

Newsletter

MERCER ISLAND UNITED METHODIST CHURCH

THE NEWSLETTER — Autumn 2022

Take a moment!

A little while ago, Mia shared this poem with me. I hope it speaks to you when you find you are weary and need to take a moment to rest. Thank you Mia.

*My Beloved,
I know you're tired—weary of the steps from here to there day after day, weary of the struggles and losses, and wary of the news. We're all weary.
So take a moment.*

*Breathe in slowly. Hold it for a moment. Breathe out.
Remember when I rose from the dead and breathed into you? It's still there.
Remember what I said to you: "I am in God, and you in me, and I in you. The one who trusts in me will also do the works that I do and, in fact, will do greater works than these." (John 14: 20)*

Feel your heart beating. It's my

love, flowing in you like a great river. Remember what I said to you: **"The water that I will give will become in you a spring of water gushing up to eternal life."**

(John 4.14)

Beloved, I know sometimes you are tired of gushing. So rest a moment. I wish for you Sabbath time, time of rest, time to be Beloved, being without doing. I am grateful for your presence, at work or at rest. So rest. The river will still flow. Remember what I said to you, and be at peace:

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. (Matthew 11.28-30)

-Linda Hodge, Lay Leader

VISIT US ONLINE miumc.org

Upcoming events & meetings

November 6 All Saints Sunday
Holy Communion Service 11am.

November 13
Sunday morning worship 11am.

Piano recital hosted by Kaitlin Olive at 1pm in the Sanctuary

November 17 Tiny Home Build
@ the Hope Factory.

November 19 Thanksgiving Dinner
@ El Dios Viviente UMC at 6:00PM (9001 9th Ave SW Seattle WA 98106)

November 20
Sunday morning worship 11am.

November 24 Thanksgiving Day

November 26 Youth Group Locked-In

November 27
The First Sunday of Advent
Sunday morning worship 11am

December 4
Sunday morning worship 11am.

Christmas Decorating after the service

FROM THE PASTOR: *“Don’t Wait!”*

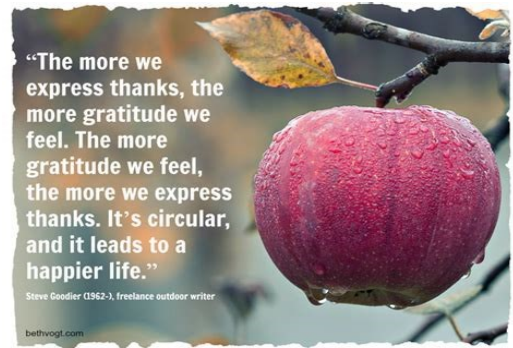
“If I knew that tomorrow was the end of the world, I would plant an apple tree today!”

The above saying is attributed to the reformer, Martin Luther. Whether or not Martin Luther said it, it is not our concern, but I’d like to question myself ‘how does my understanding of the end shape how I understand my work today?’

Our new Sunday School Book, ‘The Five Invitations’ and the recent ‘All Saints Sunday’ help me to ask myself what it means to live my life holy and wholistic. Through the pandemic, a lot of people have been struggling with their lives or situations that make them unhappy and even miserable. No doubt the pandemic caused stress and depression in many people. Mental health issues have become more evident. However, the Bible teaches us, the churches today: “Rejoice evermore. Pray without ceasing. In every thing give thanks, for this is the will of God in Christ” [1 Thessalonians 5:16-18]

Even when we face trials that are challenging and overwhelming that lure us into unhealthy thoughts and choices, we the churches are called to re-jubilate our identity as a ‘Community of Gratitude.’ Rev. David Hullin always led a prayer with “Thank you, God!” I truly believe that his ‘Spirit of Gratitude’ was firmly planted within us like an apple tree. Indeed, his smile with ‘fullness of gratitude’ to God is what this season is all about. Therefore, let us not wait to share this ‘Spirit of Gratitude’ each and everyday which, I do believe, can shape our journey today more fully and wholistically.

With gratitude, *John Go*, pastor



“The more we express thanks, the more gratitude we feel. The more gratitude we feel, the more we express thanks. It’s circular, and it leads to a happier life.”

Steve Goodier (1962-), freelance outdoor writer

bethvogt.com

Lectionary Sermon Scriptures of November

November 6

Luke 6: 21—30

November 13

Isaiah 65: 17—25

November 20

Psalms 46: 1 —11

November 27

Isaiah 2: 1—5



Oh give thanks to the
LORD, for he is good,
for his steadfast love
endures forever!

Psalm 107:1 [ESV]

El Dios Viviente UMC
is inviting us to a
Thanksgiving dinner on
November 19, 2022, at
6:00PM
(9001 9th Ave SW Seattle
WA 98106)

THE FIVE INVITATIONS

*Discovering What Death Can Teach
Us About Living Fully*

FRANK OSTASESKI
Foreword by Rachel Naomi Remen, M.D.

READ BY THE AUTHOR

A New Book Study in Adult Sunday School

The Sunday School Class starts the new book, ‘The Five Invitations’ by Frank Ostaseski.

“The Five Invitations show us how to wake up fully to our lives....They guide us toward appreciating life’s preciousness. Weaving together pragmatic tools, real life stories and ancient wisdom...”

In-person classes will be held in the church library at 9:45am or you can join the class through the following Zoom link:



<https://www.facebook.com/mercerislandumc>



tell us your story!



Stormie Tirado turned 15 and was dancing with her father Jesús at Quinceañera Party



Elizabeth's newborn baby, Uata Kilikiti Lolohea was baptized surrounded by his grandmother Helena and his Godmother and the entire congregation.



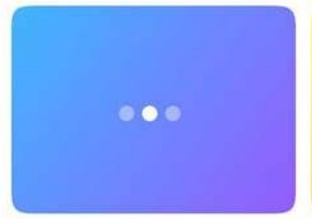
Bev Parker had a special visit from an old friend, Mabel Olson. They have known each other for many years.



Our Bishop Elaine is retiring at the end of this year. It would be her last official gathering with her Pacific Northwest Conference clergy and colleagues. Thank you for Your life-long service and commitment!



Tuesday Men's Fellowship has been blessed by Jesús and Damian. We are blessed by cultural diversity and richness they brought into the group.



Panelists

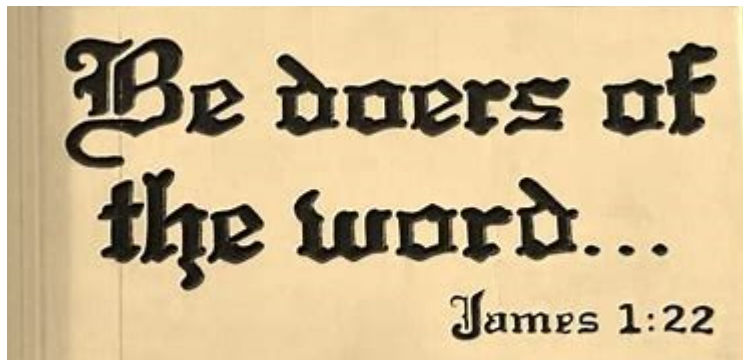
- Lisa Deen - MIHS Associate Principal
- Dr. Elizabeth Evans - Pediatrician
- Grace Go - MIHS Junior
- Chris Harnish - MIYFS Counselor at MIHS
- Tracy Samuels - MI Parent
- Sidh Schroff - MIHS Junior



Mercer Island United Methodist Church supported 'Race To Nowhere', the Fil Screening & Panel Discussion event at Mercer Island Highschool.



On our 4th trip to the Hope Factory, we built the floor, four walls and the roof top for this tiny home which we named, 'Lovy.' We hope and bless it will serve the unsheltered community with love, care and warmth of the Sprit. We welcome John Strasburger, Damon and Becky's friend, Ann, for the first time.



Upcoming Advent Study

Pastor John is creating a space to connect with God deeply and connect with one another openly through this upcoming season of Advent and Christmas.

This will be a 6 week long journey with sharing and praying to seek God's incarnated presence through the birth of Jesus Christ and attentively listen to the nativity story in our contemporary lives.

This will be also a pilot program to learn, practice, and train. Our spiritual yearning to satisfy God's heart and desire may be found and also it may grant our souls to re-jubilate by invitation into God's abundant life and other's faith stories.

This requires full participation of 6 in-person gatherings, ongoing practices of prayers and journaling, and most importantly a willing heart to lead another study next spring.

Please sign up for this study by the end of the month. The meeting dates, times, and place for the in-person meetings will be determined as this first group is being formed.

If you have any questions regarding this Advent Study and Sharing group, feel free to contact Pastor John through email (pastorjohnngo@gmail.com) or call 503.481.3211.



Mercer Island United Methodist Church

7070 SE 24th St.
Mercer Island, 98040 WA
Phone: (206) 232-3044
www.miumc.org

FIRST STD
U.S. POSTAGE
PAID
CITY, ST
PERMIT NO. 000

rejoiceministries.org

*“I am
thankful for...”*

**Give thanks to the Lord, call on his name;
make known among the nations what he
has done. Psalm 105:1**