

Grace Notes

JUNE 2024

“and let’s consider how to encourage one another in love and good deeds”
Hebrews 10:24 (NASB)

I am sure you have heard the saying, “Pulling yourself up by your bootstraps.” The phrase has taken on the connotation of doing something for yourself. If you want to be successful work harder. The idea is to improve one’s situation through hard work and self-determination and not rely on assistance from others. Some folks are very proud of not relying on others.

In the late 1800s, the phrase became propaganda used industrial magnates used to keep works in line. It was a somewhat successful attempt to convince industrial workers that if they just work harder, the industry would be more successful, and the success would be passed along to them. The reality was that the success (increase in wages) passed along to the workers was disproportionate to the work of the laborers. From the sweat of the workers industries thrived, industrial magnates became wealthier, and the workers received pennies on the dollar.

The phrase dates to the early 1800s and originally meant “attempting something absurd.” When you think about it, attempting to pull yourself up by your bootstraps is absurd. It is impossible to do.

We were not created to “bootstrap” through life. We created for relationships. We were created to be interdependent. We were created to be interdependent with God. God says to us, “I will be your God. I will love you unconditionally. I will conquer sin and death. I will sustain you through this life. In return, you will be my people. You will go into the world and be my salt and light that others may come to know me.”

We were created to be interdependent with each other. We were created to bless each other in interdependent relationships. The literal definition of the word bless is “to add strength to another’s arm.” Bless literally means to build someone up, to increase their strength.

I grant you that sometimes it takes hard work to overcome something or become successful, and sometimes the only person who can do that hard work is yourself. But that doesn’t mean you must do it by yourself. Invite people into your situation to pray with and for you. Invite them to walk with you even if they don’t understand where you are going. At some point you may fall, and they will be there to help you up. You may get discouraged. They will be there to encourage you on. When you get to the end of that hard work journey, they will be there to celebrate with you.

Hebrews 10:24 challenges us to consider how we can encourage one another in love and good deeds, because the author of Hebrews knew that nobody overcomes something or becomes successful all by themselves.

Think about it. Pray about it. I hope to see you in church.
Pastor Kevin

Phone: (785) 232-3333
Email: graceumc27@gmail.com
Office Hours: Tues, Thurs, Fri 9-2

Sunday School: 9:30am
Worship: 10:45am

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Announcements



Upcoming Road Work in our Area

Please be aware of the roadwork that will be taking place around the church beginning in June. Once the bridge on Washburn Ave. is completed, work will begin on 27th Street. The work may take a few days and may mean the road will be completely closed. This will most likely affect weekday groups. The estimated time to begin this work is the beginning of June. Also beginning in June, work on Topeka Boulevard between 21st and 29th streets. This work is expected to last through October.

Maps with anticipated start dates for the Boulevard work are available in the church office.

Thank You from the Kitchen Coordinator

We'd like to report some of our additional church kitchen expenses, and the reason why our Kitchen Team feels that we need to raise additional funds!

Every year, we are required to have our ice machine cleaned. Easy Ice cleaned it in Feb. In March, RRS Services cleaned our Restaurant Exhaust Hood, which the City Fire Department requires to be maintained yearly also.

January - Varius Crock-pots of Soups meal

Donation basket total - \$590.00 Easy Ice Co. Bill - \$379.00

April - Dave & Claire donated food & prepared a delicious chicken dinner

Donation basket total - \$435.00 RRS Services - \$400.00

Please note that your donations exceeded the cost of the repairs!

Our God is so good! Bless you all for your financial support! We look forward to having more meals this year. We hope you're able to come & enjoy them!

Sherre Johnson - Kitchen Coordinator

2024 Great Plains Annual Conference

This year's Annual Conference will be held in Kearney, Nebraska beginning on Thursday, June 6 and concluding on Sunday, June 9.

Clergy and laity from across Kansas and Nebraska will gather to worship, to welcome newly ordained clergy, to honor retiring clergy, and to take care of the business related to the Great Plains Conference. Pastor Kevin, Valinda Hailey (Grace), and Teresa Tuchscherer (Crestview) will be attending.

Since they will not be returning in time for Sunday morning worship, guest speakers will fill the pulpit. Rev. Nancy Kollhoff will speak at Crestview. LaManda Broyles from The Rescue Mission will speak at Grace. Please be in prayer for all who will be traveling to and from Kearney. It is a 4.5-to-5-hour drive from Topeka.

Please pray for the work that will be done while there. If you are interested in following the proceedings, you can do so on the Great Plains website:
greatplainsumc.org

United Women in Faith - Topeka District "Book Chat"

Sunday, June 23 at 4:30pm

The Topeka District will host an informal book chat on Sunday, June 23 at 4:30 p.m. at Grace UMC.

They will discuss the different books that are currently on the UWF Reading List for 2024-2019. Women are encouraged to bring and discuss the books they most enjoyed recently, along with those who would like to hear about what books others liked best. It is hoped that by talking and sharing with each other a "cross pollination" of books might inspire readers to return to their home soil and share a few seeds of their own.

ALL ladies, not just past readers are invited so save the date for a great chance to gather and Grow Your Faith.

All are welcome! Refreshments will be served. This event is FREE.

We wish to thank everyone for their concerns and prayers and Pastor Kevin for his visits and calls while Larry was in the hospital and rehab. He is home now with Home Health.
-Larry & Evelyn Ehram

Guest Speaker for June 9th, 2024 - La Manda Broyles

La Manda Broyles, from the Topeka Rescue Mission, will be our guest speaker for worship on June 9th as Pastor Kevin and Valinda will be away for Annual Conference.



Before transitioning full time to TRM in 2021, La Manda served as a public-school educator for 12 years in Arkansas and Kansas. Her last position in education was as principal with Topeka Public Schools where she served on many district committees. La Manda holds two master's degrees in both Instructional Specialty where she emphasized in Special Education / Mental Health and in School Leadership.

In January 2020, La Manda was offered the opportunity to serve as a member of the TRM Board of Directors. In the summer of 2021, she left TPS and transitioned to TRM to be the Senior Director of Ministry Operations where she supervised all day-to-day operations of the ministry. She served in this position until April 2022, when she then transitioned to be the 7th Executive Director of TRM.

Locally, La Manda serves on the City of Topeka Homelessness Innovation Core Team, Homeless-Taskforce, and the Capital City Outreach Team. Additionally, La Manda serves as a co-leader of the national organization, Citygate Network's, Emerging Leaders. This group is focused on the importance of growing and supporting future leadership within rescue missions across the nation. She also serves as one of six leaders who facilitate Hope in the Gate in Nashville, Tennessee. Hope in the Gate is an in-depth, reflective retreat for men and women from various rescue missions across the US who are approaching graduation from their mission's recovery programs.

La Manda and her daughters attend Capital City Church in Topeka. In 2019, La Manda was a Top 20 Under 40 recipient and was awarded a Topeka Token from Mayor Mike Padilla for her collaborative work with the city to form, open, and operate the first ever overnight warming center in December 2022.

La Manda understands the complexities of homelessness and is devoted to being the voice for those who have been muted or unseen while showing them the love of Christ. She has a deep-rooted desire to show others they are never too far gone and that there is always hope in the Lord who wants to transform our lives and heal our hurts. La Manda also strives to build bridges and partnerships with businesses, agencies, and organizations focused on community health and development so that we can make Topeka a thriving place to live for all.

Life Line Screenings

Saturday, June 1 at 8:00am

Life Line Screening will be holding a screening event on June 1st at Grace. They offer painless and non-invasive screenings to check on your heart and vascular health.

All 4 Screenings for \$149

Carotid Artery Disease:

An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.

Peripheral Arterial Disease (PAD):

An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It's important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.

Abdominal Aortic Aneurysm (AAA):

An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a life-threatening medical emergency.

Atrial Fibrillation:

A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for atrial fibrillations. AFib can lead to blood clots, stroke, heart failure, and other heart-related complications.

There are 3 ways to register

Call Toll-Free: 1-800-679-5191

Online: [LLSA.SOCIAL/HC](https://llsa.social/hc)

Text the word CIRCLE to 216-279-1607



The deadline to submit information for the Grace Notes or calendar for July 2024 will be June 23rd. Anything submitted after that date will not be guaranteed a place. If there is an emergency addition please let the office know ASAP.



Birthdays

Jo Ann Michael	6/5
Caroline Rea	6/12
Larry Ehram	6/16
Angel Washington	6/17
Leona Bacon	6/18
Nathan Hargis	6/18
Nora Iwig	6/23

Anniversaries

Larry & Evelyn Ehram 6/14

June Fellowship List

- June 2nd: Rowene Helwick
- June 9th: Gayle McCoy & Cindy Selby
- June 16th: Ehram Reception -
60th Wedding Anniversary
& Larry's Birthday
- June 23rd:
- June 30th: Covered Dish Dinner

Larry & Evelyn Ehram will be celebrating their 60th wedding anniversary on June 14th and are celebrating with a card shower.

If you are interested in sending them a card, you can mail it to the address listed below.

119 SW Buchanan St.
Topeka, KS 66606

Scripture Readings

June 2

1 Sam 3:1-10 (11-20)
Ps 139:1-6, 13-18 (UMH 854)
2 Cor 4:5-12
Mark 2:23-3:6

June 9

1 Sam 8:4-20 (11:14-15)
Ps 148 (UMH 853)
2 Cor 4:13-5:1
Mark 3:20-35

June 16

1 Sam 15:34-16:13
Ps 20 or Ps 72 (UMH 795)
2 Cor 5:6-10 (11-13) 14-17
Mark 4:26-34

June 23

1 Sam 17:(1a, 4-11, 19-23) 32-49
Ps 9:9-20 (UMH 744)
2 Cor 6:1-13
Mark 4:35-41

June 30

2 Sam 1:1, 17-27
Ps 130 (UMH 848)
2 Cor 8:7-15
Mark 5:21-43



General Conference: What Was Decided

...and **KNOW** that I am **GOD**

General Conference is the top lawmaking assembly of The United Methodist Church and the only entity that speaks for the denomination. It convenes every four years, with delegates from around the world. Due to the COVID-19 pandemic, the postponed 2020 General Conference convened in 2024 in Charlotte, North Carolina.

Removal of Restrictive Language Related to LGBTQ+ People

Delegates voted overwhelmingly to remove discriminatory language and bans related to ministry by, with and for “self-avowed, practicing” gay and lesbian people. These changes to the Book of Discipline make the denomination more inclusive by restoring neutral language where one group is not singled out for discrimination. The legislation also provides protections for clergy and congregations against mandates, giving them freedom to serve in ministry as they have previously. Actions included:

- Removed language that the “practice of homosexuality ... is incompatible with Christian teaching.”
- Removed the ban on the ordination and appointment of “self-avowed practicing homosexual” clergy.
- Removed language that made the ordination of “self-avowed practicing homosexual” clergy and the performance of same-sex weddings chargeable offenses.
- Removed penalties for clergy holding same-sex weddings.
- Removed prohibition against using UMC funds to support groups, activities and causes that promote acceptance of homosexuality.
- Allowance for all clergy in good standing to be appointed across annual conference lines when their bishop can’t locate an appointment in their conference.



Restructuring Through Regionalization

Delegates voted to restructure the denomination to allow for ministry that is more relevant based on cultures within regions served by the church. The changes maintain connections around the mission of the church and the essentials of our faith.

Regionalization would put the church’s geographical regions on equal footing and make the General Conference less

Revision of the Social Principles

Delegates approved the first overhaul of the denomination’s Social Principles in nearly 50 years. The Social Principles are statements that reflect official United Methodist teachings on a wide range of topics. They are intended to inform United Methodist witness on current- day issues with a Biblical foundation.

U.S.-centric. The current central conferences and the U.S. would become regional conferences with the same authority to pass legislation for missional impact.

Regionalization legislation involves an amendment to the church’s constitution, which has to be approved by at least two-thirds of the total votes cast across all annual conferences worldwide.

In addition to changes regarding fairness in human sexuality and inclusiveness, the Social Principles address the importance of advocating for human dignity and combating racism and other threats, caring for creation, standing against social ills, and supporting healthy community in all its forms.



General Conference: What it Means to the Local Church

...and **KNOW** that I am **GOD**

The legislative process and the details within the Book of Discipline can make the actions of the General Conference difficult to follow. These changes give United Methodists an opportunity to:

Be Inclusive — For 52 years, the denomination excluded one group of people from many aspects of life and involvement in the church.

Model Fairness — The changes made at General Conference allow for people with gifts and graces for ministry to be admitted into the clergy candidacy process without being excluded based on one part of what makes them who they are.

Exhibit Love — The changes allow for marriages to be blessed by UMC clergy and on UMC properties. Weddings aside, the removal of restrictive language shows the UMC wants to be in relationship with all people.

Freedom for Ministry — While restrictive language was removed, protective language was added so clergy and churches who cannot, in good conscience, participate can continue to serve as they deem fit.



For Clergy

Pastors now have the opportunity to officiate at same-gender weddings without fear of penalty from the UMC. Pastors who do not want to perform same-gender weddings have been protected in the legislation, so they can refuse to perform same-gender weddings if they choose to do so. District superintendents are forbidden from enacting punishment of any kind on any pastors who choose not to perform same-gender weddings.

For Congregations

Churches will have the opportunity to open their buildings to host same-gender weddings. Churches that do not want to allow for same-gender weddings may include that rule as part of their facilities-use policy.

What We Stand for as United Methodists

We believe we are people of God who, via our connection across continents, share a common mission and values.

Our faith transcends national borders, physical barriers and differences in culture and societal norms.

Founded on the Wesleyan theology of grace, we are people who experience and extend the love and grace of God as we serve our neighbors near and far.

We are anchored in scripture, rooted in our traditions, nurtured by our diverse experiences, and sharpened by our God-given gift of reason.

We are a diverse worldwide church serving people in areas urban and rural, industrialized and developing. Everyone belongs and can be fully included and regarded as God’s beloved. As John Wesley, the founder of Methodism, said:

“Though we cannot think alike, may we not love alike? May we not be of one heart, though we are not of one opinion? Without all doubt, we may.”

We believe we are more fully living into our vision of “Open Hearts, Open Minds, Open Doors.”



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:00am: Lifeline Screening
2	3 12:00pm: AA - #3 7:30pm: NA - #3	4 10:00am: SMS Exercise 4:00pm: Grace Circle 5:30pm: AA - Parlor	5 5:30pm: AA - Parlor	6 Great Plains Annual Conference in Kearney, Nebraska 10:00am: SMS Exercise 5:45pm: Women AA - #3 6:00pm: TOPS - Parlor	7 6:30pm: NA - #3	8
9 Guest Speaker - La Manda Broyles	10 12:00pm: AA - #3 7:30pm: NA - #3	11 10:00am: SMS Exercise 5:30pm: AA - Parlor	12 5:30pm: AA - Parlor	13 9:30am: Coffee with the Pastor - Café Quetzal 10:00am: SMS Exercise 5:45pm: Women AA - #3 6:00pm: TOPS - Parlor	14 6:30pm: NA - #3	15
16 Father's Day	17 12:00pm: AA - #3 7:30pm: NA - #3	18 10:00am: SMS Exercise 5:30pm: AA - Parlor	19 5:30pm: AA - Parlor	20 9:00am: Senior Day Out 10:00am: SMS Exercise 5:45pm: Women AA - #3 6:00pm: TOPS - Parlor	21 6:30pm: NA - #3	22
23 4:30pm: UWIF District "Book Chat"	24 12:00pm: AA - #3 7:30pm: NA - #3	25 10:00am: SMS Exercise 5:30pm: AA - Parlor	26 5:30pm: AA - Parlor	27 10:00am: SMS Exercise 5:45pm: Women AA - #3 6:00pm: TOPS - Parlor	28 6:30pm: NA - #3	29
30 Pink Bucket Sunday Covered Dish Dinner						