Stemberger and Schneider homes on Monday, Memorial Day. More and more the **remembering of people on Memorial Day is becoming important to me.** I begin my remembering with my son, Robert, who spent a year in Takrit, Iraq as a chaplain for the Army National Guard and now serves a church in Poughkeepsie, NY. His inspiration for the Army was his grandfather, Marion Wyatt. Marion joined the army around 1939 and retired in 1970. Robert is teaching me that both he and his grandfather have scars in their souls from their experiences in war. The scars remain, though often they are so deep inside that no one else knows they exist. Often the scarred person has also forgotten about them or can't remember where they came from.

Their scars are big, but all of us carry some type of scars on our souls. Though the scars can't be seen or understood, from time to time something will touch us and the pain that caused our scars rises to the surface and is manifested in unexpected ways to people, places or things. The Apostle Paul might be referring to these reactions when he says, "The things I want to do I don't do, and the things I don't want to do I do."

Jesus demonstrates one important tool for dealing with these scars on our souls. In Chapter 5 of Mark there is a man in the country of the Gerasenes. The man wanders around in the tombs in the mountains, hurting himself and scaring others. As the man attacks Jesus verbally, Jesus responds to the demons inside the man and says, "What is your name?" He then orders the demons to leave him. When we can name the demons and the scars on our souls, we begin to be set free from them and the ways they bind our lives.

Sometimes speaking out loud about our hurts is very painful. I recall when people I love have died, my response is often subdued until the first time I say out loud, "So and so is dead." Saying the words brings out the pain and chokes me up emotionally. Too often it is easier to ignore the pain and pretend it doesn't exist or to imagine I have gotten past it. The real growth for me is when I can do the hard and painful work of declaring my pain and sharing it with someone else in a safe relationship, time and place. This is the wonder of being part of a small sharing group or having close spiritual friends with which to share.

In the meantime, there are some who need to ignore the pain for a while. We as their friends need to train our ears and eyes to be aware of the things that elicit painful responses and avoid those things until our friends are able to allow the scars to surface. Finally we can also provide safe places where each of us can share voluntarily when and how we best are able.

In the past each of us has been through much that still causes us to give defensive responses. May God give us peace and faith to walk with and through our pain to a better place with our Lord and with all of God's creation.

Yours in Peace,  
Pastor Dave Repenning

<u>Attendance:</u>	Early	Morning	S. School
May 6	18	102	32
May 13		102	29
May 20	21	94	36
May 27	23	75	24
<u>Stewardship:</u>	<u>Church</u>	<u>Missions</u>	<u>S.School</u>
May 6	\$5,020.10	\$884.00	\$24.76
May 13	\$3,402.50	\$500.00	\$26.00
May 20	\$4,217.50	\$525.00	\$27.05
May 27	\$3,214.00	\$298.00	\$28.75



## Junz Birthdays Happy Birthday to All!!!

1st	James Repenning
2nd	Justin Nolan & Gail Moran
6th	Karin Abbey & William Snyder
7th	J. Gressimer
8th	Arlene Tice & Aaron Nolan
9th	Donald Bishop & Laura Campbell
10th	Ryan Schumacher & Sean Daly
13th	Steven Fox, Stephen Dilks & Scott Snyder
14th	Tyler Richards, Virginia Atkins & Vicki Dawson
15th	Elinor Lubrano
16th	Micah Harper
17th	Kennedy Steier
20th	Tyler Kulig & Judy Locke
21st	Bonnie Kanady & Justin Abbey
23rd	Linda Garrison
25th	Jason Bishop & Sarah Slavoff
26th	Eileen Eller & Cassidy Neher
27th	Dot Somers, Florence Bramell, June Carr & Daniel Pitman
28th	Ken Thomas
29th	Andrea Babcock & Sandi Elliott
30th	Caitlyn Pitman, Jon Hall, Ed Fuller, Jr., Denny Hardman & Chloey Parish



## Honoring our Servicemen

The YCW Class is seeking photographs of those who are serving, or have served in the military. Pictures of our service personnel will be placed in an album in their honor. Please submit non-returnable photographs including name, branch of service and pertinent information to Harriet Laury. The YCW Class will also upgrade the flooring in the Fellowship Hall in their honor.



Acute kidney failure occurs when one or both kidneys suddenly stop working. It is usually caused by other diseases, such as diabetes or high blood pressure. You may pass little urine, have swelling of the arms, feet, or face, or increased blood pressure. The function of the kidneys is to remove unwanted chemicals and waste from the blood. If acute kidney failure is not treated your organs could stop working and you could die. It is best to catch and treat this early. It is normal to feel very tired much of the time with acute kidney failure.

You may be given antibiotics, blood pressure medicine, diuretics, and steroids. You will measure your intake and output. You will have blood work and urine tests done, among others. You may need dialysis or a kidney transplant.

You will need to eat special foods to help your kidneys work their best. The top fifteen foods for people with kidney disease include:

1. Red bell peppers are low in sodium and potassium, an excellent source of vitamin A and C, vitamin B6, folic acid and fiber. They also contain lycopene, which protects against some cancers.
2. Cabbage is packed full of phytochemicals that break up free radicals before they can do damage.
3. Cauliflower is high in vitamin C and a good source of folate and fiber. It contains compounds that help the liver neutralize toxic substances that could damage cell membranes and DNA.
4. Garlic lowers cholesterol and reduces inflammation.
5. Onions contain sulfur compounds and are rich in flavonoids that work to reduce heart disease.
6. Apples reduce cholesterol, prevent constipation, protect against cancer, and heart disease.
7. Cranberries are known to protect against bladder infections by preventing bacteria from sticking to the bladder wall.
8. Blueberries are high in antioxidants, vit C, manganese, fiber, and may prevent the brain from aging.
9. Raspberries may inhibit cancer cell growth and tumor formation.
10. Strawberries are an excellent source of vitamin C, manganese, and fiber. They are known to provide heart protection as well as anti-cancer and anti-inflammatory components.
11. Cherries reduce inflammation when eaten daily and are packed with antioxidants that protect the heart.
12. Red Grapes. Buy grapes with red or purple skin that are stronger and help relax muscle cells. These flavonoids provide protection against cancer, and prevent inflammation.
13. Egg whites provide the highest quality of protein with all the necessary amino acids.
14. Fish provides high-quality protein and Omega -3s that help fight heart disease and cancer.
15. Olive oil is a great source of oleic acid, an anti-inflammatory acid that fights oxidation.

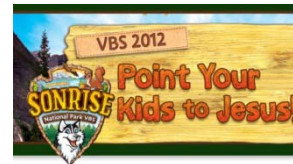
These foods are healthy for nearly everyone and they are low in sodium and phosphorus.

For a more thorough review and ideas how to incorporate them into your diet, see <http://www.davita.com/kidney-disease/diet-and-nutrition/lifestyle/top-15-healthy-fo...>

*“Glorify God in your body, and in your spirit, which are God’s.”*

Bonnie Kanady, RN

## Mark Your Calendars!! ELMER UMC 2012 VBS



Please join all the Sunrise National Park adventurers for tons of fun!

**Place:** Elmer United Methodist Church

**Date:** July 9<sup>th</sup>-13<sup>th</sup>, 2012

**Time:** 5:45pm to 8:30pm

Snacks, crafts, games, friends...

Register Early! And bring a friend!

You can find forms online at [www.elmerumc.org](http://www.elmerumc.org)



## VBS is in Need of AIDES!

They must be friendly, love the sound of laughter of children, like to play games, be creative on how to corral a bunch of busy and excited elementary children and like to have fun!! Then they are a perfect match! I still have a few openings to fill. If someone knows of another who might be interested, please tell them to either contact me ([mrsnj91@comcast.net](mailto:mrsnj91@comcast.net) 692-5816) or let me know and I will contact them!!

Thank you, Kim Chapman

VBS Coordinator

Your Spare Change

Can Help Change a Life!

**Kick-Off  
May 13**



**Due Date  
June 10**

*A fundraiser to benefit*

**Cornerstone Women's Resource Centers**

*...reaching out to women and youth in our communities.*



## *Missions Report*

It is that time of year again. Purple and yellow baby bottles are located at each door in our sanctuary for the Cornerstone Pregnancy Center's Baby Bottle Boomerang. Between May 16 and June 10, we have been asked to fill the bottles with spare change and extra cash in the hope of raising a few hundred dollars for this nonprofit organization that runs strictly based off of donations. Cornerstone is focused on an outreach to young women and men who are facing unplanned pregnancies, unresolved feelings after abortion, or issues with sexual health. The group is committed to making sure that each individual does not face their unique situation alone, but with a supportive Christian network.

This year, Cornerstone has a specific project in mind that the baby bottle fundraiser will have a great impact on. Cornerstone is preparing to replace their Bridgeton office with a mobile unit. This mobile unit will be able to meet young women where they are, providing needs such as sexual education, pregnancy tests, and even ultrasounds. If stationed across a public place such as a high school, young people will be more willing and comfortable to seek help in this healthy environment that the mobile unit will be able to provide. So as you fill your baby bottles, please remember and pray for the young women and men that Cornerstone will be able to reach this year through the mobile unit.

*A woman, when she is in labor, has sorrow because her hour has come; But as soon as she has given birth, she no longer remembers the anguish, for joy that a child has been born into the world.*  
*John 16: 21*

Submitted by Katelyn Dilks  
Missions Committee

## Youth in Missions

On August 5<sup>th</sup>, we will send a mission team to Louisville, Kentucky to work on a homeless shelter for women. We will be staying in a campground in new log cabins – no roughing it! We have access to a kitchen and dining hall for meals as well as a kitchenette in the cabins.

If you are interested in attending this year, please give a deposit of \$25.00 to Sandi Elliott by June 20th. Checks can be made out to Elmer UMC Youth in Missions.

We will be doing only 2 fundraisers to help defray the cost – the June sub sale on the 16<sup>th</sup> and a Calendar Party on Sunday, July 15<sup>th</sup>. This will keep the cost per person to a minimal amount. Please support these fundraisers by purchasing subs and hosting a table at the Calendar Party in July. **A Sign-up Sheet is located on the downstairs small bulletin board.**

For more information, contact Sandi Elliott, Youth in Mission Coordinator, at 358-0452 or [robertelliott@comcast.net](mailto:robertelliott@comcast.net). The mission trip is open to anyone – adults and youth in grades 7 or above. We hope you'll consider this opportunity to serve.

## Youth Schedule

**All Youth Malaga Rally**

**5:45 – 9pm Sunday, June 3rd**

Please meet at the Hangar