



# July Newsletter

We are halfway through 2025. July is here, which means hot and humid days, travel, holidays and the outdoors, and for others it's probably staying indoors with the air on. Independence Day is the main event. The 4<sup>th</sup> of July celebrations are all about cookouts and fireworks. Kids enjoy the time with friends and family and families come together and enjoy time with near and dear ones.

We are always looking for a way to escape from the monotony of life and the festivities and celebrations take our minds off of mundane things and give us a break from reality. This is a good way to be rejuvenated for the second half of the year, preparing for other activities and events that are coming up.

As we enjoy this season we also want to be connected with the source of all good things. Our sermon series for this season is called "God's Kingdom and Our Part in Building It."

In the last two Sundays in June, my sermons were about healing the world and following Jesus in complete surrender. In July we will be learning about submitting to the authority of Jesus, following in the guidelines set for us and connecting to our creator through prayer. Because without speaking to God and hearing from him we will not know what he wants from us. Prayer is such an important spiritual practice that we can develop and my prayer for our congregation is to be able to spend more time not just collectively but privately too in prayer.

The work ahead is not easy and if we do not seek God's face, we will be weak and unable to transform the world and worse still become like the world. And we know our mission statement as United Methodists is "To make disciples of Jesus Christ for the transformation of the world."

Speaking about UMC, the Indiana Conference, effective July 2025 have divided the districts into five different districts. They are now going to be called Northern Lakes, Eastern Rivers, Eastern Central Heights, Southern Rivers and West Central Plains. We are part of the Eastern Central Heights district, and our district superintendent (DS) is Rev. Dr. In Suk Peebles. Let us keep Bishop Tracy Malone and all the leaders of the Indiana Conference in our prayers.

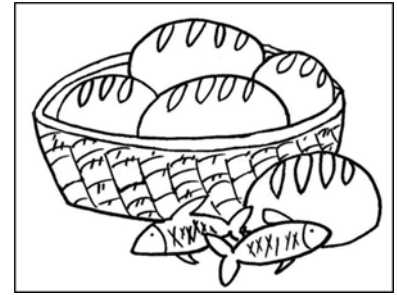
My prayer for all of us is to develop our spiritual muscles as we serve God. We can strengthen ourselves as we submit to God's authority, walk in his ways and pray for our community and the world.

I pray that this summer will be a time for enjoyment, relaxation and fun for all of us. Amen!

***Pastor Sunil***

## Fishes and Loaves: Let's Feed Our Neighbors!

Our church is feeding our neighbors by filling the Big Red Box each week. As you prepare for your weekly shopping, consider these stories:



... A young mom usually can make her modest income work but an unexpected car repair has taken most of her cash this week. She considers going to a food pantry, but all are closed by the end of her shift. She is driving home wondering what she can do, then remembers that Red Pantry box at that church on the circle. Maybe there is something there she could feed her kids....

... An elderly man lives in an apartment on Washington Street. He has always prided himself in being self-sufficient, but he no longer drives and must depend on rides for grocery shopping. The man's cupboard is getting bare. He is too embarrassed to ask others for help, but he has heard neighbors talk about the Red Box on the circle. It's a pretty good walk for him, but maybe he could 'borrow' a can or two, just until he can get to a grocery....

... A young boy who is out of school for the summer lives with his grandparents who both work the nightshift. It's not easy being quiet during the day, so he travels the neighborhood looking for adventures. He sometimes eats the free lunch at his school, but his bike has a flat tire and it's a pretty long walk. Then he remembers that shiny red box in front of the Methodist church. He had seen people taking food from there. If it was free, he figured that would be alright. After all, it is a church....

We hope these people will find what they are looking for when they open the door of the pantry. We hope they think of our church as a safe place to get something to eat.

Not sure what to buy? Look for a suggested list on the welcome center. Or google food pantry donation suggestions to get ideas. Think easy to open, easy to prepare, nutritious.

Our meager gift of food makes a difference, not just in sustenance for the body and for the spirit. Sometimes what we place in the Big Red Box is a message of comfort, a message of hope, a message of love. Our contributions each week are truly like the Fishes and Loaves bible story – they multiply to make a meal of God's Love.

# Big Red Box Project Pantry Shopping Suggestions

- Foods/meals that require little/no preparation
- Focus on sources of protein
- Easy to open (pop-tops are good!)
- Nutritious and comforting

- Hearty soups/stews/chili/full meals in cans
- Meats in cans or pouches (ex. Tuna)
- Peanut butter (single servings)
- Nuts/ dried fruit
- Protein bars
- Beef jerky/shelf-stable cheese sticks
- Fruit in single-serve cups or small cans
- Vegetables in single-serve cups or small cans
- Beans in cans (no dried)
- Instant rice/single serve pasta, etc.
- Cereal
- Crackers (small packages)
- Granola bars, cereal bars, fruit bars
- Snack-sized packs of pretzels, chips, etc.
- Milk (in shelf-stable boxes)
- Juices in boxes or plastic bottles
- Water in 8-16 oz. plastic bottles

Our community may need comfort items as well:

- Sample/hotel sized shampoos, body wash, etc.
- Single-wrapped toothbrushes, toothpaste
- Deodorant
- Bar soap
- Single-roll wrapped toilet paper

## Troop 9 Update

Troop 9 had a great time with Summer Camp at Ransburg Reservation. We had 10 scout attend all week with 3 adults to help. A big shout out to



2 Firecrafter candidates. Scout master has been nominated for Firecrafter as well and she went through her brotherhood for Order of the Arrow while at camp. We had a great family night on Wednesday and celebrated a scouts birthday for the week. Troop managed to squeeze in a Board of Review for a scout to advance for 1st class rank. Many merit badge were earned with some to be completed soon. Thank you for the support you continue to provide for these kids.



## NEW SMALL GROUP BEGINNING IN JULY

CONSTITUTION 101- Judge Slaughter will be leading a discussion group on the US constitution on Tuesdays in July. Dates: July 1, 8, 15 at 6:00 PM in the parlor.

## IRVINGTON FOOD PANTRY

Although we are collecting food for the "Big Red Box", the ICAN Food Pantry is open on Thursdays 1-3 PM to help the needy in our community. They are also in need of donations to fill the pantry. Please place any donations in the blue tub in the main hallway. The pantry is always in need of:

Peanut Butter/Jelly  
Crackers  
Soaps  
Shampoo

Mac n Cheese  
Soups  
Deodorant

Pasta/Pasta Sauce  
Canned Meats  
Tooth Brushes/Tooth Paste



# An ICAN Fundraising Event!

# Christmas in July!

## Why Give in July?

Join the Irvington Community Advocacy Network (ICAN) for Christmas in July, a community-wide online fundraising campaign to meet the increased need of our essential programs –providing food, basic needs, harm reduction supplies, and advocacy services to our neighbors in need.

## Where Does Your Money Go?

Your donations directly fund ICAN programs that provide free:

- Hygiene Kits
- Feminine Hygiene Kits
- Senior Hygiene Kits
- IndyGo Bus Passes
- Food Pantry Staples



**Help ICAN Keep the Spirit of Giving Alive  
All Year Long!**

Visit [irvican.org](http://irvican.org) to learn more  
or scan the QR code to donate now!

## Grief, Grace & Grit

Greetings!

The Fourth Of July holiday marks that we are half-way through summer. Have you noticed changes in your grieving related to summer weather? Do the bright sunny days help? Are you out and about more? Do the hours of extra daylight improve your mood? Do you notice the beautiful flowers and trees? It helps your mood when you appreciate them. I'm not suggesting that grief diminishes in the summer. But its effects may seem lessened.

The long dark winter days can feel like a cloak of grief, like you are wrapped in sadness.

Is there something that's better or easier in the summer that you could replicate in the winter? You could get an inexpensive sunlight lamp to imitate more hours of daylight.

Try to think of just one thing that could make your grief easier and less painful. Then write it on your calendar on November 1st. I bet that you will think of more than one thing.

Remember to be kind and patient with yourself and each other. A little TLC (tender loving care) can make a big difference. If you give someone a smile or a kind word — even when you don't think you can muster up a smile or a kind word — it will make you both feel better. It's a win-win. Take a few extra seconds to hold the door for someone. Little courtesies can make a day better.

If you have questions or a topic you would like addressed, please send an email to the church. Feel free to remain anonymous, if that's more comfortable. The church email address is:

[Info@IrvingtonUMC.org](mailto:Info@IrvingtonUMC.org).

Gratefully,  
Amy E Bironas

### WOMEN OF IRVINGTON

The women of Irvington are invited to Old Bethel on July 17th at 6:00 pm for a pitch-in and presentation by Cindy Chavez. She will speak about the food pantry she started near Ellettsville.

Cindy served 10,000 people last month.

Bring a salad or side dish. Meat, drink, and dessert will be provided.

Call Kim to sign up by Thursday, July 10th.



## **Class Meeting (Small Groups)**

Almost 300 years ago, on February 15, 1742 John Wesley met with the Society in Bristol England to discuss how to pay off a loan on the preaching-house and cover its frequent repair costs. They collected an offering, but very soon it transformed into spiritual formation group meetings.

- Personal growth within the context of intimate fellowship
- Accountability for spiritual stewardship
- “Bearing one another’s burdens”
- “Speaking the truth in love.”

In the past many of you have been part of this small group meeting format. As we reintroduce them here this year, we look forward to adding more groups to foster good interactions and growth.

CONSTITUTION 101- Judge Slaughter will be leading a discussion group on the US constitution on Tuesdays in July. Dates: July 1, 8, 15 at 6:00 PM in the parlor.

Lois Kotian, resuming in September, is leading our cooking class every 2nd Thursday of the month at 5:30 pm. We will meet in fellowship hall and the kitchen in the basement at church. Every time we meet, we will first ask, “How is it with your soul?” Please contact the church office if you would like to attend this class.

If you have other ideas or would like to host a class meeting in your home, please contact pastor Sunil or the church office. We would like for people to gather during as many times they would like in the month in their own homes to build accountability and community.



## Chair Exercise Class

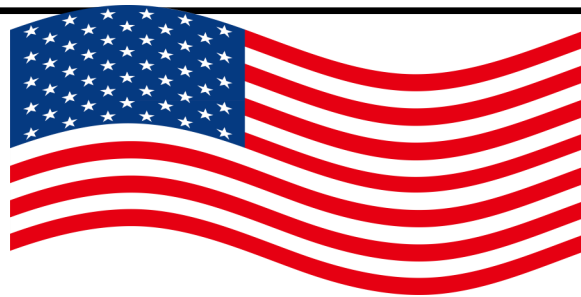
Feel the need to get moving, but not sure where or how to start?

Want to get out of the house, see old friends, and hopefully meet new friends?

Chair exercise class for age 50+ adults (although open to younger adults facing mobility problems).

When: Wednesday evenings, from 5:30 p.m. to 6:00 p.m.

Where: IUMC Fellowship Hall (basement) ALL to be welcome!



## Happy Fourth of July!

Church Office will be closed on Thursday July 3

## The Pretty Good Stuff Sale

**Saturday, August 23rd**

We will be taking donations before servixe on Sundays. Volunteers will be needed for setup and sales, come be a volunteer! Talk to Debbie or Don Gerhart to sign up or call the church office.



Pastor Sunil is offering a Bible study will be in the parlor and on book of Psalms. All are welcome

Study on Tuesdays at 1 PM . The Zoom We will continue with the to join!

Join Zoom Meeting

<https://zoom.us/j/6088142449?pwd=hw0Wl58kaC6LjVbbnuxq0zrXl4bCjU.1>

Meeting ID: 608 814 2449 Passcode: 922133





### **Honest Conversations About God, Jesus, and the Church**

For some time, we have been thinking about launching some kind of non-traditional service on Thursday evenings here at IUMC. Part of the process has been wondering what might work best in Irvington and how to begin. Beginning is the hardest step!

Would you be willing to be part of a launch team with Pastor Sunil? This is new for him also, by the way!

This would mean being part of a discussion group, letting the pastor practice on you (that should be interesting!), and then committing to being at some of the evening services for a minimum of six months (while not giving up on Sunday mornings, FYI). You wouldn't be expected to commit to every Thursday night but we need a group of people to greet and sit with those who come from the community and perhaps offer a cup of coffee.

This is a work in progress, but the pastor can't do this alone. This service is going to require the assistance and commitment of around 10 people from the service for there to be a launch. Can you be a part? Will be a part? Pray about it and if so, hand in this form to Pastor Sunil or let him know. This could be exciting and fun ... and faith enriching!

Yes, count me in!

---

Name



### **Our Prayer Ministry: Prayer Wall**

You've been praying the prayer ... we've been praying the prayer as a church when we meet in small groups and in the worship service:

Now what? We believe God answers prayer but accept that answers come in God's time and not our own. When will God answer? How will God answer? God's answer to our breakthrough prayer is not limited to the pastor and, in fact, may not come to the pastor. God's answer may come in a whisper, a thought, or a nudge to you.

If you have been praying and have felt something on your heart or in your mind, don't ignore it. Share it! In the hallway by the prayer wall, a small area has been set aside for breakthrough prayer. There are index cards and a suggestion box along with several reminders of the power of prayer. Write your thought on an index card and put it in the box. You can write your name on it or choose to remain anonymous. Either way, your idea can be shared and we can pray over it to see if that may be where God is leading us. Help us listen for God's answer to our prayer.



Now there are two ways to start your weekday off right with a short meditation including Scripture, reflections, a question to ponder, and/or a prayer for the day. It will take less than five minutes of your time but help you stay focused on your faith.

1. Daily Meditation our church Facebook page. Go on Facebook and look for Irvington United Methodist Church. Every weekday morning, Monday through Friday, a short meditation/devotional will post. The daily post takes just a few minutes to read. The post stays up on the Facebook page and can be read later in the day. Miss a day? The day before ... and the day before ... and the day before is still there.

Want to help us out? Share the IUMC Daily Meditation on your Facebook page. It's the Facebook way of telling your family and friends and inviting them to check it out. There's a share link to the bottom right of each daily mediation. Help us expand our reach!

2. Did you know our church also has a YouTube channel. Go to YouTube and look for "Shining the Light with IUMC." A picture of our rose window (see above) is with our name, so you'll know you're in the right place. In addition to sermons, you can listen to the daily meditation on your phone or computer. While you're there, hit the subscribe button ... it costs you nothing and will help us reach more people.

Make Daily Meditation a daily habit ... whether you join us at 8 am, noon, or 8 pm.

**SUNDAYS**

9:15 A.M. SUNDAY SCHOOL

10:30 A.M. WORSHIP

Irvington United Methodist Church

30 N Audubon Road

Indianapolis IN 46219

**Our Staff**

Sunil Kotian, **Senior Pastor**

Jon Hutchison-Genrty, **Music Director, Organist**

Kim Fulton, **Office Manager**

Lori Steuer, **Preschool Director**

We are on the Web at:

**[www.irvingtonumc.org](http://www.irvingtonumc.org)**

Our email address and telephone number are:

**[info@irvingtonumc.org](mailto:info@irvingtonumc.org)**

**(317) 356-7231**

**Visit us on Facebook**

**Small Group Study Sundays at 9:15 am**

**The Bible is the best-selling book of all time  
and yet many people who own a Bible have never read it.**

**Many who start reading it soon stop.**

**They stopped when they felt it had no relevance to their lives.**

**They stopped when they didn't understand what it meant.**

**They stopped when they didn't like what it had to say.**

**The Bible is supposed to be hard and we are supposed to struggle with it.**

**Join us Sunday mornings at 9:15 am in the parlor as we look at the Bible.**

**Whether you've never read it or read it 100 times, you will learn something new. The Bible  
is like that.**

**Bring your questions. All are welcome.**

