

Join Us In A Journey Towards Better Mental Health



My guess is that your response has been varied. Some of you love it, and others find it impersonal and inadequate. I have a mixed response. It was during the pandemic that I had my first introduction to *telemedicine*. It is convenient, though I find myself feeling pressure to ask my questions quickly when engaged on a tele-visit. Telemedicine and teletherapy, however, have many upsides in addressing mental health.

Our society has been bombarded with so many issues that there is scarcely time to address them. The focus of this article is the **mental health crisis**. It existed before the pandemic, but is much more intense now. I am inviting us, as a church, to explore avenues to address mental health issues in a helpful way as a focus for the remainder of 2022.

We begin this journey on **Sunday, June 26**, as we pack “*Summer Care Packages*” for our children and youth after the 9:15 service in the gym. These packages, in addition to food and fun items, will include helpful resources for mental health. Our initial brainstorming includes fall children and youth classes that address mental health, curriculum for various Sunday School classes, and possibly bringing in speakers that are available to the community. We welcome your suggestions and participation.

Peg Rosen, in the article, “*The 10 Most Meaningful Advances in Mental Health Since 1996*”, reminds us that it is not all bad news. The rise of telemedicine/teletherapy is one of the greatest gains. Teletherapy provides “easier, private access to a broader base of patients, often at a lower cost.” Alongside teletherapy and telepsychiatry is the easy access to mental health help on your smartphone, as the number of mental health-related apps has grown exponentially. One app designed for youth is “Teen Talk” where teens may text struggles and trained individuals reply. There are also new pain therapies and improvement in Cognitive Behavior Therapy.

I rejoice at every gain in this crucial area, but the nightly news is a constant reminder that we have not arrived. The prevalence data from Mental Health America reports that nearly 20% of adults in America are experiencing some form of mental illness. That is equivalent to nearly 50 million Americans. Incidents and levels of depression and anxiety have risen among many of us in our current climate of ongoing trauma. 5% of Americans are experiencing a severe mental illness.

Obstacles remain, and our challenge is to address the obstacles, educate ourselves, and find concrete ways to nurture mental health in our children, youth, and adults. Jesus demonstrated clearly that he cares about our overall health—physical, mental, spiritual, and relational. Logically, COVID-19 exacerbated symptoms of anxiety, sadness, irritability and stress in children and young people. The reality is that there are not enough available providers for the numbers of children needing help. Though access to mental health care has improved, there remains the shortage of providers, and areas in our country, and many areas across the globe offer little, if any, access to mental health care.

An obstacle that all of us can proactively address is *dropping the stigma* towards those who suffer from mental health conditions. There is clearly greater understanding today towards those who suffer from anxiety and depression, but we have a long ways to go in reducing the stigma towards those who suffer from illnesses such as bipolar disorders or schizophrenia. I am challenging us all to grow in our understandings, and will offer articles and opportunities for all of us to be better educated.

As we begin this journey, you can:

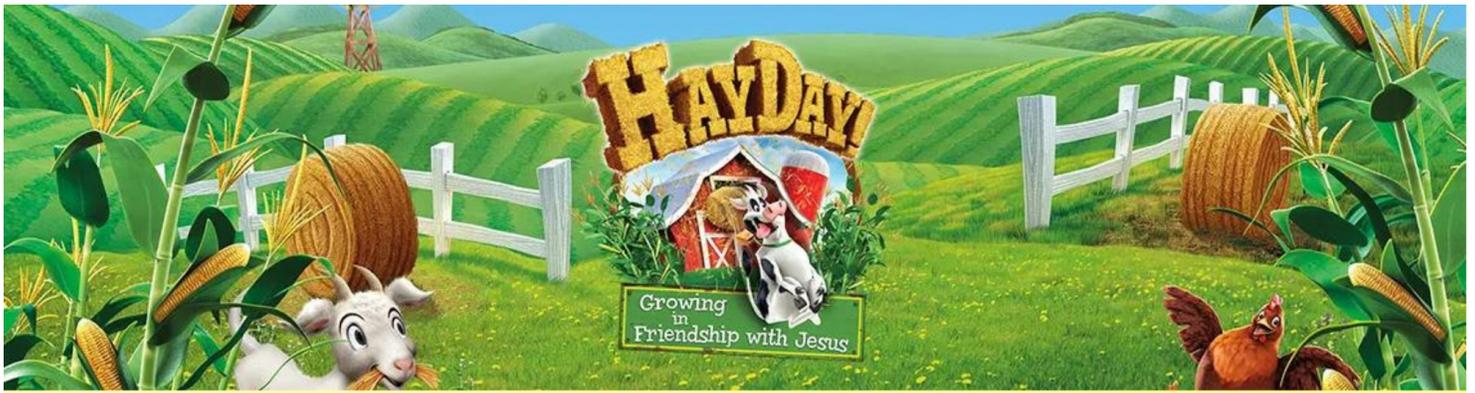
- Join us on Sunday, June 26, at 10:15 in the gym.
- Take advantage of opportunities to become better educated about Mental Health.
- Connect with NAMI-National Alliance for Mental Illness nami.org (You can join NAMI for free and receive free news letters or make a donation.)

— Pastor Brenda

LINK SUNDAY

Sunday, June 26th

JOIN US IN THE GYM FOLLOWING THE BRIDGE SERVICE (10:10 AM). WE ARE PUTTING TOGETHER SUMMER CARE PACKAGES FOR CHILDREN AND YOUTH! COME AND HELP MAKE SUMMER HEALTHY AND FUN FOR CHILDREN AND YOUTH!



JOIN US FOR VBS - JULY 29TH & 30TH

Kids ages 3 years through 5th grade are invited to attend. Invite your friends and family! Scan the QR Code to register online.



We still need a few more volunteers:

**2 preschool teachers
and 2 guides.**

Contact Kim Hastings at khastings@muirschapelumc.com if you can help!

FAMILY FUN THROUGH THE AGES!

Sunday, July 10th
5pm

Covered wagons, costumes through the ages, hot dogs! Join us for family fun with a festival feeling. We are hosting a summer evening of food, games, and laughter.

Put the date on your calendar now!

VOLUNTEERS NEEDED

Our MCUMC Board of Trustees are actively working on a project to update our cemetery data and bring it into current technology.

This effort will provide a more readily accessible resource for managing, maintaining, and planning for the cemetery.

The result will be a database of details for the property, and up-to-date digital mapping tools precisely locating all current, past, and future plots. In efforts to avoid unnecessary costs to the project, the Board of Trustees are seeking meticulous-minded volunteers to assist in physically locating and recording as many of the primary section control markers as possible. The method for acquiring these starting points is the same whether our survey and mapping contractor locates them, or church volunteers perform the tasks. Pre-locating the points, we can do ourselves and saves us the expense of paying to have them located. The pros can do the rest!

If you are interested in assisting, please contact the church office. Please note that these tasks are outdoors, in the cemetery, and though easy in concept, they do require standing, walking, minor digging (many markers have been covered by grass & soil through the years) and the use of measuring devices. Participation times can vary during regular hours the cemetery is open, suitable to the volunteer, after a short training class.





**NOW HIRING:
Director Children's Ministry**

Are you ready to:

BRING CHILDREN TO CHRIST, GROW THE CHILDREN'S MINISTRY AT MUIR'S CHAPEL UMC, ORGANIZE CHILDREN'S ACTIVITIES, MANAGE THE CHILDREN'S MINISTRY BUDGET, CHANGE LIVES, HAVE FUN? CONTACT US FOR MORE DETAILS.

Muir's Chapel UMC, Greensboro, NC

Send your Resume to: Kathryn.Peascoe@gd-ms.com

- Flexible hours
- Supportive Staff and Congregation
- Amazing Children

Action Plan for 2022- "We need you!"

We began 2022 with a set of goals to help us rebuild as we emerge from the pandemic. Our NUMBER ONE goal is an "Intentional laser-focus on growing the children and youth ministries."

All of you have the opportunity to help us reach this goal:

We are looking for a full-time **Director of Children's Ministry** ASAP. Kim Hastings will continue as our Playschool Director, but is retiring from the role of Children's Ministry.

We need you: **To get the word out!**

Director of Children's Ministry – 12 month full-time staff position

General Responsibilities:

1. Coordinate and organize regular activities for the children birth-5th grade.
2. Responsible for children's curriculum development, planning and execution of outings and summer activities.
3. Organize and recruit teachers for Children's Sunday School, and Children's Church, and Vacation Bible School.
4. Lead Vacation Bible School.
5. Hire and oversee nursery workers.
6. Work closely with the Youth Director and Playschool Director to creatively plan joint projects with the youth and playschool families.
7. Proactively reach out to the community with an invitational stance to grow the Children's Ministry.
8. Provide leadership development, motivation, and encouragement for church volunteers.
9. Submit annual budget and monitor spending to ensure the ministry stays within the budget guidelines.
10. Maintain Safe Sanctuary guidelines. Train and communicate with parents about this policy.
11. Keep abreast of current trends and developments in the area of children's ministry and seek training opportunities to strengthen knowledge of children's ministry.
12. Be a resource for children and their parents in times of need.
13. Attend Weekly Staff Meetings.
14. Other duties as needed.

Requirements:

- Bachelor's Degree in a relevant field or equivalent experience.
- Passionate Christian faith.
- Passion for teaching children.

Desired Traits:

- Solid Biblical foundation.
- Self-starter.
- Able to work independently.
- Energetic.
- Outgoing.
- Skilled in Social Media.

Salary Range: Depending on experience

Please forward resume and/or questions to: Kathryn.Peascoe@gd-ms.com.



JUNE

BIRTHDAYS

16	24
David Edwards	Sam Seals
18	25
Margaret Adkins	Kylie Edwards
Chris Chase	Dylan Muncy
19	Brigett Williams
Cynthia Ferguson	27
Sayde Masters	John Ludemann
20	Susan Morrow
Karen Edwards	28
21	Alvin Butler
Max Ludemann	Shirley Ludemann
Richard Sahli	M.E. Ramsbotham
22	Mike Shade
Gwen Hopkins	David Smoak
Sue Sciabarrasi	29
23	Jim Haulenbeek
Rodney Morrow	Sarah Reiland
Frances Moses	30
Franchesca Soro	Billy Britt
	Kenny Phillips

A new sound will be ringing through our neighborhood soon.

**JOIN US
FOR WORSHIP
ON JULY 3RD AS WE
DEBUT OUR CARILLON.**

**WE ARE LOOKING TO
BORROW AN OLD-TIMEY
WAGON FOR OUR JULY 10TH
FELLOWSHIP EVENT.**

If you have one, please contact Walt Mueller at waltmueller2@aol.com or contact the church office!

Rev. Brenda Newman, *Senior Pastor*
pastorbrenda@muirschapelumc.com

Brian Edwards, *Director of Youth & Discipleship*
bedwards@muirschapelumc.com

Kim Hastings, *Director of Children's Ministries*
khastings@muirschapelumc.com

Laurin Daniels Allred, *Director of Music & Creative Arts*
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Blake Cummings, *Facilities Manager*
bcummings@muirschapelumc.com

Sandy Cantliffe, *Office & Financial Manager*
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Alison Ludemann, *Church Secretary*
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Kenny Phillips, *Accompanist*

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GIFTS TO THE CHURCH

In memory of Chad Joyner

For Budget Memorials
By Clarence and Marie Slaughter

In memory of Irene Wright

For Budget Memorials
By David Conrad
By Harold and Susan Kincaid
By Byron and Susan Hall
By Stella Pleasants
By Bud and Reba Maxson
For UMCOR—Ukraine
By Tony and Jeanette Lewis

In memory of Patricia Hussey

For Budget Memorials
By Sean Hussey

In honor of Chris Graham, Jo Kay and Stephanie Haigler

For Congregational Care
By Gaynelle Joyner

In honor of the Jaiden Britt Scholarship Fund

For the Jaiden Britt Scholarship Fund
By Chris and Kathy Peascoe

THANK YOU

Dear Muir's Chapel Church Family,
Your many prayers, cards and encouraging words have meant so much to me during this time of healing from surgery. And I especially appreciate the lovely prayer shawl knitted by Susan Comer. My recovery has been evidence that God has heard and answered your prayers on my behalf.

Twelve weeks of chemo lie ahead of me beginning the second week of June. Your continued prayers during this time will mean the world to me.

Jock and I treasure the memories of the years spent with you and the friendships formed while we were serving God together.

Blessings to all,
Cheryl Ollis



The family of Irene Wright are so thankful for all the cards, calls, flowers, visits and prayers. Mother loved Muir's Chapel and its been so evident that the members loved her! A special thanks to Pastor Brenda for the many wonderful prayers and hugs that were so needed. Thanks also for all the special people that helped with Momma's service and food for the family visitation. God has truly blessed us with each of you!

The Wright Family

OFFERING

June 5th

Budget Giving	\$7,559.00
Other Income	<u>\$580.00</u>
Total Budget	<u>\$8,139.00</u>
Designated Funds	\$900.00

June 12th

Budget Giving	\$10,178.00
Other Income	<u>\$115.00</u>
Total Budget	<u>\$10,293.00</u>
Designated Funds	\$603.08

OFFICE HOURS

The Church Office will be open Monday-Thursday. If you need to reach us on Fridays, please call Alison Ludemann at 336-317-8243 or Sandy Cantliffe at 336-908-4777!

***Don't forget you can reach Pastor Brenda anytime at 704-785-7948.**