

Travel Lightly

By Rev. Dr. Kyung-hee Sa

When I arrived in America in 1999, I compared all the differences that I faced in my life. Of course, almost everything was comparable and contrasting to an easterner who started to live in the West. I had to admit some cultural shocks. One of my seminarian friends asked me one day, "Kyung-hee, do Koreans walk that fast like you do?" She was almost out of her breath while trying to catch me up. Until she asked me, I had never thought of that, because most of Koreans live a very fast-paced life. I realized how hurriedly and fast I walked across the campus to get to classes and back home to take care of our sons on campus. Walking in a relaxed manner was challenging. There was just too much 'hurry' built up in me through the years. I tried to intentionally practice walking in a slow, relaxed manner. This practice was a conscious way of stopping distracting myself from what was happening at a deeper level of my life. I discovered that my outer action of slowing down walking somehow influenced my inner tempo.

I love the book, "Walk in a Relaxed Manner: Life Lessons from the Camino" by Joyce Rupp. At 60, Rupp, a Catholic sister began a 37-day pilgrimage along the Camino de Santiago in Spain with her walking friend Tom, a retired pastor. She writes about lessons from the ups and downs of daily life on the Camino. She says, "Traveling lightly is wonderfully freeing and essential for focusing adequately on what is within and around oneself. It does not, however, happen easily or all at once."

Recently, during my recovery from illness, I've thought about the meaning of traveling lightly. The Camino taught Rupp that traveling lightly was not just about having too many material things. She says traveling lightly means divesting oneself of inner stuff, as well. This can bog us down and keep us from being focused on what really matters in life. I asked myself, 'Do I emphasize or am I overly concerned about reputation, status, looking good, knowing enough, having an admirable, social position?' Am I working too much so that I neglect what is most valuable in my life? Are there persistent thoughts and attitudes I need to discard?' Rupp's book convinced me that "traveling lightly" means "inner decluttering and letting go of our personas." Rupp and Tom readily let go of their titles and religious roles. They were simply pilgrims on the Camino. Most pilgrims struggled with the weight of their packs at one time or another on their ways.

What about you? May we all be convinced by the GRACE of God that we only need to carry a certain amount in life's backpack on our pilgrimage.

We pray to TRAVEL LIGHTLY.

China date China

Emmanuel Dining Room

Our wonderful July crew preparing the meal at EDR! Thank you to Barbara, Jocelyn, Carol and Claudia.

Believe it or not, we have teams set for all the remaining months for this year! Wow! Aldersgate has done an amazing job this year supporting this ministry! I am so grateful for the EDR veterans and thrilled with all the folks who signed up to prepare the meal for the first time- we let our lights shine!

"Feed the hungry and help those in trouble. Then your light will shine out from the darkness and the darkness around you will be bright as noon." Isaiah 58: 10-12 Blessings,

Anne Murray, asmpelican@gmail.com





HOPP Food Distribution - Friday, August 23, 2024

Volunteers are needed to distribute free food boxes/bags provided by the Longwood Foundation's HOPP Ministry to anyone in need in our community. We gather in the Aldersgate parking lot at 12:15 p.m. to set up and get organized, and then distribute boxes from 12:30 p.m. until 1:30 p.m. Volunteers are needed to hold up signs at the curb on Concord Pike, direct the flow of cars to our distribution point as they come in, and place boxes/bags into cars. This is a rewarding, hands-on ministry that directly serves our local community and also provides opportunity for fellowship.



SPRC Update

SPRC is in the process of searching for a new Congregational Care staff member. The Search Team is comprised of Pastor Sa, Anne Murray, Susan Schranck, Kitty Lugar, Jack Smith and Kathy Daum. If you know of a potential candidate, please let any member of the team know.

Until the position is filled, please contact the Church Office (302-478-2575) for visitation needs.

August 2024

Aldersgate Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 10 a.m. Unified Service	5 Communications, 7 p.m.	6 Crazy Ladies, 9:45 a.m. Worship Design Team, 10 a.m. Trustees, 6 p.m.	7 Staff Meeting, 10 a.m. Catalyst Initiative, 6:30 p.m.	8 Journey Band, 6 p.m.	9	10
11 9 a.m. Contemporary Service 11 a.m. Traditional Service	12	13Crazy Ladies, 9:45 a.m. Worship Design Team, 10 a.m SPRC, 7 p.m.	14 HERstory, 6:30 p.m. Catalyst Initiative, 6:30 p.m.	14 Journey Band, 6 p.m.	16 Emmanuel Dining Room	17
18 9 a.m. Contemporary Service 11 a.m. Traditional Service	19 VBS - "SCUBA" 9 a.m 1 p.m. UWF, 7 p.m. – Zoom	20 VBS - "SCUBA", 9 a.m 1 p.m.	21 VBS - "SCUBA", 9 a.m 1 p.m. Catalyst Initiative, 6:30 p.m	22 VBS – "SCUBA" 9 a.m 1 p.m. Journey Band, 6 p.m.	23 VBS – "SCUBA", 9 a.m 1 p.m. HOPP Food Drive 12:30 p.m.	24
25 9 a.m. Contemporary Service 11 a.m. Traditional Service	26	27	28 Catalyst Initiative, 6:30 p.m.	29 Journey Band, 6 p.m.	30	31



The choir joining Anastasiia Sidorova and special guest vocalist, Nicole Higman in "How Great Thou Art" on Sunday, July 7.

Many of the pictures in this issue were provided by Al Moore.

Financial Update

Our Financial Stewardship Scorecard at year end for the Operating Budget July 1, 2023, to June 30, 2024:

Giving Income Budgeted: \$645,000

Giving Income Received: \$680,842

Budgeted Income: \$1,056,965

All Income: \$970,740

Budgeted Expenses: \$1,057,396

All expenses: \$995,265

Operating Surplus (Deficit): \$(24,525)

We concluded the fiscal year with a deficit. This is disappointing, but there is some good news. We gave more than projected and the deficit through one month of summer is smaller than it has been in the past. Our results were significantly impacted by Nursery School attendance decline and inflation of costs for our building maintenance and many other items.

Aldersgate is now in an interim provisional budget. We will administer the finances for 6 months and then return to an annual budget as is the case with the Conference and most other United Methodist churches. At present the interim budget calls for a deficit, again. This has been the case for three years now. Fortunately, we have had members who remembered Aldersgate in their wills. Those who have left money that is unrestricted have enabled us to accumulate deficits without major impact on our ministries to date.

Planning to create sustainable finances for Aldersgate is a topic of every Finance Committee meeting and many Lead team discussions. Join us for a *What's Up* meeting, likely in the early fall where we will present all financial information desired, answer any questions and look forward to any feedback available from the congregation. And in the Fall, we will have a revitalized campaign to demonstrate what giving does and how our ministries rely on us, our building and resources, to do our part in Wilmington and beyond.

Bob Reis

Finance Committee

LEAD TEAM MEETING MINUTES

(June 25, 2024)

Trustees

The Trustees reported that the Rainbow Room bathroom project is progressing well and ahead of schedule.

Finance

A motion was approved for a "Provisional 2024 Budget", with the final budget to be submitted within three months.

Lead Team Charter

A sub-Committee of Betsy Diemer, Melva Smith, Bob Reis and Bill Culliton submitted a proposed Lead Team Charter. Their proposal was approved.



Jayne Mackey May 30, 2024 (surviving spouse of Rev. J.R. Mackey) John Riggs June 22, 2024

Ralph Lipford, Jr. June 28, 2024



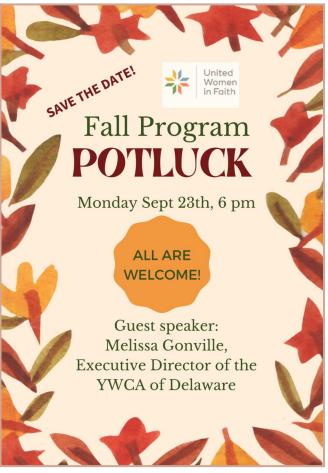
James and Pamela Morrison	August 2	55 years
Dan and Julia Shay	August 2	16 years
David and Betty Dunbar	August 5	52 years
John and Lucille Riggs	August 6	64 years
John and Marian Wright	August 10	50 years
Chris and Donna Ruggiero	August 12	29 years
Dave and Penny Short	August 13	47 years
Ralph and Emily Bankert	August 14	59 years
Michael and Lynne Conlan	August 14	48 years
Richard and Kathleen Brady	August 18	40 years
Mark and Geryld Huxsoll	August 19	35 years
David and Heidi McGeady	August 19	18 years
Bob and Carolyn Reis	August 19	52 years
Doug and Donnie DeVoll	August 21	59 years
Robert and Debra Mulrooney	August 21	31 years
John and Mary Jane Prince	August 22	32 years
Vincent & Diana Vandenbraak	August 22	42 years
Khris and Rebecca Townsend	August 25	23 years
Levi and Heather Benson	August 26	18 years
Rick and Tina Betz	August 29	54 years
Richard and Lorraine Fleming	August 29	71 years
Bill and Edith Harvey	August 30	44 years
Bill and Deborah Hartnett	August 31	51 years
		



A Few September Events

September will be here before we know it.

Sunday, September 1 - one Unified Service at 10 a.m.
Saturday, September 7 - Saturday of Service
Sunday, September 8 - Rally Day
Sunday, September 15 - Sunday School Begins



From Your Lay Leaders

Anne Murray and Sharon Owens layleader@aldersgatede.org

We have reached the final month of summer! Some are sad others of us rejoice because Fall is getting closer!

Many of us are busy attending concerts in the park, going to the beach or to the pool, tending our vegetable gardens, hiking or just sitting outside (in the shade I hope) working on our reading the Bible challenge. We are truly blessed to be able to do all these summer things. We are grateful for all the beauty in our world that God has given us. We have worries about many things such as climate change and the political landscape. But lets celebrate our summers, both the natural and the spiritual, and embrace every story being written, because God's hand is in each one. (The Glorious Table)

We wish you all a good end of summer and enjoyment of the beauty of nature. We hope to see you in church. If you have prayer requests, please remember our Prayer List:

<u>prayerlist@aldersgatede.org</u>. It means so much to pray for one another.

Anne

Our thanks go out to everyone who attended Rev. Jack Shitama's Catalyst presentation after worship on July 7th. He based his discussion on the results of Aldersgate's Readiness 360 survey that we took in January 2023 and he pointed out how the Catalyst initiative will help Aldersgate become a more vibrant congregation.

The Catalyst Core Team is working all Summer long on a module called "See Your Context". Our assignments are designed to help us develop an understanding of

- The community's voice,
- Our congregation's gifts and passions, and
- Our leaders' purpose.

We have already involved some of you in these assignments and will be involving more of you as this work continues.

We're excited about the work that we've done and will be doing and we value your prayers and support.



Rev. Jack Shitama presenting information about the Catayst Initaitive after the unified service on Sunday, July 7.



Rev. Jack Shitama preaching on Sunday, July 7. The title of his sermon: "My Way

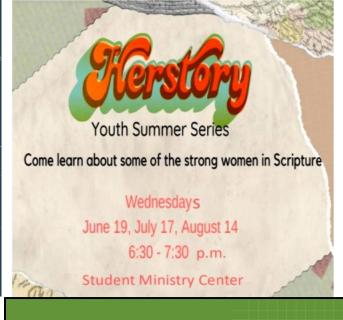




Communion on Sunday, July 7. A return to intinction and continuation of individual cups.



September 23, 2024 7:00 pm



YOUTH AND YOUNG ADULT MINISTRIES

Pam Downey,
Director of Youth and
Young Adult
Ministries

Ministries pam.downey @aldersgatede.org



BACKPACK BLESSING

AUGUST 25 9 AM & 11 AM

YOUTH & CHILDREN'S

SUNDAY

SEPTEMBER 22 9 AM & 11 AM JOIN US AS WE SHOWCASE THE
GIFTS AND
TALENTS OF OUR YOUNG PEOPLE

NEW DATES and TIME



Worship Schedule

Contemporary Service with Journey Band in Sanctuary at 9 a.m.

Sunday School at 10:05 a.m. (most classes taking a break for the summer)

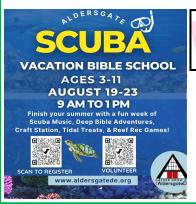
Traditional Service in Sanctuary at 11 a.m.

You can find the live stream https://www.facebook.com/AldersgateDE/live_videos/

Or YouTube

https://www.youtube.com/channel/UCnZoqvVVH4kvH_BknkW3y3w

and hit the subscribe button.





One Unified Service at 10 a.m. on August 4 with Communion

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Aldersgate United Methodist Church—A significant place where disciples are made!

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