



Garner United Methodist Church

885 Maben Ave., Garner, IA 50438

Rev. Kristin W. Peters; Email: pastorkristingumc@gmail.com

Pastor's Office Hours: Flexible; please make an appointment

Admin. Assistant's Office Hours: 9-2, M-Th., Phone 641-923-2191, Email: garnerumc@comm1net.net

GUMC is a community of ordinary people seeking to put into practice the extraordinary love of God.

A Message from Pastor Kristin

SABBATH AS RESISTANCE

The summer is supposed to be a break, a period of rest and relaxation in the calendar year for us to replenish our bodies, minds, and souls from the busyness of the school year. Even more importantly, IT'S HOT! Yet each summer rolls around and instead of rest and relaxation, it's sports, camps, summer jobs, house projects, vacations (which often take a lot of WORK to plan! Anyone ever need a vacation from their vacation?), and the heat! Families find it difficult to make it to church on Sunday mornings because it feels like one more thing they have to do instead of something they want to do. We often feel like the cycle of productivity doesn't stop and rest will never come.

You are not alone.

Beginning in July, GUMC will focus on sabbath rest. This will be a 6-week series in worship and a complimentary bible study on the book *Sabbath as Resistance* by Walter Brueggemann. Sabbath is such an important part of our faith lives, yet it is counter to the culture of productivity that rules our days. Take a moment to explore and wonder how sabbath rest can be a meaningful practice in your faith life. Anchor yourself in scripture and develop the tools and the resources that our ancestors have trusted from time immemorial to practice sabbath rest as a people of faith.



Worship Scriptures

- July 7 – Scripture: Matthew 6:24-33
Message: The God of Rest
- July 14 – Scripture: Exodus 20:12-17
Message: Resistance to Anxiety
- July 21 – Scripture: Deuteronomy 5:12-14
Message: Resistance to Coercion
- July 28 – Scripture: Isaiah 56:3-8
Message: Resistance to Exclusivism
- August 4 – Scripture: Amos 8:4-8
Message: Resistance to Multitasking
- August 11 – Scripture: Exodus 20:17 and Luke 12:13-34
Message: Sabbath and the 10th Commandment

Bible Study Information

Please bring a bible of any translation with you to study along with your book. Reading would best be done for the chapter prior to our study, but you're welcome to come even if you aren't able to complete it!

- July 3 – 5:30 p.m., Chapter 1
- July 10 – 5:30 p.m., Chapter 2
- July 17 – 5:30 p.m., Chapter 3
- July 24 – 5:30 p.m., Chapter 4
- July 31 – 5:30 p.m., Chapter 5
- August 7 – NO STUDY – UWFaith Guest Night
- August 14 – 5:30 p.m., Chapter 6

In Peace,
Pastor Kristin

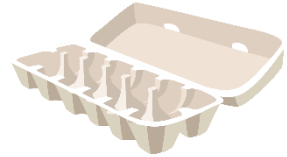
Worship Tech Assistants: Jill Blank, Stan Isvik, Kevin Sweers, Jody East, Steve East, Ruth Legge, Beth Myers, and John Bowman

July Quarters: School Supplies for Ingathering School Kits

Sunday Schedule

9:30 a.m. Worship
10:30 a.m. Fellowship

THANKS for the incredible response to the call for egg cartons. We now have A LARGE SUPPLY, so we will **not** need any more.



Bring Your Tabs: We plan to deliver aluminum can tabs to the Rochester Ronald McDonald House this fall; our quarters will support them in September. Please continue to pull your can tabs and place them in the jug in the lobby. Thanks!



We hope everyone is having a great summer! You may remember that in May we collected quarters for pool passes, and we recently gave \$300 for passes for Britt and Garner kids.

We will continue to collect for 5 Loaves, 2 Fish through the month of June. In July our quarters will be used to purchase school supplies for the Ingathering school kits. We will also have a list of supplies that you can purchase if you wish to donate that way; those will be on the lobby table soon.

Thank you to all for your continued support for these projects.
The Missions Committee

Mats Matter Weaving Along

The Mats Matter group has nearly completed their first mat that matters! Join the work of this mission on Thursdays from 1-3 p.m. All kinds of tasks are involved in this: flattening, folding, and cutting bags and the actual weaving itself. Several people were trained by Alaire Willits from Midwest Mission in May and can help teach you. You can also pop into the Fellowship Hall at a time that works for you or do some of the tasks from home. Continue to bring in your plastic grocery bags. Contact Robin Sweers if you have any questions.



Duesey Days Pie Stand Time Is Here: [We Need Your Help!](#)

Pies Needed

Sign up on the sheet on the lobby table if you'd be willing to make a pie or two. These need to be double-crust fruit pies.

Workers Needed

Sign up on the sheet on the lobby table if you'd be willing to work a shift or more. Set up is Friday evening, and all other shifts are on Saturday, July 13.

Pie-Making Day

Come to the church kitchen on Friday, July 12, at 1 p.m. to help make 15 pies. Bring your rolling pin and a pastry blender if you have one. Everything else will be provided.

Cash Donations

Cash donations to be used for the purchase of ice cream and root beer for root beer floats are also welcome. Drop those off in the church office or offering plate; mark them as "Pie Stand Donations."

Remember, all profits from the pie stand support the roof replacement project.

July Ushers and Fellowship Servers

Join us for coffee and fellowship after our worship service each Sunday in the Fellowship Hall.

These are the July **ushers**:

July 7: Gary Thoms and Ken Smith

July 14: Mark Ricke and Jake Pringnitz

July 21: Kris Hanson and Kollin Hanson

July 28: Terri Beshey and Russ Trulson

These are the July **fellowship servers**:

July 7: Jan Sweers and Kevin Sweers

July 14: Sundaes on Sunday – Joy Circle

July 21: Mike and Cheri Brown

July 28: Ryan and Ashley Ploeger

Thank you for your service. If you are unable to serve, please switch with someone or call Susan Hovda at 641-923-2909. If you find a substitute or switch, please let Lori in the church office (641-923-2191) know as well.

July and August Worship Leaders

Below are the worship leaders for July and August. If you wish to be added to our list of liturgists, please let Debra Hill know. If you have a conflict, feel free to trade with someone and then let Lori in the office know (641-923-2191). If you wake up feeling under the weather, please contact Debra Hill (artwoman825@gmail.com or 641-425-2511).

These are the **July worship leaders**:

July 7: Robin Sweers

July 14: Mike Brown

July 21: Carrie Omans

July 28: John Bowman

These are the **August worship leaders**:

August 4: Robin Sweers

August 11: Terri Beshey

August 18: Ted Hovda

August 25: Kay Mestad

Summer All-Church Fun & Fellowship

Make plans to join in these All-Church Fun & Fellowship events planned for the summer months. Watch the bulletins and future newsletters for more details.

LAKE TIME
Sunday, July 28
2-4 p.m.
Eldred Sherwood Park
2185 120th St.
Goodell, IA 50439



The shelter house is reserved! Come join us for a relaxing afternoon of games, swimming, fishing, snacks, and fellowship. Learn more about this park at the link below:

[Eldred Sherwood Park - Hancock, IA](#)

ZOO TIME

Saturday, August 10
We are tentatively planning a trip to Blank Park Zoo in Des Moines. This zoo offers lots to see but is not too big--great zoo for children and adults, too!



IOWA'S WILDEST ADVENTURE



VBS 2024 – Save the Date

Mark your calendars! This year's VBS, *Just Like Me*, will be held Sunday, Aug. 4, from 11 a.m. to 5 p.m. Watch the bulletin for more information and details on how you can help.



United
Women
in Faith

This Month's Bible Verse: Matthew 5:16 (CEB)

*In the same way, let your light shine before people,
so they can see the good things you do and praise
your Father in heaven.*

Circle Meetings

No Circle Meetings

Summer Mission U

Saturday, July 13

Iowa State University, Ames

Registration Deadline: July 5

Hey gals, it's not too late. The deadline for Mission U registration is July 5. This year we will be heading to Ames, Iowa, on Saturday, July 13, to meet in the Scheman Building at the Iowa State Center for a day of study. Naomi Fletcher's book, *Welcome Home*, will be our focus. We will meet from 8 a.m. to 4 p.m. The cost of \$45 will include morning coffee, pastries, and lunch. Please bring your coffee mug/thermos into the center.

Along with our course of study, you are asked to bring along some items. A monetary offering will be taken for YSS, a non-profit youth mental health and addiction treatment agency located in Ames. Shampoo, body wash, and deodorant will be collected for YSS' Iowa Homeless Youth Centers, and you can also bring no-longer-used cell phones to be recycled for a substance called coltan. If you have a conflict that day and would like to donate any of these items, please bring them to the church office prior to July 13. Mission U is always a good day to gather, worship, and study! If you would like to attend and need help registering online or would like a ride, please contact me and I will gladly help.

Looking ahead, please mark your calendars for the UWFaith annual meeting, which will be held at GUMC. Yay, no travel for us. We will be hosting the Camp Clear Lake District on Saturday, Sept. 21, and will need your help as our district is now larger than it has been in years past. Help us greet UWFaith officers from east and west, north and south. More information will be coming.

Finally, check out some of the new additions to our library. UWFaith has purchased books intended to be read by or to any youth you know.

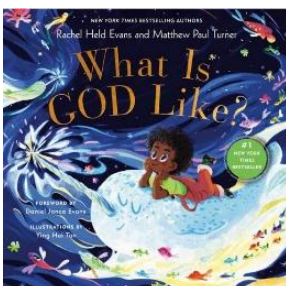
We are blessed to be a blessing,

Debra Hill

Check It Out: Stories to Read to or Be Read by Your Favorite Youth

by Debra Hill

Be Kind by Pat Zietlow Miller is a book designed for kids ages 3-6. It starts with grape juice, something we serve each Sunday at our communion service; so begins a story of caring. The main character wants to help someone and just can't figure out how to do it. This is a thoughtful and gentle story about how two words can change the world.



What Is God Like? by Rachel Held Evans and Matthew Paul Turner is a comforting picture book about the diversity of God. The beautiful images contain children of all ethnic backgrounds, and this book is for children ages 3-7. Readers and listeners learn how God is like a shepherd, God is like a star, God is like a gardener, God is like the wind, and more. Share it with someone you love.

Walk the Labyrinth

The labyrinth was purchased by the families of Phil Sweers and Mark Tue in their memory and was dedicated and blessed on Sunday, June 16. The initial Walk the Labyrinth day was held June 25, and the labyrinth will be available for walking again on Wednesday, July 10, from 3-7 p.m. in the Fellowship Hall. Pastor Kristin will lead the walk from 3-3:30 p.m., but you are welcome to come use the space anytime during that 4-hour block. Guidelines for using the labyrinth will be available. Come plug in to some sabbath rest through this calming, meditative practice.



Ladies at the Spiritual Retreat (missing Pastor Kristin); speaker Gladys Alvarez is third from left in the front row.

FREE Weekday Lunch Meals

When: Mondays – Fridays (not July 4 or 5)

Serving Food: Noon – 12:30 p.m.

Activities Following Lunch to 1 p.m.

Where: United Methodist Church, Garner

Who: All students through age 18

Parents/caregivers escorting small children can also attend.

Take-home meals are available.

Provided by 5 Loaves, 2 Fish, Inc.



Let's Hear It for . . .

- . . .those who helped with clean-up of the church grounds on Saturday, June 15.
- . . .the UWFaith ladies who organized a meaningful women's Spiritual Retreat on Saturday, June 15.
- . . .Rick Gilbert for mowing the church and parsonage lawns (and the Easts for filling in for him).
- . . .Julie Jass for planting and caring for the flowers in the big pots in front of the church.
- . . .new grass growing on the north side (thanks to the trustees and Jim Hill).
- . . .the Comfort Quilters, who make it possible for those in the congregation getting married to receive a beautiful wedding quilt made by hands that have supported and cared for them.



July Birthdays

Marilynn Jass	July 1	Ken Cline	July 20
Alayna Welsh	July 1	Dean Sonquist	July 20
Lynn Smith	July 4	Morgan Smuck	July 21
Ashley Formanek	July 6	Cassidy Albertson	July 23
Ami Frohling	July 9	Karen Johnson	July 23
Scott Ginapp	July 12	Chase Schilling	July 23
Dean Frohling	July 13	Jody Seelhammer	July 24
Lisa Crawford	July 14	Kevin Sweers	July 24
Kayley Myers	July 14	Jan Sweers	July 28
Carrie Omans	July 18		

July Anniversaries

Scott and Robin Ginapp	July 12	Chase and Sarah-Michele Ulven	July 20
Roger and Cheryl Tietjens	July 12	Josh and Aimée Omans	July 28
John and Myra Bowman	July 15	Rob and Ruth Legge	July 31
Jim and Sharon Jass	July 20		

If your name, birthday, or anniversary is listed incorrectly or is missing, please call the church office so we can update our information. Thanks!

Contact Us

Church Office

Phone: 641-923-2191

Email: garnerumc@comm1net.net

Administrative Assistant's Office Hours: 9 a.m. – 2 p.m., M-Th

Office Closed on Fridays

Look for GUMC on Facebook by searching *Garner Iowa United Methodist Church*

YouTube Channel: Garner IA UMC-Media

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