

## Living in Rhythm

Music has rhythm and time. A score of music will indicate the time, like 4/4, and the beats per minute. Keeping time as we sing and/or play music is critical. As a drummer, I know the importance of keeping time but it is not always easy to do—it takes practice. Sometimes we drag or fall behind in time and this can put the singers in a bind.

I feel like I am dragging time in the rhythm of life these days. Life, like music has rhythm and time. We do not indicate it or talk about it as much as we do in music, but it is still present. When life is out of sorts for us, it might be because we are dragging or rushing our daily rhythm.

Music has a feel to it. Different genres and different times help to define this feel. I think this is partly why music speaks so well to us. Life feels different at times, too. The Coronavirus has affected the rhythms of our daily lives in tremendous ways. What we used to take for granted we can no longer do, or can only do in drastically altered ways.

One example of this is funerals. The whole area of death and dying has been altered due to the virus. Most funerals are put on hold now and some are being held with just a very few family members present. I've often said in the past that one of the saddest funerals I've done over the years is when only a few people are present. Sometimes this was due to a person outliving their contemporaries and even their children. I recall a few funerals I've done where only 3 or 4 people, besides me, were present. These are sad funerals. Now, they are becoming the norm.

This might sound wrong, but funerals are for the living. The process we go through at a funeral is to help the survivors in their grief over the one who died. The one who died is already okay and in heaven with God. Those who are left behind struggle with their loss and the grief this brings to them. Now, the rhythm and feel of funerals has been drastically altered and the consequences of this will have a huge impact. The grief process will now last much longer than it did before these changes were made.

Other changes in our daily rhythm will also have a lasting impact on us. When we were created by God, we were not meant to live alone. God made it clear in the story of creation that a companion had to be found for Adam. The solution to this was Eve. People, by their nature, are social. We need each other. God did not create us to be alone or keep at a distance from others.

I am concerned about the long-lasting affects of our lock downs and how it will affect us in the future. For example, will there ever be a time in our culture again where it is okay and proper to shake another person's hand or give them a hug?

Our daily rhythm has changed dramatically. I hope and pray we can get back to normal soon. But even more, I pray that we can get back to the rhythm God intends for us.



Bob Shank

# Daily Scripture Readings

**May 1**

Galatians 1

**May 2**

Galatians 2

**May 3**

Galatians 3

**May 4**

Galatians 4

**May 5**

Galatians 5

**May 6**

Galatians 6

**May 7**

Ephesians 1

**May 8**

Ephesians 2

**May 9**

Ephesians 3

**May 10**

Ephesians 4

**May 11**

Ephesians 5

**May 12**

Ephesians 6

**May 13**

Philippians 1

**May 14**

Philippians 2

**May 15**

Philippians 3

**May 16**

Philippians 4

**May 17**

Colossians 1

**May 18**

Colossians 2

**May 19**

Colossians 3

**May 20**

Colossians 4

**May 21**

1 Thessalonians 1

**May 22**

1 Thessalonians 2

**May 23**

1 Thessalonians 3

**May 24**

1 Thessalonians 4

**May 25**

1 Thessalonians 5

**May 26**

2 Thessalonians 1

**May 27**

2 Thessalonians 2

**May 28**

2 Thessalonians 3

**May 29**

Titus 1

**May 30**

Titus 2

**May 31**

Titus 3

**Gather! Grow! Make a Difference!**

The prudent see danger and take refuge,  
but the simple keep going and pay the penalty.

**Proverbs 27:12 NIV**

First and foremost, we pray you all are staying safe and healthy. Although staying home is a priority in the midst of this pandemic crisis, the team is endeavoring to keep our church clean, safe and secure.

The new door access system is working very well and has provided a more secure environment for our staff, members and visitors. We are looking into additional measures to enhance the safety of the church as a whole.

The two boiler deficiencies mentioned in a previous courier have been rectified by SuperHeat. It took 18 hours over 2 days and, after a generous 50% discount, cost \$1027.

Our thanks to Rick Felch for sponsoring the renovation of the lounge with new wallpaper and rug being installed. This prompted a much needed freshening of the pastor's office and conference room with the installation of wallpaper in the conference room and fresh paint as well as new carpeting throughout. Thanks also to Rose Felch and Peggy Stewart for washing the curtains, and Catherine Doane for painting. Thanks to Dale Werkheiser for patching the water damaged lounge window openings.

The cost of materials is \$3683 plus the labor for the wallpaper.

We hope you all, and Pastors Bob and Monica will enjoy the new surroundings.

The COVID pandemic and subsequent social restrictions have hindered a lot of planned tasks in and about the church. However, there are numerous projects we can accomplish as these restrictions are lifted.

Your Property and Building committee

Chairman: Boyd Butz

P&B Finance: Kevin Kopec

Secretary: Mike Seip

Committee Members: John Burrus, Dale Werkheiser, Jeremy Miller, Dick Everitt



Starting today, we are launching a **Virtual Baby Bottle Drive**. Instead of handing out baby bottles for our supporters to fill with change, cash, and checks, we are asking for each of our supporters to donate through our website, [prepoconos.org](http://prepoconos.org) or by sending checks in the mail to:

**Pregnancy Resource Center of the Poconos  
49 Dansbury Terrace,  
Box 1385  
East Stroudsburg, PA 18301**

Unplanned pregnancy is not taking a vacation during this crisis, so your efforts will make an enormous difference in the lives of many families in our community. If **400** of our supporters donate **\$35** in honor of our 35th year anniversary, we will be able to raise **\$14,000** to help women and families in Monroe county through these challenging times and beyond! Please feel free to contact Amy, our office manager, via email at [admin@poconoprc.org](mailto:admin@poconoprc.org) with any questions.

### **Christmas Totes**

The May item for the Christmas totes is a hand mirror. Please leave your donations in the box wrapped in Christmas paper located in the Fellowship Room.

### **Family Promise**

Our host week originally scheduled for May 17-23 has been canceled.



**HELP NEEDED** Pam & Mike Hendrix are seeking assistance to help them move to New Mexico. They would like to move the first week in June and are willing to pay someone on the trip out to New Mexico and for the trip back to Pennsylvania. Please contact Pam & Mike for all details - 570-426-0238.



### To Serve You in May

**Greeters** 8:30  
Diane Rogell (All month)

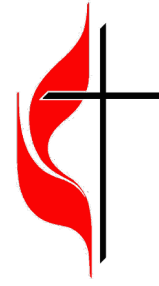
11:00  
Joann Reed (All month)

**Ushers** 8:30  
Mike Seip  
DeAnn Harris

11:00  
Buddy Rambo  
BJ Bachman  
Sherry Lombardi  
Kelly Edinger  
Jeremy Stoeckel

### Counters

**Altar Guild**  
Kathy Cook & Cathy Doane



### OUR CHURCH STAFF:

<b>Ministers</b>	Everyone
<b>Pastors</b>	Bob Shank & Ted Good
<b>Pastor Emeritus</b>	Tom Anderman
<b>Church Secretary</b>	Jackie Herrero
<b>Choir Director</b>	David Lantz
<b>Organist</b>	Marti Lantz
<b>Youth Leader</b>	
<b>Custodian</b>	Craig Banner

### OUR CHURCH LEADERS:

**Daniel's Dream Team**  
Chairperson, Cathy Doane  
catdoane9845@gmail.com

**Worship**  
Chairperson, Pastor Bob Shank  
bobshank@epix.net

**Property & Building**  
Chairperson, Boyd Butz  
**Staff Parish Relations Committee**  
Chairperson, Bill Weitzmann  
weitzman@uplink.net

**Stewardship**  
Chairperson, Paul Edinger  
paul.edinger@stroudsburgumc.com

**Missions**  
Chairpersons, Ruth Weber & Kathy Cook

**Membership & Evangelism**  
Chairperson, Peggy Stewart  
bpstewart59@gmail.com

**Lay Leader**  
Jeff Weber  
jweber@ptd.net  
**Audio Visual Assistant**  
Beth Armitage



### **FATHER'S DAY BOOKLET**

**June 21st, a day to honor or remember that special man in your life.**

Names for the Father's Day booklet will be taken after both services on May 31, June 7, and June 14. \$2.00 per name, in honor of or in memory of. You may also call the church office with your requests. Please make checks payable to **SUMC Missions Committee**.

**In Honor of:** \_\_\_\_\_

**Presented by:** \_\_\_\_\_

**In Honor of:** \_\_\_\_\_

**Presented by:** \_\_\_\_\_

**In Memory of:** \_\_\_\_\_

**Presented by:** \_\_\_\_\_

**In Memory of:** \_\_\_\_\_

**Presented by:** \_\_\_\_\_

**DEADLINE IS JUNE 14th**



### May Birthdays

1	Joseph Vuchak
2	Matthew Transue
6	Barbara Hineline
9	Bill Stewart
9	Noah Hardy
10	Beth Armitage
10	Beryl Hellgren
13	Boyd Butz
13	Leia Transue
25	Jack Hineline
29	Ryan DeHaven
29	Chris DeHaven

If you would like to receive a card for your special day, please contact the church office - 570-421-6020.



Due to social distancing guidelines and stay at home orders in place at the time of this writing, events at SUMC are subject to cancellation. For these reasons, the calendar included in this month's Courier is incomplete. The calendar on the church website is current and up to date. Please feel free to contact the church office for updates.

The lounge make-over is done. Special thanks to Jeff Weber, Pastor



Bob, Dale Werkheiser, Boyd Butz, Cathy Doane and Peggy Stewart for their hard work and efforts. Truly a team effort.

Everybody did a great job. The next time you are in church, take a peek and see the wonderful transformation of the lounge.



***You're invited!***

To a Retirement Party

for

Pastor Bob

**Saturday, June 13**

(Note the Date Change)

2:00 PM

at Stroudsburg United Methodist Church

We hope you can join us, but if not, because of current social distancing concerns, we will be live streaming the event, like we do our Sunday worship services. We will post a link on the church website and Facebook page that day.

Questions?

Please contact Peggy Stewart (570) 350-8589 or  
[bpstewart59@gmail.com](mailto:bpstewart59@gmail.com)

**Happy Retirement!**



STROUDSBURG UNITED METHODIST CHURCH  
547 MAIN STREET  
STROUDSBURG PA 18360  
RETURN SERVICE REQUESTED

**May 2020**



**NON-PROFIT ORG.**  
**U.S. POSTAGE PAID**  
**PERMIT No. 122**  
**Stroudsburg, PA**