

## REST



I just returned from a week of vacation. I was attempting to be intentional about “unplugging” or “getting away” from the normal, everyday demands of being a pastor. So, last week I attempted to rest. To step away from what I do on a regular basis and just rest. I don’t know about you but resting is not an easy thing for me. Resting is something that does not come naturally for me. Resting is something that I know I need to do often, but that I don’t typically take the time to do. Skipping rest is not very healthy. It’s not physically healthy; it’s not mentally healthy; it’s not emotionally healthy; and it’s not professionally healthy either. We need rest to be the best we can be; to be and do what God intends. Rest is very important.

I believe we have evidence that Jesus took intentional rest periods too. I love the story Mark shared

in his gospel about Jesus taking, or attempting to take, a rest from the daily grind of his life. Mark 4:35-40 says, That day when evening came, he said to his disciples, “Let us go over to the other side.” Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. He said to His disciples, “Why are you so afraid? Do you still have no faith?” I wonder if Jesus laid back down on His cushion and went back to sleep after that? I wonder if he went back to being intentional

about resting because he knew how important it was? I think this is such a relevant passage when it comes to understanding the importance of intentional rest. Jesus saw the crowds of people with need. They needed healing. They needed demons cast out. They needed all of the things he could give them. But Jesus still got into the boat and got away. Jesus, even knowing there was a lot of important work to be done, got into a boat so that he could rest for a little while. I think he knew how much better he would be for them rested, than tired. Do you recognize that yourself? Do you know you need to rest? Do you know you need to unplug, step away from your normal life every now and then? I am learning that more and more as I go. I hope you are too. We are so much better for ourselves, for others and for God when we are rested. There will always be more to do.

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There will always be responsibilities and tasks and people who need you to do this and that. Rest anyway. You need it so that you can be the best, most healthy you you can be. I rested last week. And in late June I'll be resting again. I hope you will be intentional about resting too. I heard Anne Lamott say recently, Everything works better when you unplug it for a minute; that includes you! I am going to work at being intentional about this, like Jesus was. I hope you will to.

Peace,  
Pastor Jim

## COMMUNION SERVERS

We are working on quarterly schedules for communion helpers. Would you like to serve our congregation by helping with the sacrament of Holy Communion? If so, please see Pastor Jim after worship, through the week in the office, or you can call or text him at 765-437-6792. We hope you will prayerfully consider becoming a Communion Server here at Grace UMC.



## STUDY OF JOHN STARTS IN SEPTEMBER BIBLE STUDY FELLOWSHIP

Bible Study Fellowship is an in-depth Bible study that meets mid-September - early May (with a long break in December). This fall, BSF groups around the world will begin a study of the gospel according to John. Classes meet weekly and follow a four-part format for each week's lesson: personal study at home, small-group discussion and an all-class lecture at a local church, followed by commentary notes to read at home.

Locally, there are both men's groups and women's groups, and

some include children's programs. (Daytime groups include a program for infants through pre-school; evening groups include a K-12 program.) BSF offers in-person and virtual options.

If you would like more information on the local groups, feel free to contact Heidi Deethardt at [deethardt@sbcglobal.net](mailto:deethardt@sbcglobal.net) or 574-485-3743. Grace Church has several people participating in both daytime and evening groups, and any one of us would be happy to connect you to our class!

# JOURNEY THROUGH THE BIBLE



## JOURNEY TO

Jericho  
 Qumran  
 Bethlehem  
 the Shepherds' Field  
 Caesarea  
 Mount Carmel  
 Herodion  
 Tel Megiddo  
 Galilee  
 the Mount of Beatitudes  
 the Church of the Fish  
 the Loaves in Tabgha  
 the Chapel of the Primacy,  
 Magdala  
 Tel Dan  
 Caesarea Philippi  
 Golan Heights  
 Bethsaida  
 Cana  
 Nazareth  
 Samaria  
 Jacob's Well  
 Mount Eba  
 Mount Gerizim  
 Jerusalem  
 Mount of Olives  
 the Garden of Gethsemane  
 the Upper Room  
 and much more!

## TRIP TO THE HOLY LAND

Pastor Jim is leading a trip to the Holy Land from February 20 through March 1, 2024. There are brochures in the office and at the welcome desk. Please take one to learn more about the trip. There will be an informational meeting scheduled soon for those who want to go, and those who need more information before they make the commitment. If you are sure you would like to take this meaningful, spiritual journey, please contact Pastor Jim at 765-437-6792 or by email at [james.clark@inumc.org](mailto:james.clark@inumc.org).

### REGISTER EARLY & SAVE

\$75 Register by June 20, 2023

\$50 Register by July 20, 2023

\$25 Register by August 20, 2023

Full deposit required. Savings are deducted from the balance.

### WHAT'S INCLUDED

- All Inclusive Pricing
- Breakfast and Dinner Daily
- Deluxe A/C Motor Coaches
- Domestic Airfare
- Entrance and Program Fees
- First Class Hotels
- Fuel Surcharges and Gov't Taxes
- Guided Tours
- Hotel Gratuities
- Live Audio Headsets
- Overseas Airport Transfers
- Study Guide
- International Airfare Administrative Fees

# READY, SET, MOVE!

"Let us keep looking to Jesus.  
He is the one who started  
this journey of faith.  
And he is the one  
who completes  
the journey of faith."

HEBREWS 12:2A

We are ALL on a journey of FAITH! We're on a journey of following Jesus and learning to live the way Jesus taught us to live. That's the biggest adventure the world has ever known! We get to spend our whole lives learning what it means to follow Jesus with the things we say and do. This year's VBS we will:

DO what Jesus says.  
BELIEVE who Jesus is:  
LOVE who Jesus loves.  
SHARE what Jesus did.  
GO where Jesus leads

Come, be a part of this JOURNEY and volunteer this week, JUNE 19-23 from 9AM - NOON. You can be a shepherd, leading groups from one station to another, help lead a rotation or donate some needed materials from the VBS board located by the Great Hall. Sign up on the church's website ([gracemethodist.org](http://gracemethodist.org))!

# YOUTH NEWS

## GRADUATE RECOGNITION

The Grace UMC Youth Ministry is planning a recognition event for all Spring 2023 graduates. The event will be on Sunday, June 25. If you are or are a family member of a high school or college graduate, please email the following about the graduate to [youth@gracemethodist.org](mailto:youth@gracemethodist.org):

- FULL NAME
- SCHOOL FROM WHICH THEY ARE GRADUATING
- NEXT STEPS IN LIFE  
(enrolling in another school or degree program, headed to the workforce, or whatever may be next)
- HEADSHOT

Please have your graduate information by Monday, June 19.

*TREE REMOVAL ON GRACE UMC PROPERTY SUPERVISED BY THE BEST*

Abe Ropp arrived everyday to watch as black walnut trees were removed from the parsonage and the church property. The trees had become unhealthy and dangerous, so removal was necessary. As a bonus, the church was able to make a profit by selling the wood.



*Our sympathy is extended to the friends and families of Betty Rodenbach and Jack Feaster.*

**SUNDAYS**

- 9AM Outdoor Worship Service
- 10:30AM Virtual & In-Person Worship Services
- 10:30AM K - 12 Sunday School

**MONDAYS**

- 1PM Pilgrimage Healing (by appt.)
- 7PM A.A.

**TUESDAYS**

- 5:30PM Get Better Basketball

**WEDNESDAYS**

- 7:30AM Bible Study

**FRIDAYS**

- 7:30PM A.A.

**JUNE 14**

- 6:30PM Staff Parish Relations Committee Meeting

**JUNE 17**

- 1PM Funeral Service for Betty Rodenbach

**JUNE 18**

- 11:30AM VBS & Safe Sanctuary Training

**JUNE 19**

- Office Closed

**JUNE 21**

- 6:30PM Finance Committee Meeting

**JUNE 25 | VBS & Graduate Recognition Sunday**

# AMAZING GRACE NEWSLETTER

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3012 South Twyckenham Drive  
South Bend, Indiana 46614  
574.288.4789  
www.gracemethodist.org  
RETURN SERVICE REQUESTED

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## GRACE UNITED METHODIST CHURCH

ADDRESS | 3012 South Twyckenham Drive South Bend, IN 46614  
PHONE | 574-288-4789 WEBSITE | [gracemethodist.org](http://gracemethodist.org)  
FACEBOOK | [sbgraceumc](https://www.facebook.com/sbgraceumc) YOUTUBE | [SBGraceUMC](https://www.youtube.com/SBGraceUMC)

SUNDAY MORNING WORSHIP SERVICES | 9AM (Outdoors) & 10:30AM (Livestream & In-Person)

## ALTAR FLOWER DEDICATION CALENDAR

If you would like to celebrate or memorialize a loved one or event by dedicating flowers for the altar, please sign up at [signupgenius.com/go/70a084eadae2aa4f94-altar](https://signupgenius.com/go/70a084eadae2aa4f94-altar). Please sign up by 10AM on the Tuesday before desired date.

## THE MORE WE KNOW, THE BETTER WE CAN CARE!

If you or anyone in your life needs care, love, prayer and support, please contact Melodie at 574-288-4789 or email the Grace Cares confidential email address at [gracecares@gracemethodist.org](mailto:gracecares@gracemethodist.org). Grace Cares about you!



## MAKING A CONTRIBUTION TO GRACE UMC

If you would like to contribute, please scan the QR Code or text 574-444-3044 and follow the prompts. Please remember Grace United Methodist Church when doing your estate planning.

NEXT AMAZING GRACE SUBMISSION DEADLINE | TUESDAY, JULY 11