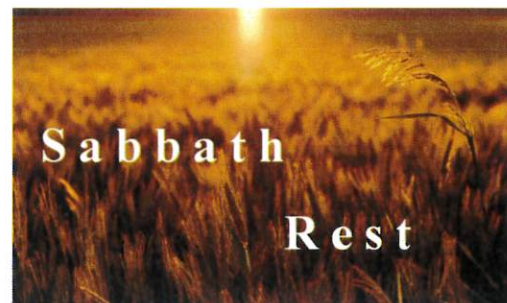


Sabbath

Sabbath is remembering the holiness of God one day each week. Sabbath can be about the 7th day. God created the world in 6 days and on the 7th day God rested. God commanded we too take a Sabbath day. It is the 4th of the ten commandments. God told us to remember the sabbath and keep it holy. In the Christian tradition we most often worship on the first day of the week instead of the seventh because Jesus rose from the dead on the first day of the week and every Sunday is a little Easter.



Jesus reminds us that the Sabbath was made for us, not we for the Sabbath. He was criticized for healing on the Sabbath, missing the point. We do not worship the Sabbath. We take time to remember God is at work and find energy to participate in that work again the next week. It is not about the rule, but the intent.



Pastor's do not consider Sunday a day of rest. It does not have to be celebrated on Sunday. Our Sabbath can be any one day of the week, it is so important to give attention to God. To pause, to stop, to rest, to recharge. The fellowship committee is offering a day as Jesus said to His followers, "Come away with me to a deserted place and rest for a while." I hope you will join us this July for our Sabbath Retreat.

When I take a Sabbath and remember to keep it holy, I am taking time to acknowledge God is at work even when I am not. I once took a day in the winter and it was snowing. I watched the snow and I notice how much was happening while I was not producing anything. Some call it a stop day. Being retired doesn't stop you from activities. Whether we are paid to serve or not, there is so much going on in our lives. Sometimes we may be still, at home, but our mind is not. Sabbath can give us just the pause we need to let our soul catch up.

Our retreat is extra special because we will be doing it together. Note Jesus said, "Come away *WITH ME!*" We gather and share and hear a scripture and have a cup of tea or coffee. Two of my friends went with me to Pendle Hill recently (this is where we will be gathering for retreat) to sit quietly at the Quaker service held there every morning. We walked around the campus. This was just after one of our major storms. The center had a significant amount of damage. Trees were down, large oak trees and evergreens, branches strewn about by the wind. It made us acutely aware, this place where peace is practiced and quiet prayer is constant, is not exempt from chaos and storms. Peace as we have heard so many times is not the absence of conflict but the presence of God.



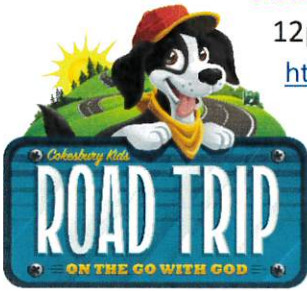
We re-create in the summer. I arrived here almost one year ago, last June. And when I came to the office it was quiet because the nursery school and bus stop children were out for the summer. The choir was on sabbatical. It is indeed a much needed break for so many. As we go on vacations and find recreations to re-create and find rest for our souls, let us keep in mind the times we remember God's work and God's presence. Remember it is a commandment. In our lives filled with worry and distractions and constant activity, a sabbath is a needed gift. If Jesus needed a sabbath, who are we to think we can function without it?

Come away with me to a desert place and rest for awhile.

Jonette Gay



This may be the last newsletter we mail. All newsletters are emailed monthly through Constant Contact and posted on our website. **If you'd like to continue receiving a mailed copy of our monthly newsletter**, please email/call Christina admin@limachurchpa.com or 610-566-7109.



Vacation Bible School registration continues! VBS is taking place June 23-27 from 9am-12pm. Use this link to register -

https://docs.google.com/forms/d/e/1FAIpQLSeVWSUpAHtf33kBjUswOU_Haf-Yr6Vvyer10AP-gaFH4g9bLA/viewform?usp=dialog

We also need volunteers with updated clearances. If you are interested in volunteering, please contact Christina in the office to help with obtaining clearances.

Register here by scanning this QR code:



Invite your family, friends and neighbors!



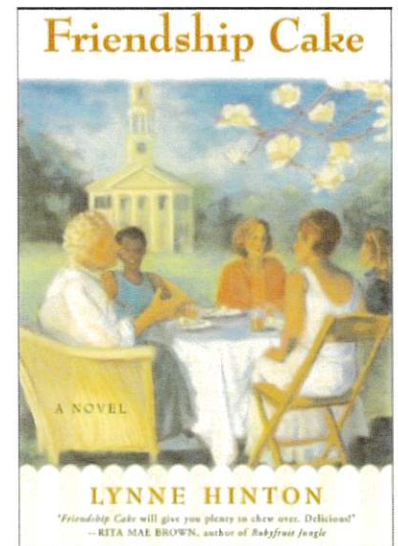
Sunday School ends on June 15th and will begin again in September.

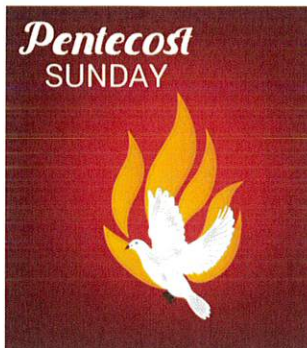
Worship services throughout the summer will continue at 8:45am and 10am with fellowship time from 9:30 – 9:50am.

Ladies Book Club

This summer Lima is having a book club discussion just for fun. We will read a novel by Lynn Hinton called: "Friendship Cake." The book follows the lives of a group of women in a church complete with their favorite recipes. We are telling you early in case you like taking your time reading. Instead of ordering the books for you, we will let you get them. Some of you might check it out from a library while others buy used books. So you can get the book on your own and read at your leisure. We will gather at the parsonage and discuss it. We ask you to make the food, bring it with the recipe to share.

Wednesday July 30th at 2:00 p.m.





Pentecost Sunday June 8th

On Sunday June 8th we celebrate the Holy Spirit
at Pentecost. We invite you to wear red to worship.
Join us in the Pentecost celebration @ 8:45 am or 10:00 am.



Graduation Recognition

Do you have a student who will be graduating from high school or college in your family? We would like to recognize them sometime in June. Please call or email Christina with the following information and include a picture:

Name

Current high school or college they're graduating from

Major or future plans if known

Relationship to LUMC member

JUNE MISSION OF THE MONTH – Domestic Abuse Project of Delaware County (DAP, Inc.)



What is Domestic Abuse?

It's an ongoing pattern of manipulation used to physically, emotionally and psychologically exert power over a partner or family member. Abuse is often cyclical in nature and **will not go away**. It usually gets worse and increases in frequency over time. The Center for Disease Control (CDC) reports that 1 in 4 women and 1 in 7 men have experienced severe physical violence from an intimate partner in their lifetime.

Who is The Domestic Abuse Project of Delaware County? This local organization believes that abuse is never acceptable. Since 1976 their trained and compassionate staff has been working to empower survivors of abuse and to prevent domestic

violence. Annually thousands are supported through the 24/7 hotline, emergency safe shelter, counseling and legal advocacy. Lima's Outreach Committee is enthusiastic about supporting DAP with the June Intentional Mission (green) envelope, and thanks you for your participation. We are certain it will have a **profound impact** on our community.

LUMC Online Donation Giving



We have a new online donation option for Lima UMC where service fees are optional, and you can select 0% so that your entire donation goes to Lima. You can specify to pay using a credit card or a bank account. It can be a one-time donation or recur monthly. After specifying an amount, you can check boxes to name the fund(s) you want the donation to go to, and how much to each. The link below will take you to the site or scan the QR code.

<https://www.zeffy.com/donation-form/donate-to-make-a-difference-10538>



United Women in Faith

[Spring Rummage Sale](#) is happening on June 18-21, 2025. We will be able to use as much of our church facility as needed this time. Please keep saving your superb finds for the sale. We are looking forward to unpacking and displaying your donations.

Sign up sheet for your date and time is posted on the Lima UWF bulletin board. Also you can fill out the church bulletin tab or call the church office to sign up. (610-566-7109)

All proceeds will be given to women, children, and youth programs and ministries that are local, state, and global. Bring your friends to enjoy the fellowship of putting God's love into action. Contact Linda Youngstrom with questions or concerns at 267-789-6386



Set-Up and Drop Off

Wednesday, June 18th – 3 PM to 7:30 PM

Thursday, June 19th – 9 AM to 4:00 PM

Sale Days

Thursday, June 19th – 5:00 PM to 8:00 PM

Friday, June 20th – 9:00 AM to 5:00 PM

Saturday, June 21st

9:00 AM to 12 Noon

Bring us your clothes, jewelry, furniture, luggage, holiday decorations, house-ware items, toys, puzzles, books, CDs & DVDs, working appliances and athletic equipment.

NOT being accepted are TVs, monitors, car seats & large exercise equipment.

Looking forward to working with you on the Lima United Women in Faith Summer Rummage Sale. We are fundraising for women and children mission projects.

Eastern PA Conference United Women in Faith

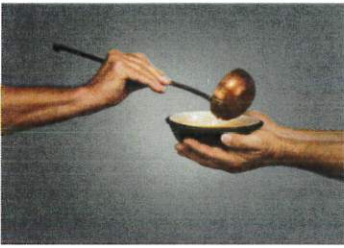
2025 Mission u study event will be on July 18-19 at the Exton Hotel on Route 100 in Exton, PA. Mission u Online class will be July 21 & 23, 28 & 30 on Mondays and Wednesdays at 6:30 PM to 8:30 PM on Zoom. This event is open to women and men. The adult curriculum is being used. When granddaughters come, three generations are present and sharing the experience.

Registration online opened May 5th, 2025. Overnight-er* is \$100 and includes dinner Friday and breakfast and lunch on Sat. There are scholarships for first time attenders. Commuter* is \$40 and includes dinner Friday and lunch on Sat. There is grant money set aside to pay for half of the registration. The Online Zoom class is \$20 and you register online. *(You need to contact Linda first to get a code to use for your online registration).

For 2025, the theme is *Practicing Hope Together*. How do we understand hope in the midst of so many hard realities? This year we will study the resurrection appearances of Jesus and the example of early Christian communities to explore what it means to practice hope in God even when things seem to be falling apart. See flyer on bulletin board for registration link. (Linda can help you register online.)

In Service to Others - Fidget Quilt meeting is on June 4th at Nancy Ellis' house. We gather at 1 PM in Nancy's crafting studio and adjourn by 3 PM. Nancy's quilting friends join us.

Knit and Crochet Fellowship meeting is on June 14th at the church in the Disciples Den which is a room off of the Wesley Hall. We start at 1:30 and end by 3 PM. We continue to create pray shawls, lap blankets, and winter hat and scarf sets.



Feeding the Homeless

Lima congregation's next date to make Sunday dinner for the homeless is on June 22nd. Sarah Noll is organizing this dinner around a pasta salad with protein. The Outreach committee members will be preparing, delivering, and serving the meal to the 50 needy people gathering at the Life Center of Eastern Delaware County. You can be a blessing through your actions of praying, monetary donations, giving food items, and/or physical help to deliver the meal to God's people. Thank you for your faithful involvement.



Tai Chi Classes to begin at Lima UMC on the lawn starting June 5th

Thursdays @ 6:00 p.m.

Saturdays @ 10:00 a.m.

\$10 per session

Tai Chi, also known as Tai Chi Chuan, is a graceful form of exercise that combines slow, flowing movements with deep breathing and focused intention.

Often described as "meditation in motion," Tai Chi promotes relaxation, balance, strength, and overall well-being. It's a low-impact practice suitable for people of all ages and MOST fitness levels.

A Bit of History: Tai Chi has its roots in ancient China, dating back over 700 years, though some legends trace its origins even further. It was originally developed as a martial art, blending physical skill with philosophical principles from Taoism and traditional Chinese medicine. Over time, Tai Chi evolved into a gentle form of exercise that emphasizes inner harmony and energy flow, or chi.

Today, millions of people around the world practice Tai Chi for its many health benefits — including improved posture, flexibility, stress reduction, and better mental focus.

Whether you're here for fitness, stress relief, or simply to try something new, Tai Chi is a journey of balance, awareness, and peaceful movement. Welcome — and enjoy the practice!

What to Wear and Bring to Tai Chi Class: For Tai Chi, comfort is key! Wear loose, comfortable clothing that allows you to move freely — think stretchy pants, a t-shirt or workout gear, and a hat if you want sun protection. Soft, flat-soled shoes are best for balance and stability, but practicing barefoot is also fine if you're comfortable. Remember, we expect to be practicing outdoors in rough grass.

Consider bringing a water bottle to stay hydrated, and sunscreen. No other equipment is needed — just come with an open mind and a willingness to move and breathe.

About your instructor: Brett is a seasoned fitness instructor who, at 55 years old, brings over 40 years of martial arts experience to his practice. Having spent most of his life studying various martial arts, Brett's journey with Tai Chi began five years ago as a natural extension of his martial arts training. Intrigued by Tai Chi's emphasis on balance, relaxation, and internal strength, Brett found a new dimension to his martial arts practice that complemented his existing skills.

With a deep respect for both the traditional and modern aspects of Tai Chi, Brett has cultivated a teaching style that merges his extensive martial arts background with the principles of Tai Chi. He guides his students through the movements with precision, focusing not only on physical techniques but also on cultivating mindfulness and inner calm.

Brett's classes are known for their thoughtful approach, offering students of all levels an opportunity to connect with their bodies and minds while learning the timeless art of Tai Chi. Through his teachings, Brett strives to empower his students with greater physical vitality, mental clarity, and a sense of inner peace



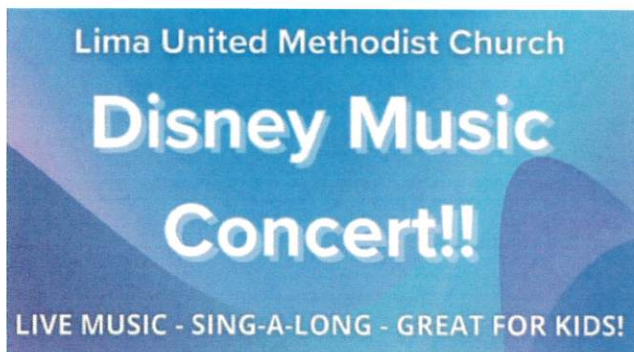
Watoto

Some of our members and friends took the Lima bus to St. Daniels Church on May 1st for the Watoto children's concert. Thanks to Jim Baidokas for driving the bus. Terry and Jim hosted a group of 6 children in their home for the night.



The meals we packaged at our RAH event have been shipped and are headed to Vietnam!

Located in Southeast Asia, Vietnam is the easternmost country on the Indochinese Peninsula. While poverty rates have decreased in the past decade, many minority groups, especially in rural mountainous regions of the country, continue to face food insecurity. Frequent natural disasters that cause flooding and landslides create further instability for many families who rely on farming for income. The Global Hunger Index, which assesses food insecurity based on indicators that measure undernourishment and undernutrition, categorizes the country of Vietnam as a whole as having a "moderate" level of hunger. Rise Against Hunger serves in the regions of Vietnam where hunger is most urgent.



June 29, 2025

12:00 PM

Free admission

Join us!

COME AWAY WITH ME TO A DESERTED PLACE AND REST FOR A WHILE

**Lima Church Retreat to
Pendle Hill Retreat Center, Wallingford, PA
July 7-9, 2025**

The members of Lima Church are invited on a retreat!

Let us come together to find refreshment, fellowship, and spiritual renewal. We will eat, laugh, sing, and experience God in a new and tranquil setting.

Pastor Jonette will lead activities focusing on the Sabbath. We will play games, connect with each other, and get away to rest for awhile. We will be studying Sabbath: Finding Rest, Renewal and Delight in Our Busy Lives by Wayne Muller.



Accommodation options:

Private & shared rooms will be available.
Room rates will vary depending on preference.
Cost includes all meals and activities planned.
Overnight stay is optional.

Scan the QR code to the right or click [this link](#) to complete the online registration form or complete the paper registration to express interest in going.



Please contact the Lima Church Office if you have questions and we will get back to you.



LIMA UNITED METHODIST CHURCH
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 Mailing address: PO Box 158 Lima, PA 19037
 Limachurchpa.com

Non-Profit Org.
 U.S. Postage
PAID
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 Permit No. 239

DATED MATERIAL

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Tai Chi 10am
	LCNS Summer Camp 9am-12pm					
			Quilters 1pm	Tai Chi 6pm		
8 Pentecost Sunday -wear red	9	10 Outreach 10am	11	12 Tai Chi 6pm Trustees Mtg 7pm	13 Last day of AK and Bus Stop	14 Tai Chi 10am Knit & Crochet in DD 1:30pm
15 Father's Day	16	17	18 Rummage Sale dropoff 3-7:30	19 Rummage Sale Dropoff 9-4 & Sale 5-8 Tai Chi 6pm	20 Rummage Sale 9-5	21 Tai Chi 10am Rummage Sale 9-12
22 Feed the Homeless	23	24	25	26 Tai Chi 6pm Finance Mtg 7pm	27	28 Tai Chi 10am
	Vacation Bible School 9am-12pm					
29 Concert 12pm	30					