

Garrett's Jottings



Dear Friends,

As of this writing, I am a tad over 24 hours away from vacation; time to decompress, unplug, and go "off the grid". I am not ashamed to say I am READY!!! It has been a long, stressful, challenging time--attempting to lead and pastor during a global pandemic, coupled with a major event in our community recently, has consumed lots of spiritual and emotional energy. Not to mention the balancing of pastoral responsibilities and the schedules of my very active children have sapped my physical energy as well. Please don't get me wrong...I absolutely love being your pastor and love the busyness of an active family. Every so often, though (as many of you well know), we need a break from the busyness and the stress. Our proverbial tanks can only go so long before needing to be refilled.

I recently discovered May is Mental Health Awareness Month. I never knew that. I wonder if part of the reason for that is that we often don't talk much about mental health. I can recall times when discussion of mental health was equated with diagnoses of psychological disorders. Often, those discussions veered toward negative connotations and even looking down upon those with mental health disorders or issues. Those individuals were viewed as mentally or emotionally weak. I have become increasingly more aware that mental health is more than a diagnosis or disorder, and it is certainly NOT a stigma or a weakness. In fact, I would go so far as to say that mental/emotional health is just as critical as physical health. This is especially true in the wake of the past 15 months. We have experienced fear, isolation, anxiety, and other emotions; I have been heartbroken at the number of reported suicides in this time. Friends--it is time for us as a culture to normalize conversations around mental health and to acknowledge its place in overall health and wellness.

To that end, I cannot speak this loudly enough or strongly enough: PLEASE ASK FOR HELP IF YOU NEED IT!! Buried deep within our subconscious is a refusal or fear to acknowledge or ask for help. Perhaps we are afraid we're going to be looked down upon. Perhaps there's a fear of appearing weak or vulnerable, or of being perceived of not "having it all together". I have had to be reminded on multiple occasions that the opinions of someone else are no reason to allow my own well-being to suffer. This is true for

all of us. I have a clergy colleague who recently underwent a surgical procedure that has left him unable to do much for himself. He is a self-proclaimed "lone wolf"--he is single and is used to taking care of himself and even prefers it that way. His recovery, however, has reminded him of the value of seeking help and, although it might deal a blow to our ego or pride, receiving help from others. The same is true for us each as it relates to our mental and emotional health. There is great value and perhaps greater health in seeking out help when we need it.

In times gone by, any thought of mental health or seeking professional help was demeaned and looked down upon in the church. The operating belief was that any sort of mental health imbalance was seen as a work of evil and sign of spiritual weakness and to ask for help other than earnest prayer was viewed as having a weak faith or even a rejection of faith. Nothing could be further from the truth!! Certainly, our faith can help with our mental/emotional health, but an imbalance isn't a sign of a weak faith or turning our back upon God. I will be the first to say that my pastoral training did not equip me to provide mental health services. As your pastor, it is always my honor and privilege to pray with and for you and to be your support and cheerleader. However, there are matters that require more than what my education has equipped me to provide. I saw a picture on Facebook recently, and I cannot agree with it more: "It is ok to have Jesus AND a counselor". Mental health professionals do noble work, and to seek out a provider doesn't mean we're giving up on Jesus.

I am persuaded that God is concerned about our total well-being. God is just as interested in our emotional health as our spiritual health. The abundant life promised to us in Christ includes So...when was the last time you took stock of your mental health? I hope and pray you are well. But if you find things might be out of sorts, at all, I want to encourage you to reach out to someone. If you need some assistance in locating a mental health professional, I'd be honored to help. If you just need someone to listen for a bit, to pray over you, to support you--it's my honor there as well. God's blessings upon you all!

Grace and Peace,

Pastor Garrett



The Mustard Seed

June

Nurture Team

Birthdays

- 1 Brian Becker
Jack DeWitt Elam
- 2 Dennis Hack
Charlie Roegge
- 3 Damien Negron
- 4 Robert Schoolcraft
Tim Icenogle
Abby Jean Newman
- 7 Bette Jane Cowen
Melissa Scott
- 9 Georgeanne Osmer
- 10 Jill Roegge
- 11 Dick Tyson
Gracen Maltby
- 12 Karen Burgett
Kathy Schoolcraft
- 13 Linda Absher
- 14 Bob Robertson
- 15 Michael Booth
- 16 Valerie (Val) Bushey
Dale Lamb
Sara Pilger
- 19 Vicki Vawter
- 21 Brayden Booth
Clint Cowen
Aaron French
- 22 Ann Bell
- 23 Judy Briggs
Kathy Newman

- 24 George Absher
- 25 Jo Ann Surber
- 26 Adam Rohn
Cash Hurst (2013)
Jason Elam
Brandon Hendricker
Michelle Becker Black
- 27 Hannah Elam
- 28 Nic Ruiz
Amelia Marie Davidsmeyer
Kathy Vermillion
- 30 Yvonne Austin
Jonathon Korsmeyer
Audra Elam



Anniversaries

- 1 Joey & Brooke Luna
- 5 Michael & Heather Booth
- 10 Brad & Christine Allen
Jack & Marti Fearneyhough
- 13 Joe & Bree McClenning
- 15 Myron & Christine Hobrock
- 20 Carlos & Susan Treadway
Duane & Marilyn Hendricker
- 21 Dan & Fawn Rohn
Dick & Jeanne Tyson
- 26 Steve & Mary Looker
- 27 Mike & Sue Bonansinga
- 30 Stacey & Dianna Mayes



Coffee Cake Sunday

Join us on June 13th for a time of fellowship after worship with coffee cake and coffee. If you can't stay, please grab a piece to go or take it up to Sunday School with you.

Join Our Team

If you are not a part of any of the other ministry teams, we would love to invite you to join the Nurture and Hospitality Team. Our goal is to care for those in the congregation.

Prayer Requests

When a prayer need comes up, please call or message Andrea at the church (217)323-1257 or on her cell phone at, (309)338-9462 or email her at andrea@wells@hotmail.com. She will put all prayer requests out on the prayer chain as well as contact Julie Looker, Nurture team leader. Also, if a Pastoral visit is needed or requested, please include that so Pastor Jarrett knows there is a need. In this day, it is often uncertain if a pastoral presence is needed. Many people are very private or are still concerned about COVID. Pastor Jarrett wants to be present when needed but also does not want to overstep boundaries or comfort levels. It is difficult to attend to the needs of the congregation if the needs are not made known.

Ministry Team:

Pastor ~ Jarrett Wells
Office Manager ~ Andrea wells
Pianist/Organist ~ Jill Roegge
Choral Director ~ Tim Bartholomew
Financial Secretary ~ Lynne O'Hara
Treasurer ~ Susan Treadway
Custodian ~ Tonya White

Sunday Services:

Worship Service ~ 9:00 a.m.
Sunday School ~ 10:30 a.m.
Phone ~ 217-323-1257
E-mail ~ beardsumc@sbcglobal.net
Website ~ beardstownfumc.com
"Like" us on Facebook ~ Beardstown First UMC
We go Facebook Live every week at 9:00 am



Worship Team

June Worship

Throughout the months of June and July, we are going to be revisiting a sermon series that was preached in early 2020. The purpose of that series was to remind us of our purpose as a part of the Body of Christ, and to set forth a vision for how First UMC would live into that purpose. Everything went wonderfully, and we were on our way...until the middle of March (you know the rest of the story). So....as a way of relaunching, of sorts, we're going to hear those words again and look again into the future God has for us.

DATE	SCRIPTURE	SERMON
6/6	John 1:29-46	"Come and See"
6/13	1 Peter 2: 4-10	"Living Our Call"
6/20	Psalms 84	"The Joy of Worship"
6/27	Acts 2: 27-47	"Life Together"
7/4	Matthew 25 31:46	"Seeing and Responding"
7/11	Galatians 6:1-2, 9-10	"Tending the Family"



Sunday Morning Worship

You may begin to see some changes in our worship starting Sunday morning, June 6th. As we are beginning to return to "normal" in worship, some things will be put back into place and other things will be "tweaked" slightly. You may have noticed that we no longer need to take "attendance" at the door each week. We also, have been instructed that thanks to new CDC guideline, those who are vaccinated no longer have to wear masks in worship. However, we do encourage those who are not vaccinated to continue to wear your mask for your own safety.

Another change you will see is the worship team taking more leadership in the service. This gives those who feel led to lead a chance to use their heart and voice for God in worship. If you would like to help lead worship, please let Andrea know in the office and she will add you to the rotation.

Starting the first Sunday in June, we will also be going to pass the offering plate again. This time allows us to present our offerings to God during our time of worship instead of just dropping them in the plate on the way out. Another exciting change is the return of "normal" communion. June 6th, we will celebrate the Sacrament of Holy Communion together the "good old fashion" way with real bread and juice. However, we will have the individually packaged communion for those who still may not be comfortable.

God has seen us through some very difficult times these past 15 months. He has been faithful to all of us. Change in worship has been necessary because of the pandemic but going back to the way we use to do things would not be honoring God. He wants us to all move toward Him. Embrace change and glorify God!



"In the church, when you're singing a song, it's not just a song, it's your testimony, it's your store."

- Henry Lewis Gates, Jr.

Summer Bible Study

Plans are in the works for a summer Bible study. At this point in time, nothing is firm regarding day/time or topic. More information will be shared in the near future. If you have a topic of interest, please feel free to let Pastor Jarrett know--it just might become our focus!

Stay tuned!



Mission & Outreach Team

Administrative Team

Team Meeting

Mark your calendars for June 6th right after Sunday School. The Mission and Outreach is ready to make some plans to be in mission. If you signed up to be on the Mission and Outreach Team, please plan to attend this planning meeting on June 6th. If you are unsure if you signed up to be on this team, check with the office or go ahead and come to the meeting. Be on the lookout for more information concerning this team in upcoming bulletins and the June Newsletter.



The Administrative Team met on Sunday, May 16, with Ron Blakeman, John Chambers, Susan Treadway, Lynne O'Hara, Chris Taylor, and Pastor Jarrett present. Pastor Jarrett opened with prayer. An update was given on the church financial status. We are holding steady right now in our General Fund and other operating funds. Trust funds are doing well at the moment. The final payment for the sound system was just made.

Ron gave an update on building matters. We will be installing a variable-speed fan in the kitchen to better facilitate air circulation. A new roof is needed on Wesley Hall; we are on the roofer's schedule to complete at some point this summer. Discussion was had on several other needed projects around the building; no decisions were made on those projects.

One application, from interim secretary Andrea Wells has been received for the secretary position. On motion by Lynne, and second by John, the Administrative Team unanimously voted to offer Andrea the position on a permanent basis; Andrea has accepted that offer.

Pastor Jarrett closed the meeting with prayer and meeting was adjourned.

Christian Love In Action

Currently C.L.I.A. is in need of *Hamburger Helper and Tuna Helper*. You can bring your donated items to the church again. Office hours are 8:00 a.m. - 12:00 p.m. CLIA hours are: Tuesdays from 12:00 - 4:00 p.m. and Saturdays, 10:00 a.m. - 2:00 p.m. Thank you for donations. If you would like to contribute but don't have time / remember to shop, you can give money to Lynne O'Hara and she will pick up the items.

Cass County Food Pantry

The Cass County Food Pantry is another place that helps Cass County residents in need of food. To help with their mission, they are asking churches for donations for the month of **JUNE: Rice-a-Roni, Oatmeal, Ramen Noodles, Macaroni & Cheese.**

They are always in need of: *Peanut Butter, Jelly, Macaroni & Cheese, Canned Vegetables, Canned Fruit, Cereal, or Non-Perishable Food Items.* They have a walk in cooler or freezer to hold perishable items, and are able to take fresh produce items.

YOU'RE INVITED

Carlos and Susan Treadway and family would like to invite you to join them for an Open House celebration of their 50th Wedding Anniversary. The Open House will be in Wesley Hall upstairs at the church from 2:00-4:00 pm.

Please stop by and help them celebrate this amazing milestone in their lives.



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