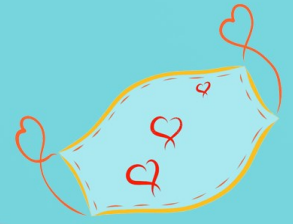


# MOMENTS matter



**Quarterly Newsletter of Epworth United Methodist Church  
June/July/August 2021**

## Epworth's Re-opening



Epworth will begin a gradual reopening and work towards our new normal. We aim to encourage ALL to feel comfortable attending in person. We realize that some people are unable to receive the vaccines at the recommendation of their doctor or choose not to be vaccinated at this time, and we encourage everyone to talk to their doctors about vaccinations. The higher our vaccination rate, the easier it will be to continue to create a welcoming community for all.

As of May 21:

Fully vaccinated people will not be required to wear masks or practice social distancing. We still encourage those who feel more comfortable doing so to continue wearing masks. Those not vaccinated must continue to always wear their masks and practice social distancing to ensure the safety of others who have not been vaccinated

## June 2021 Worship Schedule

We welcome everyone back for 2  
Worship Services

- ♦ 9:00 a.m. In-house Contemporary Worship Service or Online worship.
- ♦ 11:00 a.m. In-house Traditional Worship Service or Online worship.

You can access these services through Epworth's Facebook page, YouTube, or on the Web at [www.epworth.faith](http://www.epworth.faith)

Other ways we are trying to reach out

Wednesday Connection (open to all)  
7:00 p.m. on Wednesdays

*This Newsletter is sponsored by  
Epworth UMC*



**EPWORTH  
REHOBOTH BEACH**  
a United Methodist Church  
19285 Holland Glade Road -Rehoboth Beach, DE 19971  
302.227.7743 [www.EUMCRB.ORG](http://www.EUMCRB.ORG)

## Pastor Vicki's Views



What a year we have had! And, how wonderful to be back together again in worship! With so many of us vaccinated, we sense a feeling of relief and freedom. We might even be tempted to think it is all behind us now. Yet, experience tells us a different story.

Life after trauma does not

magically go back to “normal,” however we defined normal. Instead, we find ourselves and our reality changed. We have been isolated for a long time and so we have lost many of the patterns of social interaction and community behavior which bound us together and made us strong. As we gather again, we need to relearn some of these behaviors and recognize some of the differences the pandemic experience has left us.

Psychologists refer to the aftermath of traumatic experiences as PTS: “Post-Traumatic Stress,” and many believe we will experience this PTS as we emerge from isolation. We may be tempted to dismiss labeling our struggles over the past year as trauma. However, the long-term experience of low to medium level stress keeps our bodies and minds constantly on alert. This constant alert causes our brains to react from the amygdala, where we choose to fight, flee, or freeze. And, the persistence of this low level stress solidifies the neural pathways, so that our brain’s first response in any situation arises from that part of our brain.

Have you noticed people being “on-edge” or a little more irritable than usual? Have you experienced those emotions in yourself? Welcome to Post-Traumatic Stress. It will take time to retrain our brains to realize that we are not under constant threat. In the meantime, God invites us extend abundant grace to ourselves and each other, as we work through the trauma.

We also need to take care of ourselves physically. Dr. Glen Davidson, chair of the medical department at Southern Illinois University, has researched health effects of unresolved trauma and grief. He discovered that 25% of people experience a significant decrease in their immune system within six

to nine months after trauma or loss, and that many people will develop a serious illness within a year. He recommends caring for our bodies, minds, and spirits to reduce this risk of illness.

We know that staying hydrated, eating nutritiously, exercising, and getting enough rest keeps our body strong and healthy. Yet, the importance of these practices dramatically increases as we come out of a traumatic experience. We may want to find friends who can help us stay committed to taking care of our bodies as we come out of the stress of the pandemic.

And, how do we care for our minds and spirits? Trauma therapists have identified three ways we can support ourselves and others: talking, tears, and time. We need to talk about our experience over this past year and allow others to talk about it, too. What did we lose? How did the pandemic affect us? What emotions arise from the experience? How can we express these emotions in a healthy way? We also need to recognize that healing takes time. Each person’s recovery will take a different path, just as each of our spiritual paths differ. Yet, we know the Spirit remains with us every step of the way.

We may find help in our relationship with God through writing a lament. We find many laments in the book of Psalms as well as a whole book called, “Lamentations.” Laments, such as Psalm 13, follow a pattern, which you can use to write. First, call out to God. Use whatever name for God that speaks to you. Be creative and move beyond typical names, such as Lord and Father, to truly describe God’s nature, such as God of Light, Loving Presence, Source of Life, etc. Second, describe your pain to God. Try to be as specific as possible. One example from my life might be: “I feel cheated because I could not have an in-person funeral for my mother, and was not able to get the normal support of hugs and stories that funerals bring.” The third step involves asking God for help. Again, try to be as specific as possible, naming to the best of your ability what would soothe your soul. Finally, in the last step, affirm your trust in God. While this step may be difficult at first, I find that looking back over my life provides so many examples of how God has provided for me in the past. If God has taken care of me in all the trials in my past, God will remain faithful and care for me now.

We also will need to care for our community life. We may want to write a lament together. Or ask each other the questions above to share our burden together. Additionally, we will focus this coming year as a church on community—developing and deepening the practices which make us Epworth. We invite you to join us for the journey. It won’t be the same without you. “I believe that [we] shall see the goodness of the Lord in the land of the living.” Together. (Psalm 27:13)



## Pastor Bo's Views

### Communicating Inspiration at Epworth – by Bo Gordy-Stith, Pastor of Community and Communications



Epworth's Communications Policy, formally adopted by our Governing Board in March, 2021, articulates our goal of sharing stories of God's movement among us and providing clear pathways for those who are inspired to explore ways to join in that movement or to find more information. Our primary task in working toward this goal: **Share transformational stories (verbally and visually) to inspire people to seek additional information.** This inspirational storytelling is job one for any group or event leader seeking to invite others in our congregation to join them. First tell the story of WHY – then provide the details of who, what, when, where, and how.

Our policy specifies that churchwide communications apply to at least half of our congregation – or else use direct communications methods for smaller groups. The most effective invitation remains face-to-face. An old church communications cliché laments that bulletin announcements (one form of churchwide communications) result in one (or at most a few) additional people responding besides those persons who have already been invited personally. Cluttering our churchwide communications with invitations to smaller groups trains us all to ignore these announcements.

We've made some changes to facilitate better communications for our community of faith and between the congregation and our staff. You may already know about our new website address and domain name: Epworth.faith – not a search term, but an actual web address that will always take you to our website. All staff

email addresses have also changed. To reach a staff member, simply use their first initial and last name (no spaces), followed by @epworth.faith (so, for me, use bgordy-stith@epworth.faith). We also upgraded our phone system to make it easier to access staff members.

Building the site from the ground up is an ongoing process, requiring redesign of web page structure, page layout and graphics as well as content creation – far beyond merely cutting and pasting information from the old website, much of it outdated. We maintain two official websites (1) Epworth.faith; (2) Facebook: <https://www.facebook.com/epworthUMC> (with 1691 followers); and two YouTube accounts: (1) Epworth UMC - Rehoboth Beach, DE (255 subscribers); and (2) Epworth UMC ASL - Rehoboth Beach, DE (55 subscribers).

Each Thursday, we send a Thursday Afternoon Update to everyone on our mailing list (currently 886 people – 38% of whom open these emails and 24% of whom click at least one link to find out more information – both higher than average for this form of communication). Our communications goal is to limit broadcast email to the congregation to this one email each week. Rather than forcing people to scroll through a lengthy document, we use links to take users typically to our website for more information about a particular topic. These links may be an underlined word, a picture or symbol.

To practice more eco-friendly communications, we continue distributing our weekly worship bulletin and prayer concerns list digitally. It's always available on our website, via the worship dropdown menu on the Current Worship Series page. We also provide a link in the Thursday Afternoon Update email, and we've just introduced a QR Code – posted in our lobby/narthex – that takes you directly to the link when you focus on the code with your smartphone camera. We recognize that the text displays small on a smartphone screen, so we are working on a smartphone-friendly redesign.

Thank you so much for your feedback! Every part of our communications network is an evolving work-in-progress, making use of new technologies and methods to reach and inspire one another with the Good News of Christ among us.

*Pastor Bo*





## Steven Ministries - Moments Matter

# Stephen Ministers: The After People

People often ask, “What exactly is a Stephen Minister?” One way to put it is that Stephen Ministers are the *After People*.

### *Stephen Ministers are there:*

- ... *after* the phone call you hoped you'd never get.
- ... *after* the funeral, when everyone has left and the emotions you've held at bay come crashing in on you.
- ... *after* the relationship falls apart and the bottom falls out of your life.
- ... *after* the doctor says, “I'm sorry, but there's nothing more we can do.”
- ... *after* the nursing home director shakes your hand and says, “Welcome to your new home.”
- ... *after* the last child honks the horn, waves, and drives away—and the house suddenly seems empty.
- ... *after* the gavel comes down, the handcuffs go on, and your loved one is led away.
- ... *after* the baby arrives, demanding more of you than you ever dreamed possible.
- ... *after* you find a pink slip with your final paycheck.
- ... *after* your family and friends have heard your story one too many times, but you still need to talk it out.

Stephen Ministers are the After People. They are ready to come alongside you—or your friends, neighbors, coworkers, or relatives—and provide comfort and support for as long *after* as needed.

[www.stephenministries.org](http://www.stephenministries.org)



## Steven Ministry Moments Matter

*Written by William Martin*

I entered the Stephen ministry training program over a year ago with the support of my supervisor at Beebe. She graciously allowed me to adjust my schedule so that I could attend the training sessions which were held during my work day. As a Labor Coach, I assist all departments at Beebe to use their labor resources efficiently. This sometimes involves comparisons to similar departments in other hospitals across the country to see what we can do more efficiently. But, it always involves lots of listening, team work, and patience.....all of which we learn a lot about in Stephen Ministry. In June, I have been asked to speak at a national conference on how to be a better Labor Coach.....and part of what is in that speech comes from what I learned in Stephen Ministry training about how to be a better listener.

One of my other reasons for joining Stephen Ministry was to visit with our Epworth members while they are in the hospital. Visitation is so important. We did that for many years as part of the Clowning for Joy ministry, and I am looking forward to doing that once again as COVID restrictions at Beebe are eased.

As a Stephen Minister at Epworth, I am busy making calls to our home bound members to see how they are doing. I'm also looking forward to taking part in the Healing Services at Epworth. On June 27, a skit I wrote will be performed during the services which demonstrates how Stephen Ministers can help Epworth members who are facing life challenges.

## Music Moments Matter

*Written by Doug Yetter*



Over the course of the past year, I was often reminded of Psalm 137 – “On the willows there we hung up our harps. For there our captors asked us for songs, and our tormentors asked for mirth, saying, ‘Sing us one of the songs of Zion!’”

Lockdown meant there would be no glorious choirs, joyous bells, or sounding trumpets on Easter morning. No songs of praise to make you want to dance in the aisles. We had hung up our harps and could sing none of the songs of Zion...

I cautiously brought the Praise Team into our virtual worship last summer, keeping them distanced in the sanctuary, and disinfecting microphones constantly. The Bell Choir started ringing again in the fall – masked, distanced, and each at an individual stand. As more and more of us received the vaccine, I held out hope a reduced Chancel Choir could start safely singing again, and now my prayers are answered with the latest CDC guidelines announced that singing in an indoor choir was once again possible for the fully vaccinated! The masks are off, the Praise Team can stand shoulder to shoulder, and the Chancel Choir grows weekly.

My new mantra comes from 1 Maccabees: “... they entered the temple with praise and palm branches, and with harps and cymbals and stringed instruments, and with hymns and songs, because a great enemy had been crushed and driven from the land.”

And all the people said, “AMEN!”



## Epworth Community Moments Matter

Written by Linda D'Aloisio



### Thoughts on Returning to In-Person Worship

Isn't it great to be back at church in person again? The Epworth family has been so blessed to have pastors, staff, and volunteers who have guided us through the restrictions imposed by COVID-19 pandemic in a way that has allowed us to enjoy a shared worship experience that is as familiar, comfortable, and meaningful as possible. Still, I think most would agree that there is nothing like the feeling of being back in God's house with our fellow congregants.

Simply being able to enter the building and greet those we haven't seen in person in the past year provides such joy. Who would ever have thought how nice an elbow bump would feel, let alone a handshake or a hug?

For me, it is in-person worship itself that feels so different from the virtual worship experience. Don't get me wrong--the Live Streaming has been done so well, and I am glad to know that it will continue. I know it is a true blessing for those who are unable to attend Sunday services and may also be accessed by people who don't live in the area and perhaps discovered it while searching for sources of faith and comfort during the pandemic. Still, getting in the right attitude for worshipping God is so much easier when sitting in a pew in our beautiful sanctuary than in front of a computer monitor at home, where it is sometimes hard to avoid distractions, interruptions, and the temptation to "multi-task" instead of focusing all our attention on worship. I had to make a real effort to commit to regular "virtual" attendance and treating that hour or so on Sunday morning as if I were actually at church. It took only one in-person service after Epworth started to re-open to remind me how important "being there" really is when it comes to connecting with God in meaningful ways.

For many of us, music is such an important part of worship. It was wonderful that the choir and the rest of our talented musicians were able to participate in the online services but being there to see and hear them in person really is a blessing. Even when I've been chatting with others or thinking about other things, seeing and hearing the choir enter the sanctuary at the beginning of the service always puts me in the right frame of mind for worship.

The re-opening of the church will also provide more opportunities to get to know our pastors better. They were relatively new to Epworth when the pandemic started, so many of us know them mainly through Live Streaming of services and church website. They, along with Epworth's talented and hard-working staff, have clearly provided excellent and inspiring leadership during a challenging time.

In Christian use, one definition of *church* is the assembly of those whom God has joined together as a family. The re-opening of Epworth after this long interruption of the shared worship experience is certainly a joyful family reunion.

### Pecometh Moments Matter

Written by Jack Shitama

In 1946, 10 acres of land on the Chester River was purchased for \$10,000 to offer Christian camp ministry. Since then, Camp Pecometh has grown in its capacity to provide Christian hospitality and programming that promote God-inspired, life-changing experiences. Thousands of members of our Peninsula-Delaware Conference churches have supported, volunteered and benefitted from this ministry.

I invite you to join us in celebrating our [75<sup>th</sup> Anniversary](#) on the evening of June 26, 2021. Festivities will include dinner in the dining hall, an Anniversary celebration and our signature Galilean service. The cost is \$25 (ages 12+), \$15 (ages 6-11) or FREE for age 5 and under.

Our Anniversary celebration is part of a [Friends and Family Camp](#) Weekend, which offers camp fun to people of all ages. Swimming, canoeing/kayaking, challenge course and archery are just a few of the activities. Lodging options include hotel, cabin, RV and tent camping accommodations. Don't miss the fun.



## Caring—Good Sam Moments



For the first time ever, Epworth decided to give out Easter Food Kits to families in our area. Due to the COVID Pandemic, our Kitchen has been tirelessly reaching out to the community in any and every way they could. The Easter Kits included: Ham, potatoes, sweet potatoes, green beans, corn, bread, pie and a special bag of Easter treats for the children.



**EPWORTH: A UNITED METHODIST CHURCH**  
**302.227.7743**      **WWW.EUMCRB.ORG**



# Social Justice Moments Matter

by Bob Paulen

## Love Your Mother Earth

These articles highlight how YOU can support Green Living on our planet without attending meetings, joining organizations, or donating money. Across the country the call for all-electric homes is growing. The reasons are clear: 70 million homes and businesses in the U.S. use gas, oil or propane and produce 560 million tons of CO<sub>2</sub> per year. That's 10% of all U.S. greenhouse gas emissions. Also, going electric can save you money over time and is healthier. Below are a few suggestions. Remember, The earth is the Lord's and everything in it, the world, and all who live in it. (Psalm 24:1)

**1. Air-source heat pumps.** HVAC usage accounts for 46% of a home's energy consumption. Improved technology transfers heat rather than generating it. This can cut your energy bills by about 50% compared to furnace or baseboard heating. The systems can be ductless or use existing ductwork. For more info: [bit.ly/3jz2QbZ](http://bit.ly/3jz2QbZ)

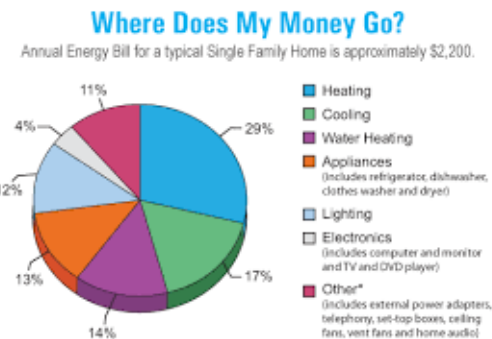
**2. Hot water heaters.** Water heaters are a home's next largest energy guzzler accounting for 14% of energy usage. A heat pump water heater can save a family approximately \$350 a year. For more info: [bit.ly/35yTp7y](http://bit.ly/35yTp7y)



**3. Induction stoves.** Induction cooking is electromagnetic and moves the electrons in pots and pans to generate heat. Some of the benefits include being able to boil water in half the time and cook food evenly across the entire area of the pan. The downside is these ranges cost more and require special cookware. For more info: [bit.ly/3jBP7kG](http://bit.ly/3jBP7kG)

**4. Smart thermostats.** These learn from your behavior, delivering heating or cooling when you are home and minimizing it when you are out. You can control systems remotely and produce monthly reports. More info:

[bit.ly/2J4r9SA](http://bit.ly/2J4r9SA)



**5. Time of use pricing and Energy audit.** Check with your utility to see if an audit is available and when rates are reduced during the day. Remember, change starts where YOU live and taking fossil fuels out of our homes will go a long way toward reducing greenhouse gas emissions.

