

Light of Grace

a monthly publication of:
GRACE UNITED METHODIST CHURCH
1120 17th St S, Moorhead, MN 56560-5752

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Sunday Worship: 10:00 AM

Dear Friends in Christ,

What to say? We made it through June. As I type these words, we're at a whisker under 124,000 Covid-19 deaths in MN. Florida, Arizona, and Texas, to name a few, are experiencing daily record-breaking case numbers. Germany has had to pull back a bit on re-opening. Fargo has had one riot and three peaceful protests. 2 black men have been found hanging from trees in California near LA. Seriously, what to say?

We may have lots of things to say; but not everything that we think to say is necessarily worth saying. I saw a Facebook friend posted, "I am going to tattoo the back of my hands with 'Do not feed the trolls!'" For non-Facebook users, some people seem to find themselves energized by non-productive arguing. To say anything in response to such people is to have it automatically be rejected. It is called, "feeding the troll."

That said, there are a lot of productive things being said. One of my friends shared this.

What to tell myself when I'm feeling discouraged.

- 1. This is tough. But, so am I*
- 2. I may not be able to control this situation. But I am in charge of how I respond.*
- 3. I haven't figured this out...yet.*
- 4. This challenge is here to teach me something.*
- 5. All I need to do is take it, one step at a time.*
Breathe. And do the next right thing.

Wise words for self-care. I encourage you to find a saying that speaks to you right now. Use a magnet to stick it to your refrigerator; tape it inside a cupboard door or on your bathroom mirror; make it the background on your smart phone. Let it become a prayer to keep you focused—even when the world is chasing distractions, spoiling for altercations, or nearly at blows over masks.

Or, try something new. Find an instrumental version of a favorite Christian song; while it is playing in the background, slowly read Scripture aloud. The Psalms speak during times like these. I love a Christian song called Oceans. So, I listened to three instrumental versions of Oceans while reading Psalms. I started with Psalm 23. When I reached Psalm 27 these words spoke to me from the 13th and 14th verses. **"I believe that I shall see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and let your heart take courage; wait for the Lord!"** With the song of faith playing in the background and ancient words flowing from my mouth, it was like God touched my heart and centered my soul.

Included in this newsletter is a checklist of things that Grace will need to tend to when we gather for in-person & in-building worship again. It is a one-page reminder: a) things will be different; and b) we are not to the point of indoor, in-person worship yet. There is sadness in that. There's also opportunity: a) if you see an area you'd like to help with when the time comes you can call the office and let us know; and b) you can discover new ways of being in prayerful presence with God that works for you. In the meantime, experiment with ways of taking time to be with God. Experiment with ways to lean into your best, most loving self.

Also, we are offering an outdoor worship gathering, another experiment, on July 12th. We will be in the parking lot (in cars or lawn chairs, your choice) We will have pre-packaged communion. Hopefully, something in that time will also speak to our souls and sustain them, so we can be part of sustaining and encouraging others in Jesus name.

Be Well & Be Blessing,
Pastor Roger





PRAYER LIST AT Care Facilities
Peggy Anderson (R.E.M. House)
Mary J. Phillips
Bonnie Wagner (Fergus Falls)
Pat Walter (Villa Maria)
Don Walter (Villa Maria)
Jim Jameson (River Pointe)

PRAYER LIST at Home

Caliann Gedrose Carol Devine
 Lorraine Taggart Shirley Mohr
 Ilo Koenning Luann Larson
 JoAnn Oelke Janet Grafenstein
 John Fraundorfer Richard Wagner



JULY MINISTRY TEAM

A Way of being the Church at GUMC! The TEAM's mission is to provide ushers, greeters, opening welcome and readers to our congregation.

TEAM # 3 (July/Jan).

TEAM coordinators are J. Anderson and J. Mann

701-293-3260—J. & O. Alveshere
 701-893-5350—K. Baker
 701-367-0371—C. & D. Borgen & Family
 218-227-5942—R. & B. Christopherson
 218-233-0442—L. Collins
 218-233-6557—J. Mann
 218-236-0141—R. & P. Murray
 218-287-3817—A. Severson
 218-233-7474—S. & P. Struble

WORSHIP AT GRACE - 10:00 A.M.

FACEBOOK LIVESTREAM ON:
Grace UM Church Moorhead page
Roger Grafenstein's page

WORSHIP ALSO LIVESTREAMS ON THE WEBSITE:
www.graceumcmoorhead.org

Kids Devotions on the Website
and on

FACEBOOK: Grace UM Church Moorhead

INDOOR WORSHIP HOPEFULLY SEPTEMBER.
CURRENTLY FAMILY-ONLY FUNERALS.



July Birthdays

2—C. Ladwig
 7—S. Anderson
 8—B. Chandler
 9—G. Anderson
 11—R. Goldade
 15—M. Hanna
 20—J. Enkers
 S. Martin
 21—S. Fangsrud
 22—B. Wagner
 24—S. Burkhardt
 30—G. Hamm



July Anniversaries

3—Don & Pat Walter
 12—Thomas & Gyda Anderson
 27—Jerry & Judith Eide
 Roy & Phyllis Murray
 28—Lee & Paula Horner

LECTIONARY TEXTS

July 5 - Gen 24:34-38, 42-49, 58-67, Ps 45:10-17, Rom 7:15-25,
 Matt 11:16-19
 July 12 - Gen 25:19-34, Ps 119:105-112, Rom 8:1-11,
 Matt 13:1-9, 18-23
 July 19- Gen 18:10-19, Ps 139:1-12, 23-24, Rom 8:12-25,
 Matt 13:24-30
 July 26 - Gen 19:15-28, Ps 105:1-11, 45b, Rom 8:26-39,
 Matt 13:31-33, 44-52

THANK YOU

Thank you for the prayers and cards which we received from the Grace Church family on the death of our precious son, Bob. In our shock and sadness your act of kindness was very much appreciated. Also thanks to Pastor Roger for his support and kind words at the burial - R. and C. Able





RE-GATHERING CHECKLIST

- Hymnals, Sign in Pads & Bibles Removed from Sanctuary
- Sanctuary Doors Opened ? (is this more or less efficient than air exchanger)
- Pulpit moved to Choir side of sanctuary (or preach w/o pulpit)
- Pews roped off for a 12' minimum distance roped off from Pulpit and Choir Area
- Bathrooms sanitized
- Education wing doors opened / other doors locked
- Chairs (xxxxx number) removed from fellowship hall
- Signage in Place (Please Love Your Neighbor: Wear a Mask – Maintain 6' Physical Distance)
- Blue Crosses on Floor in Gathering Space (Painter's Tape – 6' apart)
- Signage on Sanctuary:
- "One Household can sit together – 6' between next household"
- "Please socialize outside – Thank You."
- Masks Available on Table & Hand Sanitizer
- Bulletins Available on Table
- Remove Sign Up Sheets Out – Call Office to Sign Up for Activities
- Fabric Chairs in Gathering Space 6' apart or removed
- One person at a time in restrooms.
- Offering Plates on Table by Soundboard– Watched by...? at physical distance
- Microphones for Announcements Removed
- Family Unites encouraged to stay together (children stay w/families)
- Sanitizing Team in Place



HOW DO YOU VIEW GOD?

In *America's four gods: What We Say About God - and What That Says About Us* (Oxford University Press), Paul Froese and Christopher Bader examine research into Americans' perceptions of God.

According to research, 28 percent of Americans view God as authoritarian, 22 percent as benevolent, 21 percent as critical and 24 percent as distant. The remaining five percent are atheists or agnostics.

The authors say people's views of God affect their attitudes toward everything from love and war to economics and natural disasters. Those with an authoritarian view, for example, believe God hands out punishments for misbehavior, while those with a benevolent view believe God is loving, not stern.

How do you view God, and what Bible verses back up that view? How does your view of God affect your faith and life?



AVOIDING TEMPTATION 101

A mom and her young son were walking through a mall when she suggested they go into a toy store to buy a birthday gift for the boy's friend.

"No Mommy, I can't go in there," he protested. "I'll see something I want and can't have. Then I'll cry. So it's just better if I don't go in."

Temptation wasn't yet in this boy's vocabulary, but he sure knew what it was. More impressively, he knew what to do about it.

Follow the boy's example: Don't put yourself into vulnerable positions in the first place. For "The spirit indeed is willing, but the flesh is weak" (Matthew 26:41b, NRSV).



DECISION FATIGUE

Cindy Gregorson wrote a note to all the clergy that referenced a new term: "Decision Fatigue." It refers to the little decisions we are facing and the large. What does it mean to defund a police department? Is there really a difference between asymptomatic, pre-symptomatic spread of Covid-19 and is the WHO correct or Dr. Fauci regarding both? Is outside gathering really safer than inside gathering? If a sanctuary holds 200 people and you take out every other person to get 50% occupancy, how is that 6' distancing with pews? Aren't most people's shoulders about 2' across with 6" to either side for comfortable seating?

You get the idea. Cindy says, The "Stay At Home" order was hard, but the rules were clear. Don't go anywhere except for what is absolutely essential which was the grocery store once a week.

She adds, "So, we turned the dial to yellow on our conference re-gathering plan. For some of you, that was good news. You were frustrated that we were limiting gatherings when you have a small congregation in a community where there are few infections. Others of you got more frustrated when the dial moved to yellow, because it just got more complicated. The responsibility is shifting to you and your leaders, and it is exhausting. I get that. So in my heart of hearts, I would say to you, don't rush back to in-person worship. It is okay to stay in red or orange. Pay attention to what you can manage, and don't feel like you have to add back everything just because we now have permission that we can. Listen to your heart, and do what makes sense for you and your community. But we needed to give you the option, because a one size answer does not fit all, and we needed to honor what the governor's guidelines were. It just got harder, I know.



SEEDS

The Bible often uses seeds as symbols of faith or God's Word. In the Old Testament, seeds also refer to off-spring. Jesus said people who believe in him can perform mighty deeds with "faith the size of a mustard seed" (Luke 17:6, NRSV). Many of Jesus' teachings use seed imagery; for example, in the parable of the four soils, he said the seed, God's Word, can grow only when people hear it, "hold it fast in an honest and good heart, and bear fruit with patient endurance" (Luke 8:15, NRSV).

A CONVERSATION ON RACE & FAITH w/Moorhead Mayor Judd

For an interesting and inspiring approach to the conversation of Race and Faith in our communities take a moment to click on Facebook Link below. Pastors from Good Shepherd, Moorhead UCC, Grace UMC, Relevant Life and a couple of other church shared questions with Moorhead's Mayor Judd in a virtual conversation. It's a valuable hour discussion. (Hopefully the first of many).

(Have mouse hover over the link and press control and then click mouse.)

<https://www.facebook.com/gsmoorhead/videos/272388250667001/UzpfSTewMDAwMDQ0NTM1Mzc5ODozMzQ1NTE2MTI4ODA2NTMz/>

Date	Psalm	OT	Epistle	Gospel
Wed, Jul 1	am: 119:145-176, pm: 128, 129, 130	Num 22:42-23:12	Rom 7:13-25	Matt 21:33-46
Thur, Jul 2	am: 131, 132, 133, pm: 134, 135	Num 23:11-26	Rom 8:1-11	Matt 22:1-14
Fri, Jul 3	am: 140, 142, pm: 141, 143	Num 24:1-13	Rom 8:12-17	Matt 22:15-22
Sat, Jul 4	am: 137, 144, pm: 104	Num 24:12-25	Rom 8:18-25	Matt 22:23-40
Sun, Jul 5	am: 146, 147, pm: 111, 112, 113	Num 27:12-23	Acts 19:11-20	Mark 1:14-20
Mon, Jul 6	am: 1, 2, 3, pm: 4, 7	Num 32:1-6, 16-27	Rom 8:26-30	Matt 23:1-12
Tue, Jul 7	am: 5, 6, pm: 10, 11	Num 35:1-3, 9-15, 30-34	Rom 8:31-39	Matt 23:13-26
Wed, Jul 8	am: 119:1-24, pm: 12, 13, 14	Deut 1:1-18	Rom 9:1-18	Matt 23:27-39
Thur, Jul 9	am: 18:1-20, pm: 18:21-50	Deut 3:18-28	Rom 9:19-33	Matt 24:1-14
Fri, Jul 10	am: 16, 17, pm: 22	Deut 31:7-13, 24, 32:1-4	Rom 10:1-13	Matt 24:15-31
Sat, Jul 11	am: 20, 21, pm: 110, 116, 117	Deut 34:1-12	Rom 10:14-21	Matt 24:32-51
Sun, Jul 12	am: 148, 149, 150, pm: 114, 115	Josh 1:1-18	Acts 21:3-15	Mark 1:21-27
Mon, Jul 13	am: 25, pm: 9, 15	Josh 2:1-14	Rom 11:1-12	Matt 25:1-13
Tues, Jul 14	am: 26, 28, pm: 36, 39	Josh 2:15-24	Rom 11:13-24	Matt 25:14-30
Wed, Jul 15	am: 38, pm: 119:25-48	Josh 3:1-13	Rom 11:25-36	Matt 25:31-46
Thur, Jul 16	am: 37:1-18, pm: 37:19-42	Josh 3:14-4:7	Rom 12:1-8	Matt 26:1-16
Fri, Jul 17	am: 31, pm: 35	Josh 4:19-5:1, 10-15	Rom 12:9-21	Matt 26:17-25
Sat, Jul 18	am: 30, 32, pm: 42, 43	Josh 6:1-14	Rom 13:1-7	Matt 26:26-35
Sun, Jul 19	am: 63, 98, pm: 103	Josh 6:15-27	Acts 22:30-23-11	Mark 2:1-12
Mon, Jul 20	am: 41, 52, pm: 44	Josh 7:1-13	Rom 13:8-14	Matt 26:36-46
Tue, Jul 21	am: 45, pm: 47, 48	Josh 8:1-22	Rom 14:1-12	Matt 26:47-56
Wed, Jul 22	am: 119:49-72, pm: 49, 53	Josh 8:30-35	Rom 14:13-23	Matt 26:57-68
Thur, Jul 23	am: 50, 59, 60, pm: 66, 67	Josh 9:3-21	Rom 15:1-13	Matt 26:69-75
Fri, Jul 24	am: 40, 54, pm: 51	Josh 9:22-10:15	Rom 15:14-24	Matt 27:1-10
Sat, Jul 25	am: 5, pm: 138, 139	Josh 23:1-16	Rom 15:25-33	Matt 27:11-23
Sun, Jul 26	am: 24, 29, pm: 8, 84	Josh 24:1-15	Acts 28:23-31	Mark 2:23-28
Mon, Jul 27	am: 56, 57, 58, pm: 64, 65	Josh 24:16-33	Rom 16:1-16	Matt 27:24-31
Tue, Jul 28	am: 61, 62, pm: 68	Jud 2:1-5, 11-23	Rom 16:17-27	Matt 27:32-44
Wed, Jul 29	am: 72, pm: 119:73-96	Jud 3:12-30	Acts 1:1-14	Matt 27:45-54
Thur, Jul 30	am: 70, 71, pm: 74	Jud 4:4-23	Acts 1:15-26	Matt 27:55-66
Fri, Jul 31	am: 69, pm: 73	Jud 5:1-18	Acts 2:1-21	Matt 28:1-10

A Summer Blessing

Author unknown

*May you walk with God
This summer
In whatever you do
Wherever you go*

*Walking with God means...
Walking with honesty
And with courage,
Walking with love
And respect
And concern for the feelings of others*

*May you talk to God
This summer
And every day and
In every situation*

*Talking with God means...
Praying words of praise
For the beauty of creation
Saying prayers of thanks
For friends and good times,
Asking God's help
In all your decisions
Expressing sorrow
When you have failed*

*May you talk with God
Every day. Amen.*

ADDRESS SERVICE REQUESTED

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