

May 2021

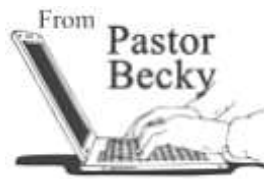
# The Shepherd's Messenger



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KNOWING JESUS AS THE  
GOOD SHEPHERD & SHARING  
THE RISEN CHRIST WITH ALL.



Greetings in Christ!

I trust you are doing well during these challenging times.

I wanted to take a few moments to write you a letter to encourage you and to let you know that God is available to all of us as we grow and progress in Him.

Take a moment to let this encouraging scripture soak into your spirit:  
**Philippians 3:13 – Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,**

While we may feel tempted at times to “take cover” until the storms are over, I would encourage you today to use these challenging times to take your faith to another level!

Making progress in God means we are willing to step out of our comfort zone and move into areas that may be different than what we are used to, but we know there's more!

To get to “the greater,” we must leave “the lesser” behind!

To pursue the new, one must let go of the old.

To “press on,” one must first “release.”

We cannot live only on past blessings, yet we can use them as springboards to the new thing God wants to do in us.

I pray that I never get to a place in my spiritual walk that all I can think about are “the good old days” – The problem is that we often forget those days were also filled with tremendous challenges.

We need to be motivated!

One of the reasons I believe in the importance of being in God's house or in this day, at least watching the service online at home if possible, is that we need motivation and inspiration to move forward!

When I'm around other believers of the Gospel, it is motivating and inspirational! Cuba United Methodist Church is open. Come and worship with us at 11:00 a.m. on Sundays to get motivated and inspired! We would love to see you!

Perhaps you're in a place today that you are greatly encouraged in the Lord, and that's wonderful. Yet, there may be some who need to remember that we still serve a wonderful, miracle-working God!

God bless you!

Pastor Becky

PLEASE PRAY FOR:  
Our World situation

Others to keep in prayer:

- Norma Andrus
- Todd Baxter
- Russell Brown
- Hazel Cornell
- David Edwards
- Brian Fries
- Tyler Griffin
- Don Hall
- David Halstead
- Donna Hart
- Bernie Hawks
- Bob Huddleston
- Katie Kellogg
- Sandy Lathrop
- Bruce Metler
- Mark Middaugh
- Nellie Moses
- Justin Murphy
- Keith Pierce
- Laroy Spateholts
- Mary Lou Sprague
- Donald Thompson
- Jessica Veiders
- JoAnn Viglietta
- Clint Wilder
- James Woodruff
- Ken Wyant
- Judy Zayac



- 3 - Kameron Pierce
- 5 - Andrew Clement
- 9 - Brandon Cornell  
Payton Nelson  
Mike Young
- 14 - Brenda Wyant
- 21 - Austin Clement
- 23 - Doris Wyant
- 24 - Zea Ann Dutton
- 27 - Kim Hall



- 13 - Pete & Sue Simmons
- 14 - Ken & Doris Wyant
- 20 - Jeremy & Dawn  
Wildrick-Cole
- 28 - Mark & Claire Morris

Statistics		Needed: \$1,736	
Date	Worship	SS	Offering
3/28	38		\$ 870.00
		Gil's Hills	\$ 140.00
4/4	41		\$ 3,653.00
		Gil's Hills	\$ 100.00
4/11	39		\$ 1,139.00
4/18	34		\$ 1,718.00
		Gil's Hills	\$ 75.00
4/25	35		\$ 1,388.00
		Gil's Hills	\$ 193.00

Please keep our prayer list up to date.

If someone should be added or removed from the prayer list, please submit their name in writing.  
*Thank you!*

May  
Helping  
Hands

Greeter:  
Kevin Kranock

Power Point:  
Rob Cornell

Pianist:  
Christine Berardi

Altar Guild:  
Claire Morris



**If you have a prayer request, call the prayer chain.**

**Call Ruth Holden at 968-1933**



**Sue Simmons is the UMW's Cheer Person.** If you know of someone who needs a note of cheer, please call her at **585-968-1135.**

*"Honor ... your mother, as the LORD your God has commanded you ...."*

*Deuteronomy 5:16*

### Praying for Our Churches, Pastors and Leadership in Cornerstone District:

**May 2 East Randolph UMC.** Rev. Chuck Smith, his wife Kim and their family.

**May 2 Laona Emmanuel UMC.** Pastor Mike Spell, his wife Jaime and their daughter Allyson.

**May 9 Hinsdale UMC & Ischua Union.** Pastor Dennis Stack and his family.

**May 16 Panama UMC.** Rev. Steve Taylor, his wife Stacy and their family.

**May 23 South Dayton & Wesley UMCs.** Pastor Wes Tessey, his wife Bernie and their family.

**May 30 East Otto UMC.** Missy Ulinger, her husband Timothy and their family.

## Conundrums of creation

God's creation is filled with amazing and sometimes puzzling works

Directions: Use the bank of picture clues to answer the riddles



- You can hold but not touch this. -----
- Before using this, you must break it. ---
- This falls without getting hurt. ----
- This gets bigger the more you take away. ----
- This has an eye but cannot see. -----

"In the heavens God has pitched a tent for the  
It is like ... a champion rejoicing to run his course.  
It rises at one end of the heavens and makes its circuit  
to the other; nothing is deprived of its warmth."

PSALM 19:4-6 NIV

The food pantry is presently in need of paper products, boxed potatoes, Hamburger Helper, juices, baking mixes (cakes, brownies) and snack bars (like Nature Valley, Chewy, etc.). Also, cleaning supplies (dish detergent, laundry soap and rinse).



The UMW collects donations for the Food Pantry on the first Sunday of each month. Please leave donations in the bin in the Green Street Foyer.

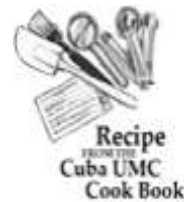


### CORNELL CHICKEN BBQ SAUCE

Cindy Dutton

- Mix together:
- ½ cup oil
  - 1 cup cider vinegar
  - 2 TBS. salt
  - ½ tsp pepper
  - 1 ½ tsp poultry seasoning
  - 1 well-beaten egg

Dip chicken in sauce, then place on grill. Brush sauce on chicken often until done. Discard any remaining sauce.



## Health Tips from John Wesley

United Methodists are indebted to John Wesley for his habits of study and discipline that enabled him to create the writings and teachings that became our denominational traditions. What may be less well known is that Wesley was also fascinated by the human body; he conducted many an experiment on himself, eventually leading to his development of over 800 remedies for 300 unique ailments, which he recorded in his volume, *Primitive Physick*.

**I'm not as willing to commit to Wesley's medical recommendations as I am to the denomination he founded.** After all, he did suggest rubbing the head with onions and honey to cure baldness and snorting vinegar to reverse a bout of lethargy. Nevertheless, Wesley offered some sound advice about specific areas of health, and in fact, was ahead of his time on certain points. Below are a few of his more helpful tips:

- **“Water is the wholesomest of all drinks; quickens the appetite, and strengthens the digestion most.”**
- **“A due degree of exercise is indispensably necessary to health and long life.”**
- **“Those who read or write much should learn to do it standing; otherwise it will impair their health.”**
- **For coughs, “make a hole through a lemon and fill it with honey. Roast it, and catch the juice. Take a tea-spoonful of this frequently.”**
- **Go to bed at 9pm and get up between 4am and 5am**

Whether or not you follow John Wesley's advice on how to cure your next headache, I think it's important to remember the essence of his teachings on health: that **“wholeness is the well-working of the body”** and that balancing all areas of health is a spiritual process.

Below is a list of sources used for this post; they also offer additional information on Wesley's views on health:

- **UMC.org: Wesley's diet, exercise tips promote health and What we believe: Health and Wholeness**
- **Faith & Leadership: Primitive Physick: John Wesley on diet and exercise and Randy Maddox: John Wesley says, ‘Take care of yourself’**
- **Beliefnet: The shocking truth about John Wesley**

-Katie Huffman

(This entry was posted in *The Connection* a blog of the [Duke Clergy Health Initiative](#), in [Physical Health](#) and tagged [physical health](#) by [Katie Huffman](#).)



## DUDLEY TAILS

*Submitted by Cheryl Wildrick*

Dudley usually slept on Tucker's dog bed at the foot of his master's bed. This was not because Tucker did not want or use it anymore. It was because when Dudley outgrew his puppy bed, he became a bit bossy.

Not only did Dudley claim Tucker's bed, but if Tucker got there first, Dudley would stare at Tucker and bark once, in a threatening manner. If that did not work, Dudley would bark again, with a little more threat in his voice, until Tucker got up and walked away.

Their master finally bought a new dog bed for Tucker. But... Tucker wouldn't have anything to do with it - choosing instead, to sleep on the floor in hot weather and on the carpet in cold weather. Worse yet - Dudley didn't want this new bed either.

Dudley's master was frustrated. It was sometimes difficult to communicate because Dudley spoke a different language. Even the language of love failed at times.

One morning Dudley's master woke up to find the dog bed empty... and instead, Dudley's head was under the side of his bed, and his lower half was in sight. When he realized that his master might be getting up, Dudley moved quickly. Unfortunately, he bumped his head on the bed frame. Fortunately, that accident did not happen again.

Later that week, Dudley wasn't seen much (in the bedroom) when his master was getting up and ready for the day. Had he gone into another bedroom? Was he looking for Tucker? Maybe he was really hungry and went downstairs to check his dog dish.

All of a sudden, Dudley came running out from under the far side of the bed! He had learned to crawl from one side to the other. He was so proud that he wiggled all over! And, his master was happy too.

Now... there could have been a very different ending to this adventure if Dudley's master had been in a hurry to get downstairs. Or... if Dudley had gotten stuck under the bed. Or... if Dudley had not come out from under the bed. But, this day, the story had a joyful ending. Dudley had put a smile on his master's face.

You might say that a dog is an Innocent Creature. It does not plot different ways to harm family members. It does not get up in the morning and think, "Today I will chew my master's socks." And it does not choose to shred the toilet paper. (Unless, of course, the owner has not been diligent in storing it out of the way.)

So it is with a child. (S)he may truly be an, "Innocent." A young child may be scolded or spanked because it chose to be disobedient. (When, in fact, the child may have innocently forgotten the rules.) A child will not usually get into someone else's belongings if the reason "why not" has been explained. A young child will not usually use vulgar or disrespectful language if (s)he does not hear it at home or at other places that (s)he goes.

Adults are responsible for raising their children with values. The Bible says, "Train a child in the way he should go, and when he is old he will not turn from it." (Proverbs 22:6) Adults are responsible for being a Christ-like example. We should be willing to accept correction when we are wrong. The Bible says, "He who ignores discipline comes to poverty and shame, but whosoever heeds correction is honored." (Proverbs 13:18)

Christians should not be ashamed to accept correction... or to set an example of humility. Generations to follow need Godly Christian examples to emulate. Blessings.

## Bishops call for dismantling systematic racism in aftermath of George Floyd verdict

April 21, 2021 / By UNY Communications

*The Council of Bishops released the following statement on April 20, 2021 after a jury convicted former police officer Derek Chauvin of murder and manslaughter in the death of George Floyd, nearly a year after a viral video of the Black man gasping for breath pinned beneath the White officer's knee sent millions into the streets demanding justice and forcing a national reckoning on race and policing.*

The Council of Bishops stands together with all justice-loving people around the world in prayerfully bearing witness to the jury's decision that convicted former police officer Derek Chauvin of murdering George Floyd.

The racial violence experienced by communities of color has pushed us to think more deeply about how white supremacy functions in our society. We must continue the work of dismantling systemic racism so that the lives of black, Hispanic, Asian, Pacific Islander and Native American sisters and brothers will no longer be needlessly taken. We are called as people of faith to work for a world in which love, peace and justice reign. It is our hope that United Methodists around the world will take up this work as a continuing commitment of our baptismal vows.

As we reflect on the importance of this verdict and on our work in the days ahead, we pray for peace in the midst of truth telling, empathy in the midst of grief and action that leads to healing and greater justice for all of God's children.

### Gil's Hills Ministry Coordinator Report

- Covid Schedule has ended and we have returned to 2 clubs per week.
- Volunteers are coming on board and are making a BIG difference to Gil's Hills, especially to our kids. We are so blessed and thankful for their help.
- We are still working closely with the Parker/Jordan Christian Academy. They have been excited in bringing forth their process.
- We have been reviewing and implementing age group appropriate bible lessons and activities. Activities including making maple syrup and working on the Wall? Cross project. Taking hikes and further enjoying all of God's creations.
- Continuing exploring heating options for next year to make sure we provide the best system for the school.
- I would still like to be able to maintain contact with every and anyone, if you have concerns or ideas. If you need encouragement or just want to chat you can contact me through Facebook messenger, text @ 585-610-8183, or email @ szalays74@gmail.com. If I don't already have it, please share your contact information with me as well.

Love in Christ,  
Scott Szalay  
Ministry Coordinator  
Gil's Hills Ministries

*CubaUMC has an offering for Gil's Hills on the last Sunday of each month .*



Watch **Live Streaming of Sunday Worship Services** on our website,

[www.cubaumc.org](http://www.cubaumc.org),

(Go to "Sermons" page to watch archived videos.)



also watch on the **Cuba UMC Facebook page.**



**SUNDAY  
WORSHIP  
SERVICE  
11:00 AM**  
Mask & Social  
Distancing Required



# 2021

No groups and activities  
are allowed to use the  
church at this time due  
to COVID-19.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 UMW Food Pantry Collection	3	4	5 Trustees Mtg. 6:00 pm Management Team Mtg. 6:45 pm	6	7	8
9	10	11	12	13	14	15
16 <i>Mother's Day</i>	17 June Newsletter Deadline Noon	18	19	20	21	22
23	24	25	26	27	28	29
30 Gil's Hills Offering Peace with Justice Sunday Offering	31					

# The Shepherd's Messenger

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# May

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*The Shepherd's Messenger* is a publication of the Cuba United Methodist Church, and is published monthly to report news & keep members and friends informed of church programs and events. Deadline for article submission is the third Monday of each month at noon. Please email articles to Editor's email address, or drop articles off to the church office.

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