



July Newsletter



Celebrating the Abundance of Summer: Embracing Gratitude and Growth

As you doubtless can tell, the July newsletter is a little late in getting out. Little things like a strawberry festival and an afternoon concert have taken up a lot of time and effort, but both seem to have been well-received. Perhaps next year we need to think about whether they should be back-to-back or have a little distance between them. But that's a question for a later date. For now, thank you for all you did to make these events successful and part of our church outreach to our community! Now we seem to be firmly entrenched in the warmth of July ... certainly the warmth of the weather but also, hopefully, the warmth in our hearts as we gather to celebrate the abundance of blessings in our lives. As we see the gardens and fields producing growth around us, it's a good time for us to focus on cultivating a spirit of gratitude and growth, nurturing our faith as we continue our journey together as a church community.

July is often associated with cookouts, summer vacations, family reunions, and outdoor activities. It's a time when many of us slow down, take a break, and recharge. As we enjoy these moments of rest, it's also a good time to reflect on the blessings God has given us, acknowledging God's presence in every aspect of our lives. Amidst the beauty of nature, the laughter of loved ones, and the simple pleasures of life, may we develop a deeper appreciation for the divine grace that we experience daily in our lives and in the life of our church.

Continued on next page...

Gratitude is one of our “superpower” emotions because it has a transformative power that can change how we think, feel, and act. It can give us purpose and joy. It allows us to recognize God’s loving presence in our lives in every circumstance, the good and the bad. It allows us to focus on the blessings, both big and small, we have received and to express our gratitude to God. It allows us to inspire and uplift others and, in so doing, we remember Christ’s command to let our lights shine not so that we can be seen but so that Christ can be seen in us.

Just as we see summer growth around us, July presents us with an opportunity for personal and spiritual growth. As the warmth of summer embraces us, let us also open ourselves to the warmth of God’s love and guidance. Consider setting aside time for personal retreats, even if for only a couple of hours. Use that time to read inspirational texts, have a conversation about your faith over a cup of coffee, or just spend time in personal, quiet contemplation. Allow yourself to be open to the Spirit’s leading, seeking a deeper connection with the God of creation and love.

Whether you are traveling this summer or staying at home or a combination of both, I encourage you to embrace the abundance of July with a heart of gratitude and a mind open to growth. May this month be for you a time of renewal, deepening your faith, and, ultimately, strengthening our church community. We are looking to a few more “new beginnings” in the fall and will be sharing those in the next month ... and seeking input on how we, as a church, can work to enrich our collective spiritual journey, encourage one another, deepen our understanding of God’s Word, and work through our community to share the love of Christ.

May God’s grace and peace be with you always and may you find rest and gratitude in this month of July.

Pastor Denise

ICAN Food Pantry Needs

Plastic Grocery Bags

Deodorant

Peanut Butter & Jelly

Toothbrushes & Toothpaste

Shampoo & Conditioner

Place your donations in the blue bin in the main hallway.

**Reading the Bible: Got Questions?
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.



Why do we read the Bible?

How do we read the Bible?

Who wrote the Bible?

When was the Bible written?

Which translation of the Bible is the best?

Who decided what is in our Bible?



The Chosen Bible Study Continues!

Thursdays at 6:00 pm, we continue our Bible study based on “The Chosen.” Last fall we looked at season 1; now we are watching season 2. Each week we will watch part or all of an episode, and then discuss the episode as it relates to Scripture.

If you didn’t make it to season 1, you are still welcome for season 2. You can go back and watch season 1 on your own through The Chosen app or on YouTube. Join us anytime.

Where: The parlor

When: Thursdays at 6 pm

Cost: None – there will be free handouts available.



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. Meditate at Eight on 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. Too busy to read at 8 am? 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 Meditate at Eight 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 Meditate at Eight a daily habit ... whether you join us at 8 am, noon, or 8 pm.



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 6:30 p.m.

Where: IUMC Fellowship Hall (basement)

What: A 30-minute chair exercise class focusing on improving range of motion, core strength, and raising stamina! This class is tailored to those who struggle to get around or deal with life's daily aches and pains. It will be led by a personal trainer.

Cost: While donations are appreciated, they are not required or expected. We want ALL to be welcome!

And... Because we are Methodists, there will be music, laughter, a brief meditation, and food!

Our desire is also to offer food, clothing, and hygiene kits to anyone who comes who is in need. This is open to the church and to our Irvington community.

While this is a low-impact exercise program, if you have any question about your ability to participate, please consult with your physician. If you want more details about the program before joining, please see Pastor Denise.

See you there!



Would You Be Willing to “Adopt” a Room?

An announcement was made in church a couple months ago that we hired new custodians for our church and pre-school. The problem is that our two new hires, combined, are part-time and, as you know, our church is BIG! There is simply no way to adequately clean the entire church in the time allotted ... and we simply can't afford to pay for more hours.

Would you be willing to adopt a room in the church and clean it once a week? We have identified some smaller areas of the church that could be cleaned well in an hour or less each week. We can assist you in getting access that will work with your schedule and will provide cleaning supplies (of course, if you have a preference, you can bring your own).

Here are the rooms/areas we have identified: (that remain on the list).

- The music director's office

- The youth room

- Fellowship Hall (this is large and could be divided, but the cleaning needed is minimal – and would not include the restrooms or stage)

- Fellowship Hall Kitchen

The preschool custodian will take care of the preschool classrooms and restrooms. The church custodian will take care of restrooms, the main sanctuary, hallways, the parlor, church offices, entryways, the south narthex, some downstairs cleaning, windows, etc.

If you are willing to take “adopt a room” either let Pastor Denise know or contact the church office. Also, if there is any area of the church you think needs TLC and you want to volunteer for that, no reasonable offer will be refused!!! If we work together, we can keep our church looking beautiful!

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

Denise Robinson, **Pastor**

Gregory Baranovsky, **Music Director/Organist**

Kim Fulton, **Office Manager/Financial Secretary**

Lori Steuer, **Preschool Director**

Greg Boyce, **Custodian**

We are on the Web at:

www.irvingtonumc.org

Our email address and telephone number are:

info@irvingtonumc.org

(317) 356-7231

Visit us on Facebook



Mondays at 1:00 pm in the Parlor & on Zoom

We are studying the Minor Prophets. Bring your Bible and join us. Handouts are available each week and you can join in any time. It doesn't matter if you've studied these books before or struggle finding them in your Bible. All are welcome!

Meeting ID: 813 7695 8874 Passcode: 216949