

FROM PASTOR JOHN



“Jesus said, “My nourishment comes from doing the will of God, who sent me, and from finishing God’s work.”

John 4: 34

“You Are What You Eat!”

I have recently learned a new word, ‘*Pescatarian*,’ from Gloria, my youngest daughter. One of her friends, an 8 year old girl is a pescatarian. She is pretty strict about her diet plan. In fact, it is hard for everyone to keep up with a certain plan and rule applied to oneself, especially meals you enjoy three times a day. However, in the meantime, we all have to remember, “You Are What You Eat!”

In a sense, I believe that our worship service each Sunday morning is like a meal for every worshiper. Have you ever thought about your spiritual nourishment as a Christian? What would be your main or favorite dishes on the table (I mean in the worship order)? How can we talk or request more meal plans and etiquettes as we sit around our family dinner table? Any precious or secret recipes you want to share with your children?

It would be a great way for us to open up the conversation about our “Spiritual Nourishment?” I’m not the only cook in the kitchen, but we may see a team working and preparing our spiritual meals together: liturgists, musicians, ushers, an administrator and a pastor. I don’t see my sermon as the main dish for everybody, but the prelude or hymn singing could also feed hunger of one’s soul. Candlelight or naming names in prayers together could be what we’re yearning for and the true reason of why you’d like to join in gathering around the table.

I’d love to lead this conversation with you over the month of August, and we may like to set up our spiritual meal plans together for the months to come. Anyone can be a part of the kitchen crew: preparing, cooking, serving, and even clean-up. I know not everyone has the same taste or preference on the table. I have two girls and I am the pickiest one among my family but let’s try creating a space for our favorite meal plans, preparing new dishes, and even finding our new way to serve them. It sounds very complicated, but with open minds and listening to one another and to the Holy Spirit, I am sure, it will be awesome to see God’s abundance on our table, and to experience such an aroma and taste of Joy through our table.

Who would like to join with me in cooking the best ‘homemade meal’ ever?

Blessings,

Pastor John



# AROUND THE CHURCH

Where there is no prophecy the people cast off restraint, but blessed is he who keeps the law.

By mere words a servant is not disciplined, for though he understands, he will not give heed.

Proverbs 29:18-19



## “You Are What You Eat!” : Worship is Our Spiritual Meal Plan

- August 4** “God’s Secret Recipe on the Table”  
Mark 7:14-23
- August 11** “Table of Welcome: Seeking the Lost” by Rev. Carol Mariano  
Luke 15:3-7
- August 18** “Table of Abundance”  
Matthew 5: 1 – 10
- August 25** “Table of Unity”  
Proverb 15:16 –23
- September 1** “Table for Nourishment”

## Prayer For Church Vision

Dear Father God, we desire as a church to take hold of the vision You have for us and pray that You would lead and guide us to take a collective step of faith, in the direction that You would have go.

Help us, we pray, to grasp the church vision that You have for us, and may we be sensitive to Your leading and guidance. Prevent us from seeking to implement our own inferior ideas, or substitute our own manmade notions for Your plans and purposes.

Draw us closer to each other and to You, as we seek Your face together in prayer. May we be strengthened in the inner man, united together in the unity of the faith and prompted to carry out Your plans and purposes to Your greater glory.

We pray that the church vision that emerges in our hearts will have been prompted by the Holy Spirit, for the edification of the saints and to Your praise and glory – this we ask in Jesus name. Amen.



### Newsletter Information

*Passing It On* is published the first working day of the month. Submit items and ideas to [miumc@hotmail.com](mailto:miumc@hotmail.com)

# AROUND THE CHURCH

## Open Hearts



Our hearts are full of love for our local communities and our world. Our service reflects that love.

## Open Minds



We all think in different ways. But when we work together to serve others we share a common goal.

## Open Doors



Our doors swing wide. Not just to let others in but so that we can all get out to serve our community.



### Women's Fellowship

Several members of the MIUMC Women's Group visited with Carrie Era and her sister Beth on July 2nd. Carol Mariano brought her harp, and it was a wonderful time of fellowship.

### Mission u 2019

#### Rev. Carol Mariano

Mission u is a four day event put on by United Methodist Women and the UM Conference Board of Global Ministries with the purpose of Learning Together for the Transformation of the World. It is held every summer in July on the campus of Central Washington University in Ellensburg.

For participants, Mission u is an opportunity to study current issues impacting society based on current mission study topics with particular attention to the responsibilities of United Methodists in fulfilling the mission work of the church. Participants grow in understanding the mission of the church in the current world context.

Mission u also includes:

Worship & singing

Interest Groups around current issues

Mission Projects

Audiovisual presentations

Fellowship events

Mission u gives us the opportunity to meet and learn about the work of missionaries, such as Katherine Parker who serves in Nepal, Glory Djarmaraj who is originally from India and serves on the UM national mission program, and Evelyn Eberle who has done mission work in Alaska and worked on the General Board of Missions. It also helps us address social issues from a responsible biblical perspective. This year Carol Mariano was the assistant dean, helping to keep things running smoothly. Also attending from our church were Mia Park and Grace Go. Mia presented a moving dramatic portrayal of a Chilean woman for the entire group. Grace helped lead a worship experience and also helped with Communion.

#### Grace Go

What inspired me most from my experience at Mission u is seeing people and their families dedicate their lives to do mission in other countries.

I am planning to invite friends to church and being kind to people are simple things I can do.

#### Mia Park

It was a wonderful and unique experience for me to attend Mission u 2019 since it was the first time I attended and UMW celebrates the legacy of 150 years of their ministries and missions. I was moved by so many women who have dedicated their lives in local communities and all over the world with their faithful hearts. I was reassured the power of the Holy Spirit who is at work with these wonderful women who have become the hands and the feet of Jesus Christ. I felt deep gratitude for the dedication of UMW and pray for continuing of its ministry and mission of another 150 years and more.

# Mission u 2019 (cont'd)

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Missionary Glory Djarmaraj was one of the class leaders at Mission u

Rev. Dr. Carol Mariano leading Communion at Mission u



Grace helps with Communion at Mission u



Youth Leading Worship at Mission u

