



# Wesley Tidings

## Pastor's Ponderings

Blessed Pentecost to you. This year it definitely feels different!!! The whole world is different. So much so that differences are emerging. One is how we will encounter one another “in-person”. I have been thinking about what that will look like and how I can be prepared for a shifting reality.

As we begin to reenter public life and personal interactions, I will be prayerful; I will turn to the Holy Spirit to guide and guard my interactions. With intentionality I will be gentle with myself and one another. Isolation - time away from body language, eye contact, physical touch - heightens our senses and proximity awareness. We are all longing to be with one another in the tangible world. This can be overwhelming for our senses. As excited as we are, I will enter with compassion into another’s space. Love of God and neighbor will be my guide and companion for actions. Together as followers of Jesus, there is so much we have to nurture the reentering of this new reality with one another. Yes, there are still a lot of unknowns and uncertainties among us. AND ... It is a grand opportunity to be witnesses for God’s saving, healing grace. Disciples have gifts of the spirit and spirit fruit planted within.

*Look with me at this passage from the letter to Galatia.*

### Galatians 5:22-26

“By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another.”

*Inspired from this passage:* here is one of my guiding principles for this time. When preparing for each in-person interaction, I will take a moment to name the fruit of the spirit aloud. In my mind, see what it would look like to embody each fruit in the encounter I am about to enter. Embrace at least one of those fruit as a focus for thought and action. Name that fruit. Think about all the aspects of that expression as a follower of Jesus. Allow the Holy Spirit to breath life into that fruit through my thoughts, words, and actions.

The lessons of our faith tradition offer us courage, conviction, and compassion - overflowing with God’s love to offer balm for the hurts of this pandemic. May we bear bounteous spirit fruit this summer Pentecost Season, whatever way it blooms.

*Blessings, Pastor Gretchen*



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## Worship, Sacrament, Holy Living - When we cannot gather

Knowing the power of place and having experienced the reality of the spirit church buildings my whole life, I know how disconnected we can feel when not gathering in a holy sanctuary for a long time.

Allow me to share some of my encounters with holy space. As I have walked with Jesus over these 45+ years, I have known the real, tangible presence of God's holy spirit: in buildings designated as churches; ornate cathedrals; tiny prayer halls; in forests, groves of trees ancient and sapling; at and on lakes, seas, ponds, rivers, streams; at edges and in the middle of gardens; in living rooms; hospital rooms; graveside; bedside; front porches and back yards; retreat centers and shopping centers; at protests, vigil walks, silent standing witness gatherings; on the grounds of a mission project; places long inhabited by people of deep prayer and in places only momentarily populated by faithful disciples living their faith in actions.



You too have known the holy presence of God, in church buildings and out of them. I too long for us to be the congregated people of God while at the same time I witness to worship, sacrament, and a faithful life wherever we find ourselves every day.

All this to introduce and share with you a prayer I encountered this week which beautifully embodies this truth. Prayer from Rev. Nadi Bolz-Weber:

### “Prayers, May 17, 2020



I do not know when we can gather together again in worship, Lord. So, for now I just ask that:

When I sing along in my kitchen to each song on Stevie Wonder's Songs in The Key of Life Album, that it be counted as praise. (Happy 70th Birthday, SW!)

And that when I read the news and my heart tightens in my chest, may it be counted as a Kyrie.

And that when my eyes brighten in a smile behind my mask as I thank the cashier may it be counted as passing the peace.

And that when I water my plants and wash my dishes and take a shower may it be counted as remembering my baptism.

And that when the tears come and my shoulders shake and my breathing falters, may it be counted as prayer.

And that when I stumble upon a Tabitha Brown video and hear her grace and love of you may it be counted as a hearing a homily.

And that as I sit at that table in my apartment, and eat one more homemade meal, slowly, joyfully, with nothing else demanding my time or attention, may it be counted as communion.

Amen.”

Blessings,  
*Pastor Gretchen*

## Zoom Covered Dish Dinner! June 12, 7:15 PM (following Night Prayer)

Prepare a favorite or comfort food; gather around a table; set up your phone, tablet, laptop, desktop and experience a covered dish dinner with the community of Wesley UMC online.

Be ready to share a story about your food choice, best dinner experience ever, favorite food, greatest memory of a dinner party. This is a time for fellowship. Bring a friend. Zoom link will be shared closer to the date.

Call or email the church office for the Zoom Link.



## Mary Levin Bible Study United Methodist Women Zoom—Salad Supper

Wednesday, June 3, 7:15 PM,  
(following Evening Zoom Prayers)

Prepare a salad and join in fellowship on Zoom.

All are welcome!



### Stay Connected this Summer!

Remember your gifts to Wesley. Take a few moments to set up online giving with your bank's Bill Pay options. Your tithes and offerings help support all the ministries and missions of Wesley as we journey through the summer months. Thank you for your covenant of stewardship.

### Summer Sessions 4 PM Sunday Afternoons

Gather on zoom for an hour of exploration, discovery, encounters, faith formation, fellowship, holy conversation. Led by Pastor Gretchen topics will include Meet the Wesleys, spiritual travel journals, What's a Sacrament?, getting to know my Bible, and more including some guest presenters.

Links and topics will be emailed the week before. Call or email the church office for more information.

Do you have a faith topic you'd like to explore or present? Share it with Pastor Gretchen.



*Vicky and John Moyer would like to thank the church family for the prayers, cards and food delivered following the death of Vicky's Mother. They are grateful beyond words.*







## Virtually Distant, Yet Military Connected

by Jack Rezabek

Because of the Corona Virus, Memorial Day was observed virtually and very differently this year:

When I was young, our family drove to the Crown Hill Cemetery. We brought flowers to decorate graves of family members who served in our military. While we were at the cemetery, Veterans would hold a ceremony. Also a Memorial Day Service was held in our church.

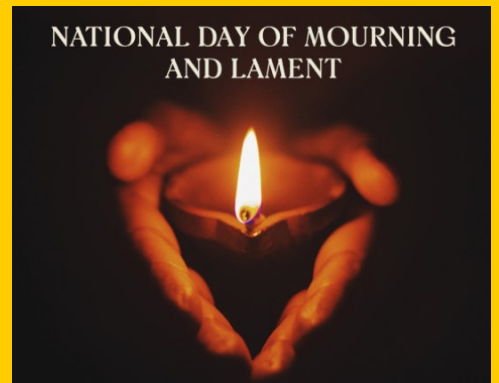
I have an elevated sense of gratitude to our Lord Jesus for our Veterans who defended America and who fell in combat in all our wars.

Also I have a heightened sense of gratitude to the Lord Jesus for protecting the ten Veterans from my three families. They all returned home safely from the wars. The three families were: The Rezabek, Juzke (grandmother), and Balogh (other Grandmother) families. The family veterans served in: The Spanish American, World War I, World War II, Vietnam and Vietnam era wars. They served in Cuba, France, The USA, The Pacific Theater, Vietnam, Philippines, and Turkey. We were all loved and protected by Lord Jesus. Thanks be to God ~ Jack Rezabek

## National Day of Lament

Monday, June 1

Facebook Live ~12 PM (Noon)



The last week of May 2020 the United States surpassed the grim mark of 100,000 deaths due to the COVID-19 pandemic. In this moment, faith leaders from around the country have joined in calling on people from all faith traditions to take the time to lament the loss of our neighbors. As people of faith we acknowledge these dead as part of God’s creation and our community. Our nation needs time and space to truly lament the loss of our loved ones.

On Monday, June 1, at Noon, pause and pray, lament, name loved ones, take time to mourn, make space to listen. Share stories of those who have died with one another on social media and in community. Always and everywhere, it is the place of religious communities to remember the dead and mourn their passing. From generation to generation, we have been given this task: to speak their names and honor their lives and witness to God’s mystery of life and death.

Together we will mourn, lament, pray for the healing of this nation and the world of this disease and the brokenness it has brought to light. Together we will open our wounded hearts to God’s healing spirit and one another in trust and hope. Together we will name our collective grief seeking to grow forward in grace.

Wesley UMC will gather at 12 Noon on Facebook Live on Monday.





# Embrace the Now, Prepare for the Next!

A Plan for Resuming In-Person Worship

May 13, 2020



## In the Virginia Annual Conference

As the world around us begins to explore and implement measures to reopen to the public I want to offer you an update for our life together.

The Leadership Board and I are exploring and studying the guidance now offered from the VAUMC on reopening our buildings and resuming in-person worship and ministry opportunities.

Living our mission to serve all with the love of God, doing no harm, doing good, and caring about the most vulnerable in our community, **we will not yet be opening up for groups to gather and worship. No date has yet to be set.** We are forming a *Healthy Church Team* to review the Conference guidelines and requirements and prayerfully discern our timeline at Wesley UMC.

**For now all worship will continue to be online and by phone as we shelter at home for the sake of one another.** Some small groups and meetings will begin to resume with strict requirements in June. Watch your emails for updates and details.

You are invited to consider being a part of the *Healthy Church Team*. Please contact Pastor Gretchen if you discern your gifts would be well used helping Wesley find our way forward in this season.

To read and explore the guidance of the Virginia Conference Reopening Workgroup you will find all the documents and an introduction video by Bishop Lewis here: <https://vaumc.org/return/>

Thank you for your faithfulness in prayer, service, witness, presence, and gifts as we continue to live as disciples of Jesus in changing times. Thank you for considering how you can be blessing your community and those most in need. You are the faithful body of Christ.

In our ongoing faith journey with Jesus let us keep asking "how can we be God's church while outside the building".

I love you and miss being physically present together and am encouraged by all your stories of God's faithfulness throughout this experience. Peace and hope be your constant companions.

Blessings,  
Pastor Gretchen





### Food Donations Needed

Food is low at the Hampton Ecumenical Lodging and Provisions (H.E.L.P.) Food Pantry. Donations of non-perishable food are welcome throughout the year. There are two bins in the hallway outside the Fellowship Hall. The food is delivered monthly.

Paul Desclos:  
Brookdale West End,  
1800 Gaskins Rd.,  
Room 146, Richmond  
VA 23238



### SAGES

*Spiritually Aging,  
Gracefully Empowered*



Sages luncheons are on hold until further notice.



Thank you to our lawn care person, Shannon, planted the begonias.



Wesley now has 2 dishwashers installed on Thursday, May 14th



Sunday May 31 is Pentecost Sunday.  
Wear Red!  
Decorate your worship space!



Thank you all that joined the Gumbert's on May 27th for their 25th Anniversary renewal of vow on Zoom.

## YOUR GENEROSITY IS SHOWING!

June 2020

You may not believe this, but it is an exciting time to be the church! The oft-quoted phrase, ‘The church has left the building’ has never been truer. It is really quite exciting!

God calls us to be stewards in every situation. Practicing generosity is consistent with a desire to serve God and his church. Disciples of Jesus Christ persevere in times of hardship and look for ways to be of service to the Kingdom of God.



I have been encouraged to hear that many churches have continued to receive the generous gifts of a generous people in this time. My hunch is that churches with numerous households that give online or through a recurring bank draft will have a regular source of support and will not suffer.

Though we are not gathered for worship we are scattered for mission. The church is thriving outside the walls of the building. That is – when and where we continue to live and act as grateful and generous stewards of a grateful and generous God.

What are we to say about this period in human history? This pandemic, has virtually shut down life as we know it. What story are we writing even now? What will future generations learn about this epochal event and how we, the church, responded to it? What will be our ‘stewardship story’?

These questions are far more important than we may realize for at present we are overwhelmed with the reality of making sure we take appropriate precautions and consumed with just getting through each day. We look forward to when the economy begins to open up, people return to work, and we gather for worship in the space that means so much to us. Even then, we know it will be different for a long time and perhaps forever.

We will eventually return to a ‘new normal’ and, if we are foolish, we will forget the lessons we have learned from this pandemic. ‘Staying at home’ has its own challenges and rewards. There are lessons to be learned that will make us wiser.

### *So ponder these questions:*

- >How are you being a steward of your time and of relationships now?
- >Are you finding new ways to connect with God and with others?
- >Did you give a minimum of a tithe from your government stimulus? Can you do more than that if you are able?
- >Where did you share this windfall with someone in need?

What a great time to be the church! In a strange and bizarre time in human history we can write part of the story with how we make a difference in human life. This pandemic cannot stop us from being the church and being disciples. Only we can do that. Our generosity is showing! Or not!

Please practice generosity. Always practice generosity!

Rev. David A. Rash    © Stewardship Matters of Virginia  
[info@StewardshipMattersVa.org](mailto:info@StewardshipMattersVa.org)    [www.StewardshipMattersVa.org](http://www.StewardshipMattersVa.org)  
 Executive Certificate in Religious Fundraising  
*Stewardship: It's Not What You Think. It's What You Believe...and Do!*

# Prayer Concerns

Abby  
 Amber Stinson  
 Barbara Greene  
 Ben Stanley  
 Bill Mee,  
 Bill Warrick  
 Caleb Coates  
 Christine Mellish  
 Cindi Rezabek  
 Danny Mitchell  
 Dennis Rosier  
 Elaina  
 Ernie and Carolyn Taylor  
 Freta Lamb  
 Janice Crumpton  
 Jeff Birdsall  
 Jerry McReynolds  
 Jim McKirdy  
 Jo and Buddy Carlisle  
 Joe Ames  
 Joella  
 Jonnie Sowers  
 Joseph Gilday  
 Judi Hines  
 Judy Jones  
 Karen Bowers  
 Ken Eyre  
 Ken Kemper  
 Kevin Lykins

Lillian Hale  
 Linda Boyd  
 Lizzie Dorschel  
 Lynnette Scalzi  
 Makayla Hurd  
 Marty Ammerman  
 Mary Beth Collier  
 Mary Legere  
 Nhung Nguyen  
 Nina Winfree  
 Paul and Pauline Desclos

Pete Stone  
 Ramona Gemeinhart  
 Ray Krisnow  
 Richard Cooper  
 Scarlet  
 Susan Nichols  
 Sylvia Santacruz  
 Tracy Jacobs  
 Zach Perkins  
 Zeb Cope

**Other Concerns:** The Coronavirus, the tragedies occurring in our country and around the world; police officers and first responders; all who are grieving; our seniors; our church and the entire United Methodist Church; recovery from addiction; young adults needing a closer walk with Christ; those awaiting test results; healing for those in pain.

**Joy:** Thank you church family for all the prayers. Lillian's numbers came back better. They will continue to monitor her. God in his mercy did hear our prayers.



## Lectionary Readings

**June 7, 2020 Trinity Sunday** 1st Sunday after Pentecost *White*  
 Genesis 1:1–2:4a; Psalm 8 (UMH 743);  
 2 Corinthians 13:11–13; Matthew 28:16–20 **Peace with Justice Sunday**

**June 14, 2020 2nd Sunday after Pentecost Green**  
 Genesis 18:1-15; Psalm 116:1-2, 12-19 (UMH 837) Romans 5:1-8; Matthew 9:35-10:8  
 (9-23) *Father's Day (USA)*

**June 21, 2020 3rd Sunday after Pentecost Green**  
 Genesis 21:8-21; Psalm 86:1-10, 16-17 or Psalm 17 (UMH 749);  
 Romans 6:1b-11, Matthew 10:24-39

**June 28, 2020 4th Sunday after Pentecost Green**  
 Genesis 22:1-14; Psalm 13 (UMH 746);  
 Romans 6:12-23; Matthew 10:40-42







A new way to inspire  
local church giving!

## [#IGiveUMC](#)

#IGiveUMC has inspired United Methodists and others to honor important individuals in their lives by donating to local churches. The campaign kicked off with a celebration of mothers. Many United Methodists joined in and gave a gift on behalf of mothers everywhere.

This past week, United Methodists were asked to share inspiring stories of everyday heroism. We ask that you encourage your congregations to make a tribute to these heroes by donating to a local church, posting about it on social media and encouraging others to do the same!

Whether your hero is a frontline worker, church member, teacher, neighbor or community outreach coordinator, tell us how they impact your life and the lives of others. Heroism is not bound to a job role; however, it reflects through acts of kindness, bravery, achievements and noble qualities that each of us holds.

Together, we can continue to support our church's mission and bring positivity to social media by celebrating how we have experienced God's love through everyday heroes.

### **How does the #IGiveUMC campaign work?**

The #IGiveUMC campaign invites people to support local United Methodist churches in honor/memory of a loved one and their legacy of faith. Donors might choose to support their local church or the church:  
of their honoree  
their family helped found  
of their childhood

Participants are then encouraged to post a photo or video on social media about the gift, celebrating their honoree using #IGiveUMC and suggesting that others make a donation in honor of an honoree.

From now until **June 5**, we ask United Methodists everywhere to celebrate an everyday hero and share how that person demonstrates heroism and how others can join you in this celebration by making their own donation. Be sure to remind people to include #IGiveUMC in their post, as well as details about how to give to your church.

### **What campaign resources are available?**

A specially created <https://www.resourceumc.org/en/content/i-give-umc-campaign> offers information, ideas and examples to help churches and their members to participate to the fullest. You will find resources like a how-to guide, graphics, logos, a video script and promotional sample letters.

### **What can you do to help?**

The campaign's purpose is purely to help local churches increase vital funding. We need your help to get the word out to your congregations and inspire them to participate! This is the perfect opportunity to engage members to help faith communities honor or remember people who have positively impacted their lives. Please consider promoting #IGiveUMC in upcoming e-newsletters, social media posts, website articles and so forth. The more churches and donors who participate, the more we can help build excitement around the campaign.

### **THANK YOU!**

We appreciate your support of this campaign. If you have questions, please email the Connectional Giving team at [UMCgiving@UMCom.org](mailto:UMCgiving@UMCom.org). We would also love to hear your feedback about the campaign and how we can further support local churches.

**Birthdays**

**JUNE**

3	Debbie Coccimiglio	23	Jon Morris
5	Lindsay Warf		Marty Ammerman
	Rosemary Bensted (Williams)	24	Page Goodwin
6	Tristan Lutes-Cross	25	Joe/Marsha Ames (1983)
7	Cecilia Eitzen		Bill/Karen McKinney (1988)
	Becky Morris	28	Caroline Morris
10	Michael McNichol	29	Ed Boyd
11	David/Susan Brookman (1977)		
	Shaun/Donna Smith (2005)		
13	Carl and Patsy Morrison (1981)		
15	Ray/Sylvia Krisnow (1970)		
17	Jean Bowden		
18	Ann McGrath		
	Skip/Mary Saylor (1977)		
	Ed/Linda Boyd (1960)		
20	John Taylor		
21	Josh Fitzgerald		



The United Methodist Men are inviting you to a series of scheduled Zoom meetings. For the next 3 months we will have a series of Webinars every 2 weeks on Wednesdays, to: a. find out how you are doing, b. provide you with an opportunity to learn about some important ministries we are actively engaged in, and c. provide you some suggestions for leading your men during this time of physical separation. These webinars will last 1 hour each and will be recorded if you are unable to make one. Along with the chat questions and answers, the recorded webinars will

be posted on our web page: <https://vaumc.org/UMM/>

**The Webinars are as follows:**

- May 13 **Amend Together-** Domestic Violence Prevention
  - May 27 **Wesleyan Building Brothers;** and **Mentoring:** Using the Wesley Challenge and Small Groups to Grow Disciples
  - June 10 **Hunger Relief and Scouting**
  - June 24 **Jail, Prison, GraceInside and All God's Children Ministries**
  - July 8 **YoungER Men's Ministry**
  - July 22 **Communications-** Beacon newsletter and Web Page
  - Aug 5 **Heart Havens and Camp Rainbow**
- Other Topics as needed. We will promote this on Laity and Clergy net as well as in the Beacon and on our Webpage.

**District Presidents and officers please put out the word to enhance participation!**

Join Zoom Meeting: This ID is good for all 7 Webinars.

<https://zoom.us/j/92101976396>

Meeting ID: 921 0197 6396

One tap mobile

+13017158592,,92101976396# US

8558801246,,92101976396# US Toll-free



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>31</b> 10:00 AM Traditional Worship Service on Zoom Pentecost Sunday—</p> <p>Wear Red</p>	<p><b>1</b> 9:30 AM Monday Crew Meeting</p>	<p><b>2</b> 10:45 AM Prayer Group</p>	<p><b>3</b> United Methodist Women/Mary Levin Bible Study Salad Supper – On Zoom at 7:15 PM</p>	<p><b>4</b> 5:15 PM Men's Bible Study—on Zoom</p>	<p><b>5</b> 6:00 PM Tidal Wave Square Dance - Fellowship Hall TBA</p>	<p><b>6</b></p>
<p><b>7</b> 10:00 AM Traditional Worship Service on Zoom</p> <p>Peace with Justice Sunday</p>	<p><b>8</b> 9:30 AM Monday Crew Meeting</p>	<p><b>9</b> 10:45 AM Prayer Group 6:30 PM Leadership Board Meeting</p>	<p><b>10</b></p>	<p><b>11</b> 5:15 PM Men's Bible Study—on Zoom</p>	<p><b>12</b> 7:15 PM Zoom Potluck</p>	<p><b>13</b></p>
<p><b>14</b> 10:00 AM Traditional Worship Service on Zoom</p>	<p><b>15</b> 9:30 AM Monday Crew Meeting</p>	<p><b>16</b> 10:45 AM Prayer Group</p>	<p><b>17</b></p>	<p><b>18</b> 5:15 PM Men's Bible Study—on Zoom</p>	<p><b>19</b> 6:00 PM Tidal Wave Square Dance - Fellowship Hall TBA</p>	<p><b>20</b></p>
<p><b>21</b> Father's Day 10:00 AM Traditional Worship Service on Zoom</p>	<p><b>22</b> 9:30 AM Monday Crew Meeting 7:00 PM UMW</p>	<p><b>23</b> 10:45 AM Prayer Group</p>	<p><b>24</b> 12:00 PM Newsletter Deadline Don't Miss the DEADLINE!</p>	<p><b>25</b> 5:15 PM Men's Bible Study—on Zoom</p>	<p><b>26</b> 7:00 PM Tidewater Friends of Acoustic Music Presents Kim &amp; Lana TBA</p>	<p><b>27</b></p>
<p><b>28</b> 10:00 AM Traditional Worship Service on Zoom</p>	<p><b>29</b> 9:30 AM Monday Crew Meeting</p>	<p><b>30</b> 10:45 AM Prayer Group</p>	<p><b>1</b></p>	<p><b>2</b> 5:15 PM Men's Bible Study—on Zoom</p>	<p><b>3</b></p>	<p><b>4</b></p>

**Our Calendar is updated daily!**

**Please go to our website for a current calendar.**



# Wesley United Methodist Church

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Website: <http://www.hamptonwesley.org>

RETURN SERVICE REQUESTED



Prepared with love especially for:



## Peace with Justice Sunday is June 7th

### Equipping The United Methodist Church to Do Justice in Jesus' Name

When you give on Peace with Justice Sunday, your gift makes possible our critical kingdom work in the world. Because you give:

- Methodists spearhead a peace ministry uniting Arizona border communities
- United Methodists in Liberia are being equipped to implement the denomination's Social Principles to address social-justice issue
- Pennsylvania students are educating their community about sex-trafficking at home and abroad

These initiatives, and hundreds of other ones, are possible because you give.

### Your Giving Makes Possible the Proclamation of Christ's Peace

Will you continue to support Peace with Justice Sunday? Will you empower local Christians—in Pennsylvania and Arizona and Liberia—to build the kingdom of peace that Jesus ushered in?

In Jesus' inaugural address, standing in his home synagogue in Nazareth, he detailed his game plan, *"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor."* (Luke 4:18-19)

Through your giving good news is proclaimed to—and experienced by—the poor. Thanks be to God!