

The Messenger

Newsletter of the Mt. Ayr UM Larger Parish
Mount Ayr – 11 a.m. Redding – 9 a.m.
Middle Fork – 10 a.m.

Office: 464-3636 MA Church: 464-0803

For those needing pastoral care contact Pastor Lorinda Hoover at the Parish Office at 641-464-3636 or 319-330-2220 (her cell) *(Lorinda's Cell may show up as Jim Mossman, her husband)*

Email address: lorinda.hoover@iaumc.net

Office Hours – 10 a.m.-Noon Monday & Tuesdays in the Parish Office. On most Wednesdays (roughly) 8:00-9:30 a.m. at Jamie's Mill and some Thursdays 2:00-5:00 p.m. at the MA Library

Fridays are her sabbath days – unless an emergency

Sharon Walkup, Parish Secretary Cell 641-234-0059

Sharon's email: sharonw.lparish@gmail.com

August 8, 2023 #13

**

**

**

The Many Faces of Grief



The recent series of tragedies in our communities has resulted in widespread grief. In light of that, I thought I'd share a few things I've learned about grief over the years:

-Everyone grieves in their own way; Some folks can't stop crying, others may never cry. Some folks feel the need to return to "normal" routines as soon as possible, others cannot. There is not right or wrong way to grieve. Just because someone grieves differently than I do doesn't mean they are "cold" or "overly emotional."

-Some folks (myself included) are "delayed grievers." The intensity of grief may not hit them until weeks or months later.

-New grief often stirs up old grief. When my step-grandmother died, I remember my grandfather saying that he found himself grieving for my grandmother (his first wife) as much or more than the wife who he had just lost.

-Some losses are so significant that a person may never "get over it." For example, the pain of losing a child, or losing a spouse rarely disappears completely. The strength and nature of the grief does change over time, but it may not go away completely. As long as there is also room for joy and new experiences, there is nothing wrong if grief does not disappear completely.

-Grief often comes in waves, and can reappear even after we think we are past it.

-It is possible to become "stuck" in a particular stage of grief. If you have been grieving for 6 months to a year and have not experienced any lessening of grief, it's probably time to seek some help to become "unstuck." Similarly, if grief is so strong that you are considering self harm, seek help no matter how recent or old the grief.

Some Resources for help with Grief

Grief Support Groups

EveryStep Hospice runs some in our county; call (641) 464-2088 for more information.

Counselors and/or Therapists

Infinity Health provides services in Mount Ayr, Leon, Lamoni, and Osceola; in Mount Ayr call 641-321-3020

Pastor Lorinda



MT. AYR MISSION STATEMENT

**We at Mount Ayr United Methodist Church,
Reach Up, Reach Out and Reach In.**

***We reach up** to glorify God and to ask for God's presence in life and the lives of all people.

***We reach out** in service to a hurting world.

***We reach in** for personal transformation.



MT. AYR PRAYER CHAIN....

The Mount Ayr Church has 2 Prayer Chains. If you have a prayer request, you can call Doris Walters (641-344-8744) or Donna Elliott (641-464-3144). They will start the prayer chain calling, and your requests will be lifted up in prayer.

NEWS FROM MT. AYR UMW

Mt. Ayr UMW met at Clearview Estates on Wednesday, July 19, with 11 present: Mickey Routh, Doris Drake, Pat Weddle, Berta Quick, Doris Klejch, and Phyllis Manning of Clearview, and Cheryl, Sally, Shirley, Margaret, and Nancy. We opened with prayer, the reading of our Pledge and Purpose, and a round of introductions. Margaret shared Devotions about staying in touch with Jesus.

Cheryl treated us with cookies and lemonade. We enjoyed refreshments while visiting and looking through UMW scrapbooks from previous years. We owe a big thank you to Shawn and the residents of the Estates for sharing their space with us, and to Charlene for making coffee and tea for our meeting. We hope to be able to meet at Clearview again, as well as at Mt. Ayr Health Care in the future.

We will serve ice cream floats at the Clearview birthday party on Monday, July 31.

At our next meeting on August 16, Al Rusk will present a slideshow about his mission trips. Anyone is welcome to join us for these events.

**IOWA STATE FAIR – AUGUST 10TH – 20TH
(Sharon will be out of the office during this time.)**

MA SAFE SANCTUARY POLICY MEETING – AUGUST 15 – 6:30 P.M.



MISSION TRIP SLIDESHOW – You are invited!

Who/What: Al Rusk slideshow program about his mission trips

When: Wednesday, August 16, at 1:00 p.m.

Where: United Methodist Church Sanctuary

Why: To hear about and see slides of global mission work

Coordinated by the Mt. Ayr United Methodist Women

WE HOPE TO SEE YOU THERE!

TEACHER APPRECIATION LUNCH – AUGUST 17

Mount Ayr Methodist Church will once again be hosting a **Teacher's Appreciation Lunch on Thursday, August 17th at 11:45**. The membership committee will be serving ham balls and cheesy potatoes. We are in need of salads and desserts to complete the meal. There is a sign up sheet at the back of the church if you are able to provide any food for the lunch. Please bring your food donations to the church basement by 10:00. We also are in need of greeters and people to serve food, pour drinks and clean up. Please sign up on the sheet if you are able to help. The teachers always appreciate this meal and are impressed by all the choices. Thank you for helping.

SCHOOL SUPPLIES NEEDED

Here is the list of items that both schools would like donated:

Chlorox wipes (generic brands are fine)

Kleenex tissues

Spiral notebooks

Composition books

#2 Pencils

Pencil eraser caps

Paper plates

Boxes of toothpicks

Hand sanitizing wipes

Reusable ice packs

Masking tape

The new art teacher would like:

Paper tubes from toilet paper and paper towels

Legos (new or used any kind)

Tinker Toys (new or used)

Craft sticks

You can bring these items to the church on Sunday, August 13th or on Wednesday, August 16th during the UMW meeting. Thank you for your help!

1ST DAY OF SCHOOL AT MT. AYR - AUGUST 23RD.

AYR DAYS 2023 - "TILL THE COWS COME IN"

Saturday, August 26th – Mount Ayr, IA

CROP WALK – SUNDAY, AUGUST 27TH



CONFIRMATION – INFORMATIONAL MEETING AUGUST 27 – AFTER WORSHIP

Pastor Lorinda is planning to hold **Confirmation classes this fall for students in 7-10th grades**. There will be an **informational meeting about confirmation on August 27 at noon** or a little before in the basement of the Mount Ayr Church. (Essentially after worship). Pizza and drinks will be provided. Each student should ask an adult in the congregation to serve as their mentor during confirmation. Mentors are asked to attend sessions with the student and to meet with them in between sessions. If possible, mentors should attend the information meeting as well. Instead of weekly meetings, we will meet 4 times over the course of the school year, usually if not always on Saturdays, from roughly 10 to 3. One of those sessions may involve an overnight trip for a mission experience. **Please bring your calendars to the informational meeting, and please let Pastor Lorinda if you will be attending.**

REDDING MACS.....INGATHERING KITS

NOW'S THE TIME TO BE BUYING SCHOOL SUPPLIES IF YOU'RE WANTING TO MAKE KITS FOR THE INGATHERING IN NOVEMBER!! WAL-MART AND DOLLAR STORE ARE RUNNING GOOD SALES!! (SEE THE COMPLETE LIST OF KITS ON SEPARATE PAGE!)

THANKS...to Karla Lyddon and lay leaders for filling the pulpit in the churches while Pastor Lorinda was on Vacation.



CHRISTIAN SYMPATHY....

To Family and Friends of Halsie Barnes, daughter of Shannon and Tracy Barnes. Funeral services were held at the Mt. Ayr High School on Saturday, July 29. Burial in the Maple Row Cemetery, Kellerton, IA.

To Family and Friends of Ella Jo Leonard, daughter of David & Nikki (Main) Leonard of Winterset. Funeral services were held at the New Bridge Church on Wednesday, August 2 in Winterset.

To Family and Friends of Jane Schnoor. Funeral services were held at the St. Joseph Catholic Church in Mt. Ayr on Friday, August 4 with burial in Oakland Cemetery, Mt. Ayr, IA.

To Family and Friends of Clell Beason of Bedford (brother to Callie (Riley) Weehler. Funeral services were held on Saturday, August 5th at the Bedford Football Field, Bedford, IA. Internment at Hopkins Cemetery, Hopkins, MO.

To Family and Friends of Madalynn Stewart, daughter of Kevin & Ashley Stewart and Josh & Julie Shields. Funeral services were held at the Mt. Ayr High School on Monday, August 7. Burial in the Rose Hill Cemetery in Mt. Ayr.

VACATION BIBLE SCHOOL.....

The community VBS, Food Truck Party, was a huge success this year! We had 67 kids register and saw as many as 61 kids on the first night. Unfortunately, due to illness and other obligations we never saw all 67 but what a great turnout regardless! The kids learned many fun new songs and performed them for their parents and grandparents on the last night. Games, science lessons, and crafts were centered around food related Bible stories. We had a wonderful time and the kids seemed to have a fantastic time as well! Thank you to all the volunteers!

VOLUNTEERS FOR VBS....

Mt. Ayr Volunteers included: Amanda Lynch, Karen Taylor, Cheryl Taylor, Nancy Roe, Wally & Lynne Wallace, Kirk, Denise & Amber Golliday, Tessa Kniep, Amy, Payton & Carter Levine, Jessica, Nick & Lauren Triggs, Deb Lynch, Sally Young, Debbie Cannon and Deb Robertson. **Other Volunteers included:** Fay Howie, Morgan Waldeier, Michelle Byer, Korbie Rinehart, Abby Elliott, Jessie Ricker and Grace UMC – Des Moines.

BELATED HAPPY 90th BIRTHDAY....

to **Loraine Link on August 6th**. Belated cards can be sent to her at 306 E. Monroe, Apt. 17 Mt. Ayr, IA 50854. **We hope you had a great day and wish you many more!!**

HAPPINESS WAS....

Enjoying 5th Sunday Outdoor Worship on July 30 at Middle Fork UMC. The weather was perfect with a slight breeze!!

T.R.I.B.E. is planning on returning this coming school year. The after school program will meet from 3:30-5 on Wednesdays in the Elementary Cafeteria when there is a full day of school. **Registration forms will be sent home with the students during the first week of school.** We will plan on having a meeting at the beginning of September to work out curriculum and see how many volunteers we'll need. **The tentative start date will be September 20th.** Be on the lookout for signup sheets for volunteers and snacks!

REDDING UMC ADDITIONS TO CALENDAR...LOOKING AHEAD

August 27 – Baby Shower for Liz Zeigler at the Redding UMC, 2 p.m.

September 11 – Redding Ad. Bd. 6 p.m. (delayed due to Labor Day on the 4th.)

September 24 – R Communion – Cindy Snethen communion steward for the month.

September 30 - Redding Harvest Lunch & Auction

October 8 - R Hayride and Trunk & Treat – (time yet to be decided)

CHRISTIAN SYMPATHY....

To Dick Snethen on the death of his brother-in-law, **Leonard Cracraft**, of Ridgeway, MO. Funeral services were held on Friday, August 4th at the Eagleville Community Christian Church with burial in the Eagleville Cemetery.

PARTNERS

The Ingathering team is pleased to continue its partnership with Midwest Mission. They are an UMCOR Cooperating depot, and also partner with many other nonprofits. They regularly ship three to four containers of humanitarian relief each month, domestically and internationally.

The kits Midwest Mission is focused on in 2023 are outlined for your convenience, along with updated lists of specific supply needs for each kit type. **NOTE: We are excited that the kits fully meet the highest priority needs, as Midwest Mission listened to feedback from kit recipients and have made significant changes accordingly.**

Other items for Midwest Mission will be accepted at the sites. Please no bikes at this time. They will accept medical equipment and supplies, non-electric tools, fire gear and equipment, and other items.

See midwestmission.com/collect-donate for more information on what is accepted.

CONNECT

Get some good news delivered to your inbox every week. Scan the QR code to join the weekly newsletter, or go to midwestmission.org.

Find us on Social Media
 Facebook @MidwestMission
 Instagram @Midwest_Mission
 Youtube @MidwestMission



Scan to Join

Midwest Mission Kits



PERSONAL DIGNITY KIT

- 1 Hand towel - no kitchen towels
 - 1 Washcloth - no dishcloths
 - 1 Adult toothbrush - no multipacks
 - 1 Bar soap - 3-4 oz
 - 1 Shampoo - 12-19 oz
 - 1 Deodorant - 2-3 oz - stick, roll on or pump
 - 1 1-gallon resealable plastic bag
- Place all items in the resealable plastic bag.
 \$2 Donation per kit for razor and toothpaste.

STUDENT KIT

- 3 Notebooks - 1 subject spiral 8"x 10 1/2"
 - 1 Ruler - 12" long with metric
 - 6 Pencils - unsharpened
 - 1 Pencil sharpener
 - 1 Eraser - 2" or larger
 - 1 Box 12 colored pencils
 - 1 Box 24 crayons
 - 1 Pair student scissors
 - 1 One-handled cloth bag*
- Place all items in the cloth bag or a plastic grocery bag.

LAVETTE KIT

ALL ITEMS MUST BE 0 - 6 Months

- 6 Cloth diapers*
 - 2 Gowns* or sleepers
 - 2 Onesies or undershirts
 - 2 Infant washcloths - no adult washcloths
 - 6 Diaper pins - must have protective plastic closures
 - 1 Sweater* or jacket with front opening - no ties
 - 2 Receiving blankets - 28"x 28" to 32"x 32" - no fleece or thermal blankets
- Bundle items inside one of the blankets and secure with diaper pins.
 \$2 Donation per kit for diaper cream

*Find instructions and patterns online at midwestmission.org/patterns

BIRTHING KIT

- 1 Hand towel - no kitchen towels
 - 1 Washcloth - no dishcloths
 - 1 Bar soap - 3-4 oz
 - 1 Pair gloves - medical exam gloves
 - 1 Square-yard clear plastic sheeting - 4 mil thick - no trash bags or shower curtains
 - 1 Piece cotton string - 36" long - no yarn
 - 1 Razor blade - single edge - cover in paper or cardboard to prevent injury
 - 2 Receiving blankets - 28"x 28" to 32"x 32" - no fleece or thermal blankets
 - 1 1-gal resealable plastic bag
- Place all items in the resealable plastic bag.

FEMININE HYGIENE KIT

- 1 Hand towel - no kitchen towels
 - 1 Washcloth - no dishcloths
 - 1 Bar soap - 3-4 oz
 - 3 Pairs underwear - sizes: child 10-14, women: 5-8
 - 6 Day pads*
 - 3 Night pads *
 - 1 Drawstring carrying bag *
 - 1 Waterproof bag *
 - 1 One-handled cloth bag *
- Place all items in the cloth bag.

*Find instructions and patterns online at midwestmission.org/patterns

COVER THEM WITH LOVE QUILTS
 Create "Cover Them with Love Quilts."

- Use your own pattern or find one at midwestmission.org - finished size 42" x 60"
- Use NEW cotton, polycotton, or flannel fabric
- Do NOT use batting or ties.

REQUIREMENTS

- All kit items must be NEW.
- Kits should **only** include kit items no cash.
- Kits should contain **only** the requested items.
- Include prayer card in each kit.
- **No handprints, footprints, paw prints, or camouflage.**

BIG THANKS...to everyone who helped with VBS. If the big smiles on young children's faces tells you anything..... it was enjoyed by all!!

PRAYER LIST.....



Please keep in your prayers all those involved in the tragic car & ATV accidents - their family, friends, school and community, those suffering from Covid/Flu/RSV, Dale Walters, Preston Hayse, the people of Ukraine, OUR COUNTRY, Churches of the Circuit - Tingley, Ellston, Weldon, Leon Loving Chapel, High Point, Davis City, Lamoni, Kellerton, Beaconsfield, Mt. Ayr, Redding and Middle Fork UMC, our 1st responders and medical professionals, men & women in our military, and those who have lost loved ones or have been hospitalized.

REMINDER.....Giving of Our Tithes and Offerings

We ask that you continue to give financially to the church as you are able. You may mail your giving to the following addresses depending on where you attend church. Please send your giving to the appropriate address:

MIDDLE FORK UMC

Bev McGinnis
2976 Co. Hwy. P38
Mt. Ayr, IA 50854

REDDING UMC

Lil Rinehart
2072 310th St.
Mt. Ayr, IA 50854

MT. AYR UMC

UMC Parish Office
303 W. Madison
Mt. Ayr, IA 50854

THANK YOU FOR YOUR CONTINUED FAITHFULNESS!

NEXT MESSENGER – AUGUST 23rd

ADDRESS SERVICE REQUESTED

PERMIT 27

OUNT AYA

U.S. POSTAGE PAID

NON PROFIT ORGANIZATION

OUNT AYA, IOWA 50854

301 W. MADISON

UNITED METHODIST CHURCH