

# Tower Tidings

Where Everybody's Welcome, Nobody's Perfect and Anything's Possible!

## **S** PIRIT MATTERS

"What do you want me to do for you?" Luke 18:41

"Who do you say that I am?" Luke 9:20

"Which of these three, do you think, proved neighbor to the man...?" Luke 10:36



Jesus asked open-ended questions. They provoked thought. They invited his conversation partner to reflect honestly. They were a pathway of truth and life. And in learning from these attributes of Jesus I sought out training to ask better questions like Jesus.

I found training in asking Jesus-like questions through coaching. I worked with Rev. Dr. Val Hastings, a United Methodist Clergy, who has been training coaches for over a decade because he sees Jesus' power in the model.

The label "Coach" comes from the stagecoach of past times. A stagecoach often followed roads that people walked, but it helped them travel the same path faster and more safely. Coaching helps accelerate learning and get to goals more effectively.

As your pastor I'm excited by my learning. I'm helped by the coach I work with and I want to offer you the same gift. So, I'm offering Free Coaching, to all who are connected to Palmyra First UMC. Just call and set up a time.

What you can expect is that we'll plan to talk by phone (common) or in the office about every two weeks for 30 minutes at a time. You'll leave the conversation with greater clarity. You'll leave with a next step. You can talk about anything. It could be work. It can be your spiritual life or your family life. It can be most anything! You'll know better what it is if we spend 30 minutes coaching.

The best way to explore any of God's gifts is to try. You may press on. You may learn something and go another way. No matter what, you will be richer than when you started. That's what Jesus has taught me about good questions, good conversations, and good relationships.

What do you need most today? (*Pause and reflect.*) Coaching is a tool I've found and honed that creates space for God to speak to that need.

10,000 Joys in Christ, Pastor Dave  
717.833.4041 or [pastor@pfumc.us](mailto:pastor@pfumc.us)

## **YOUR GIFTS AT WORK**

Your ongoing generosity keeps ministry vital in 2018. Take a look:

**May 31, 2018 YTD** you have generously given \$109,817. Thank you. Typically at this time of year our expenses are more than income at \$128,601. That leaves a difference of \$18,784. You're ongoing support and regular giving can keep ministry and finance on track as we move into fall and year end.

**A Support Koinonia Group, the Grief Group** was begun because of your generosity. It met an immediate need in tragedy, as it meets each Tuesday evening. It has welcomed those in the congregation who have experienced grief. And it has been a bridge to using the gifts of both COBYS in helping us start at no charge, and Linda Meashey's gifts.

**Our Youth and Children's Ministry is Experiencing New Energy** because of your financing of staff, curriculum and our presence in the community.

**A Summer Community Choir, Singing Together** under the direction of David Eagleson. Recently David worked with church members who love to sing and other interested community members. Your giving makes this possible.

Because you care and share your resources, these and all our ministries have the opportunity to thrive. Thank You!



# Being The Hands and Feet of Jesus

## Opportunities for Service and Mission

**PLANS ARE IN THE WORKS!!** — First Church will once again be holding our *Friday Fun Fest* community outreach event on Friday, **Aug. 24**, from 5:00 to 8:00 PM. This is an excellent opportunity to show the community who we are and build relationships with our neighbors. In order to make this happen we need volunteers — to help cook & serve; to staff information tables; to welcome our neighbors and guide them to various activities; to set up and/or clean up; to assist with activities for kids; etc.

We are also looking for donations of hot dogs, buns, rolls for BBQ, individual snack bags and other supplies. Please consider helping in this way by choosing a card or two from the donation board in Fellowship Hall.

If you would be willing and able to help, sign up at the *Welcome Desk* or contact Dave Yascavage (717-215-8987). If you aren't sure where to help give us your contact information and we will help you find a place to use your gifts!



### Rise Against Hunger — Coming in November

Did you know that 815 million people around the world don't receive enough nutrition to lead an active, healthy life? Or that 66 million primary school-age children attend classes hungry throughout the developing world? It is also a sad fact that malnutrition, in all its forms, directly affects one in three people. But it doesn't have to be this way! Working with Rise Against Hunger, we can do our part in relieving this suffering in the world. On **November 10** we will be putting together meal packets to be distributed by the Rise Against Hunger organization. We need volunteers and financial support to make this happen!

### WANT TO HELP? Here are some opportunities to serve!

Adopt a Flower bed and get it in shape and maintain it. Contact Pastor Dave 717.833.4041 or [pastor@pfumc.us](mailto:pastor@pfumc.us)

Kitchen & Receptions from set-up, serving, cooking and more. Contact Becky Hassler [717-838-4164](tel:717-838-4164)

Discovery Dunes Sunday Morning Kids. Help, teach, or behind the scenes. Contact Jason Arnold [717-838-2551](tel:717-838-2551) ext.204

Learn & Serve at the Sound Board, contact Tom Ryan [717-644-1539](tel:717-644-1539)

Serve at one time only events, just to help! Contact Jason Arnold Pastor of Discipleship [717-781-4056](tel:717-781-4056)

Serve with visuals in worship, contact Mary Ryan [717-838-2551](tel:717-838-2551) ext.202

Have another idea? Contact Jason Arnold Pastor of Discipleship [717-781-4056](tel:717-781-4056)

*You can also put your interest on the Connect sheet and return to us.*



### **Free Dinner & Movie**

"I Can Only Imagine"  
Sunday October 14, 2018  
Dinner served @ 4:30pm, movie starts @ 5:30pm  
Free childcare provided



It's the song that brings ultimate hope to so many ... often in the midst of life's most challenging moments. Amazingly, the song was written in mere minutes by MercyMe lead singer Bart Millard. In reality, those lyrics took a lifetime to craft.

Although he found faith at a young age, life wasn't easy for Bart. He leaned into an active imagination and his love of music as escapes from a troubled home life. As he grew older, Bart turned to football in hopes of somehow connecting with his abusive father. But a career-ending injury—combined with the vision of a teacher who saw unlimited potential—set Bart on a musical pathway.

Chasing a dream while running from broken relationships with his father and Shannon, his childhood sweetheart, Bart hits the road in an old, decrepit tour bus with his new band MercyMe—named for his grandmother's favorite expression. With the guidance of a grizzled music-industry insider, the band begins a journey none of them could ever have imagined.

**I CAN ONLY IMAGINE** stars J. Michael Finley, Madeline Carroll, Trace Adkins, Priscilla Shirer, with Cloris Leachman and Dennis Quaid.

A gripping reminder of the power of forgiveness, **I CAN ONLY IMAGINE** beautifully illustrates that no one is ever too far from God's love—or from an eternal home in Heaven.

**Reminder:** Our next newsletter will be printed in October for Advent 2018 (Nov., Dec., Jan.). Articles are due by **October 10** for printing on October 16, 2018. Send news items to [conreitz@gmail.com](mailto:conreitz@gmail.com).

### School Supplies for UMCOR

Faith Acts UMW is collecting school supplies for UMCOR (United Methodist Committee on Relief). These will be distributed to needy children across the world. This year sewn school bags are being replaced with 2 gallon plastic bags at least 13" across, big enough to hold the notebooks. UMW will collect these until **Sept. 2nd**. Please place your donations in the gray bin near the welcome desk. The specific list of what will go into each bag is listed below. UMW thanks you for your generosity and thoughtfulness.



**School Kit Materials:** 1 pair blunt scissors: Round tip only, no plastic scissors; 1 box of 24 crayons: Only 24-count boxes are accepted; 3 one-subject notebooks: No marble composition bks, or 3 or 5-subj. notebooks; 1 pack of loose-leaf paper: 100-200 pg packs, wide or college rule, acceptable; 1 hand-held pencil sharpener: 1-inch or longer, remove from packaging; 1 ruler: 12 inches or 30 centimeters long, sturdy or flexible material accepted; 6 unsharpened pencils; 1 eraser: Two inches or larger.

## NOAH'S LITTLE ARK NEWS!!

Thanks to all those who have helped with preparing storage space and classroom space for Noah's Little Ark and Discovery Dunes! We are so grateful for your willingness to share your thoughts, help us sell items we're no longer using, and create wonderful learning environments where children will grow closer to God all year long!



### Upcoming Events:

#### August 24: Friday Fun Fest & NLA Open House

We're particularly excited about our shared worship experience at 6:30pm. See you there!

#### September 4: First Day of School

#### October 8: School Closed

#### October 9-12: Rummage Sale Donations and Staging

We will sell materials we no longer need as well as donated materials from the community to raise money for NLA. If you're interested in volunteering or donating, we'd love to have you! Email: [noahslittlearkpa@gmail.com](mailto:noahslittlearkpa@gmail.com). Thanks!

#### October 13: Rummage Sale, 8-12am

#### October 22-26: School Pictures



### GROWING IN FAITH

Our students gave thanks for all God's creation, focusing particularly on what we don't normally notice. We created small window cards with construction paper, placed them on the ground, and celebrated everything we found within the window. Before long, we were giving thanks for bugs, spiders, grass, and so much more. Thanks be to God!

## Fall Prayer Update

In last quarter's bulletin, I shared with you the ACTS model of prayer. The steps of Adoration, Confession, Thanksgiving, and Supplication help us get started with prayer, particularly when we aren't sure what to say when we communicate with God. In this issue, I want to introduce you to another practice you can introduce into your prayer life: *Lectio Divina* or "sacred reading."

As its name suggests, this form of prayer combines prayer with reading, particularly the reading of Scripture. This method for communicating with God is thousands of years old and has been practiced by Christians since its earliest days. The following Instructions will help you introduce this practice into your devotional life.

- ◆ **Choose a passage of Scripture.** If you're just starting out with the practice, I recommend trying one of the psalms. The ideal size for this practice is somewhere around ten verses. As your progress in your discipline, expand your practice to other parts of Scripture like the Gospels, OT stories, and Epistles.
- ◆ **Read your passage slowly.** The goal of this first reading of the passage is to remain observant for what the text says at its literal level. What is going on in the text? Who are the characters? What situation(s) might have prompted this passage to be written?
- ◆ **Read your passage again.** After contemplating the literal meaning of your passage, on this second reading of the passage, pay attention to what draws your attention. Is there a word or phrase that captivates you? Is there an emotion that seems to shine through? Meditate on these answers, being open to where the passage seems to be leading your mind and emotions
- ◆ **Read the passage one more time.** During this final reading, keep your mind and spirit open to receive the invitation God has for you based on this passage. Is God inviting you to cast your cares upon him? Is there some action that God is calling you to through this passage? Are there other Scriptures or resources you can connect to learn more about this topic?

The discipline of *Lectio Divina* works best when more than one sense is engaged. If possible, read your passage out loud for one of your readings. You could even try re-writing the passage in a prayer or Scripture journal. Take note especially of the invitations that God is laying before you. Keeping track of words from God allows us to make connections with situations in life that were inspired by or speak into our time spent communicating with the Lord. May God bless you as you spend time with Him in prayer.

Pastor Jason

# PFUMC News

## NEWSLETTER – DON'T MISS IT!

Newsletter delivery changes are coming. This is our last newsletter to be sent by BULK US postal service. You can continue to get the news in many ways:

1. In our weekly E-news,
2. Picking it up at the *Welcome Desk* at church,
3. Through our "Home Touch" weekly mailing to our shut-ins, and
4. On our web site.

We encourage you to get your newsletter in one of these ways. If none work for you, then ask and we can put a stamp on one and send it your way. We want everyone to hear what God is doing at Palmyra First. We want everyone to have opportunities to connect, grow and serve.



## Grief Support Group

Experiencing the loss of a loved one is something everyone will face at some point in life. Getting through trying times like this can be difficult, even with the support of family and friends. To help in this process, Pastor Jason and Linda Meashey, PFUMC member and retired psychologist, have begun a Grief Support Group. The group meets every Tuesday from 6:00 pm to about 7:30 pm in the South Wing. If you are still processing the loss of a friend or loved one, whether recently or in times past, feel free to attend. For more information contact Pastor Jason at [discipleship@pfumc.us](mailto:discipleship@pfumc.us).

## HOSPITAL VISITATION

It is our joy to care for you in crisis. We need your help in order to offer care. The only way that we can reliably know of your hospitalization or need is if you tell the office or pastors directly. Hospitals will not let us know because of HIPAA regulations. Please DO feel free to call our cell phones, or email us. Your call makes it possible for us to care for you. And we want to be on the front lines of your spiritual care.



**HONOR SOMEONE WITH ALTAR FLOWERS – Aug. 12, 19 & 26; Sep. 2, 9, 16, 23 & 30; and Oct. 14, 21 & 28** are open dates. Contact the church office (838-2551 or [churchoffice@pfumc.us](mailto:churchoffice@pfumc.us)) to reserve a Sunday.



## DO YOU GET OUR WEEKLY E-NEWS?

Sign-up by emailing [churchoffice@pfumc.us](mailto:churchoffice@pfumc.us) and say "E-News Please." There you'll get weekly updates on worship and activities.

## WORSHIP – What do you expect when you come to worship?

We hope it's to meet God and to have an experience of the holy. We as pastors and community seek to plan worship as sacred space for that to happen. Your preparation will help it happen.



## How do you prepare to encounter God in worship?

First, anticipate worship with your honest prayers and connection with God throughout the week. This may be lots or little. It may be a last minute reorientation and acknowledgment of a desire to seek God. Start small and grow.

Then as you come to the worship time and space, look for what God is doing. (Too often we're looking ahead beyond worship, or at what a participant did right or wrong.) Where are you seeing God in worship? Experiencing the Spirit?

Finally, follow up by noticing what God was doing, saying, inviting. This can be with dinner table conversation, Koinonia group engagement, prayer or other spiritual practices. What did you notice today?

Here are some places to try out your growing worship tools:

- **Friday Fest at First** will invite new connections with God through intergenerational family worship. A different experience format with the same potential to meet God. That means it's planned with the outdoors and all ages involved. Join us at 6:30pm on Friday August 24th. (The Fest is 5pm to 8pm)
- **Our planning for Sundays** at 9am and 10:30am this summer includes following the scriptures that many churches around the world use each Sunday. That pattern is called "the lectionary."
- **Come Fall** we'll enter a discipleship series "*Made for More: Being All That God Calls You To Be,*" followed by a look at God's provision in your life through "Holy Currencies."
- **As we head toward Advent** we'll celebrate *The Hanging of the Greens on Nov. 25,* and follow with a series on Joseph's Life called "*Faithful*" with a companion study by Adam Hamilton for our interested groups.

***What do you see ahead with God at work in our lives and our worship!***

## Purposeful Stretching Class

Sandy McCann, a member of our PFUMC family, will be teaching a one hour stretch and meditation class in 9 week sessions. The first session will start September 19th. Classes will meet in the Scout room. Participants will need to bring a yoga mat or towel. Class fee is a free will offering that will be donated to PFUMC Mission Outreach.

Experience the benefits of stretching and mindful meditation. Improve your balance and strength. Feel relaxed and energized from class time meditation. Help others as you help yourself...



For more information or to register-  
<https://purposefulstretching.wixsite.com/website>

# More News from PFUMC



## SAT., OCTOBER 6TH — CHILI COOK-OFF

We are hosting the Chili Cook-off here at FUMC this year. We are looking for volunteers willing to serve as ambassadors. Help will be needed to provide directions

to restrooms, act as food runners and staff the bake sale table.

You can also help by signing up to bring a dessert/baked goods for the sales table. A sign-up sheet will be available at the Welcome Desk as we get closer to the event.

Any questions, please contact Dave Yascavage (717-215-8987). Baked goods can be dropped off on Fri., Oct 5th between 5:00-7:00 PM and Sat. morning after 8:00 AM.

**Discipleship Ministries** Discipleship has become a key emphasis here at PFUMC. From hiring a Pastor of Discipleship to formulating a plan of Intentional Discipleship to guide our programming here at PFUMC, creating Spirit filled and empowered believers who reach the world for Jesus is at the top of our agenda. To help in this endeavor, Pastor Jason is finalizing the creation of a *Discipleship Advisory Team*. Composed of members from a wide variety of age groups and work experiences, this team will be tasked with helping shape the educational and spiritual formational ministries of PFUMC. As part of our plan of Intentional Discipleship, this team will provide feedback and insight into all ministries associated with spiritual formation, Christian education, and discipleship. Some of the questions we will ask as we look to start new ministries and revive older ones are: How does this ministry fit in with our mission to "make disciples for the transformation of the world, starting right here in Palmyra?" and How can we measure the success of this ministry?

## MINISTRY SPACE UPDATE

Discovery Dunes' dedicated space is almost ready in room #10.

Thanks Danielle and many hard-working volunteers! We're organizing to support our teachers serving here and the small yet incremental growth we've seen.

Our new youth room space, formerly the "Scout Room" (beside the balcony) has received cleaning, paint, and organization readying it for great plans. (Watch the reactivated Youth Facebook page and other places for the youth plans that are now scheduled through the end of the year.)

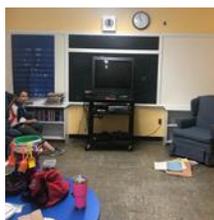
Noah's Little Ark has adapted around our needs and is organizing the former youth room as a classroom. Thanks to Kim and her team.

These changes address present and foreseeable future needs. It provides us an opportunity to refresh spaces in need and seeks to balance the needs of all in our shared ministries.

**This is a time of excitement and gratitude!**



### Room Changes



**PFUMC WORKING MISSION** After our recent Strategic Planning team reviewed our mission we have an updated working Mission & Values document guiding us. This is always a work in progress.



Our Mission is stated as "Making Disciples of Jesus Christ for the Transformation of the World." This is our United Methodist mission as well.

We captured our Values in this statement: "A safe haven promoting a diverse & loving people who are willing to walk in Christ's footsteps sharing God's love, listening, learning & servant leadership."

We continue to express our Strategy as:

**Connect** - People to people & Christ.

**Grow** - Discipling believers in Koinonia Groups & relationships.

**Serve** - As Jesus' hands & feet helping everyone thrive.

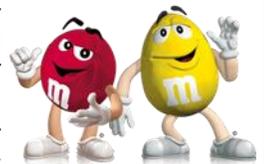
And finally, we express this in a summary motto: Everybody's Welcome, Nobody's Perfect, Anything's Possible!

The team and Church Council felt this was a good working update to express our ongoing traditions and emerging ministry.



**M & M'S FOR EVERYONE!** M & M's mean Mission & Measurement. (If you talk to me about it, I'll share some M & M's with you. :-) Maybe you've heard of SMART goals. (Specific, Measurable, Attainable, Realistic, and Timely). SMART is effective for thinking about goals.

Goals help us most when they head in a common direction. That direction for PFUMC is our mission as Christians and as a congregation. When we set SMART goals we define what we're measuring. That's how we know if we're achieving our goal. It's also important to remember that every goal doesn't look like a success. And, with every goal "success" or "failure" we can learn better how to accomplish our mission. Remember Formula 409 took 409 tries to be successful.



M & M's simply is shorthand for all of that. Everything we do needs to match our mission & have a measurement. *Mission is why we believe we are focused on the intersection of our calling & the world's deepest needs. Measurements are SMART and answer, "Who will do What by When and How will we know?"*

Pastors Dave & Jason will be inviting us all to focus with M & M's in our conversations about how we plan and do our ministry together. No forced marches. No major changes. Just enjoying some M & M's together.

*(Remember ask, and I'll share.)*

# Youth & Children's Ministry News

## 2018 FALL YOUTH SCHEDULE

We are excited to start our youth activities for 2018-2019! Please find a list of activities, times and locations below. We would love for you and your friends to join us. You do not need to be a member of the Palmyra FUMC to participate. It is helpful, but not mandatory to contact Danielle Pulaski to RSVP to these events. It will help us plan travel and food accordingly. If you have any questions, please contact Danielle.

**Danielle Pulaski**

Children & Youth Ministry Coordinator

(717) 682-3291

3lilpulaskids@gmail.com

### August

Date: **Friday, August 24<sup>th</sup> Friday Fun Fest @ First**

Time: 4:00pm-7:30pm

Activity: Run an activity booth, Come talk to Danielle about Youth Group and look at the schedule for the year.

Location: FUMC

Date: **Thursday, August 30<sup>th</sup> Splash & Pray: Back to School Get Together**

Time: 5:00pm-7:30pm

Age Group: 5<sup>th</sup>-12<sup>th</sup> Graders

Activity: Come join us for an evening of reviewing the youth schedule for the year, sharing new ideas and discussion about the challenges of being a Christian in school. Bring your swimsuits and empty bellies for dinner and swimming.

Location: Pulaski House 6015 School Creek Lane Annville

### September

Date: **Sunday, September 16<sup>th</sup> Youth Group Night @ Gretna Glen**

Time: 4:00pm-6:30pm

Age Group: 6<sup>th</sup>-12<sup>th</sup> Graders

Activity: Come join together with other youth groups at Gretna Glena for activities, faith building and snacks.

Location: Meet at FUMC at 3:30pm for transport and back to FUMC by 7:00pm

### October:

Date: **Friday, October 5<sup>th</sup> Pizza & Prayers**

Time: 6:00pm-8:00pm

Age Group: 5<sup>th</sup>-12<sup>th</sup> Graders

Activity: Meet at FUMC Youth Room for food, friends and Friday Fellowship

Location: FUMC Youth Room

Date: **Sunday, October 21<sup>st</sup> Youth Group Night @ Gretna Glen**

Time: 4:00pm-6:30pm

Age Group: 6<sup>th</sup>-12<sup>th</sup> Graders

Activity: Come join together with other youth groups at Gretna Glena for activities, faith building and snacks.

Location: Meet at FUMC at 3:30pm for transport and back to FUMC by 7:00pm

### November:

Date: **Sunday, November 18<sup>th</sup> Youth Group Night @ Gretna Glen**

Time: 4:00pm-6:30pm

Age Group: 6<sup>th</sup>-12<sup>th</sup> Graders

Activity: Come join together with other youth groups at Gretna Glena for activities, faith building and snacks.

Location: Meet at FUMC at 3:30pm for transport and back to FUMC by 7:00pm

### December:

Date: **Saturday, December 22<sup>nd</sup> Shake & Bake @ Ronald McDonald House**

Time: 1:00pm-3:00pm

Activity: All ages welcome! We can only bring a maximum of 8 people. Meet at FUMC, drive to the Ronald McDonald House in Hershey and bake cookies for the families staying there.

Location: Meet at FUMC at 12:00pm for a quick bite to eat, drive to Ronald McDonald House to bake from 1-3 and back to the church by 3:30pm.

## Children's Ministries, Summer 2018

It is an exciting time in Children's Ministry here at PFUMC. We have been blessed with several volunteers who are teaching and assisting during our Discovery Dunes on Sunday mornings at 9:00am. The curriculum we use each week covers Biblical stories, themed snack, hands-on craft projects, a global church connection, and good music and games. We have an exciting fall planned, as we have most recently moved into 2 classrooms. We are spending the summer decorating, organizing and preparing a special space for our children to worship in.

We have also been working hard on developing a schedule of youth events for the 18-19 school year. These events will span outside of just "youth specific" events and look to include children of different ages and families. The Fall/Winter 2018 is now posted and Winter/Spring 2019 will be posted in early Fall. We are looking at different ways to advertise our planned times and will utilize different tools. Events are now listed on Facebook and our webpage as well as a brochure that will be able to be handed out for those that do not utilize social media and want to share our events with family, friends or neighbors.

Please continue to pray for our children, youth, and teacher/leaders. Thank you for your part in this aspect of our spiritual community.

