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## Musings from the Blue Couch

Dear Shepherd of the Valley Family and Friends,

I hope you have had a lovely summer filled with wonderful memories! As you know I spent a few weeks at my family cottage in Maine. The first couple of weeks I was by myself before Bruce, Zac and Zoe joined me for the last week. My brother came to visit me for a day. He very generously brought up our little boat with a brand-new outboard motor. He was so excited to show me the new motor because he bought us one with an electric starter. He proudly showed me how to pull the choke, put it in neutral and push the button! I know that doesn't sound like a big deal but we have spent our lives yanking and yanking on an old starter cord, praying my great Uncle Wayne's Johnson motor would start. Lo and behold now all I had to do was push a button!!! Needless to say I was pretty psyched...that was until later the next afternoon when the sky started getting dark and I could hear thunder in the distance. It then it occurred to me that that boat with the wonderful motor would need to be bailed every time there was a storm. I became kind of obsessed as it rained and rained and the sky flashed and flashed and the clouds rumbled and rumbled. All I could think about was how much water was in that boat. Were the waves high enough to go over the stern and swamp our brand-new motor? I finally couldn't take it any more so I dug out a flash light and decided to head out and check the status of the boat.

Now this may sound like a no brainer, but it was still torrentially raining. I made my way down to the wharf in the dark, with the lightning flashing overhead and my glasses washed out. Carefully making my way over the rocks and roots I kept saying to myself, "Please Jesus, don't let me fall." And when I got down to the wharf,

### 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  
Hope, RI 02831

Worship and Church School  
Sunday, 9:30 a.m.

Office Hours: Monday - Thursday, 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

sure enough, the boat was filled up to the brim and the waves were close to washing over the stern. My boat was about to sink to the bottom of the lake and quite possibly roll the wharf over with it! Turns out the shiny new motor, the one I was so excited about, is much heavier than the old school one. This meant the boat couldn't hold as much water without a disaster. I had to do something. Bailing was not an option. Between the torrential rain, the wind and the waves, my effort would be futile. That is how, at 12:30 at night in a massive storm, I found myself in the lake attempting to walk my water-filled boat over to a little beach where I would try and yank it onto shore so that even if it filled all the way up it wouldn't be completely submersed.

Now there was one more problem. In order to pull the boat onto the shore I needed to tilt the motor up so the propeller wasn't destroyed on the bottom of the lake. I couldn't just get into the boat pull the lever and tilt it up. I was going to have to try to push it up from inside the lake and I was going to have to do it in the dark while fighting the waves. I will spare you the details other than to say there was sobbing, praying, and a great deal of swearing! I confess that I briefly experienced an irrational rage at poor Bruce who was innocently sleeping in his warm dry bed back in Rhode Island. How dare he not be in the lake helping me deal with this!

It took me about 30 minutes about I finally was able to get the boat yanked up and secured on the beach. I felt absolutely triumphant! It took all I my will power not to howl my victory at the sky or at least go wake up my cousins down the road so I could show them what I did. When the whole fiasco started I was absolutely sure there was no way I was going to be able to deal with the crisis. But once I got past my defeatism and set my mind to the task I did it! There is something powerful about overcoming the seemingly insurmountable. The next day during my prayer time, I could hear my spiritual director asking me, "Where was God in that experience?" I do not believe that God

gives us crisis to teach us lessons. That would be cruel and inconsistent with a God of love. But I do believe that the part of us that reaches down deep into our souls and finds the fortitude to overcome the great challenges of our lives is the very part of us that is connected to the Creative Loving Force of the Universe we call God. Every time we are able to accomplish more than we think we are capable of and each time we gain wisdom and insight we are made spiritually stronger. This the foundation of my faith.

May you live fully and love wastefully,  
Pastor Katherine

## Trustees

The Trustees are a very important group at SOV whose work often goes unnoticed and unsung. The Trustees supervise and maintain both the physical property of the congregation and gifts made to the congregation so that the ministries of the congregation can be effective, including meeting any legal requirements.

Current and recent Trustee projects include:

- The sanctuary roof project is complete with the exception of some exterior trim work on the north gable end. We anticipate completion shortly.
- The leaky parsonage boiler has been replaced for a cost of approximately \$5,600.
- Water testing at the church and parsonage is planned.
- An outdoor cleanup was held on 5/18. Thanks to those who participated, including scouts from Troop 8.
- We are still wrestling with building thermostat issues. Consultation with an electrician for advice, inspection, and installation is forthcoming.
- Hope Room floor waxing and exterior sealer application is planned.
- Parsonage and sanctuary septic tank are being cleaned out.

## Upcoming Events

### Women in Spiritual Harmony (WISH)

WISH runs from mid-September to the end of May. Keep your eye out for our start date. All women are welcome to join us!

### Homecoming Sunday

Homecoming Sunday will be September 15<sup>th</sup> and this will kick off the Sunday School year for 2019/2020! We will begin the year with two classes with Jerry Crosby leading the older class and Doreen Fish, Beth Travers and Crystal Brown leading the younger class. Children will stay in church until the Children's Time and then be dismissed and be divided up. Parents can pick their children up in their classroom after worship.

Registration is available by contacting Lisa Marciniak at [lhardgrove@yahoo.com](mailto:lhardgrove@yahoo.com), or filling out the registration form after you pick your child up from Sunday School in September. Any questions or concerns, feel free to contact me at any time! We are looking forward to another great year!

Lisa Marciniak

### Homecoming Potluck

To welcome everyone back after the summer, there will be a potluck lunch in Fellowship Hall after worship on Sunday, September 15<sup>th</sup>. Bring your favorite dish to share! All are welcome.

### Wednesday Wisdom Seekers Morning Study Group

Wisdom Wednesdays will begin again on September 18<sup>th</sup>. Our 11:00 am study group is a beginner group. We will be doing "Living the Questions."

"Living the Questions" is an open-minded alternative to studies that attempt to give participants all the answers and instead strives to create an environment where participants can interact with one another in exploring what's next for Christianity. Featuring thirty acclaimed scholars, theologians and other experts, it consists of 21 sessions which may be offered in sequence or as three independent flights of seven units each:

"Invitation to Journey," "Honoring Creation" and "Call to Covenant." All are welcome regardless of your level of Biblical knowledge.

### Wednesday Wisdom Seekers Evening Study Group

The evening study group will also resume on September 18<sup>th</sup> at 7:00 p.m. in the Hope Room. Join preeminent New Testament scholars Marcus Borg and John Dominic Crossan on location in Turkey as they trace the Apostle Paul's footsteps throughout the Roman Empire. This 12-session DVD and web-based study explores fresh insights into Paul's message of the Kingdom of God, its challenge to Roman imperial theology, and the apostle's radical relevance for today.

### United Methodist Women Meeting

The United Methodist Women's group will begin a new series of programs with our monthly meeting to be held on Thursday, September 19<sup>th</sup> at 11:00 a.m. "Let Your Light Shine—Ignited for Justice" has four priorities for us to focus on: Just Energy for All, Interrupt the School-to-Prison Pipeline, A Living Wage for All and to End Maternal Mortality. Please join us for discussion and bring a lunch. Beverage and desert will be provided.

### Family Fun Friday

Get ready for another year of Family Fun Nights!!! Our first Family Fun Night will be September 20<sup>th</sup> and it will be Family Night In! Details of what we will be doing will be announced in church and the bulletin so keep an eye out! This is for families and their children of all ages so please come and eat and socialize and enjoy fun activities! We will need volunteers for hosting and cooking so please keep this in mind as a great way to get involved in our family ministry program! Looking forward to seeing everyone!

### United Methodist Women New England Conference at SOV

The United Methodist Women will be hosting the New England Conference of the UMW on Saturday, September 21<sup>st</sup>. Registration is at 9:30 and the meeting begins at 10:00 a.m. The cost is

\$10 and lunch will be provided. The program is “Mission, Money and Membership” presented by the NE Conference leadership team. Many questions will be answered as to what our mission is and where the money we raise is distributed. We encourage all women to attend. Sign up will be in Fellowship Hall after services.

### **Project Outreach “Swing into Fall”**

Project Outreach is having our Swing Into Fall Fundraiser again this year. On Sunday, September 22<sup>nd</sup> from 2:00 to 4:30 p.m. at the Elk’s Lodge, 1915 West Shore Road, Warwick, it will feature ROMPS - Retired Old Musicians Playing Swing - again. There will also be a silent auction and light refreshments, with Ken Bell, the sportscaster, as MC. Tickets are \$20 in advance and \$25 at the door. For tickets, contact Mirna at 401-830-6111 or online at [www.projectoutreachri.org](http://www.projectoutreachri.org). All proceeds benefit Project Outreach, a South Providence ministry closely associated with Shepherd of the Valley.

### **Scituate Art Festival**

The Scituate Art Festival will be here before we know it! This year, Sandy Knapp and Tom Senerchia are the chairs of this event. As one of our biggest fundraisers for the church and our programs, we need everyone to pitch in. There will be sign-up sheets going around. Jobs include cashiers, sandwich makers, cooks, dishwashers, counters and set-up and break-down crews. If you can help for an hour or a day it would be greatly appreciated! The festival runs from October 11<sup>th</sup>, 12<sup>th</sup> and 13<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 [bellomb@cox.net](mailto:bellomb@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)**: We’ll begin our regular meetings on September 19<sup>th</sup> at 11. See *Upcoming Events* for details.
- **Knitting Ministry**: The Knitting Ministry meets on the second Tuesday of each month at 1P in the library. We will be starting up after our summer break on September 10. Our projects include prayer shawls, baptismal shawls, premie 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 resume on September 11<sup>th</sup>. We meet Wednesday mornings from 9:30 to 11 a.m. We will be continuing our study of Acts from last spring. No book is necessary and all women are welcome.
- **Wednesday Wisdom Seekers Morning Study Group**: This group will start up again in the fall on Wednesday, September 18<sup>th</sup> at 11:00 in the Hope Room. See the article in “Upcoming Events” on this fall’s study.
- **Wednesday Wisdom Seekers Evening Study Group**: This group will also start up again for the fall on September 18<sup>th</sup> at 7:00 p.m. in the Hope Room. See the article in “Upcoming Events” for the fall’s study course.
- **Men’s Fellowship Breakfasts**: This group meets at the Phenix Square Restaurant at 6:00 a.m. September meetings will be on the 6<sup>th</sup> and 20<sup>th</sup>. All men are welcome.
- **Signing Choir**: The Signing Choir will resume rehearsals on September 29<sup>th</sup>. We practice at 9:00 a.m. on Sundays and perform the Lord’s Prayer each Sunday plus another performance each month. All are welcome!
- **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.

## Help Wanted

### Nursery Help

The nursery will be looking for one volunteer a week to assist me while we search for two new nursery staff. A sign-up sheet will be passed around during church. Be sure to include the best way to contact you so I can send out a reminder each week. Thank you!

Lisa Marciniak, lhardgrove@yahoo.com

### 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 join our shopping team. 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.

## Music Notes

The Adult Choir is always looking for new members—maybe this fall is the time for you to think about joining! We practice after worship on Sundays, and you don't need to be able to read music to participate. We will soon be starting work on our Christmas cantata, as well continuing to work on the music we perform during Sunday worship services. Please join us!

Steve Haunschild



## 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 no 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.

October Circuit Rider  
Information due  
September 14<sup>th</sup>



## Caring and Sharing

### 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.

## Fall Lay Servant Academy

Lay servants serve the local church or charge in any way in which their witness or leadership and service inspires the laity to deeper commitment to Christ and more effective discipleship. This includes the interpretation of scriptures, doctrine, organization, and ministries of the church.

If you are called to such ministry, the RISEM District will be offering its fall Lay Servant Academy on two Saturdays in October: the 5<sup>th</sup> and 19<sup>th</sup>. Registration begins at 9:30 a.m.; the Academy runs from 10:00 a.m. to 4:00 p.m. Please note that you must attend both weeks. These sessions will take place at Memorial UMC, 176 Somerset Avenue, Taunton, MA.

You can choose one of the following courses:

- Basic Lay Servant Course (required before any advanced course and needs your pastor's permission/signature to register)
- Discover Your Spiritual Gifts
- Called to Preach
- Conflict Resolution
- Living our United Methodist Beliefs (Heritage)

Registration deadline is September 27<sup>th</sup> through <https://neumc-reg.brapp.com/RISEMDistrict2019FallLayAcademy>. Checks (\$25 per course) and checks may be mailed to: RISEM Lay Servant Ministries, Registrar Jen Jordan, 624 Pine St., Bridgewater, MA 02324. The course book will be mailed to the address on your registration. If you have questions, contact our District Director of Lay Servant Ministries, Ruth Koha James at [risem.layservantmin@gmail.com](mailto:risem.layservantmin@gmail.com) or 508-677-7422. Tuition assistance is available.

# Circuit Rider Information

The *Circuit Rider* is our monthly newsletter and includes a variety of news items, announcements, and other articles of congregational interest. It is the perfect place to publicize any events or programs your group or organization is participating in; mission projects at the church, local, state, or national/international levels; or anything else you feel might be of interest to Shepherd of the Valley attendees. Please note that your submissions may be edited for content, space, or consistency reasons. Please feel free to contact me if you have any questions about your input.

Content included in the body of an email or as a Word attachment is preferred (belllomb@cox.net), though you can also call me 944-9668) or put your input in the "Circuit Rider" box at church. Deadlines for the next year are listed in the box below for your information.

Hannah Bell-Lombardo, Editor



**POTLUCK**

**HOMECOMING SUNDAY**

Sunday, September 15, 2019  
Immediately following Worship

Please bring your favorite dish to share as we celebrate the beginning of the "new" year!

Sign-up sheets are available in Fellowship Hall or see Lisa Marciniak

## Circuit Rider Deadlines

Circuit Rider deadlines for the 2019-20 church year are as follows. Please retain for your records. As always, your promptness is appreciated.

<u>Month</u>	<u>Deadline</u>
October	September 14
November	October 19
December	November 16
January	December 14
February	January 18
March	February 15
April	March 14
May	April 18
June/Summer	May 16

Shepherd of the Valley  
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DO NOT FORWARD—CHANGE SERVICE REQUESTED  
TIME VALUE—DO NOT DELAY

SEPTEMBER, 2019 CIRCUIT RIDER



CHURCH  
HOMECOMING

***Join us for the start of a new church year!***

*Sunday, September 15  
Worship at 9:30  
Start of Sunday School  
Potluck lunch after worship*