



PATHWAYS

Emmanuel Community United Methodist Church



MAY 2024

Emmanuel Community United Methodist Church Monthly Newsletter

N84 W16707 Menomonee Avenue, Menomonee Falls, WI 53051 ✧ 262-251-3830 ✧ www.ec-umc.com

TRINITARIAN QIGONG & LISTENING PRAYER

Improve your physical AND spiritual health this spring!

'Trinitarian Qigong & Listening Prayer' is a way of attuning to God that positions us to experience God first-hand – God's personal voice and transforming energy – using Qigong, a system of intentional movement, breathing, and meditation.

New ECUMC member Steve Reiland is a retired pastor and an instructor in both Qigong and Tai Chi. He has designed a program which ties nine basic Qigong movements with nine inspirational invitations from the Father, Son, and Holy Spirit. This will be a six-week series which may become a meaningful daily practice. The movements can be performed either standing or sitting, according to your comfort level. When practiced regularly, some studies indicate that Qigong can improve balance, heart health, and stress levels.*



We will meet from 4 – 5 PM on Sunday afternoons, May 19 through June 23. Wear comfortable clothing and flat shoes or stocking feet in Celebration Hall (enter through those doors.)

The class can accommodate up to 20 participants, so please sign up on the bulletin board or email Janet Ray (JanetR@ec-umc.com) to reserve a spot. If there is additional interest, a second session may be offered in the fall; contact Janet about that option. If you have questions about the practice of Qigong, contact Steve (SJMReiland@gmail.com).

Whether or not you're interested in benefits to your physical well-being, all Christians will benefit from learning an additional way to connect to God as we imitate Christ together.

* Source: The American Journal of Health Promotion <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3085832/>

May 26 - September 8

Sunday School in Recess

Summer Worship Schedule

Sanctuary Service @ 8:30 AM

Celebration Hall Service @ 9:45 AM

ALL CHURCH CLEAN-UP DAY

Trustees are hosting an All Church Clean-Up Day on Saturday, May 11, from 8 AM until noon. There are two ways you can help.

Outdoor workers, bring your favorite yard tools, wheelbarrow, rake, trimming shears, etc.

Indoor workers, we will have all the products you need to help us wash windows, touch up pews, clean around the corners, and just do any general cleaning. Morning snacks, coffee, and water will be provided as well.

Come and rub elbows with new and old congregants to enjoy their company.



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“SEEING RED (in a good way)”



On May 19' Christian churches will be filled with people wearing red. The color on the altar, banners, pulpit, and the pastor's stole will also be red that day.

Why? It is because it is Pentecost Sunday, the day the church remembers and celebrates the coming of the Holy Spirit giving birth to the church. We are taught that the use of the color red in the church during Pentecost is commonly attributed to its association with the flames of the Holy Spirit, which descended upon the apostles and other followers of Jesus Christ as tongues of fire.

Everything changed that day described in Acts, chapter two. With the power of the Holy Spirit, the timid and confused disciples had the proverbial light over their heads go on! Suddenly they were filled with understanding and courage. Peter boldly proclaimed the resurrection of Jesus Christ. On a single day the number of Christ followers grew by about three thousand people. And as scripture tells us, daily more and more people were being added to that number. Pentecost is the birthday of the church!

In the gospels we read of the birth and resurrection of Jesus, but nowhere in them do we read the words Christmas or Easter. Those titles came later. But we do read of Pentecost in the Bible. That lets us know that there was already a Pentecost being celebrated, but what were they celebrating? They were celebrating a festival called Shavuot, also known as the Feast of Weeks, or The Feast of the Harvest. Long before Jesus was born his Jewish ancestors celebrated this festival which was held fifty days after the Passover (Pesach). The festival remembers and celebrates the giving of the Torah on Mount Sinai. In this celebration the first fruits of the harvest were offered and celebrated. Our Jewish brothers and sisters will observe this two-day mandatory festival from sundown on June 11 through sundown June 13.

While the Christian and Jewish celebrations differ, there are two main things we do celebrate together. Both festivals mark significant moments of revelation and spiritual empowerment that recognizes God's activity in the world, and in our lives. Both also focus on community and communal worship. So, on May 19' we will worship with the community of our local church remembering that we are also worshipping with our Christian brothers and sisters of every expression all around the world.

I hope to see you in worship on the 19th - and don't be afraid to boldly wear red to church that day.
With Hope,
Pastor Matt

Pentecost Poem

by Steve Garnaas-Holmes

Fire of God,
be my light.

Heat of God,
be my fuel.

Furnace of God,
purify me.

Blaze of God,
be my upward leaping.

Flame of God,
be my breath.

Wind of God,
be my steady leading.

Spirit of God,
may I burn with your love,
your passion to spread mercy
in this flammable world.

MISSIONS



THANK YOU for your continued support of the Rooted & Rising* playground project. We have two weeks left of our fundraiser, so let's keep the momentum going! **A generous donor has already contributed \$10,000 towards the Rooted and Rising playground. They have offered to contribute another \$10,000 by matching all gifts to R & R through May 12.**

Use the QR code, then select R & R as your giving area or indicate Rooted & Rising on your check's memo line.



Be sure to join us on May 5 for Appreciation Dessert Sunday! We will celebrate our fundraising efforts and all of the ongoing support we continue to provide to R&R. Questions? Please contact Bonny Walters:

bonny3walters@gmail.com

*formerly United Methodist Children's Services

VOLUNTEERS NEEDED FOR ELECTRONICS RECYCLING EVENT

On Saturday, May 18, 10 AM to noon, ECUMC is sponsoring an electronics recycling event in partnership with Redemption Recycling. Not only do we need you to bring your items to be recycled but also, we need volunteers to smile and stand or to lift and load. Volunteers will direct traffic, unload vehicles, or hand out flyers about recycling as well as information about Emmanuel to welcome and inform the contributors.



Think of this as a reverse Rummage Sale! To volunteer, please email Jan Kohlmann at treasurer@ec-umc.com with your **name, phone**

CHURCH OFFICE

262-251-3830 Church@ec-umc.com
Hours: Monday–Thursday, 9 AM–1 PM

number, time you're available, and your job preference.

Qualifications for volunteers include an age restriction of 12 and up (minors under 16 should be accompanied by an adult) and your own physical capabilities for standing, bending, or lifting. Volunteers will be needed from 8:30 AM (traffic line-up and signage set-up) until possibly 1 PM (finishing the end of the line and clean-up). A commitment for the full length of the event would be nice and deeply appreciated, but not required.

SANCTUARY HEARING ASSISTANCE

Do you wear blue tooth compatible hearing aids? If so, a new application may improve your Sanctuary hearing experience. It's easy and it's **free**.



All you need to do is:

1. Download the free AudioFetch from your app store. The logo looks like this.
2. Connect to the wifi signal in the Sanctuary
WIFI: ECUMCPublic
Password: jesuslovesme
3. Once connected to our wifi signal, open up the AudioFetch application on your device.
3. It will automatically connect to our sound system once you open the app.
4. Adjust the volume through the AudioFetch app as needed.

Need more help? Pick up a flyer from the ushers or ask Trustees Gary Morgan or David Rohr.

YAHAS: YOUNG AT HEART & SPIRIT

Contact: Dorothy Nienow (262-251-5048)

The YAHAS end of the year picnic will be on Tuesday, May 21.

Hamburgers and brats will be served - plus your contribution of a side or dessert.



We will play games after the meal. Dues are \$2.

BOOKS BETWEEN BITES

Contact: Mary Jo Karnath; AKarnath@wi.rr.com

This month's book is *Lost and Found* by Jacqueline Sheehan. We will meet on Friday, 5/17, at Ally's Bistro (1 PM). The evening group meets on Tuesday, 5/28 at Uno's (5:30 PM).



YOUTH MINISTRIES

Contact: Bill Follmann; BillF@ec-umc.com

Sunday, June 9: **Graduation Reception** in Fellowship Hall from 9:30 to 11:00 AM. Come and mingle with our graduating seniors and find out what their plans are for the future. Enjoy some cupcakes and refreshments as we celebrate this milestone with the students and their families.

We are planning a couple of outdoor impromptu outings / campfires / 9 Square outside, etc. for May so, make sure you watch your e-mail and weekly e-news for when these are scheduled.



Summer Mission Trip: We are looking to go to Indianapolis Indiana the week of July 28 to August 3. We are partnering with Youthworks and are looking forward to working with other youth and agencies in Indianapolis to help those in need. We have two chaperones already lined up for the week, we just need students to go. **Please let me know by May 15,** if you are interested in this mission opportunity.



Camping! Yes, we are going camping. Youth ministries are again sponsoring a camping weekend Thursday, August 15 through Sunday, August 18 for **all families of all ages**, who enjoy camping.

We are camping at the Wildwood campsite area at the Methodist Pine Lake camp. This is a separate area from the retreat area, but each campsite will have electricity and water. Available for us to use is a swimming area, boats, and canoes to rent, picnic tables, firepits, children's play area, volleyball court showers, and shelter for group activities. They also have a dump station for campers.

This is a great opportunity to experience God's wonderful creation and spend time with others from Emmanuel. Cost for a site per night is \$30.00, Youth ministries will cover ½ the cost making it only \$15 per night for your family. A summer vacation bargain! Please let Bill know if you are interested by June 1 as reservations are due then.

If you have any questions or concerns, please let Bill know: BillF@ec-umc.com or Bill's cell 414-881-3023.

WOMEN'S "WALK WITH FAITH"

Join the Women's Ministry Team on a stroll through the Lynden Sculpture Garden (2145 West Brown Deer Road, Milwaukee for a unique experience of art in nature!



The date is set for Saturday, May 4, with a rain date of June 1.

Carpool from the church at 9:30 AM or join the group at the Garden at 10 AM.

Admission is free; donations are accepted.

There are few paved paths, so wear appropriate footwear, especially if it's rained recently!

CHILDREN'S MINISTRY NEWS

Members of the team are:

Jeannie Berrall

Laura Hohl

Stacy Velie

We're in Realm if you need phone or email.

KIDS CRAFTING

Craft Learning Fun happens on May 5, following the 9:45 worship. Adults and youth will be on hand to teach us some fun crafts.

If you would like to teach a craft, contact one of the Children's Ministry Team members. Some ideas are knitting, crocheting, decoupage, jewelry making...



Light lunch will be provided.

Sound like fun? Come join us!

VACATION BIBLE SCHOOL

Please mark your calendars for VBS:

Sunday, June 23 5:30-7:00

Tuesday, July 23. 5:30-7:00

Wednesday, August 21 5:30-7:00

This is an ALL CHURCH VBS program

for both adults and kids! Bring your family and friends. A meal will be provided and more information will be coming.

SUMMER INTERGENERATIONAL SUNDAY SCHOOL

This summer Intergenerational Sunday School will happen on the third Sundays of the month:

June 16 ∞ July 21 ∞ August 18

We will have fun activities, discussion and games around a Bible lesson. This is for the entire church, adults and kids.

This will be held at 9:45 AM **in place of** our usual Celebration Hall worship. Come have some interactive fun with us!





Electronics Recycling Event

Free Items

- Computers – monitors – laptops – cords – printers – routers – switches
- Small electronic household appliances (blenders, vacuum cleaners, coffee makers)
- DVD/CD players – radios – speakers
- Cell phones – tablets – chargers
- Flat screen TV (not plasma)
- Christmas lights
- Other electronic devices that run on electricity or battery

For a Cost (Cash Only)

- CRT TVs and monitors (old tube style) (extra charge for broken CRT glass) \$10
- Dehumidifiers, mini refrigerators, microwaves \$10
- Wood console, Projection, and Plasma TVs \$20
- Alkaline batteries \$1/pound
- Florescent bulbs, 4 ft and smaller \$1
- LED light bulbs and fluorescent bulbs over 4 ft \$2

Items Not Accepted

AC units, large appliances, paints, oils, tires, hazardous materials

When: Saturday, May 18 – 10:00 AM – Noon

Where: Emmanuel Community United Methodist Church
N84W16707 Menomonee Avenue
Menomonee Falls, WI

Call for more info: (262)251-3830



ECUMC SUMMER BOOK CLUB

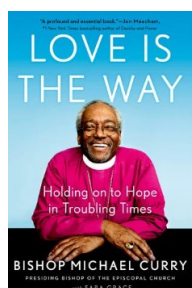
Love to read? Join your fellow ECUMC bibliophiles this summer in one, two, or three All-Church Reads selections. We'll meet at 11 AM (after the second service) for a group discussion in Fellowship Hall. Of course, there will be snacks.

Each book has been recommended by an ECUMC ministry team, so you know they're all winners! All are available from your library or for purchase new or used from your favorite book seller.

June 9: *Love is the Way*

by Bishop Michael Curry (Memoir)

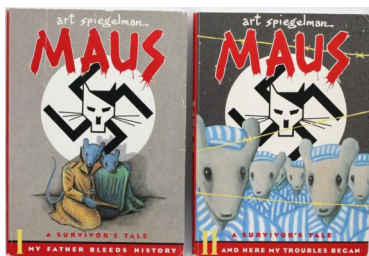
*As the descendant of slaves and the son of a civil rights activist, Bishop Michael Curry's life illustrates massive changes in our times. Through the prism of his faith, ancestry, and personal journey, *Love Is the Way* shows us how America came this far and, more important, how to go a whole lot further.*



July 21: *Maus I* and/or *Maus II*

by Art Spiegelman (Graphic Novel Biography)

*Called a brutally moving work of art—widely hailed as the greatest graphic novel ever written—*Maus* recounts the chilling experiences of the author's father during the Holocaust, with Jews drawn as wide-eyed mice and Nazis as menacing cats.*

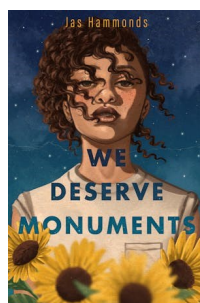


Read one or both to fully engage in the discussion.

August 25: *We Deserve Monuments*

by Jas Hammonds (Young Adult Fiction)

Seventeen-year-old biracial teen Avery must follow her parents to small-town Bardell, GA, to care for her dying maternal grandmother. Tensions and mystery abound in this community, piling rumors on half-truths, as Avery searches for someone to tell her the truth.



Different people will facilitate each session, but for general questions, contact Janet Ray (JanetR@ec-umc.com)

MORE THAN 3 R'S

We think a lot about Recycling, but surprisingly few of our discards are recycled. Before defaulting to Recycle, think about these other “R’s”, for the sake of creation.



Reuse! Take your reusable bags to the grocery; purchase a reusable water bottle; switch from paper cups to reusable mugs. Before you trash anything, ask yourself if it can be reused as is or repurposed for a new use.

Reduce! Buy in bulk to reduce packaging and emissions from shipping whether to you directly or to the store. Choose “paperless” for bills and newspapers and reduce the trees cut down.

Refuse! Resist the constant pounding of advertising that says buy more and more. Say no to a plastic straw when out to eat and no to a bag for a few items that you can carry easily.

Repair! Learn and use the simple skill of mending. Consult YouTube or a local hardware store for possible fixes for non-working appliances or gadgets. Fight for “Right to Repair” laws for your state.

Restore! Organize for clean-up locally or contribute funds to reforestation efforts across the world.

Regenerate! On a personal level, compost your food and lawn scraps; participate in no mow May, which helps bees and other pollinators.

Rethink! We used to think of the earth’s benefits as endless, but they’re not. Explore thrift stores before catalogs; purchase from companies that are environmentally conscious; buy local.

Review! Regularly, step back and look critically at your “stuff.” Are you a victim of “creep”? Continue asking what else you might do to contribute to the health of Earth and give all a better future.

Recommit! Keep learning, taking more steps, talking to others about your actions on behalf of creation justice. Watch for and celebrate good news. Persist.

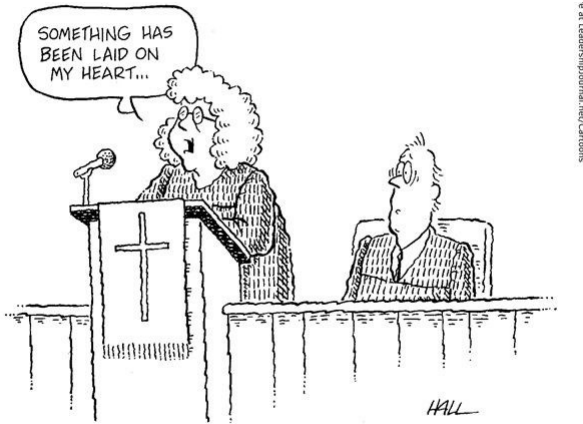
Remember! Remember that you are a beloved child of God. God’s first commandment was to care for creation (Genesis 1–2). Let that sacred charge be your guide.

The United Methodist Creation Justice Movement is providing these Tips. For more about the UM Creation Justice Movement, go to UMCreationjustice.org

MUSIC MINISTRIES

Contact: Bill Follmann; BillF@ec-umc.com

Attention Vocal and Instrumental Musicians:
I am looking for musicians to provide special music during worship services this summer. Please let me know if you would share your musical gifts with the congregation to enhance our worship experience.



Atomic alto Gladys Thundermuffin departs from the selection listed in the bulletin to do a solo interpretation of the Hallelujah Chorus.

ATTENTION OLD-SCHOOL "GAMERS"

The Game Night Group will be meeting on Friday, 5/17. Come to Fellowship Hall at 7:00 PM with your own beverage (water is available) and a snack to share. Bring a game if you want or just join in playing cards, Mexican Train dominoes, or a variety of board games.



New participants are always welcome!
RSVP to Beth Kring (KringBeth1@gmail.com)

NORTHCOTT NEIGHBORHOOD HOUSE AWARDED 2024 DEAI AWARD

Northcott Neighborhood House was awarded the Diversity, Equity, Accessibility, and Inclusion Award at the 2024 Governor's Dinner and Awards Celebration at Geneva Resort on Tuesday, March 12.



Northcott won for its commitment to the community for organizing Milwaukee's Juneteenth Parade and celebration for more than 50 years.

STEWARDSHIP MESSAGE

Anna Thompson; Annabthomp@gmail.com

"Do not be deceived; God is not mocked, for you reap whatever you sow . . . So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up." Galatians 6:7, 9

According to the Good News Network, 84% of adult Americans agree with the idea that "what goes around comes around." Therefore, the same number also say that they will go out of their way to "pay it forward" whenever possible.

Respondents reported that they were doing so in a number of ways, including:

- Treating their loved ones to something special (50%)
- Giving generous tips (48%)
- Helping out a neighbor by carrying their groceries or shoveling snow (46%)
- Donating money to organizations or charities (40%).



In addition, almost four in ten said they volunteer their time to help friends or family or intentionally support locally owned business.

The average adult engages in five generous acts per week, which adds up to 260 random acts of kindness each year.

Those who pay it forward believe their acts have real effects on more than those on the receiving end. Americans feel better about themselves (49%), their life overall (37%), and feel more confident (22%) when they extend kindness to others.

What acts of kindness can we do this week?

Individually or as a congregation? What can we do to pay it forward?

Adapted from Rev. Mahnke, WI United Methodist Foundation



SUMMER @ ECUMC May 26-September 8

- ♦ No Sunday School
- ♦ 8:30 Worship (S)
- ♦ 9:45 Worship (CH)

GENERAL CONFERENCE: BY THE NUMBERS

The Postponed 2020
General Conference will
take place **April 23-May 3 2024**
in **Charlotte, North Carolina**

133

annual conferences
represented



862 voting delegates,
half clergy and half laypeople

1,099

valid petitions submitted



Delegates:

55.9% from the U.S.
32% from Africa
6% from the Philippines
4.6% from Europe



5 continents represented

26

plenary sessions



18
worship
services



**4 official written
languages:**
English, French,
Kiswahili and
Portuguese



14
legislative
committees

9

special addresses
and celebrations

10 languages spoken
via interpreters on site



Learn more about General Conference at
ResourceUMC.org/UMCGC

...and KNOW that I am GOD

The United Methodist Church General Conference

CHARLOTTE, NORTH CAROLINA

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>28</p> <p>8:30am - Sanctuary/Online 8:30am - Sunday School (V) 9:45am - Celebration /Online 11am - World Religion Study 1pm - Hmong Alliance 4pm - TRIBE (MR)</p>	<p>29</p> <p>10am - Staff Meeting (FH)</p>	<p>30</p> <p>7:30pm - SPRC (CL)</p>	<p>1</p> <p>10am - Bible Study (FH) 6pm - Memorial Meeting (CH) 6:30pm - Trustees (CL) 7pm - Women's Book Study</p>	<p>2</p> <p>6:30pm - Women's Choir 7pm - Chancel Choir (MR)</p>	<p>3</p> <p>Office Closed 10am - Bible Study (Z)</p>	<p>4</p> <p>9am - All Church Craft Day 10am - Women Walk @</p>
<p>5</p> <p>Volunteer Appreciation 8:30am - Sanctuary/Online 8:30am - Sunday School (V) 9:45am - Celebration /Online 11am - Family Craft Morning 1pm - Hmong Alliance 4pm - TRIBE (MR)</p>	<p>6</p> <p>9:30am - Sew and Sews (112) 10am - Staff Meeting (FH) 6:30pm - Mission Ministry</p>	<p>7</p> <p>11:45am - 5:00 pm Food</p>	<p>8</p> <p>10am - Bible Study (FH) 7pm - Women's Book Study</p>	<p>9</p> <p>11:45am - & 5:00 pm Food 6:30pm - Women's Choir 7pm - Chancel Choir (MR)</p>	<p>10</p> <p>Office Closed 9:30am - R&R Tour 10am - Bible Study (Z)</p>	<p>11</p> <p>8am - Spring All-Church 10:30am - Eagle Scout</p>
<p>12</p> <p>8:30am - Sanctuary/Online 8:30am - Sunday School (V) 9:45am - Celebration /Online 1pm - Hmong Alliance 4pm - TRIBE(MR)</p>	<p>13</p> <p>10am - Staff Meeting (FH) 5:30pm - Stewardship (CL) 7pm - Finance (CL)</p>	<p>14</p> <p>6:30pm - Children Ministry</p>	<p>15</p> <p>Pathways Deadline by Noon 10am - Bible Study (FH) 7pm - Women's Book Study</p>	<p>16</p> <p>6:30pm - Women's Choir 7pm - Chancel Choir (MR)</p>	<p>17</p> <p>Office Closed 10am - Bible Study (Z) 1pm - Books B/T Bites - Ally's 7pm - Game Night (FH)</p>	<p>18</p> <p>8am - Electronic Recycling 9am - Craft Morning (FH)</p>
<p>19</p> <p>8:30am - Sanctuary/Online 8:30am - Sunday School (V) 9:45am - Celebration /Online 1pm - Hmong Alliance 4pm - Qigong Prayer (CH) 4pm - TRIBE (MR)</p>	<p>20</p> <p>10am - Staff Meeting (FH) 7pm - Church Council (CL)</p>	<p>21</p> <p>9:30am - Community Care 11:30am - YAHAS (CH) 7:30pm - SPRC (CL)</p>	<p>22</p> <p>10am - Bible Study (FH)</p>	<p>23</p> <p>10:30am - Spiritual Guidance</p>	<p>24</p> <p>Office Closed 10am - Bible Study (Z) 3pm - Mission Conference</p>	<p>25</p> <p>8am - Community Breakfast 3pm - Mission Conference</p>
<p>26</p> <p>8:30am - Sanctuary Worship 9:45am - Celebration /Online 1pm - Hmong Alliance 4pm - Qigong Prayer (CH) 4pm - TRIBE (MR)</p>	<p>27</p> <p>Office Closed</p>	<p>28</p> <p>5:30pm - Books B/T Bites -</p>	<p>29</p> <p>9am - Staff Meeting (FH) 10am - Bible Study (FH)</p>	<p>30</p>	<p>31</p> <p>Office Closed 10am - Bible Study (Z)</p>	<p>1</p> <p>8am - Piano Recital - Abbey</p>