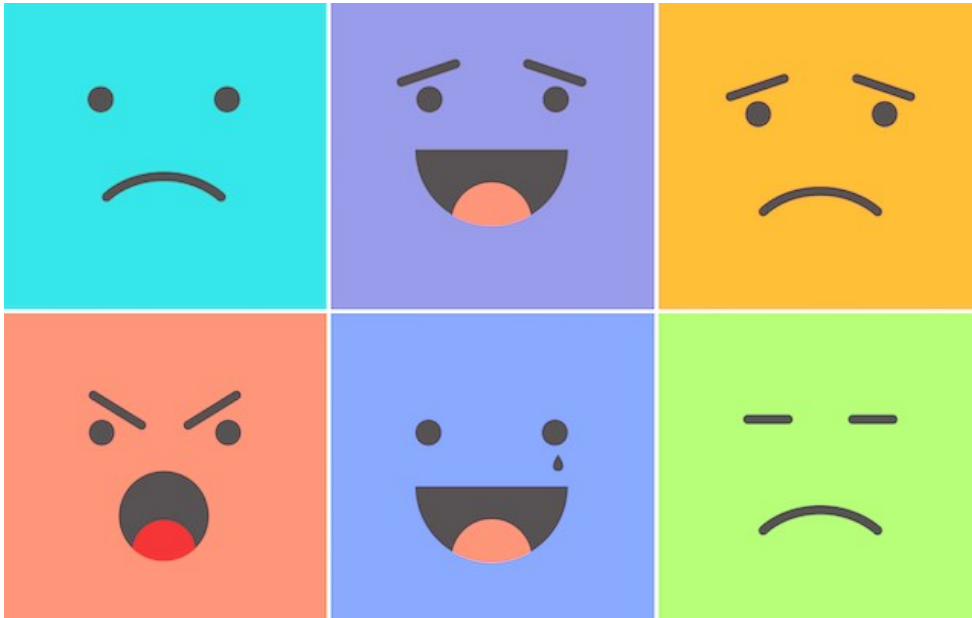


The Good News

August 2021

How Are You?



941 Old Rock Hill Road, Wallingford, CT 06492
fumc.wallingford@gmail.com
www.fumc-wallingford.org
(203) 269-9100

Home Away from Home

by Pastor Jacob Eun

It has been a little over 20 years since I came to the United States, and I was only a boy who was around 11 years old when this change happened. It still feels unique and at the same time weird to have two places and two countries where I can call home. The question of “Where are you from?” still draws some level of conflict in my head. I too ask myself, “Where exactly am I from?” I was born in Korea and am Korean by birth, but American by choice. In Korea, I am already expected to act as a foreigner to my relative and friends. Similarly, people in the States often ask me the question and seem to expect me to include a country in Asia in my response.

During the month of September, I will be going home in South Korea where my family is who are waiting for me, leaving my home in Wallingford behind. It is a unique and weird feeling that I am processing.

I am genuinely happy that I will see my family after all that has happened surrounding the pandemic, affecting everyone across the world. There are many catching ups to do: my father’s new career, my mom’s favorite restaurants, my brother’s dog, my ordination, my new girlfriend in South Korea, and so many more. Simultaneously, I am worried to leave behind my home: Sunday mornings, the cross in the sanctuary, the view of God’s creation, worship services, your smiles and hugs, and so many more. I miss them when I’m here. I will miss you all when I will be in Korea.

So I took some time for days to pray about this, and the sense of assurance and peace came from the truth that home is where I am loved and where I can love. Jesus redefined the concept of family so that everyone, especially those who have no home, can have a place to call home, church, and people to call family. Wherever we are, whoever we are, as long as we share the love of God, we have home. This trip will be meaningful to me in many ways. I was young when I had to leave my home and find a new home, and there are some things I need to process internally and emotionally when I visit Korea.

When people are going on a vacation, they humorously say, “Don’t miss me too much because I won’t be missing you in Cancun.” But for me, this trip is different. I will cherish my home and family in Wallingford and share with my parents and brother that they don’t have to worry too much about me because at the end of the month, I have a home and family to go back to. I will no doubt have fun at my home in South Korea and will be back home soon

Yours in Christ,

Jacob

New Worship Series: How Are You?

We can't pick and choose the feelings we feel. And there is a reason why God gave us a gift of emotions. There's nothing wrong with feeling any of these feelings. Ultimately, they only need to be honored, validated and witnessed! Do you allow yourself and others to feel their feelings?

August 1 Feeling All Feelings

The love of friends carries us through good times and times of trouble. Jesus models for us true friendship even through times of disappointment and hurt.

August 8 I'm Glad

Be centered in your joy that is in your heart. Remember, joy is always within you and within God.

August 15 I'm Sad

It is okay to cry. Without sadness, our joys would be so much less joyful! Sadness can purge the piles of neglected emotions.

August 22 I'm Mad

Feeling the right emotions for the reason can bring us closer to self, others, and God.

August 29 I'm Afraid

The transformation of fear can make us stronger.



Greatest Tool of Providing Spiritual Care: Listening

I have taken my first unit of Clinical Pastoral Education (CPE) because it was one of the ordination requirements. Then I decided to take two more units and now am working as a per diem at the Yale New Haven Hospital, because it has taught me a very valuable lesson.

A person's spirituality includes relationship, freedom, independence, health, vocation, hobby, religion, and so many others. I learned that there are many reasons that cause spiritual distress. Spiritual distress is looking at how the present challenges impact the things that give life to a patient.

When patients are taken away from normal day-to-day lives and admitted to the hospital, they lose their freedom and independence and experience loneliness and discouragement. I am there not to answer their questions and solve their problems. It is the opposite of that: be there with them and feel with them whatever feelings they are experiencing through non-judgmental, compassionate presence, active listening, and sometimes with a prayer.

I don't say much but simply invite them to share their stories with me. And when they trust me with their stories, the room becomes a sacred space where patients can experience the emotional purging or cathartic experience. Some have stories and feelings that they kept them to themselves for years because there was no listening ear for them.

The most valuable lesson I learned at the hospital is that feelings best reflect who we are and when our feelings are validated, we feel true to ourselves. I believe this is where spiritual healing begins. So I encourage you to be true to your feelings and process them. And see how our emotions can bring us closer to God for they are a good gift from God who created us to feel a wide range of emotions.

Church Reopening and Summer Hours

If you are vaccinated, feel free to join our in-person worship service at church. And **we are meeting at 9:30am on Sundays for the months of June to August.** But if you have symptoms or encountered someone with symptoms, we ask you to join us online.

And we are continuing to provide our online service on Facebook. And we are working to improve the quality of our online worship. We are limited in terms of equipment and knowledge, but we will continue to bring good changes for those who are joining us at their home.

How to Join Our Online Worship on Facebook:

1. Log into your Facebook account on your phone or computer
2. Search First United Methodist Church of Wallingford or click [here](#)
3. Click the Live post (it will show 10 minutes before the service)



Bishop's Letter on Delta Variant

"Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith."—Henry Ward Beecher

Dear Friends & Colleagues,

This quote from Henry Ward Beecher is all about choices and how those decisions impact our perspective and our actions. Over the last eighteen months, we have been confronted with the possibility that anxiety would become the dominant focus of our existence. Throughout the challenges we have faced, the decision to embrace and nurture our faith has required determination, foresight, and intentionality. It seems that those days have not ceased in importance, especially in light of recent developments.

1. Delta Variant Protocols

Each of us have longed for the end of the Covid-19 pandemic and hoped in recent months that we were seeing an end to mental, physical and spiritual challenges this disease has inflicted on us all. Yet, once again, I am writing to you to express my concern about how Covid-19 can potentially impact our life and ministry as a church.

As most of you know, the Centers for Disease Control have recently issued renewed guidelines. The overwhelming advice from the CDC is for persons who have not yet been vaccinated to do so. This is of paramount importance. Beyond that, the CDC has issued two recommendations regarding the spread of the virus:

To maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.

Wearing a mask is most important if you have a weakened immune

system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease or if someone around you has a weakened immune system or is unvaccinated. If this applies to your situation, please consider wearing a mask regardless of the level of transmission in your area.

These two bullet points apply to each of our congregations within the New York Annual Conferences. As places where we normally gather indoors with a cross section of people, we run the risk of transmitting the Delta variant even if we are vaccinated. In addition, most of our churches are populated with a high number of people who fit into a higher risk category.

For that reason, I am writing to advise each of our congregations to once again institute the practice of wearing masks during indoor worship services or group gatherings of persons in your church.

I realize that asking you to return to the practice of wearing masks during worship creates a sense of burden or anxiety for many of you. Yet, we must exercise caution to do all in our power to protect the people who choose to come into our spaces and participate in our ministries.

Please be deliberate and grace-filled as you consider once again implementing these restrictions in your local church.

Snippets of Our Church



Pictures from Pastor Jacob's trip to Dallas for his friend's wedding.



Pastor Jacob's colleagues and friends at Yale New Haven Hospital

Mark Your Calendar

Every Sunday at 9:30am Worship (also livestreaming on Facebook live)

8.10 (Tue) Church Council 7pm Zoom

Quilt Group will resume in September (weekly)
Arts and Craft will also resume in September (monthly)
Choir will resume in September (any changes will be announced)



Happy Birthday (August)

1 Skip Paquette and Joseph Paquette

2 Laurie Gingras, Sophie Walters, and Jura Jungmann

5 Jannifer Paquette

13 Glenn Marston

19 Ashley Arsenault

21 Joan Ginter

28 Michael Hacku



The First United Methodist Church of Wallingford

Mailing Address:

P.O. Box 6089

Wallingford, CT 06492

Building address:

941 Old Rock Hill Road

Wallingford, CT 06492

For any questions, comments, or changes,
please contact us at 203.269.9100
or fumc.wallingford@gmail.com

Announcements

Welcome

1. To schedule a time with Pastor Jacob, you can call 203-615-3214 or email at pastor.fumc@gmail.com.
2. Connect with us online. Search First United Methodist Church of Wallingford on Facebook and like our page! Or go on our website www.fumc-wallingford.org

Announcements

1. We have a new mailing address (P.O. Box 6089, Wallingford, CT 06492)
2. Pastor Jacob will be away for the month of September to visit his families in South Korea.
3. We are discussing to see if it is a safe decision for the choir to meet again in September. Will keep you posted.

Reopening

1. We reopened our church for in-person worship for those who are fully vaccinated.

Support Our Ministries

1. You can support our church by shopping with scrip cards (ask Diane) and shopping at smile.amazon.com (with scrip cards you purchase) by selecting Wallingford United Methodist Church as your charitable organization.
2. We are grateful for your generous gifts contributed through our online website or mail that enabled us to serve faithfully our church family and our wider community. Here are three ways you can give:

Online: www.fumc-wallingford.org/give

Mail your gift

Or drop at church (941 Old Rock Hill Road, Wallingford, CT 06492)