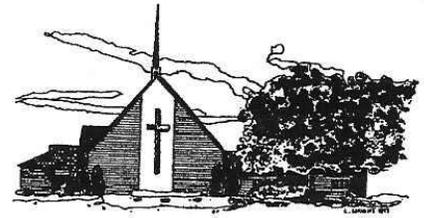


# The Circuit Rider



Shepherd of the Valley United Methodist Church

Summer, 2019

## Also in this Issue

### Articles

- Summer Movie Series..2
- Peace with Justice  
Sunday.....3
- Certified Lay  
Ministers .....3

### Regular features

- Upcoming Events .....3
- Office Notes .....5
- Help Wanted.....5
- Music Notes .....6
- Caring and Sharing.....6
- Church Council  
Minutes .....7

## Musings from the Blue Couch

Dear Shepherd of the Valley Family and Friends,

It occurs to me that is easy for church families to take their choirs for granted. They are there for every service. They practice behind the scenes when we are not around. But the power of the choir in the life of a church is immeasurable. Their work is much more than to simply sing a pretty song during worship. A choir, when they are fulfilling their calling, can be the manifestation of the Holy Spirit in the world! This is why the scripture talks so much about the power of music. In Exodus Moses and the Israelites sang, "I sing songs to the Lord.... God is my strength and God is my song." Psalm 98 says to "Sing to God a brand new song!" Psalm 101 "I will sing of your love and justice." Ephesians 5:19 "speaking to one another with psalms, hymns and songs from the Spirit, Sing and make music from you heart to the Lord" Throughout the Bible the people of God use music to praise God and to bond with one another.

It is amazing to me how important music is to our spiritual lives. Early in my ministry I visited a woman named Mrs. Lees who had Alzheimer's in the nursing home. Though I had never met her before I knew she had early on set so she had been there for 10 years already. My first visit with her was at Christmas time. When I arrived she was in a wheelchair with a tray on the front. The staff had parked her by a Christmas tree and she was sitting with her head laying on her arms on the tray. The staff had told me that she had been relatively unresponsive for the past few years. As you can imagine I was at a complete loss for what to do with her on our visit. I talked to her but she never raised her head. I wasn't sure she even knew I was there. I had run out of things to say and was sitting silently beside her when Silent Night started to play through the

## Shepherd of the Valley United Methodist Church Vision Statement

We are Shepherd of the Valley United Methodist Church, a multi-generational Christ community seeking to sing God's spirit into the world by inviting all, serving all, loving all.

Shepherd of the Valley United Methodist Church

604 Seven Mile Road, Hope, RI 0283

June Office Hours: Monday-Thursday, 9:00-12:00; July/August: Tuesday- Wednesday, 9:00-12:00

Phone: 821-8217 • Fax: 826-7787 • E-mail: [office@sovumc.org](mailto:office@sovumc.org) • Web site: [sovumc.org](http://sovumc.org)

Rev. Katherine Mitchell

Worship and Church School

Sunday, 9:30 a.m.

overhead speakers. With nothing left to say I started singing along. As I was singing I thought I started to hear sounds coming from Mrs. Lees. Was she humming? I stopped singing to listen, but when I stopped all I heard was the beautiful hymn coming through the speakers. I started singing along again and sure enough Mrs. Lees was humming along and after a few seconds she actually lifted her head and was actually singing with me! I couldn't believe it! Instinctively when Silent Night was over I kept on singing Christmas hymns and she kept singing along. For the rest of the time I knew Mrs. Lees I always brought my hymnal and she would once again lift her head and join me. Even the day before she died she, though she could no longer sing, I sang "It is Well with My Soul" at her bedside and she faintly hummed the tune while I sang.

Over and over again in scripture we are told to praise God with music. I can't help be in awe that those ancient authors of the bible seem to intuit what scientist are now finding to be true. Music is a necessary food for our mind, our bodies and our souls. In her book "*The Power of Music*" writes, "Scientists have found that music stimulates more parts of the brain than any other human function." In a 2011 study done at McGill University researchers found that listening to music increases the amount of dopamine produced in the brain a mood enhancing chemical making it a feasible treatment for depression." In an article for Berkley University, Jacques Launay is a Postdoctoral Researcher in Experimental Psychology at the University of Oxford writes, "We've just published some research that reveals that group singing not only helps forge social bonds, it also does so particularly quickly, acting as an excellent icebreaker. We've also shown that community singing is effective for bonding large groups, making it an ideal behavior to improve our broader social networks. This is particularly valuable in today's often-alienating world, where many of our social interactions are conducted remotely via Facebook and Twitter.... The physiological benefits of singing, and music more generally, have long been explored. Music making exercises the brain as well as the body, but

singing is particularly beneficial for improving breathing, posture, and muscle tension. Listening to and participating in music has been shown to be effective in pain relief, too, probably due to the release of neurochemicals such as  $\beta$ -endorphin (a natural painkiller responsible for the "high" experienced after intense exercise).

All these benefits are afforded to us through the ministry of our choir!!! Their singing lifts our voices when we sing our hymns, bonding us together as a people. Their anthems have the power to comfort us in our sorrows and celebrate with us in our joys. On June 30<sup>th</sup> we will have a special service to celebrate our choir and thank them for all they do for us. Please be sure to join us that Sunday!

May you live fully and love wastefully,  
Pastor Katherine

## Summer Movie Series

As followers of Jesus Christ it is imperative that we look around our world through the eyes of our faith. We have to ask ourselves, "What does my faith tell me about that issue in the news, article in a magazine, commercial or show on TV or that movie? What does my faith tell me about how to react to the images and issues we come into contact with every day? But doing this takes practice. to that end every year Pastor Katherine does a summer movie preaching series. This year she will take a look at the following movies.



- June 9<sup>th</sup>, *The Greatest Showman*
- June 16<sup>th</sup>, *Bohemian Rhapsody*
- June 23<sup>rd</sup>, *Wall-E*
- June 30<sup>th</sup>, *Sister Act*
- July 7<sup>th</sup>, *Won't You Be My Neighbor*
- July 14<sup>th</sup>, *A Wrinkle in Time*

We will show the movies in the Hope Room on Thursdays at 7:00 p.m. All of the movies are also accessible through Amazon or Netflix.

## Peace with Justice Sunday

The gospel is a message of redemption but also of peace and freedom. As Christians, we are called to spread peace, do good and stand for justice. As United Methodists, Peace with Justice Sunday, this year on June 16<sup>th</sup>, is one way we are working together to seek justice. It is based on the idea that the way to stand for justice is to simultaneously create pathways for peacemaking, peacekeeping, and peace-building. It is a day to take action by funding peace with justice programs in our communities where eliminating poverty, caring for orphans, and kickstarting health initiatives can be successful. If this is a mission that calls to you, please consider a gift on the 16<sup>th</sup>. Thank you!

## Certified Lay Ministers

A certified lay minister (CLM) is a certified lay servant, certified lay missionary (or equivalent as defined by his or her central conference), who is called and equipped to conduct public worship, care for the congregation, assist in program leadership, develop new and existing faith communities, preach the Word, lead small groups, and/or establish community ministries as part of a ministry team with the supervision and support of a clergy person. CLMs enhance the quality of local ministry, expand team ministry in other churches or charges; and use spiritual gifts as evidence of God's grace, as with lay ministry in early Methodism. If you feel God could be calling you to be part of a ministry team, consider if you could serve your congregation or a nearby one in need of lay leadership, and if you are willing to explore this form of leadership in the UMC. Talk with your pastor or district superintendent to explore this process. Katherine will be teaching the first modules of CLM training this fall—watch for dates.

**September Circuit Rider  
Information due  
August 18<sup>th</sup>**

## Upcoming Events

### *Editor's Note*

*Many of our groups and committees do not meet during the summer. Please be sure to check this section, including "Regular Meetings and Events" for more information.*

### **Family Friday**

Our last Family Fun Night for this school year will be May 31<sup>st</sup> starting at 6:00 p.m. It will be Family Night In with a cookout and games. Dinner is provided for all so come enjoy a relaxing evening with families! Any interest in hosting or cooking, please let me know! It is a great way to get involved with our family ministry program. This will be our last Family Fun Night until the fall so please join us, even us if you haven't come all year!

Lisa Marciniak

### **Last Day of Sunday School and Church Picnic**

The last day of Sunday School will be June 2<sup>nd</sup>. After worship, we will



have our annual church picnic to celebrate the end of Sunday School, complete with a water slide (and maybe a few other surprises?!). Hot dogs and hamburgers will be provided; please bring sides, desserts, and drinks. There will be a sign-up sheet for food to bring. All are welcome!

### **Wednesday Day Bible Study**

This group will continue to examine the Bible, who wrote it, and why it's structured the way it is on Wednesdays at 11:00 a.m. in the Hope Room through June 5<sup>th</sup>. Look for information in August about the fall start-up.

### **Women in Spiritual Harmony (WISH)**

WISH finishes for the year at the end of May and will be off until September. Keep your eye out for our start date. We will be continuing with our study of the book of Acts.

### Wednesday Wisdom Seekers Study Group

Why did Jesus happen when he happened? Why the confluence of the Baptism movement of John and the Kingdom movement of Jesus? Why the tiny villages around the Lake? Why the confrontations in Jerusalem? Why then? Why there? If any of these questions intrigue you, come to the Wednesday Wisdom Seekers study group.

We will be discussing these questions as we watch the video series "First Light: Jesus and the Kingdom," a journey on location throughout the Galilee and Jerusalem areas with two of the world's leading Jesus scholars, John Dominic Crossan and Marcus Borg. This study takes us through Jesus' life and ministry, providing historical background and showing us the sites today. The study guide is written by John Dominic Crossan.

We will continue through June 5<sup>th</sup>, and then taking the summer off to continue in the fall. We meet Wednesdays from 7:00 to 8:30 p.m. in the Hope Room. All are welcome, and you can come at any time—no need to have participated in the earlier segments.

### United Methodist Women Pot Luck Dinner

The June meeting of the United Methodist Women (UMW) will be held at Barbara Walz's house on Monday, June 17<sup>th</sup> at 6:00 p.m. It will be a pot luck dinner so bring your favorite dish, dessert or appetizer. Barbara's address is 28 Oakwood Dr., Foster. Please sign up in Fellowship Hall or call Barbara at 647-0638. All women are invited to join us for a relaxing time.

### Kids' Labyrinth Walk with Wienie and Marshmallow Roast!

Pastor Katherine will be hosting a Kids' Labyrinth Walk with Wienie and Marshmallow Roast on Wednesdays, June 26<sup>th</sup> and July 10<sup>th</sup> at 6:30 p.m. Everyone is welcome and you can bring your friends! Grown-ups can come too!



### Church Council

There are no Church Council meeting scheduled for the summer. We will meet only as needed. The fall meetings are tentatively scheduled for September 16<sup>th</sup> and November 18<sup>th</sup>.

### Regular Meetings and Events

*Editor's Note:* Our church has many meetings, classes, and fellowship opportunities that occur on a regular basis. Please check the list below for the schedules of programs or opportunities you might be interested in. If you have something you'd like included in this section, please email me at [belllomb@cox.net](mailto:belllomb@cox.net), call me at 944-9668, or leave a note in the Circuit Rider mailbox at church.

Hannah Bell-Lombardo

- **Monday Morning Prayer Group:** We gather for prayer in the Hope Room at 10:00 a.m. on the second and fourth Mondays of each month.
- **United Methodist Women (UMW):** See information in this section on the pot luck dinner. After that we will be off until fall.
- **Knitting Ministry:** The Knitting Ministry meets on the second Tuesday of each month at 1:00 in the library. Our projects include prayer shawls, baptismal shawls, preemie and chemo hats, and sweaters for World Vision. Even if you can't attend the meetings, you can always knit at home. If you have questions, please call Sue Kizlinski at 401-527-8702.
- **Women in Spiritual Harmony (WISH):** WISH will continue through the end of May and then take the summer off.
- **Wednesday Day Bible Study:** This group will have its last meeting before summer on Wednesday, June 5<sup>th</sup>, at 11:00 a.m. in the Hope Room. Look for information in August about the fall start-up date.
- **Wednesday Wisdom Seekers Study Group:** This group will also have its last meeting before summer on Wednesday, June 5<sup>th</sup>, at 7:00 p.m. in the Hope Room. We will resume our study in the fall.
- **Men's Fellowship Breakfasts:** This group meets at the Phenix Square Restaurant at 6:00 a.m. Summer meetings will be June 7<sup>th</sup> and

21<sup>st</sup>, July 5<sup>th</sup> and 19<sup>th</sup>, and August 2<sup>nd</sup>, 16<sup>th</sup>, and 30<sup>th</sup>. All men are welcome.

- **Signing Choir:** The Signing Choir is off for the summer and will resume rehearsals in October.
- **Family Sunday:** The first Sunday of each month is Family Sunday where our children serve as ushers, greeters, Communion stewards, and liturgists. If you have children who are taking part in the worship, please arrive by 9:00 a.m. so we can run through the bulletin and review our “jobs” for the day.

## Office Notes

### Upcoming Event?

If you have an upcoming event or are hosting coffee hour and need supplies, please check what we have in the kitchen and storage area. If something is missing, let Pam know if we need to order something at least two weeks ahead of time.

### Sunday Bulletin Announcements

Just a reminder that your announcements for the Sunday bulletin must be submitted to the office not later than the Tuesday before you’d like them to appear. Call the church office (821-8217), leave a note in the church office mailbox, or email [office@sovumc.org](mailto:office@sovumc.org). Thank you!

### Church Program Drop-offs

Are you dropping something off for Open Table, the food pantry, or another mission project or event? Please put a label on your items/boxes so we can ensure they end up in the proper place. If you put it in the clothing closet (next to the sanctuary), please leave Pam a note so she knows it’s there.

### New Email?

Be sure to let us know any changes in your email address so we can be sure any electronic communications reach you. Let the church office know of any email, phone, or address changes by email ([office@sovumc.org](mailto:office@sovumc.org)) or leave a note on Pam’s desk.



## Help Wanted

### Holiday Market and Appraisal Fair

We need various volunteers (all booth chairs and a helper for each, basket and bow volunteers,



set up and break down teams) for a total of about 25-30 volunteers. Don't let this big number scare you! There are opportunities to volunteer for only 4 hours and up to 2-3 Sundays/Saturdays depending on the role. Specific sign-up sheets with detailed role explanations and time commitments will be available shortly for you to look over and determine if you want to or are able to help. If we don't have enough volunteers, we will not be able to hold this important fundraising event.

### Food Pantry

Do you like to shop? Clip coupons? If so, have we got the job for you! The Shepherd’s Pantry, our food ministry, needs someone to take over as the shopper (or shoppers—more than one are welcome!) If you can help keep our food pantry stocked and ready for those who use this important ministry, please drop Pam or PK a note.

### Fellowship Hour Sign-Up

Hosting Fellowship Hour is a great time to promote fellowship in the church. You don't have to provide anything elaborate—just some goodies and coffee (and help/instructions are available for the coffee-making). Simply sign up on the list in Fellowship Hall.

### Ushers

Ushering is a great way to make our members and guests feel welcome. New sign-up sheets are available for your use—sign up for the Sundays you’re available. No need for a weekly commitment.



### Scituate Art Festival

Mark your calendars for the Scituate Art Festival on Columbus Day weekend – October 12<sup>th</sup> to 14<sup>th</sup>! This is one of the major fundraisers for the church and we need all hands on deck. Whether you volunteer for a day or just a few hours, you help make this a successful event. Please keep an eye out for more information.

## Church Summer Hours

Summertime means vacation time! Pam will be on vacation from June 15<sup>th</sup> to the 27<sup>th</sup> and PK will be off from July 15<sup>th</sup> to August 12<sup>th</sup>.

Summer hours for the church begin on July 1<sup>st</sup>. The Church Office will be open on Tuesdays and Wednesdays from 9A to noon.

## Camp Aldersgate

**Aldersgate's Day Camp** is for kids ages 5 – 12 who are looking for a summer of new experiences, new friends, and FUN! Their dedicated day camp staff partners with families to make sure each camper has an amazing summer, whether they are there for just one week or all nine!

**Aldersgate's Overnight Camp** offers a variety of one-week overnight camps for campers aged 7 – 17. Choose a traditional camping experience or one of the specialty cooking, science, arts, or adventure camps!

There are flyers available in the narthex or you can head to [campaldersgate.com](http://campaldersgate.com) for more information. Financial assistance is available from SOV; please see PK.

## Music Notes

Your adult choir will continue providing the prayer response music throughout the summer. For those of you with a little extra time, this might be a great chance for you to try us out—we welcome new members (and you don't have to read music!). We rehearse after worship each Sunday.

Steve Haunschild

P.S. Be sure to read Pastor Katherine's "Musings from the Blue Couch" on the power of music and singing!

## Caring and Sharing

### UMW Thank You

The United Methodist Women (UMW) would like to thank everyone who made a donation to our "Call to Prayer and Self-Denial." The \$300 raised goes to our district conference who will forward it on to our general conference. From there, this money will be combined with that from all other churches to support youth and children's well-being and equal opportunities so that they are not denied the basic rights of safety, health, play, and education.

### Family Fun Night Thank You

Thank you to all the families, hosts, and cooks who helped make it another great year of Family Fun Night! We will start up again in September so keep an eye out for flyers around the church and in the Sunday bulletin and the *Circuit Rider*!

Lisa Marciniak

### Sunday School Thank You

Thank you to the teachers, children, and parents who made this year so amazing for Sunday School! We had helpers from the congregation as well so a huge thank you to for their help as well! Sunday School will start up again September 15<sup>th</sup> so registration will be available starting sometime in August.

Lisa Marciniak

### Shepherd's Pantry

Our food pantry continues needs all the basics, including boxes. We can use tuna, pasta, spaghetti sauce, cereal, fruit, soup, vegetables, and crackers. Since many of our clients have health issues, we can use healthier food options, including gluten-free and lower sodium/fat free items. Toilet paper is needed as well. Many thanks for your continued donations and cash gifts for the support to help our neighbors in need.

### Shut-Ins

The Nurture-Outreach Ministry Team has a new shut-in list posted on the bulletin board next to the

kitchen. Please think of these important members of our community and send them a card, or better yet, stop by for a visit. If there’s anyone you know who needs a visit, let one of the team members or the church office know and we’ll add them to the list.

**Fellowship Hour Thank You**

There is not a lot to say about how important fellowship hour after church is until you look around and see everyone visiting and connecting during this time. A special thank you goes out to all our Sunday Fellowship Hour hosts and hostesses who provide the goodies and make this time possible. All should step up to the plate and take a turn. Feel free to have a friend or family member help you out—volunteers are needed and help showing how everything is done is available.

**Facebook**

PK invites you to “friend” her on Facebook.

**Save Your Pop-Tabs!**

We are continuing to collect your pop tabs—there’s a box in the kitchen for them. These tabs go toward helping with food, supplies, and utilities for the Ronald McDonald House in Providence. The House provides a home-away-from-home for families of critically ill children. Without these donations, the House would not be able to provide for the families. Thank you for the tabs and if you have any questions about donations, please contact Sue Dyl.

**Blood Pressure Measurement**

We are able to check blood pressures in the office. Check with Pastor Katherine.

**Church Council Minutes  
April 22, 2019**

Church Council members present included Lisa Marciniak, Rob Bower, Barbara Walz, Howard Gay, Jerry Crosby, Donna Faria, John Lombardo, and Hannah Bell-Lombardo. Also present was congregation member Marti Bower.

building renovations. We agreed that the trustees should go forward with the planning process, and should develop something to present to the congregation. Once a rough draft with some estimates is developed, we will move forward with hiring an architect, etc.

Jerry noted that the parsonage boiler died, for a replacement cost of \$5668. All the lightbulbs and fixtures in the church are being replaced with LED bulbs. The roof should be replaced within a month at a cost of about \$34,000 along with some gutters and related repairs. John Gaumond needs to be sure the money is available. John Lombardo is auditing the books to determine how much is available, what needs to be borrowed, and where the boiler is to be paid from: borrowed with the roof money or paid out of available funds. There are no other anticipated big projects, other than cleaning and sealing the exterior of the Hope Room addition.

We reviewed the information security policy, to be updated annually to be in compliance with Vanco policies. John moved to approve, Jerry seconded, and it was unanimously approved.

The Antique Appraisal Fair and Market date has been set for November 23<sup>rd</sup>. Staffing is still to be determined.

John brought us up to date on the financials. We are \$6,000 better than budget thanks to a significant gift to the general fund earlier in the year. We still have a budget with a \$25,000 deficit, which leads to concerns about long term sustainability. The question of attendance was raised. John will reach out to Pastor Katherine for the numbers and prepare a spreadsheet with the results.

Meeting was adjourned at 7:43.

Respectfully submitted,

Hannah Bell-Lombardo

**Have a great summer!**

Shepherd of the Valley  
United Methodist Church  
604 Seven Mile Road  
Hope, RI 02831

Non-Profit Organization  
U.S. POSTAGE PAID  
West Warwick, RI  
PERMIT 1

DO NOT FORWARD—CHANGE SERVICE REQUESTED  
TIME VALUE—DO NOT DELAY

SUMMER, 2019 CIRCUIT RIDER

All are welcome to the annual  
**Church Picnic!**

Sunday, June 2<sup>nd</sup> after worship

Hamburgers and hot dogs provided, sign up in  
Fellowship Hall to bring sides, drinks, and desserts



(Yes, there will be a water slide!)