THE MESSENGER

MAY 2023

Give Us This Day Our Daily Bread

Whenever I go out to eat for a nice dinner with friends and family, one of my favorite parts of the meal is sharing the hot loaf of bread that is brought out at many restaurants before the meal. Whether it is served with olive oil or butter, it is delicious. And whether I am sharing this bread at an Italian restaurant or a Mexican restaurant where I can share chips and salsa with one of my best friends who happens to be gluten-free, I get a chance to "break bread" with those to whom I am closest.

I never have to worry about where my next meal is coming from. Most of us, not all, but most of us at Bethesda United Methodist Church do not have to pray for our daily bread literally. We know that we will be able to provide ourselves with breakfast, lunch, dinner and even a snack of our choosing. And, we know that hunger, because we lack the resources, will not keep us from sleeping well, learning at school or hindering our job performance.

But that should not diminish the importance of praying for daily bread in the Lord's Prayer. First, bread has been important in our life and the life of people since the beginning of time. This is evidenced by the fact that bread is mentioned 360 times in the New Testament alone. Some of these references are to actual bread, as when Jesus fed the 5000 (Matthew 14:13-21), and when Jesus shared with his disciples the night before he died (Matthew 26:26) and after his resurrection (Luke 24:13-35). He also used it as a metaphor, such as when he said he was the bread of life (John 6:35). These uses remind us that bread is life-giving and has an essential purpose in our lives.

Whether as a metaphor or as actual bread, its use reminds us of the important, life-sustaining power of food. Food gives us the nourishment we need to survive. And, without it, we would not survive very long.

We sometimes take food for granted when we have always had it. We take for granted our need for adequate food. This verse does not say "give me my daily bread," but it gives us our daily bread. Our daily bread. That means the bread for all.

And, even though we have enough, we have had people from our congregation - Bruce and Nancy Smith, along with many others - who have gathered for the last forty years to make sandwiches for Sandwich Sundays and Mondays.

Yes, in recent years, every month our congregation provides over 1000 sandwiches for those who are hungry in our area. We have done this despite the pandemic, weather or what holiday was taking place on that day. As Nancy Smith says, hunger does not take a holiday, and neither do we.

Whether as a metaphor or as actual bread, its use reminds us of the important, life-sustaining power of food.

So, this month we want to celebrate that our church helps people make sure that many in our community receive a sandwich from us monthly. Come and celebrate this milestone with us in worship on May 7. We invite you to bring supplies and make sandwiches and trail mix with us after that morning's worship service. We will gather in the Founder's Hall as we continue the tradition of providing food for those in our community by preparing some of what is needed for this week's Sandwich Monday.

Before we make sandwiches, we will have a huge celebration during the worship services. We will have a chance to listen to two beautiful bell choirs. We will also break bread together as we share communion.

As I close, I am reminded that the first holy communion occurred when Jesus sat down for a meal with his disciples. As I mentioned at the beginning of this article, I often share meals with friends and family. And, when Jesus shared the first communion, he said that we should remember him every time we break bread. This Sunday, I will not only remember Jesus, but I will also remember in prayer those I have broken bread with during meals and all of those who we have given bread to through our forty years of Sandwich Sundays and Mondays.

- Shaw Brewer

Worship

Altar Flowers

Want to help beautify our altar for worship on Sundays while also remembering or honoring a loved one? We invite you to sign up to provide an arrangement of flowers on the Sunday of your choice.

You can have us place an order from our florist, order one yourself from your choice of florist, or make your own arrangement from flowers picked from your garden. Just let us know your preference on our online signup (washmorefeet.org/flowers).

Questions? Contact Sue O'Hara.

Worship Attendance

In-Person:

- April 2 -Palm Sunday -151
- April 9- Easter Sunday - 307
- April 16 - 92
- April 23 - 98
- April 30 - 103

Online:

April 2 - 36
April 9 - 209
April 16 - 112
April 23 - 117
April 30 - 110

Graduate Sunday, May 14

May 14 is Graduation Sunday, a special day where we honor and celebrate the achievements of our graduating students. Graduation Sunday is a day to acknowledge the hard work and dedication of our graduating high school, college and graduate students. We will recognize and pray for them as they begin the next chapter in their lives. We will also present BUMC scholarships to high school seniors to encourage them to use their potential to positively impact their communities and the world. We encourage all of you to come out and invite your families to join us in celebrating our graduates and their accomplishments.

Following the service, a special coffee hour will be held in the Narthex.

If you or a family member is graduating this year, we want to help you celebrate with Graduate Sunday on May 14. In the service, we will announce our recent graduates and celebrate their accomplishments. Please email kpeace@washmorefeet.org with the graduate's name, college, and major, as well as whether they plan to attend the service.

Praying Together

There are two opportunities during the week to join with others from our church in prayer. You're invited to stop by the church on Wednesdays at noon and be part of the Prayer Bites Bible Study Group. This time includes fellowship, communion, Bible Study, and prayer led by Rev. HiRho and/or Dr. Shaw Brewer. Then, on Thursdays at noon, you are invited to be part of an online prayer time with Shaw Brewer and others from our congregation. Email Shaw for the Zoom link.

Online Prayer Requests

If you wish to receive the list each week via email, please use the form on our website, https://washmorefeet.org/prayer-ministry to sign up. As always, we will continue to have the printed version of the prayer list available at our worship services. Please know that our prayer team will be praying for you and your loved ones throughout the week.

Ways to Give

- Online: Go to washmorefeet.org/give
- Via Paypal to bethesdaumc@washmorefeet.org
- Text-to-Give: Text the amount of your donation to 301-679-7266
- Mail a check to the church office

Prayer Bites Bible Study on Wednesdays

Have you ever dreamed of reading the entire Bible in your life? Have you always wanted to learn more about the Old and New Testaments?

If so, you're invited to engage with the Bible on a deeper level with the Rev. HiRho and Dr. Shaw on Wednesdays at noon. Bring your lunch, share communion, pray with and for people, and reflect on a scripture passage written by a variety of Christian authors and pastors in the book The Bible Year Devotional. This study aims to help you develop a daily habit of reading and meditating on the Bible. The daily readings are engaging and accessible, while the devotional reflections provide practical insights and applications for everyday life. Feel free to join the group at any time. If you're interested in receiving daily Bible passages to ponder, kindly get in touch with Rev. Park via email at hrpark@washmorefeet.org. See you there!

We are delighted to announce...

...that BUMC will begin summer worship services to accommodate the summer schedule and provide everyone with a more comfortable worship experience. Our Sunday services will begin at 10:00 a.m. throughout the summer months.

This schedule change will allow us to serve our congregation and the community better. We hope this change will make it easier for families to attend services together and provide more time for fellowship and community activities following worship.

We encourage you to join us for our first summer worship service at 10:00 a.m. on May 28. We look forward to sharing worship and fellowship with you these upcoming months.

Animal Blessings on May 21

We are excited to invite you and your furry friends to our annual Animal Blessing. This special event is an opportunity to celebrate and thank the animals that bring us so much joy and companionship.

The Animal Blessing will take place on May 21 at 4:00 p.m. in the BUMC parking lot on Huntington Pkwy. Rev. HiRho will offer individual blessings for each animal in attendance. All types of animals are welcome to attend, including dogs, cats, birds, reptiles and more. We ask that all animals be on a leash or in a carrier.

There will be treats for dogs and cats to enjoy. If you want to bake dog treats and offer them on that day, please contact Rev. Park at hrpark@washmorefeet.org.

We hope you will join us for this special event and bring your furry, feathered or scaled friends to receive a blessing.

Worship - Events - Gatherings

Fasting Prayer for BUMC on Saturday, May 6

On the first Saturday of each month, we encourage you to fast as you pray for BUMC and its ministry. You can fast a meal or two or an entire day according to your health condition.

Thank you for praying for BUMC. Here are answers to our prayers:

- Strength for leaders: We had an excellent Lent Bible Study and Easter celebrations with over 300 attendance.
- Use of the facility: We had a very reasonable estimate to install sprinklers for the education wing, and the Church Council approved Trustees to start the installation. This update means we can rent the facility to a school in the fall.
- Upgrading media technology equipment: The Church Council approved the proposal to upgrade the equipment, and we will seek gifts for that purpose.

Please pray for these items in May:

- BUMC Canopy: Nine BUMC Canopy Groups are forming, and we want to launch them in May.
- Stewardship Campaign 2024 preparation: It is already time to prepare for the next campaign. We are recruiting a new stewardship team.
- Unity and Harmony at BUMC: We pray that we respect all people and work for the common good serving God and God's people with the love of Jesus Christ.

By praying together we can establish a faith community in that everyone finds belonging.

BUMC RUMMAGE SALE (Church Yard Sale), Saturday, May 13. It's a great way to RECYCLE and to find great deals on used TREASURES

We will be holding the BUMC RUMMAGE SALE, Saturday, May 13, from 9:00 a.m. to 2:00 p.m. The proceeds will go to support justice-oriented ministries at BUMC. The Rummage Sale is a big event, so we really need your help. There are FIVE ways you can volunteer. 1) Help us advertise by placing a short piece in your neighborhood or child's school list-serve. (SEE SAMPLE ADVERTISEMENT BELOW) 2) COME to the Rummage Sale on Saturday, May 13 and BUY some second-hand treasures! 3) Volunteer to be a cashier (2-hour shifts) on Saturday, May 13. 4) Help sort and price the donated items in the BUMC Narthex during the preceding week, May 8 - 12 from 10:00 a.m. to 3:00 p.m. 5) On early Saturday morning at 8:00 a.m., help us set up by carrying the sale items out to the sidewalks along Huntington Parkway.

If you would like to DONATE items for the BUMC Rummage Sale, they can be dropped off in the BUMC Narthex during the preceding week, Monday, May 8 - Friday, May 12. (We will not take large furniture but will take clothing in good condition. Below is a list of items that can be donated.)

SAMPLE ADVERTISEMENT to put in your neighborhood or school list-serve:

> CHURCH YARD SALE, Saturday, May 13, 9:00 a.m. to 2:00 p.m., Bethesda United Methodist Church, 8300 Old Georgetown Road (Corner of Huntington Parkway and Old Georgetown Road). Come buy wonderful second-hand treasures in the categories of jewelry, toys, games, books, vases, kitchen wares, tools, sportsequipment, electronics, videos, computer games, artwork, clothing, shoes, small furniture, Christmas treasures and linens. Proceeds will go to justice-oriented outreach ministries at BUMC. http://washmorefeet.org

Please contact Janet Edmonds to volunteer, j.edmonds@erols.com.

Church Works

How is God Calling You?

Have you ever wondered what it takes to run a church? A church is the body of Christ here on earth and lay people are the heart of that body! Lay people serve on committees and on our Church Council to run our church and church programs. Lay people work alongside our staff to create and oversee our budget, manage and maintain our physical infrastructure, enhance and plan our weekly and seasonal worship activities, provide human resources and staff support, plan and develop educational and Sunday School activities, and create and administer our outreach programs which allow us to serve out into our community and world.

Every year we look for volunteers to fill the needs of our committees and Church Council. We'd like you to discern where you see yourself serving here at BUMC. Do you have a background in accounting, billing, bookkeeping or finance? Perhaps you might consider being on our Finance Committee. Do you work in project management or have a background in human resources? Perhaps you might consider being on the Staff Parish Relations Committee (SPRC). Do you have a background in construction or maintenance, or just want to see our church property looking its best? Consider volunteering to serve on Trustees. Do you have children or youth and want to help to guide their spiritual growth and exploration? How about volunteering for our Education Committee positions? Do you love music, art or the seasons of worship? Consider being a volunteer on the Worship Committee.

We currently have needs on Trustees and Lay Leadership for the upcoming term, as well as openings for an Annual Conference Delegate and a Vice Chair for our Church Council. Please prayerfully consider how God might be calling you to serve this year and feel free to reach out to us or any of our current leaders listed below.

Lay Leadership Committee co-chair: Debbie Reed-Gillette

Lay Leader: Karen Fratantoni

Our Church Council

Co-Chairs:
Lynn Ricciardella
Pat Kirwan

Secretary: Bill Allman
Treasurer: John Borchert

Lay Leader: Karen Fratantoni
AC Delegate: Karen Fratantoni

Worship Reps:
Bill Allman
Cindy Osnos

Connect Rep:
Mary Ann Toomey
Rebecca Conley

Grow Rep:
Janine Gregory
Lisa Nevans-Locke

Serve Rep:
Shannon Snypp
Susan Bender

Youth Rep: Open
Young Adult Rep: Grace Gyanagawa

Trustees Chair: Jamie Hays
SPRC Chair: John Euler
Finance Chair: Bob Gillette
Stewardship Rep: Mike Moran

Mission and Advocacy

Gun Violence Prevention

Looking ahead: On June 4, BUMC will observe Wear Orange for Gun Violence Awareness on Peace and Justice Sunday.

You are encouraged to wear something orange to worship June 4. Orange is the color that hunters wear in the woods that means "don't shoot- I'm a human, not a deer." We will have a special prayer for victims of gun violence and literature on the topic will be available in the Narthex after worship.

Listening Session May 21

As we celebrate Asian Heritage Month, we will hold a listening session focused on China. This session is open to all interested in learning about China's rich cultural heritage, history, and social environment, along with testimony from Ada Wong and Haitao Wang about their faith journey.

We want to create a safe and inclusive space where participants can engage in meaningful dialogue and gain a deeper understanding of China and its people. The listening session will take place on May 21, right after Sunday worship. We encourage all participants to come with an open mind and be willing to learn from one another.

Mission Monday

Mission Monday is set for May 8, 2023. This month marks 40 years of collecting sandwiches for McKenna's Wagon, a food truck operated by Martha's Table. We are grateful to those who have aided us in serving this noble charity since May 1983 and welcome new contributors starting in May 2023.

We gather meat and cheese sandwiches and baggies of trail mix (since 2019) at the Huntington Parkway Lot from 8:30 to 10:00 a.m. on the first Monday of each month. Throughout the years, we have collected 277,077 sandwiches and 27,763 bags of trail mix, totaling 304,840 items for McKenna's Wagon. Non-perishable food for Bethesda Help is also gathered during the same time. If the time is inconvenient for you, but you would still like to contribute, please contact Bruce or Nancy Smith at 301-765-5030, and we will try to make arrangements.

Upcoming

Men's Group

We are planning a BUMC Men's Group trip to Nationals Park on May 20 at 4:00 p.m. to see the Nats take on the Detroit Tigers (maybe a team the Nats can beat?). As a bonus, there's a Star Wars Hawaiian shirt giveaway if you arrive early enough. Family members, friends, etc. are all welcome. We'll aim for tickets which cost no more than $35 all in. Please RSVP to neilfgregory@icloud.com by May 6.

Remember: All are welcome at these Women's and Men's sponsored events (All means ALL, Y'all)."

Women's Potluck

All women of the church are invited to this month's potluck on Wednesday, May 24th at 6:30 at the home of Nancy Gauthier (944 Willowleaf Way in Rockville). Please join us for food and fellowship. Email Rebecca Conley to RSVP or to arrange to carpool (r33conley@gmail.com).

Children's Ministries Visits Heifer International Global Village

Children's Ministries

10:00 a.m. Sunday School

Children's Sunday School continues at BUMC. We continue our younger class for grades PreK - Grade 2 that meets upstairs in Room 102. Our older class for Grades 3 - 5 meets downstairs in the Chapel room (across from the youth room).

11:00 a.m. Sunday Worship

Let's WORSHIP Acolytes & Readers:

We invite children to serve as acolytes and read scripture during our 11:00 a.m. Sunday morning worship services. Please email Kara Peace (Kpeace@washmorefeet.org) if your child would like to be included on our team of acolytes and/or our team of scripture readers. Kara is happy to work with children to help them prepare for each type of worship ministry plus we have online training that is simple and quick. We love having children be a part of our BUMC worship experience!

Kids With Purpose (KWP), our program for preschoolers – third graders that is held during the service.

Children who would like to participate sit with their families at the beginning of worship and head to KWP in Room 104 after the Children's Message. They return to the service before offering. KWP will continue throughout the summer during the 10 a.m. service.

In May, KWP will make snacks for the congregation and gifts for Teacher Appreciation Sunday. We will also color a flat Jesus to take with us on summer vacation to share our experiences over the summer.

Teacher Appreciation

On May 21, we will all gather at Greenwich Park for our Sunday School time as we celebrate Teacher Appreciation Sunday. We will have games and activities while we also celebrate our teachers. Parents, please drop off your children and pick up your children at the park! This will be our final Sunday School gathering for this school year!

Last Day of Sunday School

After May 21, we will be moving to our summer schedule, with one service at 10:00 a.m. and no Sunday School. Sunday School will resume in the fall after Labor Day.

VBS This Summer: Hero Hotline!

Mark your calendars and plan to join us June 19 - 23 from 9:00 a.m. - 12:00 p.m. as we join the Hero Hotline where we are called together to serve God at Vacation Bible School!

Our Hero Hotline will include exciting new music and dancing, amazing science and crafts, fun recreation and memorable Bible stories that will encourage children to turn to God for all they need and join God in providing for the needs of others.

<= Registration: VBS is open to all children ages 4 through rising 5th graders. Registration is still open!. Please sign up ASAP!

Youth Ministries

As the school year comes to a close, we look forward to a full schedule of activities! Thank you for all your participation over the month of April.

Please note the end of Sunday School and the End of UMYF are different!

Youth Sunday School

Meet us Sundays at 10:00 a.m. in the youth room! Youth Sunday School is unlike any other! First, we get to spend time socializing, or playing ping pong or pool. Next, we talk about our weeks and catch up. To finish, we will participate in our topical devotion time that will typically consist of scripture reading, a brief explanation from the devotion leader, and discussion questions.

Teacher Appreciation

On May 21, in partnership with the children's ministry, we will all gather at Greenwich Park for our Sunday School time as we celebrate Teacher Appreciation Sunday. We will have games and activities while we also celebrate our teachers. This will be our final Sunday School gathering for this school year!

Last Day of Sunday School

After May 21, we will be moving to our summer schedule, with one service at 10:00 a.m. and no Sunday School. Sunday School will resume in the fall after Labor Day.

Youth Sunday School Calendar

- May 7: Sunday Social with light breakfast
- May 14: Sunday School
- May 21: Teacher Appreciation End of Year Celebration
- May 28: No Sunday School, Summer Schedule

United Methodist Youth Fellowship (UMYF)

6:00 p.m. unless otherwise noted

Join us for our variety of events this month as we strive to connect, serve and grow together. Each month we connect with a fellowship active, we serve with a service project and we grow with a faith formation night.

UMYF Calendar

- May 7: Connect - Senior Night/ Churchwide ManHunt
- May 14: Graduate Sunday during 11:00 a.m. service, No Evening UMYF
- May 21: 4:00 p.m. Attend Blessing of the Animals Together, 5:00 p.m. Serve - Bake pet treats
- May 28: No UMYF, Memorial Day Weekend
- June 4: Grow - Summer of Action
- June 11: Connect - End of year Celebration

We had a wonderful Easter Egg Hunt!

May 2023

BUMC Calendar

May 2023 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 9:30am - Children's Choir 9:45am - PTR Class @ 10am - Rock Creek 10am - Sunday School 11am - Blended 6pm - United Methodist	1 7:30pm - Bethesda Bells	2 10am - Staff Meeting (in- 7pm - Capital Carillon @ 7:30pm - Online Bible	3 12pm - Prayer Bites Bible 7pm - Troop 204 @ 7pm - Troop 204 Parents	4 12pm - Meditation 6:30pm - Praise Band @ 8pm - Sanctuary Choir @	5	6 Fasting Prayer
7 Celebrating 40 Years of 9:30am - Children's Choir 9:45am - PTR Class @ 10am - Sunday School 11am - Blended Worship 12pm - Celebrating 40 6pm - United Methodist	8 8:30am - Mission Monday 7:30pm - Bethesda Bells	9 10am - Staff Meeting (in- 7pm - Capital Carillon @ 7:30pm - Online Bible	10 12pm - Prayer Bites Bible 6:30pm - SPRC Meeting 7pm - Troop 204 @ 7pm - Troop 204 Parents 7:30pm - Church Council	11 12pm - Meditation 6:30pm - Praise Band @ 8pm - Sanctuary Choir @	12	13 9am - Rummage Sale
14 Graduate Sunday Mother's Day 9:30am - Children's Choir 9:45am - PTR Class @ 10am - Sunday School 11am - Blended Worship 5pm - Racial Justice	15 7:30pm - Bethesda Bells	16 10am - Staff Meeting (in- 7pm - Capital Carillon @ 7:30pm - Online Bible	17 12pm - Prayer Bites Bible 7pm - Safe Sanctuary 7pm - Troop 204 @ 7pm - Troop 204 Parents 7:30pm - Women's Book	18 12pm - Meditation 6:30pm - Praise Band @ 8pm - Sanctuary Choir @	19 5:30pm - NSP (outside	20
21 Asian American & Pacific Teacher Appreciation 9:45am - PTR Class @ 10am - Sunday School 11am - Blended Worship 12pm - Listening Session 12:30pm - Safe	22 7:30pm - Bethesda Bells	23 10am - Staff Meeting (in- 7pm - Capital Carillon @	24 12pm - Prayer Bites Bible 6:30pm - Women's 7pm - Troop 204 @ 7pm - Troop 204 Parents	25 10am - Cedar Lane 12pm - Meditation 6:30pm - Praise Band @	26	27
28 Summer Worship Starts 10am - Summer Worship 5pm - Racial Justice	29 Memorial Day - Office	30 10am - Staff Meeting (in-	31 Annual Conference 12pm - Prayer Bites Bible	1 12pm - Meditation 6:30pm - Praise Band @	2	3 Fasting Prayer

the Messenger

Bethesda United Methodist Church
8300 Old Georgetown Road Bethesda, MD
20814

301-652-2990
Bethesdaumc@washmorefeet.org
www.washmorefeet.org
@BethesdaMDUMC

Contact Us

www.washmorefeet.org

301-652-2990

Lead Pastor: Rev. Dr. HiRho Park

hrpark@washmorefeet.org

Minister of Worship & Justice: Dr. Shaw Brewer

shaw@washmorefeet.org

Music Ministry

Chris Warrington (Director): chris@washmorefeet.org
Max Nolin (Choir Conductor): max@washmorefeet.org
Gail Williams (Bethesda Bells): gail@washmorefeet.org

Director of Student and Children's Ministries
Kara Peace: kpeace@washmorefeet.org

Assistant Director for Children's Ministries
Dennis Williams: dennis@washmorefeet.org

Communications

Steven Martin: communications@washmorefeet.org

Office Manager

Kris Hoxha: kris@washmorefeet.org