



The Messenger



Selah United Methodist Church

January 2021

*Happy New Year
2021*

I am not sure about anyone else, but I am glad to put 2020 behind us. As we head into 2021, I am encouraged by 2 Corinthians 4:18, “So we fix our eyes not on what is seen, but what is unseen, since what is seen is temporary, but what is unseen is eternal.” As we look forward to 2021 let us focus on what is unseen. To focus our energies on God, and the hope which only God can bring us. God’s hope is life giving- when we lose God’s hope, we begin to die both physically and spiritually. Let us make 2021 a year of hope, joy, peace and love. Let us find ways to bring God’s hope to a world that is in such desperate need of it.

Selah UMC can be God’s hope to the Yakima Valley and beyond. This means focusing our attention on the unseen and the eternal. To seek out new ways to minister to those who are seeking God. To find new ways to provide support to those on the margins. To be the bright shining light on the hill so that others may see our good deeds that glorifies God. Who is willing to shine their light for God in 2021? Who is willing to be God’s hope? As I am writing this newsletter, I am reminded of Mary’s response to the Angel of God in Luke’s Gospel- “Here I am, the servant of the Lord.” May we have the courage of Mary to take God’s hope to the world.

Shalom and Amen

Pastor Dirk





Mission Outreach



The Yakima Union Gospel Mission sent out little tree ornaments that read "**The light of your love brings hope to the homeless.**" This simple thought highlights the loving efforts of our small church to help the hungry and homeless here in the Selah and Yakima area throughout the holidays. In December, we donated food and clothing to Rod's House and Camp Hope. Our Angel Tree giving focus was the Henry Beauchamp Community Center. We collected clothes, toys, and 130 gift cards to help many who gather there to celebrate with a small Christmas gift. The light

of the SUMC love was very bright this year.



Angel Tree Success

THANK YOU!! to the super generous congregation of Selah United Methodist Church. We put out a request for \$10 Target and Walmart gift cards to be given to the Henry Beauchamp Community Center for their Christmas program for less fortunate kids in the Yakima area. They said they had lots for toys for the little kids but needed gift cards for the teenagers. We committed

to help with this need with no real expectations of what we might be able to provide to them. Between cards that were purchased and money that was given to get more cards we were able to provide 130 cards. That is \$1300 donated by this congregation in 2 short weeks. The men's group donated \$100.00 for 10 cards. Two people gave over 20 cards each for the cause. This congregation amazes me over and over with the response to calls for helping in the community. I remember years ago, Del Towell was at a Finance Committee meeting and he said, "If we put out the word that something is needed, this congregation will provide." It was true all those years ago and is still very

true today. We also provided some toys to the Toys for Tots program, and several boxes/sacks of warm clothes and blankets to Rod's House. The UMM also donated many pairs of new warm socks to the youth at Rod's House. We were not able to do our regular "Angel Tree" to provide for individual families but we



found a different way to be God's Angels in this very "not regular year." Again, thank you to all who helped make this Christmas season a little more joyous for the youth in our area!!



CHURCH CARE

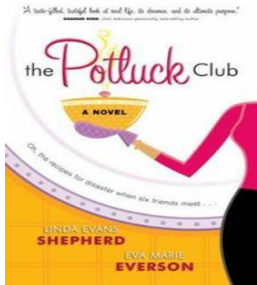
We had problems with the furnaces at the Church this month and thankfully had people there at the right times. On the Tuesday that we were collecting the gift cards, Don and Connie Schramm and Linda Drew noticed a natural gas smell as they entered the building. With further investigation a leak was discovered in one of the lines in the furnace room and the furnace that serves the office wasn't working correctly. Vance Heating was called and after two service calls, hopefully that problem has been fixed. Don and Connie have also replaced that furnace filters to each of the units to help maintain proper function. Becky Johnson was called to help decide how to proceed with correcting the furnace problems, thank you to her also. We are fortunate to have so many people willing to step up and take care of issues that keep arising, even if we can't be in the building right now. Thank you as well to Bob Ruud and Ron Johnson for removing the bazillion leaves that were dropped by the huge beautiful tree in our front yard over the weekend before Christmas. It is so good to have the leaves off the yard before we get a big snowfall and they become a BIG mess. Thank you to all the behind the scene helpers at SUMC!!

Gail Davis

CHRISTMAS CHEER

Many in our church family were pleasantly surprised when a plate of Christmas cookies from the Afternoon Circle ladies appeared on their door step. Thank you ladies for spreading Christmas Cheer and reminding us what a giving group our church family is.





Book Bunch Update

All are invited to participate in the church's virtual Book Bunch. The group will next meet **January 6 at 7:00 PM**. We haven't scheduled beyond this meeting, but generally we meet twice monthly for about 45 minutes.

The popular Christian fiction book we selected, *The Potluck Club* [Book #1] by Linda Evans Shepherd and Eva Marie Everson, is light and fun. It follows a group of women from Grace Church who meet regularly to eat and pray. They also gossip and land get themselves in trouble. We're going to co-host a virtual potluck at one of our Zoom gatherings.

Get in touch with Lee Hamilton [leehamilton88@gmail.com; 509-907-9074] for details, or simply Zoom in using the Selah UMC check-in link. Kindle has the book for \$4.99. Inexpensive used paper copies are widely available. Soon we'll select our next Christian fiction. You can join at any time, and book recommendations are appreciated.



Selah UMW

Happy New Year! We have come into 2021 knowing that we can still make an impact on our community, country and the world. A pandemic does not stop people from reaching out to help neighbors. It has been amazing to watch how resilient and creative people have been throughout 2020. We also learned that there is much work to be done - racial injustices, wage equality, and help in the marginalized. Let's hope that respectful, peaceful conversations can happen this year.

Thank you to everyone who donated to our Bakeless Bake Sale!. The donations we received will help us to continue to support UMC missionaries here in the states and those serving in other countries. We also used some of the money to bring Christmas Cheer to 6 girls living in the Ridgeview Group home. We stuffed six bags with cozy sock, water bottle, notebook and Gel pens, hand sanitizer and other goodies. These girls are in the home due to some type of juvenile offense and since COVID hit they are in lockdown. Hopefully we brighten their day.

January 19th will be our next meeting via zoom. We will be discussing our Valentine Tea and hopefully have a guest speaker from the Voices for Children. Voices for Children is a clothing store where foster children can come and pickup clothing.

Tressa Cummings, Selah UMW President



This Certificate was received from the conference last week

*"Generous persons will prosper;
those who refresh others will themselves be refreshed."
Proverbs 11:25, CEB*

Thank You

FOR GIVING FAITHFULLY 100%
TO THE APPORTIONMENT COVENANT IN 2019

Selah United Methodist Church

*Pacific Northwest Annual Conference of the UMC
Bishop Elaine J.W. Stanovsky*

A. Moses Rathan Kumar
General Secretary and Treasurer,
General Council on Finance and Administration

Bishop Michael McKee
President, General Council on
Finance and Administration



Open Hearts. Open Minds. Open Doors.
The people of The United Methodist Church®



Take Care of Yourself

As we move from 2020 to 2021 making New Year's Resolutions is more important than ever to maintain good physical, emotional and spiritual health. How about making 'taking care of yourself' your New Year's Resolution this year? Self-care is about intentionally taking care of ourselves, especially in stressful situations, and it includes paying attention to our whole body as well as our mind and spirit.

Self-care can be very simple. Choose one suggestion from the list below and do it each day for one week. The next week choose another thing and do each day that week. You can continue to do the activity from the first week but focus on the second week's activity each day. Continue to choose an activity each week for 4 to 6 weeks. After that time, choose your favorite activities and continue to do them as part of your daily routine. These simple activities and should not take much time but you will find it will be time well spent.

Do one activity below each day for ONE week then repeat with a new activity!

- Identify something or someone you are **grateful** for and write it down. Look back at the end of the week and pay attention to the feelings you experience.
- **Check-in** or **connect** with someone each day. Think about who you have not talked to in a while or check on your neighbors.
- **Move** your body every day and get your heart rate up – go for a walk, do yoga or shovel snow!
- **Go outside.** Get your coat, hat, and gloves on and walk to the end of your driveway or mailbox or even a bit further around the block. Enjoy the fresh air and the ever-changing nature of winter.
- **Read** something inspirational, spiritual, or fun. Need ideas? Ask a friend or your pastor for recommendations.
- Do something because you want to like a **leisure activity** you enjoy.
- **Have some fun!** Play a game, watch a funny movie, or plan an adventure with a friend!
- **Laugh** at least once a day. A Facebook friend from church posts 1-2 jokes on his timeline for all of us to have a good laugh.
- Do something that is **uplifting or creative.**
- Do Breathe Prayers. As you are breathing out repeat a short scripture or inspirational thought.
- **Be mindful** of a sound or song, a sensory feeling, something to see (outside your window), a spiritual practice, or try a **Mindfulness Practice:**
 - Sit very still and notice one thing that you can see, hear, feel, taste, and smell.
 - Close your eyes and spend one-minute thinking about the happiest day of your life. Try to remember as much about that day as you can.



- (continued from page 6)
- Close your eyes and think about how you are feeling. Happy? Sad? Mad? Scared? Excited? Something else? Think about how you know you are feeling this way.
- Sit quietly and place a small object in your hand. A pencil, a small rock, or something else. Notice how heavy the object is. Think about what it feels like in your hand. Notice one new thing about this object.
- Take Mindfulness to the next level and try **mediation or yoga**.
- **Relax** with a cup of **herbal tea** (non-caffeinated)

I wrote these for myself based on what I know about myself. What other things can you think to add to the list, or might you do different this new year? To your **Good Health!**

(the above was written by Ronda Cordill, a lay member of Cheney United Methodist Church in Cheney, Washington and The Greater Northwest Abundant Health Ministry)

January Celebrations

Birthdays

1	Connie Schramm
1	Dorothy Munroe
1	Rex Van Beek
4	Susan Eisenhower
6	Tommy Helms
6	Jesus Gonzales
7	Haley Coburn
11	Jean Hobbs
12	Sandra Shelton
15	Tina Remy
16	Steven Schramm
18	Rhonda Gonzales
24	Miella Miller
26	Carol Williams
28	Dirk Robinson
31	Lisa Rene Schramm Schilperoort

Anniversaries

7	Charles & Jean Cummings
18	Jim & Melissa Harp
29	Matthew & Kathryn Mead





JANUARY CALENDAR

Pastor Dirk is on National Guard Assignment, but available via Zoom for Church worship and meetings.

- 1 NEW YEARS DAY – WELCOME 2021
- 3 Bible Study with Pastor Dirk via Zoom @9:15 am Continuing every Sunday
Sunday Worship via Zoom @ 10:30 am; **Epiphany Sunday**
Communion – remember bread and juice
See link on next page to join via Zoom
- 4 Daily check-in via Zoom with Pastor Dirk @ 10:00 am
Continuing Monday - Friday, unless canceled by Pastor Dirk
See link on next page to join Zoom Meeting
- 5 Twelfth Day of Christmas
- 6 **Epiphany Day**
Book Bunch via Zoom @ 7:00 pm. Future meeting dates to be decided.
See link on next page to join Zoom meeting.
- 7 Pub Theology via Zoom @ 6:00 pm Continuing every Thursday,
See link on next page to join Zoom Meeting
- 10 Sunday Worship via Zoom @ 10:30 am
Baptism of Jesus
- 11 **Human Trafficking Awareness Day**
- 17 Sunday Worship via Zoom @ 10:30 am
2nd Sunday after the Epiphany
Human Relations Sunday
- 18 Rev. Martin Luther King Birthday
- 19 UMW meeting via Zoom @ 7:00 pm
Use morning check-in link on next page.
- 20 Church Council meeting via Zoom @ 6:00 pm
- 24 Sunday Worship via Zoom @ 10:30 am
3rd Sunday after the Epiphany
- 25 **Newsletter articles due**
- 26 Camp Hope Dinner prepared and delivered by Wesley UMC.
Watch for food requests from SUMC, if needed, the week before
- 31 Sunday Worship via Zoom @ 10:30 am
4th Sunday after the Epiphany



ZOOM LINKS

SUMC Sunday Service & Bible Study

Time: 10:30 a.m.

Join Zoom Meeting

<https://greaternw.zoom.us/j/692949701?pwd=LzlINSWYyT1BGUzNhVHc0ME9ydnBLQT09>

Meeting ID: 692 949 701 Password: 021416

One tap mobile: +12532158782,,692949701#,,1#,021416# US (Tacoma)

ZOOM CHECK-IN WITH PASTOR DIRK

Monday – Friday @10:00 am daily check-in via Zoom. Join Zoom:

<https://greaternw.zoom.us/j/669186246?pwd=NmsxRGsrNktoaUI1NWdKaUxhbmlNQT09>

Meeting ID: 669 186 246 Password: 848493

One tap mobile: +12532158782,,669186246#,,1#,848493# US (Tacoma)

ZOOM PUB THEOLOGY ON THURSDAYS

Thursday @ 6:00 pm via Zoom. Join Zoom:

<https://greaternw.zoom.us/j/95829189054?pwd=cGJwYmw3M2UrTDk4MlITVUUySVI3QT09>

Meeting ID: 958 2918 9054 Password: 013652

One tap mobile: +12532158782,,95829189054#,,1#,013652# US (Tacoma)

In case you missed the form sent in November, here is a copy of the Estimate of Giving form for 2021. Please prayerfully consider your situation/ability to support SUMC and return the form to the Church office. **Thank you**

We thank you for your generous acceptance of stewardship and pray you may find the level of giving that is right for you as you progress on your journey of faith and commitment. Your commitment of time and contributions are a critical part of how we can make a difference in our church, our community, and our world. Please complete this estimate of giving and return to the church office. You may change your commitment at any time by notifying the church office.

I/We will support Selah United Methodist Church in 2021 (fill in all that apply):

\$ _____ for General Budget Monthly Annually (one time)

\$ _____ for Apportionments Monthly Annually (one time)

\$ _____ for Building Stewardship Monthly Annually (one time)

\$ _____ for Capital Fund Drive Monthly Annually (one time)

\$ _____ for _____ Monthly Annually (one time)

Name (print) _____ Date _____

Selah United Methodist Church

1061 Selah Loop Road
Selah WA 98942

Phone: 509-697-7504

Email: selahumc@fairpoint.net

Growing Into the Image of Christ

How to get hold of Pastor Dirk:

Cell phone: (509) 388-1218

Email: pastordirkrobinson@gmail.com

Newsletter articles for the
February newsletter are due
January 25

Articles can be emailed to
bjoh461@fairpoint.net

Mission Statement

“As a sacred body that worships God, we feed the soul of our communities, serve the needs around us, and open our hearts in respectful acceptance of all.”

Vision Statement

“To be an energized faith community.”