

JUNE 2023

THE EVANGEL



12 Ways To Be Christian

June 11—August 27

This summer our church will focus on twelve simple but challenging practices that get to the heart of what it means to be a follower of Christ. Join us as we explore these practices that bring each one of us - and the whole neighborhood - back to life.

THE NEWSLETTER OF  AUDUBON PARK UNITED METHODIST CHURCH



Rev. Geoff Helton
Lead Pastor

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FROM THE LEAD PASTOR

Friends of Audubon Park Church,

This month we transition from the program year to the summer season. For some of our ministries, nothing will change. We'll continue to worship each week. Our food ministries will continue to offer a warm meal and food to take home to members of our community. But other ministries will slow down or take a break for the summer like our Sunday School classes and our church choirs.

I hope you'll join us for **Celebration Sunday on June 4th** as we take the opportunity to give thanks to God for all the great ministry that has happened at our church in the last year! We'll celebrate in worship and then continue the celebration with an all-church fellowship meal. Celebration Sunday is the last week that our choir will sing in worship and the last week of Sunday School!

On June 4 we're kicking off a new summer sermon series : **12 Ways to Be Christian**. In this series we'll focus on the basic practices of those who follow Christ, practices that lead to transformation, health and joy. Join us on Sunday mornings this summer!

Summer is a great chance to change up your routine and try on something new. It might be a new prayer practice, or a new way to serve. It might be time to take a break and rest so that you can continue to serve God well. I'm looking forward to a difference pace, and a different rhythm and the change to reflect on the last year and look forward to the fall.

Grace & Peace
-Pastor Geoff



Audubon Park Church will soon begin hosting a TAPS Care Group.

TAPS is the national nonprofit organization providing compassionate care and comprehensive resources for all those grieving the death of a military or veteran loved one.

TAPS provides a variety of programs to survivors nationally and worldwide including Care Groups - local survivor support groups - available across the country, and provide emotional support and camaraderie for military survivors. Many find they learn new coping skills and stress-relieving strategies by talking to others who can relate.

If you are grieving the death of a loved one in service to our country, you will be warmly welcomed. This group is being formed by one of our church members, Melissa Pentico. Contact the church office for more info.



STEPHEN MINISTRY

at Audubon Park  United Methodist Church

“What is a Stephen Minister and what do they do?”

- ♦ Stephen Ministers are lay members who are trained to provide Christian care for someone who is going through a difficult time in life. Stephen Ministers receive 50 hours of training that focuses on listening, empathy, confidentiality, trustworthiness and being faith-filled.
- ♦ Stephen Ministers learn how to listen and respond to Care Receivers as they process their feelings, thoughts and emotions while they deal with a tough issue. The issues may range from adjusting to parenthood, divorce, job loss, relocation (moving to the area or to a different type of living facility), personal or family health issues, to the death of a close family member or friend.
- ♦ Stephen Ministers do not try to solve their Care Receivers problems because we know that only God is the Cure Giver!
- ♦ Once Stephen Ministers complete the 50 hours of initial training and are commissioned, they are assigned a Care Receiver. Stephen Ministers are typically assigned only one Care Receiver at a time. Care Receivers must be over the age of 18, and men are assigned to men, women to women. The Stephen Minister meets with their Care Receiver for about 1 hour a week.
- ♦ Additionally, Stephen Ministers participate in Supervision Group every other week for 1-2 hours, at which time they participate in continuing education to further hone their skills as Stephen Ministers. Time is spent supporting one another to ensure the Stephen Ministers are providing the best possible care.
- ♦ The entire process is focused on keeping God in the center of our caring relationships and in our Stephen Ministry program as a whole.

If you are interested in more information about Stephen Ministry or would like to explore the possibility of becoming a Stephen Minister, please reach out to me at 509-994-0099 (leave a message), or by email at ricasc@comcast.net. I would like to start a class this fall, so if you are interested, please reach out as soon as possible so that we can get the process started. This truly is a rewarding ministry!

*With thanks,
Carol Hendershot*

fellowship GROUPS



Audubon Park Church Youth Ministry Events

If you have any questions about our youth group program please contact Drew Homchick for more info: drew@audubonparkumc.org

NEEDLEWORK GROUP



Are you available on Wednesday afternoon?
Looking for pleasant conversation?

The Knitting Group gets together Wednesdays at 1pm in the Parlor, and you are welcome to join us!

We knit chemo hats for cancer patients and so far this year have donated 205 hats.

Or if you have a project going, bring it along!

And even if you're not into knitting, you're welcome to come for the pleasant conversation.

QUILTERS

When: Tuesdays 9am – noon

Where: APUMC Room 303 (2nd floor)

Who: Our quilting group is open to ALL who quilt or would like to learn!

What: Fellowship, fun and fabric! Working together on your own project or on projects to share in our community!

Contact: Pat Dobberstein, 509-326-1736

END OF THE YEAR CELEBRATION!

Friday, June 2nd | 6pm - 7:30pm

We will celebrate our last youth group for the church calendar year. This is a great time to connect, reflect, and to discuss future plans for summer and the upcoming year! Looking forward to one final hurrah before the summer!

LAST WEEK OF SUNDAY SCHOOL!

Sunday, June 4th will be our last week of Sunday school until the fall. Youth are invited to join us in worship at 9am or 10:30 on Sundays through the summer.

YOUNG(ish) ADULTS

A fellowship group for those in their 20's, 30's, & 40's

Helping Hand at Twinlow Camp

Saturday, June 3rd | 9am - 2pm

We will be heading out to Twinlow Camp & Retreat Center (22787 N Twinlow Rd., Rathdrum, ID 83858) to help spruce up the place for summer youth camps.

BBQ at the Heltons

Saturday, June 24th | 5pm - 8pm

The Heltons will be hosting a bbq at their house. Children are welcome. :) An email will be sent with more information. Looking forward to connecting!

Do you have questions? For more info on our Youngish Adultish group, please contact Drew Homchick: drew@audubonparkumc.org



Audubon Park Church Food Ministries Updates

DAILY BREAD BREAKFAST

Daily Bread is our breakfast program. We provide breakfast to anyone who wants to eat with us on the 2nd and 4th Tuesdays of the month. Breakfast begins at 8am and we stop serving at 10am.

If you would like to be involved, we will probably need extra help this summer as people take vacations. A 2nd kitchen worker and someone with a pick up to help get food from Feed Spokane would be an added bonus.

Or if you would just like to show up on one of the Tuesday morning and join us serving we would enjoy your company.

And if you would like to help provide food, eggs are still our big need at this time.

Thank you,
Barbara Anderson

AUDUBON PARK FOOD BANK

Dear congregation,

We have appreciated all your help and generosity! Now summer is almost here, and we are in need again.

Sadly, our deliveries from 2nd Harvest have diminished greatly - for example, for the second Food Bank of May, we only received 700 pounds of food, compared to the 3500 pounds we have received in the past.

So unfortunately we have very little on our shelves. We are proud to be able to give approximately 55 pounds to each family twice a month, and would love to be able to continue to do so.

Currently, canned fruit, soup, chili, stew, Chef Boyardee, and Hamburger Helper are a few examples of what we need to keep our shelves stocked.

We also need cart pushers on Food Bank mornings (the 2nd & 4th Tuesday of each month) - so if your high schooler is laying around gaming, feel free to send them down!

Thank you for there for being there for our community members in need.

Sincerely,

Karen Peacock, Food Bank Director
& The Food Bank Team



Rev. Glenn Kennedy

Associate Pastor of
Congregational Care

glenn@audubonparkumc.org

FROM THE CONGREGATIONAL CARE PASTOR

"This is the day the Lord has made; let us rejoice and celebrate it!" - Psalm 118:24

Dear Friends,

I have shared with you that my older brother's death, now nearly 6 months ago, had a very significant impact on me. As I write this, we are just four days away from his long-awaited memorial service, and in these days leading up to his service, nearly every unclaimed mental moment for me has been filled with memories of him. Because of family circumstances following the death of our father when we were just 5 and 2, we forged a very close bond growing up - and that bond stayed strong throughout our adult years. And that line from Psalm 118:24 has been living in my mind: "This is the day the Lord has made; let us rejoice and celebrate it"...

Do you remember the movie that was popular 20+ years ago called "City Slickers", starring Billy Crystal? In one scene in the movie, this group of close friends were playing a memory game called "best day, worst day". Well, I have a "best day" memory regarding my brother I'd like to share. (There were plenty of "worst days" and I don't refuse to remember those, but in this time leading up to Gene's service I've chosen to center on the "best days".)

My "best day" with my brother happened when I came home for Christmas break my first year in college (Whitworth): It had snowed sideways for 3 straight days and when the snow stopped, you could only see dimples at the top of the fence posts! My brother rolled me out of bed my first morning home with these words: "put your pants on, schoolboy, we've got a job to do!"

The job was rescuing 7 horses that had chosen to wait the storm out up in the high hills that served as winter pasture, and now they wouldn't or couldn't come down for needed feed. By the time I got dressed and fed and out the door, Gene had his new team of Draft Horses, George and Barney, hooked up to a small bobsled loaded with a dozen or so bales of hay, and we were on our way.

We got only so far with the sled, then my brother said rather matter-of-factly, "we're going to have to ride 'em the rest of the way and break a trail for the others", to which I asked a rather natural question (remember - they were a new team of 1800-pound horses!): "are they broke to ride?"

Then came the look and grin from my brother that had gotten me in trouble so many times before. His answer? "That's what we're about to find out!"

After a little adjustment period, they rode, and so did we, very slowly up a long narrow trail that we often had to guess was still under us. Barney & George took turns at the lead, doing the hard work of breaking trail for the others once we found them. What a day it had turned out to be...we were together from daylight to dusk doing a hard but needed thing, a thing we both loved on the place on earth we most loved.

I transferred schools the next year, and what was to be one year in Kentucky became 10 years away from "home." Way leads to way, as they say. Once I moved back to the Northwest, we had many more good times together as our families grew up...great memories made. The two couples of us even took an Alaskan cruise together 4 years ago. There have been lots of good days since that December day in the winter of 1964 when we were still so young...but never another day quite like that one: just the two of us and those two big horses on an all-day mission. We had no idea that there wouldn't be another day like that one in almost forever.

So, what's the message? Simply: stay alert and seize those precious, irreplaceable days when they come. We never know when they'll come around again...or *if* they will. Cherish those blessed days with your spouse, a sibling, a child or grandchild or a special friend...make space for those days. Today may be one of them.

*May God Bless Your Days,
Pastor Glenn*

MEN'S COFFEE

WITH PASTOR GLENN



**Thursdays at 11am
in the Parlor**

Come visit, catch up, pray together, and share some moments of devotional thought.

Let's connect and reconnect for the sake of our spirit's growth and for the sake of the ministry we're called to live out in this place.

HAPPY 50th WEDDING
anniversary

Mike & Iva Jean Gilbraith celebrate 50 years of marriage this year, and YOU are cordially invited to attend their 50th Anniversary Open House on Friday July 7th, from 1pm-4pm in the Church Parlor!

Questions? Carrie 509-638-4966

Weekly Schedule

Sunday

9am Children's Sunday School
Youth Sunday School
Worship Service In-Person
Worship Service Online
10:30am Worship Service In-Person

Monday

9am Art Group - 1st & 3rd Monday
11:30am Bible Study (Melva Lohstroh)
6pm TAPS Care Group - 1st Monday
7:30pm Alcoholics Anonymous

Tuesday

8:30am Food Bank, Breakfast, & Daily Bread - 2nd & 4th Tuesday
9am Quilting Group
10am Staff Meeting (every other week)
6pm Cub Scouts

Wednesday

10am Overeaters Anonymous
1 pm Knitters
6:30pm Boy Scouts

Thursday

11am Men's Coffee with Pastor Glenn
6pm Choir Rehearsal

Friday

10am Stephen Ministry - 1st & 3rd Friday

June

Birthdays

+

Anniversaries

6 - Pat Clark	3 - Chris & Mickey Moreau
9 - Claudia Biggs	7 - Art & Norma Bauer
Sherry Detlaff	Drew & Heather Homchick
Janet Rhodes	10 - John & Janet Olson
16 - Perri Charbonneau	22 - Steve & Laurie Whitford
23 - Marilyn Hallett	24 - Nancy & Ron Brooks
27 - Melva Lohstroh	25 - Galen & Glenda Buterbaugh
Corinne Reitmeier	30 - Rich & Connie Hickman
29 - Nicholas Strobeck	

 **Audubon Park**
United Methodist Church
3908 N. Driscoll Blvd., Spokane, WA 99205
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★ **CELEBRATION** ★
SUNDAY

SUNDAY, JUNE 4

Join us for lunch at 12pm - we'll have hot dogs and sausages (including vegetarian & gluten-free options) and some great sides! Join us as we celebrate a great year of ministry and life together!

A MONTHLY PUBLICATION OF  **AUDUBON PARK UNITED METHODIST CHURCH**