

The Outlook

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Volume 124 Issue 5



PAUSE AND RELECT

~Juanita Joiner

After writing last month's editorial, I couldn't get the title out of my mind. *Did You Find Rest? Renewal?* What I hadn't told you was this...the Sunday Pastor Rob encouraged us to attend his *Rest and Retreat* during March, I had just read a blessing from a book by Kate Bowler based on Psalm 46:10: *Be still, and know that I am God.* When I went back to revisit that blessing this month, I found that I had marked it with a sticky note so I could find it quickly to read it again and again.

I love the way Kate has laid this book out. There's always a scripture, an introduction, the blessing and finally ends with a reflection prompt. Kate is a writer and professor at Duke University's Divinity School. At age 35, her own faith was challenged with a stage four colon cancer diagnosis. This led her to investigate the problematic nature of positivity and ways to grapple with death. After years of being told she was incurable, she was declared cancer-free. But she was forever changed by what she discovered: **life is so beautiful and life is so hard. For everyone.** I now own two of her books: *The Lives We Actually Have* — Blessings for Imperfect Days and *Have a Beautiful, Terrible Day!*—Daily Meditations for the Ups, Downs, and In-Betweens. I have even gifted both of these books to friends because I love them that much. This month I would like to share that meditation based on Psalm 46:10.

A Blessing for a Good Pause

Introduction—Emily Dickinson, the 19th century poet of solitude, knew the beauty of stillness. She described that moment of pause as the deepest kind of privacy when a soul is admitted into its own company. It feels like “finite infinity,” she concluded.

That kind of quiet feels elusive to us. We ache to know our souls' calm, but also, isn't there something on Netflix? Wait, let me check my texts first. Before we know it, we are swimming around in a sea of notifications and updates without direction. Nothing is more precious than our attention, but we give it away without knowing its cost. We are living in an attention economy where the first casualty is peace, peace, peace. So, let's bless our distracted selves. If we can't bring ourselves to desire stillness, maybe we can talk ourselves into wanting a little less noise.

Blessing—This is the moment, I can feel it. It is the microsecond pause before the habitual override that sends me into motion again. Barreling ahead instead of paying attention to what my body is trying to tell me about its limitations, to what pulls on my mind, to your spirit's wisdom, so hard won.

I'm here, now, in the blessed in-between, the transition phase that isn't anything yet. It's a pivot point that would be a shame to waste again, with mindless scrolling or what is happening in the news? Right. Stop. Stay.

This is the sacred space of the nothing-yet, a place where I can become aware that you are pulling at me, tugging at me. Be present with me here, in these whirring seconds, at the tiny crossroads that is this moment, slowing me long enough to wonder: *Is that you tapping me on the shoulder? All right. I'm listening.*

Reflection Prompt—Turn off your phone. Close the door. Be quiet for five minutes. See if you can settle into wanting to turn toward God's love. (From Blessing 23 found on page 48 of *Have a Beautiful, Terrible Day!*)

If anyone would like their own copy of either of the books I'm totally wearing out... please let me know. They will be a gift from ME to you. The 15-page preface in *Have a Beautiful, Terrible Day!* is worth owning the book. There were two of us at Central that followed her Lenten Devotional (*Have a Beautiful, Terrible Lent!*) that was found at the back of this book and it was wonderful. If you are a digital person, try clicking [HERE](#) to get a taste of some of her blessings.

I ended last month's editorial with a wonderful way to recite Psalm 46:10. I will share it again this month.
Be still and know that I am God -- Be still and know that I am – Be still and know – Be still – BE!

Mission Possible for May 2024

May 5 — Mission of the Month
Peace With Justice Sunday

May 12 — Local Mission
1M Project

May 19 — Helping Hand Fund

May 26 — Hunger/UMCOR
Red Bird Clinic

Monthly Pantry Donation
The Hope Project

Mission Accomplished March 2024

Mission of the Month
UMCOR Sunday \$350.00

Local Mission
READ Muskegon \$260.00

Helping Hand Fund \$241.00

Hunger/UMCOR
Kids' Food Basket-Orange Month \$545.00

Pantry
Embrace Books \$165.00

Reminder...mission offerings can be given any time during the month even though we list our offerings by the week.

Spring has sprung and plants are now emerging!!



Our gardens need YOU! Lisa also needs YOU! Your support of physical assistance or even your generous financial support will "help" keep these gardens in

good care and beautiful appearance all year long.

Please reach out to let Lisa Lively know how you can help the garden bloom for the Glory of God. ~Lisa Lively



CREATIVE REST

Those who attended the final session, experienced one of the seven types of rest we each need to thrive in our relations, careers, and our personal goals. Rest is the approach we need to correct our work-rest imbalance so we can experience deeper and fuller levels of satisfaction in our life. We sampled *Creative Rest* by using



Pastor Rob concluded his "Rest and Retreat" on Easter Sunday. During these three sessions we referenced two books: *Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity*, by Dr. Saundra Dalton-Smith and *The Second Mountain: The Quest for a Moral Life*, by David Brooks.

Rob's homemade play dough...made by his own Mother.

While being creative with our play dough, the group chatted, laughed, and shared stories.

Those sitting around the table didn't want to leave; some even took their play dough home to continue with their own "Rest and Retreat". Go ahead and give yourself a time to be creative. Your soul will thank you!



PENTECOST May 19, 2024



On Pentecost Sunday, we remember the day the disciples received the Holy Spirit in a special way. The story in Acts 2 describes a powerful wind and tongues of fire as the Holy Spirit was poured out on people from all over the world who came to Jerusalem to celebrate a Jewish feast. At the first Pentecost over 3000 people were baptized, creating the first church. This is why Pentecost is known as the birthday of the Christian church.

Breathe on Me, Breath of God

Breathe on me, Breath of God,
Fill me with life anew,
That I may love what Thou dost love,
And do what Thou wouldst do.

Breathe on me, Breath of God,
Until my heart is pure,
Until with Thee I will one will,
To do and to endure.

Breathe on me, Breath of God,
Till I am wholly Thine,
Until this earthly part of me
Glow with Thy fire divine.

Breathe on me, Breath of God,
So shall I never die,
But live with Thee the perfect life
Of Thine eternity.

*Come Holy Spirit, fill the hearts of your faithful
and kindle them in the fire of your love.
Send forth your Spirit, and they shall be created.
And you shall renew the face of the earth.
Amen*



"Creating safe spaces
for growth and community
in Christ."

Worship at Central

Available online: **LIVE**

<https://www.facebook.com/muskegoncentralumc>

And on our YouTube Channel: **LATER IN THE DAY**

[https://www.youtube.com/channel/UCZUQe2i7Fzj_tcwwSG7Ednw/videos?
view=2&flow=grid](https://www.youtube.com/channel/UCZUQe2i7Fzj_tcwwSG7Ednw/videos?view=2&flow=grid)

Central Cares

MAY BIRTHDAYS

- 4 — Jan Schiller
- 5 — Liz Johnson
- 6 — Beth Adkins, Elizabeth Lofgren
- 9 — Michael Belt
- 11 — Sharon Bradfield, Dona Hettle
- 13 — Amy Devitt
- 18 — Dollie Hippchen
- 19 — Kay DeMoss, Laura Kahler
- 20 — Lora Swenson
- 25 — Mary Oakes
- 28 — Allison Mikesell
- 29 — Cindy Belt



MAY ANNIVERSARIES

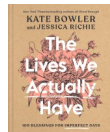
- 11 — Garry & Julie McKeen 1974
- 20 — Kip & Tammie Smith 2017
- 31 — Tim & Val Lundholm 1986

Did you know you can make someone's day by simply connecting in one of these three ways?

- ♥ Sending a card
- ♥ Making a phone call
- ♥ Making a home/hospital visit

CUMC...let's be the one that will make their day!

Kate Bowler had two interviews about the two books mentioned in this newsletter. If you are interested in watching either of these, simply click by the book you'd like to learn more about. These are wonderful interviews with Kate.



Click [HERE](#) to watch the interview from Good Morning America Faith Friday recorded on February 17, 2023.



Click [HERE](#) to watch the interview from Good Morning American Faith Friday recorded on March 22, 2024

Special Request:

- ♥ Please keep Connie in the church office updated on any of the prayer requests you have made on behalf of your friends and family.
- ♥ **Where to send important information! Please send to all addresses.**
- ♥ Juanita Joiner for the Newsletter: jjoiner@muskegoncentralumc.org
- ♥ Connie Jones for the Church Calendar: connie@muskegoncentralumc.org

MAY CALENDAR

- 3 — Supper House 3:45 p.m. (Temple UMC)
- 5 — Worship 9:30 a.m. (In-Person & Virtual)
Going Deeper 5 p.m. (Conference Room)
- 7 — Staff Meeting 11 a.m. (Conference Room)
*Garden Group Meeting 5:30 p.m. (Lower Level)
- 8 — Leadership Council 5:30 p.m.
- 9 — Romeo's 8:30 a.m. (Carmen's Café)
Juliet's 9 a.m. (Cherokee Restaurant)
Blood Drive 11 a.m.—4:45 p.m. (Parish Hall)
- 12 — Worship 9:30 a.m. (In-Person & Virtual) **Mother's Day**
Call To Prayer 11 a.m. (Conference Room)
- 14 — *Garden Group Meeting 5:30 p.m. (Lower Level)
- 19 — Worship 9:30 a.m. (In-Person & Virtual) **Pentecost**
Going Deeper 5 p.m. (Conference Room)
- 20 — Mobile Food Truck 4:30 p.m. (CUMC Parking Lot)
- 21 — Outlook Deadline
Book Club 10:00 a.m. (Library)
Building Team Meeting. 11 a.m. (Conference Room)
*Garden Group Meeting 5:30 p.m. (Basement area)
- 23 — Volunteer at Kids' Food Basket (1537 S. Getty St.)
Blood Drive 11 a.m. — 4:45 p.m. (Parish Hall)
- 26 — Worship 9:30 a.m. (In-Person & Virtual)
Call To Prayer 11 a.m. (Conference Room)
- 28 — *Garden Group Meeting 5:30 p.m. (Lower Level)

***Dates for Garden Group may change during the month.**



REMINDER

Continued prayers for the family and friends of **Rev. Lynn DeMoss** (wife of Kay and former pastor at CUMC) who passed away on February 25 at Clark Retirement Community in Grand Rapids. **The Celebration of Life will be held at First UMC, 227 Fulton St. E. in Grand Rapids on Saturday at 11 a.m. on May 11.**

Church Office Hours

**Our regular office hours at the church.
Tuesday — Thursday 9 a.m. — 2 p.m.**

Central

United Methodist Church

1011 2nd Street
Muskegon MI 49440
231-722-6545
MuskegonCentralUMC.org



Muskegon Central United Methodist

Central Staff

- Rev. Rob Cook, Senior Pastor
rob@muskegoncentralumc.org
231-722-6545 Ext. 4
- Connie Jones, Office Coordinator
connie@muskegoncentralumc.org
231-722-6545 Ext. 1
- Marian Davis, Parish Visitor
marian@muskegoncentralumc.org
231-722-6545
- Juanita Joiner, Newsletter Editor
jjoiner@muskegoncentralumc.org
231-722-6545 Ext. 2
- Dan Melinn, Facilities Coordinator
dmelinn@muskegoncentralumc.org
231-722-6545
- Carl Chapman, Custodian
office@muskegoncentralumc.org
231-722-6545
- Marie Rood, Financial Administrator
marie@muskegoncentralumc.org
231-722-6545 Ext. 3
- Cavan Berry, Church Treasurer
cumc@muskegoncentralumc.org
- Colin Berry, Video Technician
colin@muskegoncentralumc.org
- Carolyn Buboltz, Financial Secretary
cumc@muskegoncentralumc.org
231-722-6545 Ext. 3

Have news for the Outlook? See page 3 for submission addresses. Next Outlook deadline is **May 21**. Thank you!

WELCOME PASTOR ROB BACK TO CUMC

May 5, 2024

You won't want to miss Pastor Rob's first Sunday back after his Spiritual Renewal.

