MAY 2023

Whisperings

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A Word from Pastor Scott

Post Easter Blues

Greetings Friends!

Can I let you in on a little secret? Pastors may feel a sense of sadness or letdown after the holiday season is over with. Easter comes and goes, but for several Sundays, we saw the attendance spike. We marched through the Lenten Season, Palm Sunday, Holy Thursday and onto Easter Sunday, which is our Super Bowl, sometimes even more than Christmas. We celebrated the resurrection of Jesus Christ from the dead, who is no longer in the tomb, but lives in our hearts today through the presence of the Holy Spirit. We voiced, "He is Risen" with the response, "He is Risen Indeed." We sang the hallelujah chorus and celebrated this momentous occasion with our families. Like the two disciples on the road to Emmaus, who were still grieving the death of this prophet Jesus, returning to daily life can be a challenge, even anticlimactic. To combat this, we are called to share this message of hope and celebrate the resurrection every day, but distractions inevitably hinder our progress. They have a saying for this condition. It's the 'Post-Easter blues.'

My friends of Hope Church, I can't help but think that many of you may feel the same way after Easter. You attended church on Easter with your children or grandchildren, experienced a moving and powerful Easter service, prepared, and enjoyed a wonderful Easter feast, colored and hid eggs for the little ones and spent some quality time with family and friends. But all things must come to an end. Soon it's time to put away all the Easter baskets and decorations, say goodbye to family you may not see until the next holiday and go back to work Monday morning. It's only natural for you to have the Post Easter blues.

Hope United Methodist Church

3474 Rothsville Road, Ephrata, PA 17522 (717) 738-3774

hopeumc@ptd.net ■ www.hopeumcephrata.org ■ www.facebook.com/hopeumcephrata

Worship 10 a.m. ■ Sunday School 11:15 a.m.

I am reminded of how Jesus suddenly appeared before the disciples in Jerusalem and proved that he was true flesh and blood, not a ghost or a figment of their imagination. He was truly resurrected after three days in the tomb. He even had a meal with them on the shores of the Sea of Galilee. Finally, He blessed them and was taken up before their very eyes into heaven. One can only imagine that their lives were not business as usual, but they were changed. Do you think they were extremely sad to see their Master and Messiah ascend into heaven? I think so. However, their sadness quickly turned to joy. Luke tells us after Jesus was taken up to heaven, "They worshipped him and returned to Jerusalem with great joy; and they were continually in the temple praising God." (Luke 24:52-53) I love that! Notice that they weren't sad for very long, but they got on with their daily lives or to put it in today's language, they went back to work on Monday.

Yes, all things must end, but the good news is April showers bring May flowers into full bloom and life goes on. If you have the Post Easter blues right now, this too shall pass. How do we recover from this condition?

I recently read an article which talked about "Three Ways To Speed Recovery from the Post-Easter Blues" by Rev. Hal Seed. After climbing Mt. Carmel, Elijah prayed for fire to come down from heaven to burn up the sacrifice, destroyed several hundred false prophets, prayed for rain to fall, and outran a chariot before taking a forty-day trek. (1 Kings 18:38-46) If Elijah could recover from his massive exertion, we can too. What did Elijah do to recover? Well, the first thing he did was fall asleep. (1 Kings 19:5) If you are tired from your holiday get togethers, let me encourage you to take some time to rest and get your spiritual batteries recharged. Then, three things aided him to continue his ministry. First, Elijah Experienced God's Power and was Recharged. After exerting energy on Mt. Carmel, he experienced a spiritual recharge on Mt. Horeb. While Elijah stood on the mountain, God sent a wind, an earthquake, and a fire to rouse him. (1 Kings 19:11-12) After all these powerful forces, he heard God's gentle whisper. How do you experience God's power?

I enjoy reading a good book about spiritual renewal or laying on my couch listening to worship music and meditating on God's love. I also enjoy taking my dog Piper out for a walk and enjoying nature. After a Sabbath day of rest and relaxation, my spiritual batteries are recharged for another week.

Second, Elijah Exposed himself to God's Gentle Whisper. After a powerful wind ripped through the mountains, an earthquake and a fire, Elijah experienced the still small voice of God. The Lord whispered to him, "What are you doing here Elijah?" which sparked an intimate conversation. (1 Kings 19:13) I have a couch in my basement where I do my morning devotions. After a long day of ministry, the Lord brings me to a place of peace and comfort. Do you have a favorite chair or place in your home where you are more in tune with God's gentle whisper than other places?

Third, Elijah pursued God's New Direction. After the whisper, God gave Elijah his new marching orders to "go back the same way he came." (1 Kings 19:14-16) For three years the prophet Elijah fixated on one single event, the defeat of Baal worship. Part of his letdown came from not having another big event to look forward to. Some of us need something to look forward to at the end of a long week. If you have been to the mountain top and experienced a new job promotion, received an A on a challenging test you thought you would fail, graduated from high school or college, or witnessed a miracle, God has new mountains for you to climb.

The Lord isn't done with you yet. You need to be still long enough to hear God's next marching orders. You need to listen for how God wants you to do kingdom business. Perhaps, it's serving at camp or volunteering at City Gate. It might mean reclining in your chair and meditating on the Lord's goodness and saying, "Speak Lord, for your servant is listening. Orchestrate my day today. Use me for your glory."

These three steps (experiencing God's power and being recharged, exposing ourselves to God's gentle whisper, and pursuing God's new direction) may look different for you than they do for me, but Elijah's ministry was rejuvenated, and I am confident that they will help recharge your spiritual batteries as well. We are running a marathon, not a sprint to the finish line. "Let us throw off everything that hinders and the sin that so easily entangles. Let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the pioneer and perfecter of our faith." (Hebrews 12:1-2)

In Christ,

Pastor Scott

▶ OUT AND ABOUT

Pastor Scott believes, “Opportunity is everywhere for true mission and evangelism.” His faith and spirit guides him to get ‘out and about’ in the community. Each month we highlight some of his recent ministries.

Our Ephrata/Akron Ministerium met on Thursday morning, April 13.

- ♦ Pastor Scott speaking at the Ephrata Ministerium at Hope Church.
- ♦ Lisa Hosler, President of Align Life Ministries was the guest speaker along with Hannah Miller.
- ♦ Pastor Duane Metzler is the President of Ephrata Ministerium.

Pastor Scott

Lisa Hosler

Pastor Duane Metzler

If you would like to suggest a future ‘Out and About’ segment for the Whisperings, contact Pastor Scott at (267) 467-4027 or email hopeumcpastorscott@gmail.com.

OFFICE NOTES

FOR A USEFUL CALENDAR

Please fill out the yellow forms on the Admin. Assistant's desk to schedule meetings.

MAILBOXES

They're available to anyone who wants one. Let us know.

FLOWERS & BULLETINS

Contact Sandy Muckle if you want to sponsor altar flowers less than a week in advance.
You may share an altar flower order with a friend, so that each person keeps one bouquet of flowers after the service and the total price still equals $50. Two dedications may go in the bulletin.

Sponsor Flowers - $50.
Available: May 14, 21

Sponsor Bulletins - $10.
Available: May 7, 14, 28

CAN WE HELP?

For financial assistance, please contact Don Miller.
(610) 858-9958

DEADLINES

Please submit all items for the bulletin by **12 p.m. Thursdays** and by the **15th of the month** for the next Whisperings.

▶ SERMON SERIES: "Hope"

- **May 7** **Fifth Sunday of Easter**
  Renewing Hope - 1 Peter 2:2-10, John 14:1-14
- **May 14** **Sixth Sunday of Easter**
  Sharing Hope - 1 Peter 3:13-22, John 14:15-21
- **May 21** **Seventh Sunday of Easter**
  Enduring Hope - 1 Peter 4:12-14, 5:6-11, John 17:1-11
- **May 28** **Pentecost Sunday**
  Unified Hope - Acts 2:1-21

Worship services are broadcast live on our Facebook page and on our website, and then archived to view later at your convenience on our YouTube channel: **www.tinyurl.com/Hope-YouTube**.

60+ News - at the end of 2022 the 60+ committee decide to discontinue 60+. The reasons for this decision were:

- prior to Covid our attendance number had dropped into the twenties.
- it is difficult to engage entertainment and plan activities for a group this small.
- due to Covid and normal attrition we lost a few members and some of our kitchen help.
- the $350 dollars remaining in the 60+ bank account was designated to help close out the organ fund.

If you have questions please see/contact Tony Hachkowski.

Hope UMC Staff and Office Hours

Pastor: Rev. Scott Dorn
Administrative Assistant: Laura Luciano
Director of Music: Lisa Helock ■ Organist: Dave Luck ■ Sexton: Doreen Deamer
Tuesday - Friday ■ 9 a.m. to 2 p.m.

NOTES

TURKEY/SYRIA EARTHQUAKE VICTIMS

We collected **$785.00**.
Thank you.

ONE GREAT YEAR OF SHARING –
Gretna Glen

The donation jar is in the Sanctuary. The latest total is **$405.25**.
Thank you!

OFFERING ENVELOPES

There will be change to the offering envelopes in May. Please refer to the bulletin for further information. Thank You!

MAY DATES

4	**National Day of Prayer**
6	**Clean Up Work Day**
7	**Holy Communion**
14	**Mother's Day**
15	**Newsletter Deadline**
24	**Preschool Graduation**
25	**Preschool Carnival**
28	**New Member Sunday**
29	**Memorial Day**

FELLOWSHIP SUNDAY

(the 3rd Sunday each month)
The Sunday School classes rotate to provide the snacks:

May - Seekers
June - Wide Awake
July - The Way

WEEKLY EVENTS

Bells of Hope
Wednesdays at 6 p.m.
Sanctuary

Senior Choir
Wednesdays at 7:15 p.m.
Choir Room

Women's Book & Bible Study
Thursdays at 10 a.m.
Wide Awake Room 221

Men of Hope
Last Study was on April 28 - will resume in September
(First Friday of each month is still at Gus's restaurant.)

FINANCE CHAIR WANTED!

Please see Pastor Scott.

ZIMMERMAN MISSIONARIES

A new letter from Nepal is posted on the Missions bulletin board.

CHURCH ADMINISTRATION MEETINGS

All meetings are at 6:30 p.m. unless specified.

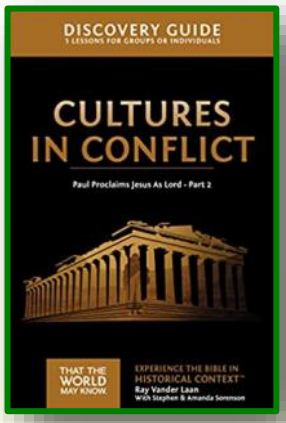
8 **WPCM Meeting** - Monday

9 **Finance Meeting** - Tuesday at 7pm

16 **Church Council Meeting** - Tuesday

25 **Worship Planning Team Meeting** - Thursday

Adult Sunday Schools & Studies



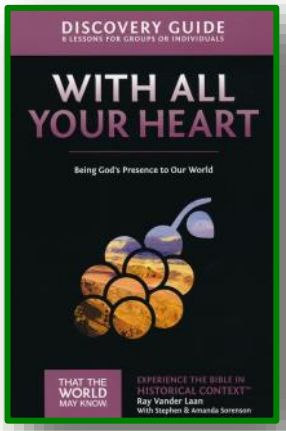
SEEKERS - Bruce Tucker
Sundays 11:15 a.m. in Fellowship Hall

Cultures in Conflict by Ray Vander Laan

How do you live in a culture where the worldview conflicts with Christianity?

Learn from the Apostle Paul as he presents his beliefs to the most powerful court in Athens and settles among the Greco-Romans of Corinth, who valued wealth and class, worship of multiple gods, and decadent pleasures above all else.

In this sixteenth volume of the *That The World May Know*, discover how to live in your own Athens or Corinth – an increasingly secular Western world – in a way that glorifies God. Experience the Bible in historical context as you walk in the footsteps of the second missionary tour of the Apostle Paul in Greece.



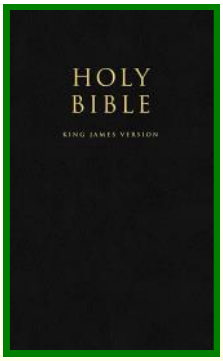
WIDE AWAKE - Ron Lindberg
Sundays 11:15 a.m. in Room 221

With All Your Heart by Ray Vander Laan -
(No study - June - August)
Do you remember where your blessing comes from? In Exodus, God warned Israel to remember Him when they left the dry desert and reached the fertile fields of the Promised Land. But in this tenth volume of *Faith Lessons*, you'll discover how quickly they forgot God and began to rely on themselves. Find out what it means to remember the Lord in your own life on this one-of-a-kind spiritual pilgrimage. This unique video series brings God's Word to life with astounding relevance. By weaving together the Bible's fascinating historical, cultural, religious, and geographical contexts, teacher and historian Ray Vander Laan reveals unique insights into the Scriptures' significance for modern believers.

Filmed on location, the remaining lessons include:

- Build Me a Sanctuary – Filmed in Timnah
- Making Space for God – Filmed in Timnah
- He Led Them Like a Shepherd – Filmed in Negev
- By Every Word – Striking the Rock – Filmed in Negev
- With All Your Might: The Final Test – Filmed in Jerusalem
- A Well-Watered Garden – Filmed in Jerusalem

THE WAY *(a name given to the earliest followers/disciples of Jesus)* - Rev. Kevin Readman

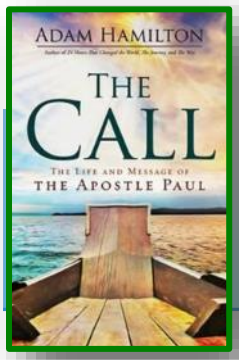


Sundays 11:15 a.m. in the Conference Room

Beginning Accounts - from the book of Genesis - April 16 to May 21

The study will be on some of the early accounts of Genesis and what they mean for our discipleship and understanding of God and God's work in our lives and world. There will be a summary/outline on a table in the lobby for you to peruse.

For more information or to ask questions please contact Kevin Readman at 717-203-8452 or kevin_readman@yahoo.com. Everyone is invited and anticipated. Come on as many Sundays as you are able. I look forward to seeing you!

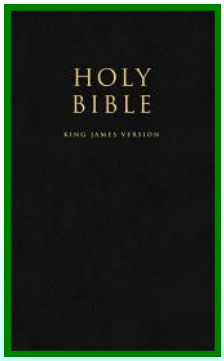


WOMEN'S BOOK & BIBLE STUDY - Sandy Schmid

Thursdays at 10 a.m. in Room 221

(No study - May 18 - August)

The Call by Adam Hamilton



MEN OF HOPE BOOK & BIBLE STUDY

Fridays at 7:30 a.m. in Fellowship Hall

No study - May - August)

(First Friday of each month is at Gus's restaurant.)

NEW MEMBER CLASS

Sundays 11:15 a.m. - April 16, 23, 30, May 7

New Member Sunday - May 28

Are you curious about Hope Church and our values? After worship Pastor Scott will lead classes in exploring membership. Attending a new member class does not obligate you to join, so if you would like to become part of a church family or are sitting on the fence, come and learn about Hope and then decide. Contact the office or see the pastor for more information.

Hope Preschool Prattle

Hello from the children and staff of Hope Preschool!

The weather has been all over the map lately but the classes have all been able to get outside and play on the playground, play in the yard and take walks. Easter came and went so quickly but the children had a great time with egg hunts and Easter parties!

The classes have been talking about spring, bugs and farms. Butterflies, flowers and creepy crawlies have popped up all over the building from the beautiful art projects the children have been making. Our Pre-K classes planted lima beans in baggies and hung them on windows throughout the school. After sprouting they were transplanted into cups to take home. It was a great learning experience. To go along with our farm unit the Preschool classes read The Little Red Hen and then baked bread for their snack. All of the Pre-K classes visited a farm where they toured the dairy barn, visited with the calves and took a peek inside the chicken houses. They were also surprised with a special "dairy" treat. There was so much to see and learn on this trip! After the farm visit they traveled to a nearby park for a picnic lunch and time on the playground. It was a very exciting day!

Graduation is quickly approaching. The Pre-K classes will have a graduation ceremony on May 24. We have a total of 51 graduates this year! That is our biggest graduating class ever! Graduation will be followed by a carnival for the preschool families on May 25. We are expecting a huge turn out for this event!

The last day of school for all of the classes is May 25. Summer camps begin on June 13.

Prayers!

Mrs. B

Preschool Wants You!

They are looking for guest readers and anyone who has a special gift or talent to share with the children. Contact their Director, Shannon Brown.

WASH
YOUR
HANDS

Butterfly

Rail Trail Church is experimenting in 2023 ... once-a-month gatherings with a new name and even more “open hearts, open minds, outdoors” focus. We’ll now be known as:

Wild Church

In partnership with Hope Meadow

We feel compelled by the love of God to invite people into deeper relationship with the sacred, to lead people out of buildings, and into the beloved community that includes the entire ecosystem.

Wild Church is part of a growing movement in which we seek to recover our natural “roots” and take worship outside into our first and greatest sanctuary: creation itself.

Wild Church gatherings are not traditional worship services in an outdoor setting, but rather experiences that recognize the natural environment itself as a participant. We learn to identify God’s presence and activity in all things.

Wild Church communities are responding to a call from deep within to change the ways we relate to the natural world, moving *"from a collection of objects, to a communion of subjects." (Thomas Berry)*

Upcoming Gatherings

May 21
June 11
July 16
Aug 13

Any questions? Please contact Cammy Freed or Lisa Jean Hoefner (lisajean1953@gmail.com).

The first session of Wild Church took place on April 23. There were 13 in attendance, 8 for whom this was their first time! A few of them mentioned that they haven't been active since COVID but the outdoor setting really connects for them.

May Events

HOPE CHURCH GARDENS

Sign Up Now

Garden plots will be available behind the church. They will be 20’ x 20’ plots and you may have more than one. Notify the church office or see Dave Schmid.

Give your name, the number of plots you would like, and what size (10’ x 20’ or 20’ x 20’, or ?).

CLEAN UP WORK DAY

8 a.m. - 12 p.m. Saturday, May 6

7:30 - 8 a.m. - coffee & donuts

Noon - lunch

Look for a signup sheet closer to the time. We look forward to seeing you there!

Attention Grads!

Is there a graduate in your life who you’d like to honor? Submit their information to the church office by **Friday, May 26**. We would like to honor those graduating from high school, vocational school, college, graduate school, or postgraduate school.

Please send us the following info: graduate’s name, school, degree, and their future plans.

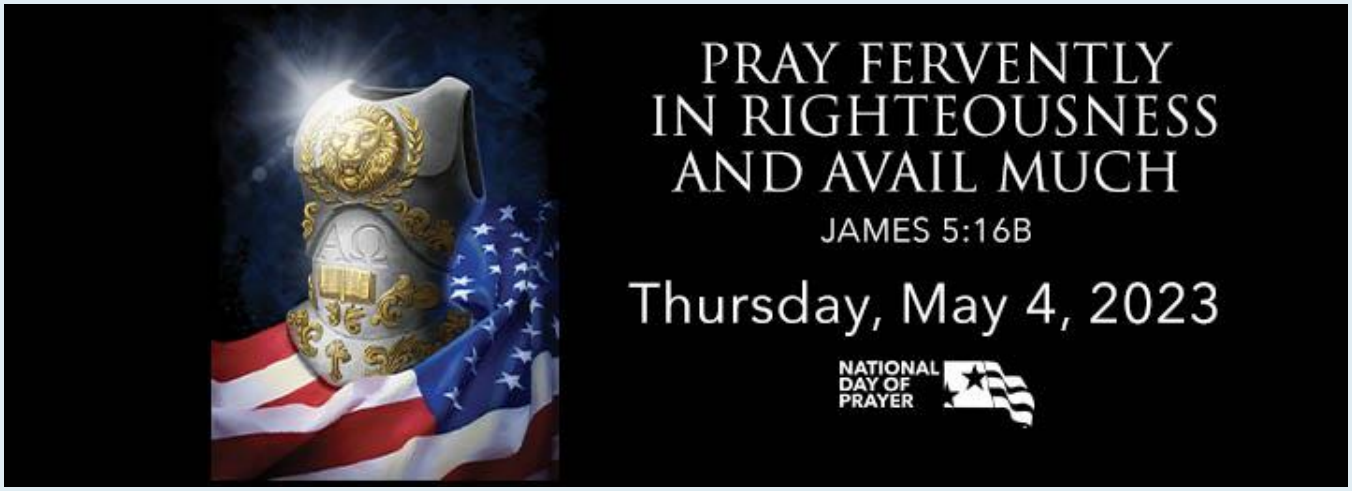
Thank you!

West District United Methodists of Eastern Pennsylvania

The upcoming West District Conference is scheduled to take place on **Sunday, May 7, 2023**, at West Willow United Methodist Church in Willow Street, Pennsylvania at 1:30 pm. This is an opportunity for clergy and laity to come together to discuss important matters and explore the God-sized possibilities for our district's future.

Please note that all clergy and lay-assigned pastors are required to attend the conference. We also expect and encourage Lay Members to Annual Conference and Equalizing Lay Delegates to join us as well. Other church members are also welcome to attend.

Fellowship time will begin at 1:30 with refreshments. Worship and the conference begin at 2:00 pm.



ALIGN LIFE MINISTRIES WALK & RUN

(formerly Susquehanna Valley Pregnancy Services)

8 a.m. - 12 p.m. Saturday, May 13

The Junction Center • 1875 Junction Road • Manheim, PA 17545

WALK: an easy 1 mile walk, great for families. Strollers welcome.

RUN: a 5K road run through the scenic farmlands of Manheim. Bring your strollers and your wagons. Runners wil be timed by chipped bibs and prizes will be awarded accordingly.

Pre-registration is encouraged and is available at www.alignlifeministries.org

SALEM LUTHERAN CHURCH EPHRATA BLUS TRIP

You are invited to a bus trip to Penn State area on Wednesday, **June 28.** Included are a wine tasting at Mount Nittany Winery, a buffet lunch at the Penn Stater, a guided driving tour of the Penn State campus including a stop at the All Sports Museum and ice cream at the Famous Berkey Creamery. The price is $142 per person. Registrations are due **May 19**. For more information, contact Stephanie Frymyer at 717-682-9697.

Mental Health Awareness/Question Persuade Refer

When: Friday May 19th 9:00 a.m.—2:00 p.m.
(lunch provided)

Where: Community Commons
560 South Reading Road
Ephrata, Pa
(next to Ephrata Public Library)

Registration: Call 717-721-8790
secure your registration early, training seats limited
training is free of charge

- ***Mental Health Awareness*** training is designed to educate participants in understanding some of the more common mental health diagnoses, reduce stigma and promote emotional wellness. This training touches on depression, anxiety, bipolar disorder, addiction, panic attack and eating disorders. Participants will learn to recognize signs and symptoms and best practices on ways to respond and assist someone struggling with a mental health challenge.
- ***QPR*** training is designed to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention methods. Covering suicide statistics, risk factors, and signs of suicidality, participants learn how to recognize when someone is struggling and apply learned skills to help in that crisis. This training is evidence based and comes with a nationally recognized certification & QPR booklet.

Training provided by WellSpan Philhaven

CITY GATE • GOOD SAMARITAN SERVICES • EPHRATA AREA SOCIAL SERVICES

Reminder - donations are always needed for our local charities.

EASS Current Needs List

- Laundry Soap
- Fabric Softener
- Cleaning Products
- Paper towels
- Low sodium canned goods
- Sugar Free Syrups and Jellies
- Gluten Noodles
- "Pop" top soups and canned pastas
- Canned Vegetables-lima beans, carrots, spinach, peas
- Canned beans
- Pasta Sauce including pizza sauce and marinara
- Condiments

We have plenty of toothbrushes, toothpaste, bars of soap, green beans, spaghetti noodles

Financial donations or gift cards to Redner's or Giant are always appreciated to support produce, dairy, and meat products

THE PARISH RESOURCE CENTER

is offering a wide array of free workshops this spring, and some are via Zoom only.

Check their website for further information.

www.connectprc.org

info@parishresourcecenter.org

MY FAVORITE WARBLERS by Clyde McMillan-Gamber

Warblers are a family of small birds that probably originated in Central America. Over twenty species of them, in little groups, migrate through the eastern United States in early May. Some raise young in woods in the eastern United States, including in Lancaster County, while other kinds nest in Canadian forests. Some warblers hatch offspring in both countries.

Many kinds of warblers have colorful feather patterns, and males sing pretty, little songs to establish nesting territories. But warblers are still hard to spot in treetops and shrubbery because they are small and always moving about. One usually needs binoculars and patience to see them.

Warblers migrate at night, and alternately feed and rest during the day. Through several years, I've seen many little gangs of them pouring through tree and shrub foliage to feed on invertebrates.

Five species of warblers, including yellow, common yellow-throats, blue-winged, ovenbirds and Louisiana waterthrushes, are my favorite warblers that nest in Lancaster County. Like all species of life, these warblers have interesting life histories that I have enjoyed over many years. Each kind has its own niche, which reduces competition for food and nesting sites.

Both genders of yellow warblers are yellow all over, and males have a few rows of red dots on their chests. Yellow warblers mostly raise progeny in young black willow trees along the edges of ponds and marshes, a niche where we might spot one or two of them in summer. Males sing cheery, little ditties that help give away their presence.

Yellow-throats are olive-brown on top, which camouflages them, and have yellow throats. And males have a black "mask" over the eyes. Males sing "witchity, witchity, witchity" from shrubbery in marshes, where this species hatches offspring.

Blue-winged warblers nest among shrubbery along the edges of woods and in overgrown fields. Males and females are olive on top, yellow below and have pale-blue wings. Males sing buzzy songs, each of which sound like "beeeee-buzzzzzz" which reminds one of inhaling and exhaling.

Ovenbirds nest in dead-leaf carpets on forest floors. They are brown on top, which camouflages them, and white below with rows of black dots on the white feathering. They also have an orange stripe on top of their heads. Males sing "teacher, teacher, teacher....." that increases in volume and speed of delivery.

Louisiana waterthrushes are brown above and white below, with rows of black spots on their white underparts. They hunt invertebrates under stones in the shallow water of streams, and they bounce and dance while wading through the shallows. All that bobbing imitates small objects bouncing in the current, which, I think, is a form of blending into the birds' habitat.

Waterthrushes raise young in leaf-lined, streambank notches along the waterways. Males of this species sing loud songs that can be heard above the music of the tumbling waterways.

Warblers are attractive, little birds, some species of which raise young here. But at night during late August, through September, flocks of them head south at night, many of them going to Central America to escape the northern winter. Warblers, like all life, are miracles created by God.

Check out Clyde's nature blog: NaturesWondersByClyde.blogspot.com.
Each short story is like taking a walk with your very own park naturalist!