



# THE LIGHTED CROSS

## BERWYN UNITED METHODIST CHURCH



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### Calendar Highlights

May 10—Mother's Day  
 May 25—Memorial Day  
 May 31—5th Sunday Service  
 June 2—Primary Day  
 June 7—Adult Progressive Dinner  
 October 10— Fall Fest  
 October 17—Trunk or Treat

**Reminder, that Berwyn UMC has suspended worship services and in person meetings during the COVID-19 quarantine.**

We still may be practicing physical distancing, but we are not alone. Berwyn United Methodist Church is still here and is still ready to serve its members and its community. If you or a loved one needs assistance with grocery shopping or anything else, please contact the church office and we will make sure you get the help you need. Also, please let us know of any prayer concerns and as always share your joys with us! We want to know how you are doing. Office email is [officebumc@comcast.net](mailto:officebumc@comcast.net) and church phone number is 610-644-5555.



If you have any questions regarding COVID-19 and you live in Chester County or Delaware County, you can call Chester County Health Department 610-344-6225 between 8:30am - 4:30pm 7 days a week.

You can also get information online at [www.chesco.org/4376/coronavirus-COVID-19](http://www.chesco.org/4376/coronavirus-COVID-19)



Berwyn UM's Adult Sunday School Class, BUM Talks, is continuing to meet every Sunday on Zoom during the pandemic. We will continue to focus on current topics as they impact our lives and our faith. Please feel free to join the class any time. Please send Claudia Genuardi an email to [magnetstone0@gmail.com](mailto:magnetstone0@gmail.com) and she will send you a Zoom link.



**GIVE+Text**

You can donate to BUMC via text message!

Text 844-967-2047 and in the message type the amount you want to donate.

Your faithful gifts help us continue the work of the church.

## PASTOR'S LETTER

Paul says, in Galatians 2:20, *"The life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me."* Faith in God is a powerful force that changes things when we release it and the miracle is that every believer in Jesus Christ has been given a measure of faith (Rom. 12:3). It is one thing to believe in Jesus as your Savior and exercise your faith for salvation, but there are many things for which we need to release our faith after we have been saved. Faith does not end with our salvation. God wants us to continue to live by faith.

It is difficult for many Christians to understand what it means to live by faith. As a result, some of us do not have real peace and joy in life. However, once we go deeper in our relationship with God, we realize that we can exercise our faith in God for the things that we need. Scripture says, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God" (Phil. 4:6).

Faith can grow; however, it only grows when we use it. For example, the way we build bigger muscles is through effort. You must use them. As they grow, we must use heavier weights that require greater effort to keep them growing.

It is the same way with our faith. We put our faith in God to get through a challenge or a trial, and later, a more difficult trial comes along. Eventually we find that things that used to bother us or were difficult to deal with are not a problem for us anymore because our faith has grown.

Scripture also tells us that faith works through love (Galatians 5:6). Love must grow for our faith to grow. Therefore, we need to be rooted and grounded in God's love. This means that our understanding of how much God loves us must grow in order for our faith to grow. For example, the more we believe that someone loves us, the more we are willing to put our trust and confidence in that person. When we receive the love of God, we learn to love ourselves in a balanced way and let His love flow through us to others. As a result, our faith in God will grow.

Be determined to live by faith. Ask God to help you release your faith in every circumstance and for everything that you need. As we do our part, God will never fail to do His part. We will find that we are living by faith every day of our lives.

May God Bless You Richly!

Pastor Rodney



Jane Harris

The nursery school is continuing to connect with our families in new ways. It has been very hard on our children and their families, children are social beings and like their routines. It is hard to explain to them why they cannot go to school, cannot have play dates without distressing them too much. We have become a 'virtual' nursery school. The staff have been working very hard, putting together packages for parents to pick up from school, containing projects for the children to do at home with some little surprises. The staff have also been Zooming with their classes! The older classes get some instruction and everyone is sharing 'show and tell', stories and circle time. To be able to see all their little faces on the screen at one time makes this ordeal a little more bearable. The teachers particularly like the 'mute all' option! Our parents have been wonderful and very supportive. We are looking forward to the day when we can come together as a school again in some way.

## CHIT CHAT CATCH UP—So, how are you doing?

*From Janet and Jack Campbell...* It is spring! The birds are busy nesting, the bunnies busy nibbling on the plants Jack just planted and the fish in the pond waiting for warmer weather. We have TIME to enjoy the sunshine and the rain and the beautiful starry skies. Jack is keeping the station open and the 'guys' employed. I only have one doctor office appointment a week and just had my first tele-med visit...so easy! I have never watched so much CNN ever! but must turn off all of the talk to remember "...do not fear, for I am with you: do not be dismayed, for I am your God.." Blessings to all and keeping you in our hearts and prayers.

*The Stokers:* Penny and Manny are busy working from home, Andreana has been spending time doing applications with the SBA for loans, Rick has been doing some projects around the house. Built raised vegetable beds, planted some raspberry bushes, built a perimeter around the playset and hauled in about 12 yards of mulch. And we are all taking lots of walks.



## LAY LEADER'S LETTER Lee Paylor

"May the God of hope fill you with all joy and peace in faith so that you overflow with hope by the power of the Holy Spirit." Romans 15:13, Common English Bible

In these times we need joy, peace and hope. Look around you. What gives you a smile? Joy? Peace? A family photo, a vacation memento, a card you received from a friend, a pet, your Bible, your hymnal? Spend a few minutes as often as you can with your chosen focus and receive joy, peace, smiles and perhaps tears. Sometimes we need the physical in addition to the love and care from God. God does work in many ways and in ways we don't always expect. I found this hymn while thumbing through the hymnal and wanted to share with you.

"Lord, dear Lord above, God Almighty, God of Love, please look down and see my people through.

I believe that God put sun and moon up in the sky. I don't mind the gray skies, cause they're just clouds passing by.

Heaven is a goodness time, a brighter light on high. Do unto others as you would have them do unto you, and have a brighter by and by.

I believe God is now, was then, and always will be.

With God's blessing we can make it through eternity."

The Methodist Hymnal, page 728, words and music by Duke Ellington, 1966

## FUTURE EVENTS—fingers crossed we get to do these

**Sunday May 31**—5th Sunday service, pancakes, prayer & praise 10:30am

**Sunday June 7th**—Adult Fellowship Progressive dinner—5pm. Appetizers are at the home of Rick & Penny Stoker, salads, main course and dessert at the home of Claudia Genuardi. Stay tuned for more info.



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on facebook  
BUMCservice

## Ministry of the People is supported by the Staff

Pastor: Rodney Brailsford

Children's Coordinator: Cindy Shallcross

Lay Leader: Lee Paylor

Sexton: Over Caicedo

Admin. Assistant: Veronica Mosley

Organist/Director of Music: Amy McLoughlin

Nursery Assist: Eliza Chumpitaz

*Recordings of Sunday Services are available—Contact Jon Stockler, 610-348-3385 or JStockler@aol.com*

## **Easter Flowers**

<b>Sally Bridwell</b>	<b>In remembrance of Nagle Bridwell</b>
<b>Jack and Janet Campbell</b>	<b>In celebration of our family In memory of our parents and grandparents In celebration of our church family In honor of Pastor Rodney, Veronica, Eliza, Cindy, and Over.</b>
<b>Sue &amp; Ed Denisevicz</b>	<b>In honor of our church family</b>
<b>Len &amp; May Dickenson</b>	<b>In remembrance of loved ones</b>
<b>John &amp; Carole Nelson</b>	<b>In memory of our parents, Bub &amp; Betty Hiland In Memory of our parents, Ben &amp; Martha Nelson</b>
<b>John &amp; Lee Paylor</b>	<b>In honor of Amy and the Choir</b>
<b>Lee Paylor</b>	<b>In memory of Joan Myers</b>
<b>Carol Williams</b>	<b>In remembrance of Gene Williams</b>

## **Landscape Fund**

<b>Nancy Atchison</b>	<b>In memory of Sandy Atchison In memory of Bob Atchison</b>
<b>Sally Bridwell</b>	<b>In memory of loved ones, family, and friends</b>
<b>Len &amp; May Dickenson</b>	<b>In honor of family</b>
<b>Lee Paylor</b>	<b>In memory of Joan Myers</b>
<b>Barb &amp; Jon Stockler</b>	<b>In memory of our parents</b>

## DEALING WITH FEAR, WORRY, AND ANXIETY

Barbara Drake RN, MSN, study leader preparing for Mission u

The Coronavirus is producing fear, worry, and anxiety in a growing number of people, and the longer we must deal with isolation and daily rises in the number of cases and deaths, the larger the number of people who will experience mental health challenges. The book "Finding Peace in an Anxious World", edited by Erin James-Brown, which is the Spiritual Growth study book for Mission u, provides many in-sights to help us understand what we and our neighbors are experiencing and what we can do about it. "Fear is the emotional response to real or perceived impending danger. Worry is repetitive thoughts or emotions as the brain analyzes risks and threats of danger, whether real or perceived. Anxiety is a physical and emotional response to fear and worry that is disproportionate to the threat of danger."

The National Institute of Mental Health reports that approximately 18% of people in the United States, or 40 million people, suffer an anxiety disorder, the most commonly diagnosed mental health ailment. The World Health Organization reports that 10% of the world's population is affected by de-pression and/or anxiety. Humanitarian disasters and other conflicts increase this rate to at least 20% or 1 in 5 people. These statistics only account for diagnosed and reported anxiety. Add in millions who have intermittent fear and worry over relationships, retirement accounts, or the coronavirus, and you can see the major issue that anxiety is in our world today and the need for churches to help people deal with it.



We see the effects of anxiety in physical symptoms such as queasy stomach, finger-nail biting, sweaty palms, and nights spent tossing and turning, as well as emotional signs such as going over and over an event in our minds, playing out every possible future scenario to its worst case, and then living like it's inevitable. Anxiety decreases our awareness of others and makes us less able to see what's happening from their perspective. Many people will try to relieve their anxiety with alcohol, nicotine, food or drugs. These may delay but not alleviate the suffering associated with anxiety, and may result in harm to physical health and worsening of mental health through addictions.

The writers who contributed to "Finding Peace in an Anxious World" suggest using the book of Proverbs to better understand our anxious habits and develop new habits which can bring us peace. "Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight our paths." (Proverbs 3:5-6) They also suggest using the "Serenity Prayer" to manage anxiety through serenity, acceptance, courage, and wisdom. "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." And finally, they describe spiritual disciplines which can serve as strategies for coping with day-to-day anxiety. Prayer, scripture reading, telling Jesus about your day verbally or in a written journal, and meditating while walking a labyrinth are some of the ways that we can find peace in an anxious world. I suggest you read the book in order to gain a greater understanding of the message of this book and the wisdom of Proverbs.



## Our **M**ission **S**tatement

God **CALLS** us to **Care, Accept, Love, Laugh and Serve**

## **W**orship **S**chedule

8:30 AM	Early Worship
9:15 AM	Sunday School
10:30 AM	Traditional Worship with Choir

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