



July Lamplighter

-rest-

Rest.



With the turn of the calendar, we are halfway through our summer break, the calendar year, and halfway to Advent. Tempus Fugit. Much remains for us to seize the day by being present in the summer of '22 – Vacation Bible School, camps, cookouts, trips, etc. – but this halfway point turns vacation planning into back-to-school preparation as the lazy days fill up in longer daylight. We are busy, but the question remains whether we can weather the change and stress busyness brings (sadly no change to the summer heat ahead).

July is also the seventh month of the year. With the busyness abounding, it is a perfect time for us to contemplate the rest God has for us all. Our scriptures teach us God rested in the fullness of His work on the seventh day (Genesis 1). His work beat back the chaos and darkness into order and light. God's shalom brought life, thriving for all, and with it – regular rest. The story continues through Genesis and Exodus as humanity rebels and is exiled to chaos and toil. The people of Israel are rescued from slavery and brought to the wilderness and given the Sabbath – a practice of trusting in the completeness of God's current and future work while still on the journey. It was a time for the community to gather in soul replenishing activity, worship, and rest – even though the wilderness surrounded the celebrating community.

We in the church today have grown distant from these practices. We in Western Civilization barely even have a link to what was. The weekend once existed for times of family gathering, slowing down, rest, and celebration. In general, our society has filled this space with entertainment, travel, home improvement, and the never ending MORE to experience. And we have never been more exhausted as a people. Western society and Christians within it are experiencing levels of burnout, exhaustion, and fatigue at levels never before seen. It's not that Christians should not partake in these, nor is it solely the fallout from the pandemic. In general Christians have merely devalued Sabbath and rest.

Just like Israel and Judea did, as they became a more established kingdom. The people then forgot their God, their Sabbath practices (including the seven festivals, seven year celebrations, and Jubilees), and found themselves back in exile. The prophets regularly cried out for their people to remember the completed work of their God (Jeremiah 17, Ezekiel 20), the true intent of Sabbath (Isaiah 58, Amos 8), and the coming of a future rest (Isaiah 32). Enter Jesus stage right. Announcing his public ministry on a Sabbath day and proclaiming the fulfillment of the Jubilee (Luke 4). Jesus was the Lord of the Sabbath who confronted the darkness and chaos in all its forms. He was killed, yet his body rested on the Sabbath day, before resurrecting on the 8th day – the first day of new creation...and the renewed seed of hope for a day of future rest (Hebrews 4, Revelation 20-21).

What would it be like for us at Central to live fully into this rest? Do we hear the call of Jesus against today's busyness in Mark 6:31 – *Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."* How can



we be witnesses of the peace, abundance and energy of resurrected life every day to all of our neighbors? Some of you have share practices of Sabbath and rest which have been meaningful and rejuvenating in your lives. I have learned some along the way. I have lived some for some time and have failed for longer. Still, we are called to set aside time each week trusting God has completed His work, is in control and desires our rest. If you are up for a more intentional month ahead, here is the beginning of a list of activities and rhythms of Sabbath rest from such wisdom – regular set-apart times of reading scripture and prayer, walks, lighting candles, eating meals together, blessing children, singing and worshipping, reading, intimate time with a spouse, napping, spending time alone with God, hanging out with family and friends, and gratitude. What other ways do you celebrate Sabbath and rest?



Central, it is my prayer we can do the restful work God calls us to every week while resting in His completed work. It is my prayer July will be a month of adventure, meaningful work, and rest for you. May we all answer the cry of our Lord, *“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*

In Christ's Love
Pastor Joseph



In music, rests occur when the musician ceases to play. This may be for a brief moment or a little while. The musician carefully counts however many rests there are, and comes back in exactly when the music indicates to do so. Sometimes, musicians have to wait for a long time: 30 measures! That may encompass half of the entire piece. Thirty measures would entail many anxious minutes of careful and methodical counting, ultimately leading to the question: am I on rest measure number 8, or 9?

As you can see, even resting in music isn't always restful. I think that musical rests can remind us, however, that resting is always a must. If we aren't mentally, emotionally and spiritually charged, then how can we expect to be there for our spouses, children, friends and family?

We are so often rushing off to this and that, and needing to complete various tasks and errands. Life can get to feel overwhelming. This is why keeping a balance is so important. We need to take time for our jobs, families, hobbies and ourselves. Do something every day that is **just** for you, whether it is making a cup of tea, journaling/drawing, or sitting out on the porch enjoying nature- making yourself a priority is the important thing. Rest.

Children's Music Camp- 7/18-7/20

Central is excited to offer a music camp this summer available for grades 2nd through 6th. Please reach out to Madeleine Demetriades if you are interested in signing up, or able to volunteer: madeleine@richmondcumc.com

Choir Social Outings

Chancel Choir members and Wesley Ringer bell members, please watch your emails for information about upcoming informal summer social outings! We will meet up and have ice cream, coffee, etc and connect in a fun way.

Tribe

It's summer time at Tribe! School is out and life is good. Several of our teens are heading to camp this summer. Many are working, playing sports, involved in band, and enjoying family vacations. A lot of us are also gearing up for the mission trip to Henderson Settlement in July. And we're all praying about the excitement launching this fall. Awesome things are happening and plenty more just ahead!

Thank you for all your support! Please keep us in your prayers. Watch for details on upcoming events and opportunities in the months ahead.

Lamplighter Devotionals and Testimonies

We are asking for devotionals and testimonies from the congregation to be shared in a future Lamplighter. If you feel led to share, please submit yours to Christin at christin@richmondcumc.com

VBS

Summer! Glorious Summer! No classes, no school night bedtime and all those hours of sun! Maybe you are already thinking about how to fill them. Here's one way - Vacation Bible School!

This year Central is proud to join in the fun with First UMC and Centerville UMC For Food Truck Party! Vacation Bible School is happening July 24-28 From 6-8 PM each evening at First UMC (318 National Road West) All pre-school - 5th graders are welcome! You can sign your child, grandchild or neighbor up by going to First UMC's website below. VBS is not only for the kids - Volunteers are also needed! You can volunteer to be anything from a crew leaders to crafts to clean up and more! Tribe members welcome! Need more information or want to get more involved? Call Jen Seger, she is our Central VBS coordinator for this year!

Prayer Walks

Prayer connects us daily to a loving God moving in our midst. In his 3 rules for Methodists, John Wesley calls us to both private and public prayer. On the first Monday of every month at noon, we will have a prayer walk through our neighborhood. We will divide into small groups at the entrance of the church and proceed in different directions. Along the way, we will pause to pick up trash and renew our streets and sidewalks. Contact Pastor Joseph with questions.



Central Bowling Night

Join us July 17th at 5pm for an evening of fellowship and fun at Richmond 40 Bowl's Soul Bowl. Central will cover the cost for all who bowl, so invite your friends. The lanes will be open from 5-8pm. Please bring money for food, drinks and games. RSVP with Christin christin@richmondcumc.com by noon on the 15th so we can reserve the appropriate number of lanes. If you decide late to come, no worries. Any can join later that evening for \$5 a person

Getting Political – Shalom Sessions

With so much dividing us in our world today, the church can and should offer a third way of uniting us in following the way of Jesus. The church is a political (but not partisan) entity and we will be continuing the conversation of Central can be a place for all to build God's shalom in the world. Join us on the 3rd Tuesdays of the month at 12:05 in the Fellowship Hall for a brown bag lunch as we discuss and listen to the matters and efforts breaking and making the Shalom of our community. On the 19th, we will be discussing abortion, gun control, and the ongoing debate within the UMC. Bring your lunch, your bibles, and a listening ear. May God break our hearts for what breaks his in this season.

Pizza with the Pastor

It's back! Join us Sunday July 17th for an informal time of fellowship in the Fellowship Hall following worship service (approximately 11:30am). We will provide Pizza, Salad, Dessert, and Drinks. Come and meet others who follow Jesus here at Central while learning about the latest from Pastor Joseph.

Family Dinner Church

Calling all families of all kinds! Let's get together... and eat, chat, laugh and worship our Mighty God. Our First Dinner will be Thursday July 7th @ 6:00 pm in the Fellowship Hall. For the first dinner please bring your own food- but also- bring your family! We will have a short devotion and prayer and then the rest of the time to eat and chat. Your children will be listening and eating with you. For more information please contact Maryann Smith at 765-576-0375.

Emergency Relief Room

The Community Emergency Relief Room continues to help fire victims, as well as other individuals referred due to unforeseen emergencies. Small furniture items such as dressers, book cases, chairs, desks, dinette tables, night stands and bed frames are often needed. Other needs would be kitchen items and small household items such as lamps, bedding, cleaning supplies, etc. Personal clothing items typically are not accepted unless there are packaged. The continued support of the Central congregation is greatly appreciated.



Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

Mark 6:31

JULY 2022

Sundays Sunday School 9am · Worship 10am					1	2
3	4 Church Closed Happy 4th of July!	5	6	7 Family Dinner Church 6pm	8	9
10	11	12	13	14	15	16
Henderson Mission Trip						
Camp!						
	Mon. Morning Connect 9am			Creative Hands 9am		
17 Pizza w/Pastor 11:30am Bowling 5pm	18	19	20	21 Family Dinner Church 6pm	22	23
Summer Music Camp						
		Shalom Session 12:05pm	Lunch Bunch 11:30am			
24	25	26	27	28	29	30
VBS AT FIRST UMC						
31			Lamplighter Assembly 10am	Creative Hands 9am Ad Council 6:30pm		

Weekday Gatherings

Mondays

Women's Prayer 12pm
 Fireside Conversation 1:30pm
 Brianna's Hope 6:45pm

Wednesdays

Wisdom Study 10am
 Men's Prayer 12pm

Tuesdays

Benevolence Team 1pm

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