WALKING

One of the great Iowa past times is the summer evening walk. Every night your neighborhood and mine is filled with folks taking advantage of the wonderful weather and walking. Likely, they walk for a variety of reasons, health, solitude, companionship.

On a walk the other day, I was listening to a podcast which reminded Christians that throughout our lives we are to “walk with the Lord.” Deuteronomy 10:12 says: “And now, Israel, what does the Lord your God ask of you but to fear the Lord your God, to walk in obedience to him, to love him, to serve the Lord your God with all your heart and with all your soul...” So, as July turns to August and many of you are walking, my hope is to influence you with three perspectives of the Christian walk.

Ten years ago, a visiting Bishop from Africa made a comment at a United Methodist meeting in Des Moines. He said he had noticed as he watched Americans walk that, “in the United States people walk for exercise but in Africa we walk for communication. Our way is better” That was strangely refreshing for me, and it reminded me that some of my best “talks” have been as I walked with my family and friends.

Fred Vanderwerf, a district superintendent in Minnesota, discerned this year to have walking not sitting meetings with the pastors in his charge. Some days Fred walks 14 miles, every step of which he takes to help the clergy in his care take steps towards physical, spiritual an emotional health. Recently he noted in a publication that walking gives opportunity to thoughtfully communicate in ways you cannot do in an office. You see, in the office, you are equipped with a CD player and headphones that led us through the walk. Anyone who has been in the basement of the Carnegie Center knows you could quickly walk back-and-forth over every inch of it in several minutes, but this Prayer Walk was designed to take 40 minutes. I will not take the time to share each station, but, one that stands out in my mind was the labyrinth that basically was a circle taped on the ground with a path to walk on slowly (maybe a step every 30 seconds), contemplating along the way how we are to purposely walk toward God in every step of our lives. Walking slowly towards God in those moments was a particularly arresting moment in my faith development and I’m grateful for it.

Secondly, I was reminded in my thinking of the story I heard a long time ago of an island community. It was Christmas and one of the boys wanted to give his fourth-grade teacher a present, but his family had no money to purchase one. On the last school day before Christmas he gave her a beautiful seashell, she appreciated it greatly and was very thankful to him. Then she asked, “Where ever did you get this, the sea is 7 miles from our school?” The little boy looked at her and with grateful humility said “teacher the long walk is part of the gift.”

So, as July turns to August, WALK! You may walk, for a variety of reasons, and I hope you do. Walking is good for us and, I hope the words above are influential to your walking. A follower of Christ cannot stand still, disciples move. Disciples walk and, in our walk we experience fellowship with each other and with the Lord, in our walk we serve other human beings, in our walk we purposely walk towards God and with God.

Pastor Mike
Marion Methodist is Praying for:

Prayer is a powerful way of caring for each other in our Marion Methodist family. There are several avenues open to everyone – the prayer cards on Sunday morning and the prayer wall which is available 24/7, are two that are used most often. You can have a more active part in entering into prayer for each other. Check out the prayer wall frequently as prayers are submitted there often. Each time you visit, and pray for one of the requests found there, click the “I Prayed For This” tab; more prayers are always better.

Prayers for all those on the Chrysalis team and the youth who are attending the Chrysalis flight July 27-29 at Salem UMC. Pray for hearts to be opened as those on the flight draw closer to God and strengthen their relationship with Him.

FOOD PANTRY MINISTRY AT 5050 REC Dr.
Marion Methodist has long had a great ministry to the food pantry of Marion. Typically, each Sunday we would fill 2 grocery carts of the “monthly” item and other nonperishables. This ministry, we hope, will grow and grow as more folks come to Marion Methodist, so you need to know a few things:

WHERE DO I TAKE THE FOOD IN THE NEW BUILDING? Take your food to the “Mission Depot” at the North and west entrance to the sanctuary from The Center. Place your items in one of the “cubbies” for Monday pick up.

WHAT SHOULD I BRING? The requested item for July is macaroni and cheese and you can also bring other nonperishables.

We have plenty, many in our community do not. Let’s not let our “month of move” stop our generous hearts. The food pantry needs you!

UMCOR School Kits
We are looking for donations of these items so they can be put together at a later date into school kits that will be sent to UMCOR. Below is a list of the items needed for the school kits. Please have your donated items dropped off at the Church Office or the Mission Depot in The Center by Sunday, August 5.

- Pair blunt scissors
  - Round tip only
  - No plastic scissors
- Box of 24 crayons
  - Only 24-count boxes are accepted
- One-subject notebooks (3 per School Kit)
  - No marble composition books
  - No 3 or 5-subject notebooks
- Pack of loose-leaf paper
  - 100-200 page packets are acceptable
  - Wide or college rule accepted
- Hand-held pencil sharpener
  - 1-inch or longer
  - Remove from packaging
- Ruler
  - 12 inches or 30 centimeters long
  - Sturdy or flexible material accepted
- Unsharpened pencils
- One eraser
  - Two inches or larger
- Two-gallon re-sealable plastic bag
- Sandwich size resealable plastic bag

Mission Breakfast
July 29th
7:30 - 11:00 AM
The Center
The proceeds of our Mission Breakfast will go to Marion Cares to sponsor the purchase of winter boots and clothing. They will distribute them to children in the Linn Mar and Marion School districts who need them during their “Trunk or Treat” event in October. Come, eat, have fellowship and SUPPORT Marion Cares.

New Yard Signs Available!!
New yard signs with a new community message are available to put in your yard. Invite the community to Marion Methodist at 5050 REC Drive.
New Building FAQ’s

Many things are happening at the new building, and because there are so many things going on at once, you might not have heard or we might not have told the answer to some frequently asked questions. After six weeks “in” here are several.

How do the lights work? In the sanctuary, the lights are controlled in one of two ways. During worship all of the lights are controlled from the tech deck (not easy), during the rest of the time the lights in the sanctuary can easily be turned off and on at one of the wall switches near the exit doors.

Several other interesting notes about our lights. There are several lights controlled by motion sensors, specifically the hallway lights in the education wing and the kitchen lights, so there are no off/on switches. These lights go off when the room has been unoccupied or when someone has not moved in that room for 20 or so minutes. This is an energy saving feature. Further, there are several lights in the building that are required to be on all the time. These are safety lights, and they have no light switches for us to turn off and on.

The weeds! We occupied our building at an awkward time for the planting of grass in Iowa. So, during the summer of 2018, we will be managing a large crop of weeds. In the fall the rest of our yards will be seeded and we will nurture them into a much better look next year.

There are wheelchairs in the building! On each side of the sanctuary there is a door-less closet used as an usher’s supply and wheelchair corral. If you need the assistance of a wheelchair, please let one of our Connections persons know and they can bring them to your car or help you with it.

There’s nothing on the altar yet! The altar ware we had for many years was brass. It does not work in our new sanctuary because silver is the main metal color. The memorial committee is working to find appropriate tableware to match our sanctuary in both look and size. We hope it will be in place in the fall. This was part of our “right not rushed plan” so we could buy what we needed/desired once we could “see” it in the room.

Did you know the kneelers move? The kneelers we purchased for our sanctuary had two main winning features to their design for the building committee. First, they were $36,000 less than the custom furniture that was bid to us. Second, they have the flexibility that a fixed kneeler does not have to articulate and experience communion in a variety of ways. Now that you have used them once or twice, please know you need to push down directly on the top to rise up rather than push away or they will slide.

The monument sign and the lighted cross. By now, hopefully, the 15-foot-high by 15-foot-wide monument sign on Highway 13 will have electricity to it and be lit for passing motorists. The huge cross above the building, monument sign on Highway 13 will have electricity to it and be lit for passing motorists. The monument sign and the lighted cross.

Providing Spiritual Care

When you or someone you love is receiving medical care, your pastoral staff endeavors to provide the best in Christian love and spiritual care through personal visits and prayer support. The hospitals are endeavoring to protect your personal information, and for that reason, the intake process has changed significantly in the past few years. More than that, we learn of a hospitalization when someone has already gone home, which diminishes the spiritual care that we truly desire to offer. In order to provide that high level of care we must have your assistance. When you have been admitted or if you are scheduled for surgery please do the following:

Upon registration make it very clear to the person taking your information that you are a member of Marion First United Methodist Church and would like to have your pastoral team notified.

When a hospital chaplain visits you, re-iterate that you are a member of this church and would appreciate a visit from your pastors or ask to speak to one of the hospital chaplains and explain to them that you would like to have your church notified.

Have a family member or trusted friend call the church office at 319-899-9573 or email the Director of Pastoral Care, Vicki Standley, at vstandley@marionmethodist.org.

TV Broadcast

Marion Methodist worship services are typically rebroadcasted on Mediacom or ImOn Channel 4 at 7:00 PM on Monday evenings. There is a multweek delay between when a sermon is preached and when it airs on TV.
**Our Congregation Shares Its Concern & Christian Love...**

**DEATHS:**

**BIRTHS:**

**WEDDINGS:**

**BAPTISMS:**

Date Arrived in Mail | Date Articles Due
--- | ---
8/10 | 8/1
8/24 | 8/15
9/7 | 8/29
9/21 | 9/12

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**The Marion Methodist newsletter deadline schedule**

Articles for our Marion Methodist need to be submitted by due date at 12:00 PM. You may email them to: wildman@marionmethodist.org with "newsletter" in the subject line. Please send any information or images as an attachment. If you do not have access to a computer, you may call or bring to the office items to be published. We ask that you honor the deadlines listed below:

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<tr>
<th>Date Arrived in Mail</th>
<th>Date Articles Due</th>
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<tbody>
<tr>
<td>8/10</td>
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**Pantry Partners for Marion Food Pantry**

We help folks in need by supplying items for the Marion Churches Food Pantry. You may bring the following items to church any time during each month. Please put your contributions in the Mission Depot in The Center or the Church Office.

- **July:** Macaroni and Cheese
- **August:** Peanut Butter
- **September:** Soup
- **October:** Toilet Tissue
- **November:** Cake Mix
- **December:** Pudding and Gelatin Mixes

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**July / August**

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<td>7:30am Mission Breakfast (The Center)</td>
<td>7:30am Worship (5050 REC DR.)</td>
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<td>6:00pm Boy Scouts (Carnegie - LL)</td>
<td>9:00am Carnegie Center (Carnegie - LL)</td>
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<td>4:00pm FLY Board Meeting (Carnegie - UL)</td>
<td>6:00pm FLY Board Meeting (Carnegie - UL)</td>
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<td>6:00am Men’s Breakfast &amp; Bible Study (Carnegie - LL)</td>
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