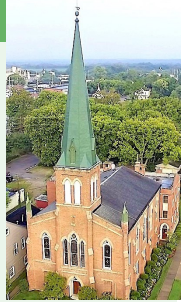




The Steeple Bell—July 2024

Franklin First United Methodist Church

"Under the Green Steeple"



"The 'Get To' Mindset in Everyday Blessings"

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:16-18

Attitude is so important. I follow Gerry Brooks on social media. He is a school principal, speaker, and creates meaningful reels on the internet, which are mostly about the educational system in the United States. Recently however, his reel was about a challenge that someone in his Bible study shared. I think this is profound.

How often have we said, "I HAVE to do this..." most likely with a bit of frustration or anger or resignation in our voice. "I have to mow the lawn." "I have to make my weekly trip to the grocery store." "I have to go have this medical testing done." Our "have to" list is endless. These are the chores or situations that we'd rather avoid. They wouldn't make our "top 10" list of enjoyable activities.

Gerry Brooks' Bible study partner suggested that we change our attitudes by rethinking our situations. Instead of "I have to," think "I GET to."

I get to mow the lawn. I'm blessed to have a home with a lawn when there are so many who struggle with living situations.

I get to have some medical testing done. I live in a country where medical care is available. I have a doctor that I trust who prescribed readily available tests to determine a course of treatment, which I can then choose to pursue or not pursue.

I get to go to the grocery store and purchase my weekly grocery items. Sure, prices have gone up and I may need to be more careful about my selections. Yet I go to a fully stocked store with healthy food readily available, and I can make many choices. I am also grateful that there are food pantries available for those who need help.

I get to go to work today. I am thankful for the work, for the pay, and for the ability to perform the tasks. There are many who have no employment opportunities and many who cannot work for a variety of reasons. Thank you for my job.

I get to take care of my children (or elderly family members). It is a blessing to have people with whom we can share love. Loneliness is hard, and memories are good. We have many possibilities of how we can experience life together.

Wherever we have been in the habit of applying "have to" thinking, why not look for the blessings in the circumstances and revise to "get to" thinking. This little exercise has the potential to turn our whining into rejoicing.

Pastor Laura

Worship in the Park

Join us on July 14 for an outdoor 10:45 worship service. Bring your lawn chair, a dish to pass, wear your play clothes, and throw in some games. Our worship will be an informal camp-type service that is kid-friendly. We have reserved the main covered shelter house complete with picnic tables. The area provides shade trees, and playground equipment. Hot dogs, buns, condiments, table service and drinks will be provided. In case of inclement weather, we will meet back at the church for worship and the potluck. We will not be live-streaming the service, so if you are unable to join us we invite you to view one of our prior services online.



"Exploring God's World"

Vacation Bible School - July 16, 17, 18

July 16-18 from 6:00 – 8:00 pm, Franklin First will be hosting VBS for our church kids and community friends alike. Kids aged kindergarten through those entering 6th grade will be welcome. Please register students no later than July 7.

The lessons are based on the wonder of God's creation. Lessons come from Genesis 1 – God's creation, Genesis 9 – Noah's Ark, and Mark 4 – farmers gathering seeds. In addition to these lessons, kids will enjoy music, crafts,

snacks, recreation, and science experiments. The closing program will be during worship on July 21. *Don't wait to register! Grandkids, neighbor kids, all kids will have a great time.*

National Night Out

Once again, Franklin First is planning to participate in this local event to honor our Police Department. Last year was a great success, and we are going to man a booth with drawings for backpacks full of school supplies. We will also have games and giveaways for the kids. If you would like to be a part of this outreach, please contact Linda Smith or Karen Anderson for more information. We need smiling faces to greet our community and let them see we care. The event runs from 5:30 to 8:30. Can you take a shift?



Chamber 45005 “Rising Star” Award

Let’s give a round of applause to Jenny Chilcutt for being honored with the inaugural “Rising Star” award at the Chamber45005 Awards Breakfast on June 12th! This award shines a light on a business leader who not only achieves success but also actively enriches our community. A heartfelt congratulations to Jenny!

Her dedication and leadership in spearheading the Angel Shop at Franklin First is one of her community efforts that help our local teens experience the joy of homecoming and prom in style, free from the cost of formal attire. Thank you, Jenny, for your inspiring contribution!





JUNE & JULY

BACK TO SCHOOL SUPPLY DRIVE



Franklin First is collecting school supplies for our local teachers and students. All supplies will be donated to a student, teacher, or school. Purchase any of the below items and drop off to 303 S. Main St, Franklin.

- Headphones
- Pencils
- Colored Pencils,
- Markers
- Crayons
- Pens - blue, black, red
- Highlighters
- Loose leaf paper
- Spiral notebook 1 & 5 - subject
- Folders - with pockets
- Binder - 1.5", 2"
- Composition notebook
- Backpack - no wheels
- Glue sticks 4
- Pencil Box/Pouch
- Scissors
- Erasers
- Dry Erase Markers
- Binder Tab Dividers



Backpack Sunday — August 11th

Again this year, we will be hosting Backpack Sunday during worship as we ask God’s blessing on our children and school staff who will be returning to classrooms. Invite family and neighbors to share in these blessings. **Please be collecting school supplies, as we will be giving them away to kids and staff alike.**

FRANKLIN FIRST UMC

TEXT TO GIVE

(844)952-2063



- Text the amount you would like to give.
- If it's your first time, you will receive a link to set up your account.
- After your first gift, you will receive a thanks for your gift reply.



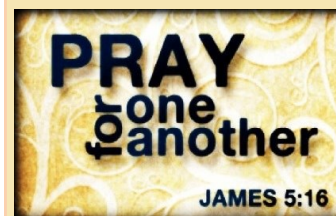

www.franklinfirstumc.org

Birthdays

July 01	Jo Steinberger
July 05	Devyn Johnson
July 06	Jan Truesdell
July 07	Jimmy Trout
July 14	Beverly Etter
July 16	Jerry Ragland
July 21	Chris Womack Lorton
July 21	Tami Chamberlain
July 22	Emily Hynes
July 25	Kathy Eich
July 25	Jackie Messmore

Anniversaries

July 03	Deric & Jessica Lucas
July 11	Tom & Jo Steinberger
July 16	Barbara & Gary Ogdin
July 20	Cheryl & Greg Cyphers



Submit a Prayer Request Anytime

Use the link below to submit a Prayer Request anytime. The link will send an email directly to the Pastor and our prayer warriors will begin the prayers for your request.

franklin-firstumc.breezechms.com/form/862a54

New Rooftop AC Units

During the spring service of our church rooftop units on May 8, 2024, the technician diagnosed one of our rooftop units with a clogged evaporator coil. He said the unit was only cooling at 25-30% efficiency and could stop working at any time. If it stops, we would still have one unit cooling, but one unit will not cool the sanctuary to a comfortable temperature when the outside temperature is 90 degrees and humid.

The trustees had three companies look at the units to repair/replace the evaporator coil only, replacement of the unit with the evaporator coil issue, and for the replacement of both rooftop units. The trustees voted unanimously to replace one or both units because the two estimates to replace the evaporator coil only were \$5,258 and \$5,995. It did not make sense to the trustees to invest that amount into units that are 20 years old.

The Finance Committee and Church Council voted to replace both units. It was decided to use JBS Heating and Air for installation. JBS's quote was \$22,750 to replace both units. This was \$7,914 less than the other companies for the installation of two Trane units. Ben Haws of JBS has done the spring and fall seasonal checks and maintenance on our rooftop units and the boilers and furnace in the basement for the last three years.

Our church family has been very supportive of the financial needs of Franklin First United Methodist Church throughout the years to maintain our church. We can take great pride in the beauty of our facility and more importantly in its service to our church family and community. The trustees sometimes feel like we move from "one project to the next one." The church installed a new boiler in September 2020. Hopefully, the installation of these two rooftop units will serve the needs of our church for several years.

Although the rooftop units were 20 years old, their replacement was an unexpected expense at this time. If anyone would like to contribute toward this expense, you can use the link (<https://secure.myvanco.com/L-ZMM2/home>) to donate online or make checks payable to Franklin First UMC and put "AC Units" in the memo line. You can also mail checks to the church or place them in the sanctuary offering plates.

Thank you for your continued support of our church.

Thank you for your continued support of our church.

Jim Marlin Mike Runyan Trustees

SCAN TO GIVE ON
LINE OR [CLICK HERE!](#)



Upcoming Safe Sanctuary Training

Join us for a vital training session that ensures the safety and well-being of our youngest members. The West Ohio Conference mandates that we provide the Safe Sanctuary training for all individuals working with children at Franklin First. This is more than a requirement; it's our commitment to creating a secure environment for our kids to learn, grow, and explore their faith.

Choose from two convenient sessions:

- **August 21st at 11:30 AM** - Enjoy a light lunch as we learn and discuss.
- **August 22nd at 6:30 PM** - Sweeten your knowledge with desserts served.

Your presence is not just encouraged; it's a step towards safeguarding our children's future. Please plan to attend one of these essential trainings. Together, we can ensure that Franklin First remains a sanctuary of trust and safety.

Let's uphold our promise to protect and nurture the hearts and minds of our children. See you there! For more information and to RSVP, please contact the church office.



2024-2025 Tutoring

It has been decided! Franklin First will again be tutoring in partnership with Principal Jim Rhoades, but our location this school year will be at Gerke Elementary – which will be housing all first-grade students.

Tutors will work with students who have been identified by school staff as in need of some special attention to reading skills. In the past, tutors have committed to being available from 3:00 – 4:30 on Thursday afternoons. This year's tutoring dates have yet to be determined, but we will be doing both fall and winter/spring sessions. During that time, students have gym time, snack time, and lesson time. The lesson sug-

gestions are provided by school staff.

We can use some new tutors in addition to our seasoned tutors. You will need a background check (if you haven't already had one) and you will get on the job training. We have substitute tutors who can fill in if you cannot make every week. This is a rewarding outreach! Tutors and their students often form a rich bond with one another. The kids love it so much and brag about it, that the other students at the school want to know if they can join in. What a way to bless a child! Talk to Linda Smith, Karen Anderson, or Pastor Laura with questions or to volunteer.

Free Medical Clinic

Dr. Chamberlain and a volunteer staff continue to hold the Free Clinic on Tuesday evenings weekly. Registration begins at 5:30 and continues until 6:30. Please pass the word! Those without insurance or who are underinsured have access to a physician and free basic care. Who do you know who might need this ministry?



**FREE
MEDICAL CLINIC**
Tuesdays
5:30 - 6:30 pm

To Benefit the Uninsured or Underinsured

Franklin First United Methodist Church
303 South Main St.
Franklin, OH
937-746-5232
WWW.FRANKLINFIRSTUMC.ORG

FREE MEDICAL CLINIC

**CLOSED
JULY 2ND**

WE APOLOGIZE
FOR THE
INCONVENIENCE!

Tuesdays
To Benefit the Uninsured & Underinsured
5:30 - 6:30 pm
Questions:
937-746-5232

Tami's Reflections on West Ohio Annual Conference

The West Ohio Annual Conference was held the last week of May at Capital University in Bexley, Ohio which is near Columbus with 1100 conference delegates. I was the representative for our church which is a member of the Great Miami District. This year's conference celebrated the limitless power of God with the theme "God is Able" which drew its inspiration from Ephesians 3:20-21 which says "Glory to God, who is able to do far beyond all that we could ask or imagine by his power at work within us; glory to him in the church and in Christ Jesus for all generations, forever and always."

The worship services and praise bands are always very up-lifting and this year did not disappoint. The Milton Ruffin Gospel Chorale was wonderful and the Columbus City Brass Band was phenomenal especially with their rendition of Amazing Grace. The Conference choir was made up of 100 people and did a great job too! We celebrated a baptism this year of a young teenage girl during one of the worship services. We ended conference Saturday morning with a celebration of 31 retiring ministers and ordination of new pastors serving in ministry.

On Friday, we celebrated the retirement of Bishop Gregory Palmer. Bishop Palmer has served the West Ohio Conference for 12 years and is the longest serving Bishop of the conference. A scholarship to the University of Africa, which is a project of Bishop Palmer was renamed the Bishop Gregory & Mrs. Cynthia Palmer Scholarship. The cost to send a student to the university for 4 years is \$26,000. Bishop Palmer challenged us to raise enough to sponsor a student for a full 4 years

by the end of conference and we exceeded that challenge and raised over \$30,000 and laid the ground work to be able to continue to give a scholarship annually to the University of Africa in their honor. Thursday evening they held a Picnic in the Park with food trucks, music and games and free ice cream!

During the business sessions of conference we passed the recommendations:

- ◆ **Recommendation #1:** Rules and procedures for Annual Conference – we debated for over an hour and adopted as originally presented
- ◆ **Recommendation #2:** Budget for 2025 (which had some reductions from the 2024 budget). We will be sharing a Bishop for West/East Ohio which will reduce salary/housing cost; 5 District Superintendents instead of 6; lower Apportionments (due to disaffiliations)
- ◆ **Recommendation #3:** Board of Pension/Health Benefits
- ◆ **Recommendation #4:** Compensation for Pastors – sets Minimum Salaries for pastors – 3% increase
- ◆ **Recommendation #5:** Encourages conference to provide educational opportunities throughout the Conference on Regionalization and the next steps in the process which was passed at General Conference this year
- ◆ **Recommendation #6:** Response to Palestinian Christians – promote the Bible study "God's People: A Series of Bible Studies Reflecting on the Holy Land"; which helps explain the background of

the war and help finance a delegation to the Holy Land to see firsthand what is going on with the war and the people and report back to the 2025 Annual Conference

- ◆ **Recommendation #7:** was brought to the floor to support US Senate Bill 3910 called "God's Backyard Act". This provides technical assistance to faith-based organizations and institutions of higher Education wanting to use their existing land to increase or preserve the supply of affordable Rental housing

There was also a report from General Conference which went over everything that Pastor Laura presented to us at the last Administrative Council meeting.

I continue to serve as co-chair of the Ushers at conference and our work includes greeting people, handing out material, resetting the room in-between sessions and assisting delegates who want to make amendments to recommendations and any other thing the conference staff needs us to do. We have a great core team with Sheila as our leader, Lisa who is her right hand, (who are both from Toledo and are best friends), Dan (who is a local pastor in Georgetown and Wilmington) and I who are the gophers. The team also includes Grace who works for the conference who knows what we need to do and her husband "G" and son Ryan who do whatever we need help with. Sheila, Lisa and I have been working together for over 20 years as ushers and our whole team enjoys getting together for dinner on our last night together. So thank you for allowing me to represent Franklin First at Annual Conference again this year.

– Tami Chamberlain



Open Hearts.
Open Minds.
Open Doors.

The people
of The United
Methodist
Church®

REGIONALIZATION: EFFECTIVE MINISTRY IN EVERY CULTURE

Regionalization allows United Methodists throughout our connection to best serve their unique communities as they share the love of God, make disciples and transform the world.



WHAT IS REGIONALIZATION?

- Regionalization allows each region of the church to make decisions that will best support outreach and ministry efforts in their specific setting. This ability is already in place in the central conferences; regionalization will bring that ability to the U.S. as well.
- Regionalization was developed collaboratively by United Methodists across the globe.
- It was adopted by an overwhelming majority of General Conference delegates.
- Nine regional conferences will comprise The UMC: one in the U.S. and eight in Africa, Europe and the Philippines.



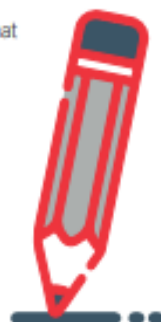
WHAT CAN'T REGIONAL CONFERENCES DO?

- Create their own constitution or adopt any policy in violation of the constitution contained in the General Book of Discipline
- Alter The Doctrinal Standards, Our Theological Task, The Ministry of All Christians or The Social Principles



WHAT CAN REGIONAL CONFERENCES DO?

- Draft and publish their own regional Book of Discipline, hymnals, books of worship and other liturgical resources
- Set requirements for ordination and licensed ministry with respect to their needs and resources
- Set standards for lay membership
- Develop practices around marriage ceremonies, funerals and other rites that align with cultural contexts and laws in each country
- Reorganize their annual conferences, districts or charge conferences to best serve their missional needs and convene their own judicial courts
- Work with annual conferences to ensure policies and practices align with the laws in each country



WHAT NOW?

- The regionalization plan will require amending the United Methodist Constitution. Constitutional amendments must be passed by at least 2/3 of General Conference, which already happened.
- Now, the amendments must be ratified by annual conferences. Amendments must be supported by 2/3 of the total voting members of all the annual conferences combined – this process could last until 2026.
- The Council of Bishops will announce when the amendments have met the threshold to become church law.

“Regionalization is a pathway to make manifest the world-wide nature of The United Methodist Church. It will expand the Church's witness, embrace the cultural diversity, strengthen the connection and empower each missional context.”

BISHOP TRACY SMITH MALONE, PRESIDENT OF THE COUNCIL OF BISHOPS

2024 at Franklin First

July

Missions Team collects school supplies

- 2 Free Medical Clinic, 5:30 pm
- 4 July 4th Parade
- 9 Free Medical Clinic, 5:30 pm
- 9 Mission Team Meeting, 6:30 pm
- 10 Finance Committee; 2:30 pm (if needed)
- 14 Worship in the Park
- 15 Church Council Meeting, 6:30 pm
- 16 Free Medical Clinic, 5:30 pm
- 16-18 Vacation Bible School. 6 –8 pm
- 23 Free Medical Clinic, 5:30 pm

30 Free Medical Clinic, 5:30 pm

August

Missions Team begins to collect cleaning products for The Pantry

- 6 Free Medical Clinic, 5:30 pm
- 6 National Night Out
- 11 Backpack Sunday
- 13 Free Medical Clinic, 5:30 pm
- 14 Endowment Team; 2:30 pm
- 20 Free Medical Clinic, 5:30 pm
- 27 Free Medical Clinic, 5:30 pm
- TBD Women's Circle

Old Farmer's Almanac - Did You Know?

The month of July...

- July 3 starts the Dog Days of Summer: July 3 – August 11, hot and humid.
- July 17 – National hot dog day
- July 27 – National take your house plants for a walk day
- July 30 – National cheesecake day

Sunday, July 21 will be a full "Buck" Moon. Peak illumination at 6:17 am Eastern time. Why "Buck"? Because the antlers of the male deer are in full-growth mode at this time.

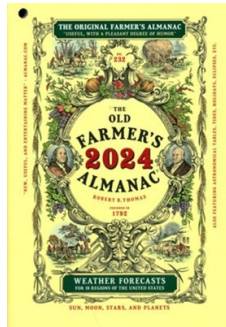
July gardening tip: mulch, mulch, mulch! Retain moisture and suppress weeds.

Vegetable storage: Never refrigerate...

- Onions, shallots, or garlic. Store in ventilated bags in cool area.
- Potatoes, their starch will turn to sugar if refrigerated. Store in dark, cool place in a basket or paper bag. Do NOT store with onions. Onions and potatoes are not friends.
- Tomatoes. You will lose the fresh off-the-vine taste. Leave them on the counter out of the sun and refrigerate once you've cut into them.
- These veggies like cool spots best, although they will not spoil if refrigerated: cucumbers, eggplant, zucchini, peppers.

July folklore:

- Never trust a July sky.
- If anthills are high in July, the coming winter will be hard.
- Whatever July and August do not boil, September cannot fry.



Farmer's Market Benefit for Seniors

Senior Farmers' Market Nutrition Program (SFMNP) offers a fresh

take on nutrition for

seniors in Franklin. Eligible seniors receive vouchers to exchange for fresh produce at local markets, supporting both healthy diets and our community's agriculture. It's a dual benefit enriching lives and local farms.

For eligibility details and to apply, visit the SFMNP website: [Join the Senior Farmers Market Nutrition Program | Department of Aging \(ohio.gov\)](https://www.ohio.gov/department-of-aging/sfmnp)

Sign up for your voucher now and visit the Franklin Farmer's Market on Saturday mornings.



Happy Birthday, John Wesley!

As the 321st anniversary of John Wesley's birth was commemorated on June 28, reflect on 10 facts that you might not know about the founder of Methodism.

1. JOHN WESLEY WROTE ONE OF THE ALL-TIME BESTSELLING MEDICAL TEXTS.

Wesley was deeply convicted that God is concerned about our earthly life as well as our heavenly one. To that end, he wrote a medical text for the everyday person titled "[Primitive Physick](#)." The book detailed the current knowledge about home remedies and went through 32 editions, making it one of the most widely read books in England.

Many of [Wesley's cures and tips on healthy living](#) remain widely accepted. While some of his advice was wishful thinking, the most important part of his philosophy was his insistence on continual observation to support hypotheses. Wesley boldly questioned modern doctors — how they sometimes treated humans like machines; that much of their "medicine" lacked merit and they lacked evidence to support its efficacy. By the same token, some of Wesley's beliefs certainly needed more supportive evidence. For instance, Wesley recommended holding a puppy against the stomach to cure stomach pain. He offered dried and powdered toad pills for asthma. He also enjoyed regular dips in cold bathwater, thought to be a near panacea. It sounds strange to us, but many leading minds during Wesley's time, espoused these sorts of folk remedies. And honestly, who doesn't feel better after holding a puppy? The point is, like David — who had the heart of God and still fell short — even the greatest leaders with the biggest hearts are fallible.

2. JOHN WESLEY COINED THE TERM "AGREE TO DISAGREE."

Over the years, Wesley had serious theological differences with another popular pastor named George Whitefield. Though they both argued passionately, Wesley reflected on these differences in a memorial sermon for Whitefield by saying: "There are many doctrines of a less essential na-



ture. ... In these, we may think and let think; we may '[agree to disagree](#).' But, meantime, let us hold fast the essentials. ..." This appears to be the first recorded use of the term. It was a hallmark of Wesley's way of holding to his convictions while remaining in connection with those with whom he disagreed.

3. JOHN WESLEY RODE FAR ENOUGH ON HORSEBACK TO CIRCLE THE EARTH 10 TIMES.

Wesley rode 250,000 miles! He was convinced that it was important for him personally to spread the gospel through relationships and continue to grow closer to God in those relationships. Asked if he would consider walking instead of riding, he replied, "Nay."

4. WESLEY HAD SERIOUS DOUBTS ABOUT HIS FAITH.

Questioning one's faith should not be disparaged. Doubts are essential to making any belief system one's own. They do not mean that one will let it go. In fact, even as [Wesley struggled with deep doubts about faith](#), he followed the wise instruction of a mentor who told him to "preach faith till you have it; and then, because you have it, you will preach faith." Even as we struggle, we can maintain our hold on the truths we question until we can settle all of our doubts.

5. "METHODIST" WAS ORIGINALLY A DEROGATORY TERM.

Though the [origins of the term "Methodist"](#) are in dispute, it is clear that it was originally used by outsiders to [mock John Wesley](#) and his early societies because of their dedication to following a method for growing closer to God. They ended up accepting the term, considering it a positive descriptor of their movement. Way to own it, Methodists!

6. WESLEY COUNSELED PEOPLE TO "EAT A LITTLE LESS THAN YOU DESIRE."

Staying slim was far from Wesley's goal (1), though he did weigh in around 128 pounds. This was not the result of dieting, but rather of a practice to ensure that people were not ruled by their natural desires, but exercising control over them.

7. WESLEY NEVER INTENDED TO SPLIT FROM THE CHURCH OF ENGLAND.

However, when the revolution happened in the American colonies, most of the Anglican priests returned home. Faced with the fact that none of the Methodists in the colonies could receive the sacraments, Wesley ordained ministers whom he sent to do the same in America (he was practical even when it caused problems). That act was the

(Continued on page 11)

HOW FAITH BUILDS YOUR RESILIENCE SKILLS

BY: Rev. Ryan Dunn

We all know resilience is a necessity for bouncing back from life's challenges. And we can certainly rest assured that life presents some challenges. Resilience empowers us to meet those challenges with a base of positivity and to deal with challenge-based stresses more effectively.

Faith builds resilience by helping us to see our current circumstances through a long-view perspective. It grounds our perspectives in hope and keeps us from being weighed down by trying circumstances. So let's explore some practices of faith which build up our powers of perspective and develop our personal resilience.

What is resilience?

Resilience represents our ability to continue in the midst of adversity. When the going gets tough, it is our resilience which enables us to keep pressing on. Maya Angelou offered a great perspective on resilience, saying "You may not control all the events that happen to you, but you can decide not to be reduced by them." Life ushers in a realization that we seldom control the circumstances around us. We can, however, control our reaction to these circumstances. Resilience is our personal power to pass through tough circumstances without being diminished by them.

This means that trauma, threats and stress do not keep us stuck in place. Certainly powerful negative events like these affect us, and generally not for the better. But these events need not simultaneously reduce our aspirations for the future, our abilities to imagine possibilities for our lives, nor our senses of personal worth. Resilience, buoyed by faith, provides



Join our
Faith
Seekers
group on
Sunday

mornings at 9:15 am.
All are invited!

resilience

[rɪˈzɪljəns] · noun

The capacity of a person to maintain their core purpose and integrity in the face of dramatically changed circumstances.

mands we view the world from another point of view—one which is often grounded in hope. To be a person of faith means subscribing to the idea that there is a long-view plan for hope and goodness. Practitioners of the Christian faith base our hope in the expectation that a loving God and

God's people are moving the world towards complete love, peace and justice.

Because most faith involves belief in a benevolent Creator, it implies that ultimate control does not belong in the hands of our detractors or our obstacles. Instead, ultimate control of the world falls into the hands of a force for good. While this belief can sometimes feel problematic in the midst of traumatic situations ("Why would God allow this to happen?"), it also offers hope in a longview perspective that our situations are redeemable and there is hope for better circumstances ahead.

In order to remain grounded in this hope, especially in the midst of trying circumstances, it would be beneficial to utilize practices that foster a deeper feeling of resilience.

Recommended practices for increased resilience

The American Psychological Association recommends three general practices for building a stronger sense of resilience: building your connections, fostering wellness, and finding purpose. These general practices are embedded in the life of faith, and many of the spiritual practices utilized to build a deeper sense of faith also inspire resilience.

BUILD YOUR CONNECTIONS.

Our faith is practiced in community. The precepts of faith center on building communities of support and love. And often an invitation to participate in faith comes through the invitation to become a part of community. Those of us looking to strengthen our resilience may also entertain invitations to Christian community. This means we may consider taking part in one of the following group activities:

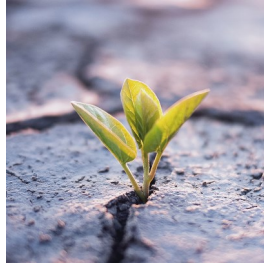
- ♦ A group Bible study
- ♦ An online meditation group
- ♦ A Christian discussion group (on Discord or

(Continued on page 11)

(Continued from page 10)

through a Facebook group, for example)

- ◆ Regular shared worship experiences
- ◆ Joining a church-sponsored service opportunity
- ◆ Ask for help when needed



FOSTER WELLNESS

The American Psychological Association recommends taking care of your body as well as taking care of your mind through mindfulness practices in order to foster a greater sense of personal wellness. The following spiritual practices bring us into a place of mindfulness—and some work towards physical fitness as well:

Regularly practicing contemplative prayer ([like this Centering Prayer](#), [Ignatian Examen](#) or trying out [Breath Prayer](#))

- Keeping a gratitude journal and writing down what we're grateful for
- Reading scripture and journaling thoughts
- Guided meditation

FIND PURPOSE

Purpose is something practiced more than it is something which is discovered. More often than not, we value that which we do. So our purpose is often felt when we're engaged in activities. These activities lead towards connections with purpose:

- ◆ Serving others
- ◆ Recording goals and our action steps toward them
- ◆ Talking with a spiritual director or counselor

Resilience may sometimes be confused with self-reliance. But the two are not the same. Resilience need not be solitary. In fact, building resilience often involves connecting with others, and may also be aided by our asking for help when we need it. Feeling stuck when we've encountered traumatic circumstances does not mean that we do not have resilience. It may simply mean we need to speak with a counselor or therapist in order to engage our resilience.

Written by [Rev. Ryan Dunn](#), Minister of Online Engagement for Rethink Church and United Methodist Communications. He is a father, spouse, and spiritual pilgrim.

Taken From: <https://www.umc.org/en/content/how-faith-builds-your-resilience-skills?>

(Continued from page 9)

beginning of the separation that formed the Methodist Church (2) in America. The Methodist Church in England did not officially form until after Wesley's death.

8. WESLEY NEVER SAID THIS FAMOUS QUOTE ATTRIBUTED TO HIM.

It has been on the back of more than one United Methodist youth camp T-shirt: "Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, as long as ever you can." Though the quote is often attributed to John Wesley and is [consistent with his perspective](#) on life, many [historians have confirmed](#) there is no record of Wesley ever saying that.

9. WESLEY BELIEVED YOU COULD NOT BE A CHRISTIAN ON YOUR OWN.

He said that we needed to be involved in "social holiness." Though some often think this term is synonymous with "social justice," its meaning is quite different. Wesley believed we could only grow as [Christians in community](#). In his preface to the 1739 hymnal, he was adamant that "the gospel of Christ knows of no religion but social; no holiness but social holiness."

10. METHODISM GREW FROM FOUR TO 132,000 MEMBERS IN WESLEY'S LIFETIME.

The beginning of Methodism (3) was a group of four who called themselves the "holy club" at Oxford. When Wesley died in 1791, [he left behind a movement](#) with 72,000 members in the British Isles and 60,000 in America.

United Methodist Communications and the General Commission on Archives and History teamed to test your knowledge of [more than 200 years](#) of our church's past. So after you study up, take the [United Methodist Church History Quiz](#) and share it with your friends and family!

WANT TO KNOW THE NAME OF JOHN WESLEY'S HORSE?

Actually, we don't know that one. But if you need help clarifying the denomination's position on baptism or if you're looking for mission opportunities, contact [Ask The UMC](#), a ministry of United Methodist Communications and the official information service of The United Methodist Church.

These facts will equip you with lots of great discussion starters you can use at your next dinner party or church gathering. Let's have some fun with history!

Taken From: <https://www.umc.org/en/content/10-fascinating-facts-about-john-wesley>

Franklin First United Methodist Church

2024 Lay Leadership Ministry

Making disciples... Building Christian community... Transforming lives!



Church Council:

Church Council Chair	Mike Smith
Church Council Secretary	Amber Ramsey
Lay Leader	Mike Smith
Lay Member of Annual Conference	Tami Chamberlain
Lay Member of Annual Conference Alternate	Kim Chewning
Treasurer	Tami Chamberlain
Membership Secretary	Cheryl Cyphers
Financial Secretary	Theresa Fultz
Church Historian	Robert Bowman
Pastor	Laura Saunders

Ministry Team Representatives:

Staff-Parish	Peggy Darragh-Jeromos
Finance	Paul Anderson
Endowment	Paul Anderson
Trustee Chairs	Jim Martin, Mike Runyan
Worship	Monica Rhude
Technology	Joe Chamberlain
Committee on Lay Leadership	Laura Saunders
Christian Education	Joe Wright, Rhonda Roberson
Missions & Outreach	Linda Smith, Karen Anderson
Care Team	Lee Saunders
Hospitality & Events	TBD
Welcoming Ministry	Dorothy Rayburg
Women's Circle	Monica Rhude
Member At Large	Kaylee Glossip
Member At Large	Amber Ramsey

Staff-Parish Relations Committee:

Chair: Peggy Darragh-Jeromos	Lay Leader: Mike Smith
Terms expiring 2024:	Sally Fitzgerald, Karen Anderson, Patti Noland
Terms expiring 2025	Cheryl Cyphers, Mishelle Dicken
Terms expiring 2026	Sue Fullen, Peggy Darragh-Jeromos, Pam Trout

Trustees: Co-Chairs: Jim Martin, Mike Runyan

Terms expiring 2024:	Jan Abell, Jim Martin, Trisha Dicken
Terms expiring 2025:	Cody Chilcutt, Mike Runyan, Connie Bolinger
Terms expiring 2026:	Gary Ogden, Joe Chamberlain, Joe Wright

Committee on Lay Leadership (Nominations):

Chair: Pastor Laura Saunders	Mike Smith, Lay Leader
Terms expiring 2024:	Ken Smith, Shirley Berold
Terms expiring 2025:	Kathy Martin, Peggy Darragh-Jeromos
Terms expiring 2026:	Sally Fitzgerald, Karen Anderson

Finance Committee: (By virtue of office.)

Chair	Paul Anderson
Treasurer:	Tami Chamberlain
Financial Secretary:	Theresa Fultz
Church Council Chair:	Mike Smith
Trustees Co-Chairs:	Jim Martin, Mike Runyan
Staff Parish Chair:	Peggy Darragh-Jeromos
Lay Leader:	Mike Smith
Lay Member of Annual Conference:	Tami Chamberlain
Pastor:	Laura Saunders

Permanent Endowment Fund Committee

Chair of Finance Committee	Paul Anderson
Church Treasurer	Tami Chamberlain
Chair of Board of Trustees	Jim Martin
Chair of Church Council	Mike Smith
Lay Leader	Mike Smith
Member at Large (Term: 2023-24)	Monica Rhude
Member at Large (Term: 2024-25)	Ken Smith
Pastor (non-voting member)	Laura Saunders

Worship Ministry Team: Chair: Monica Rhude

Choir Director:	Monica Rhude
Bell Choir Director:	Tami Chamberlain
Altar Design:	Kay Marksberry, Pam Bishop, Shari Tutt, Carol Runyan
Technology:	Joe Chamberlain
Lay Leader:	Mike Smith
Pastor:	Laura Saunders

Mission & Outreach Team:

Co-Chairs: Linda Smith, Karen Anderson
 Madelyn Lang, Karen Anderson, Tami Chamberlain, Marna Rogers, Sally Fitzgerald,

Technology Team: Chair: Joe Chamberlain

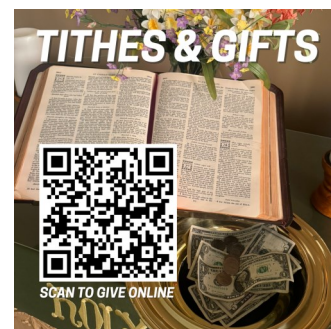
Joe Chamberlain, Trisha Dicken, Andy Kuntzman, Tami Chamberlain, LeeAnn Lee, Paul Anderson, Rick Chamberlain

Christian Education Team:

Co-Chairs: Joe Wright (Adult) Rhonda Roberson (Children)
 Jan Truesdell, Rachel Chamberlain, Madelyn Lang, Carol Runyan, Joe Wright, Rhonda Roberson

Care Team: Chair: Lee Saunders

Lee Saunders (phone contact);
 Charlotte Summer, Dorothy Rayburg, Jan Truesdell, Judy Deskins (visitation team)



Franklin First
United Methodist Church



Pastor
Laura Saunders

Sunday Worship Service
10:45 am
Livestreaming on Facebook

Faith Seekers Bible Study
Sundays, 9:15 am

Upcoming Events

- | | |
|-------------|--------------------------------|
| July 4 | Franklin Fourth of July Parade |
| July 14 | Worship in the Park |
| July 16-18 | Vacation Bible School |
| August 6 | National Night Out |
| August 11 | Backpack Sunday |
| September 9 | Grandparents Sunday |



Franklin First United Methodist Church

303 South Main St.
Franklin, OH 45005

Phone: 937-746-5232
E-mail: office@franklinfirstumc.org

PLEASE
PLACE
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