



## *The Messenger*

Grace United Methodist  
Church

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Ravena, NY 12143

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Website: [www.gumcravena.com](http://www.gumcravena.com)

*Rev. Kim Krause, Pastor*

***Working together to put our faith and love into practice.***

**Services are held at 9:30am - Parking Lot Grace FM-89.7,  
Temporary Sanctuary & Facebook**

***FEBRUARY 2025***

### ***FROM THE DESK OF THE PASTOR***

Dear Family and Friends of Grace UMC,

We've just completed a 4-week series on Work, Rest and Play. During that series, I realized that I am not good at taking my time off and haven't had a break in a while, so I will be taking 2 weeks off, starting February 3<sup>rd</sup>. I will not be going "away", but hope to use the time to give my heart, mind and body some rest so that I will be better at leading us forward with whatever comes our way. Worship will continue as usual, and I am thankful for Ken and Phyllis who have offered their leadership so that I may take some time away to rest and not have to be concerned with that aspect of being a pastor. Pastoral concerns can go through the office, Phyllis or Cindy, as I am still working on pastoral coverage.

When I return, I will be working on our next series for Lent. Lent doesn't begin until the first week of March, so there is time to explore options.

Right now, there are too many options, but I am hoping that my respite will help in the discernment for moving forward. If there is anyone that would like to assist in this process, feel free to let me know.

In this in-between time, let us take the opportunity to be present to those around us, to be aware of those that are having a hard time, to those who need a helping hand or a kind word. Check on family and friends that are being affected by changes that are happening at break-neck speed. Check-in with yourself and take the rest and play that you need in order to have a more balanced life, so that we may continue to work together to put our faith and love into practice and action.

Peace for the Journey  
Pastor Kim



4 Anne Frauenberger  
5 Linda Sherman  
7 John Robertson

17 Amy Devine-Young  
20 Sharon Phillips  
24 Amy & Mark Young

*February 2025 Special Days*

- *Black History Month — February 1-28, 2025*
- *Groundhog Day — February 2, 2025*
- *Valentine's Day — February 14, 2025*
- *Presidents' Day — February 17, 2025*
- *Random Acts of Kindness Day – February 17, 2025*

## **TAX INFO**

Don't forget if you would like a statement of your donations to Grace UMC for 2024, please see Cindy Bliss (or email us at [graceumcravena@statetel.com](mailto:graceumcravena@statetel.com)) and we will be happy to supply that for you.

## **KINDNESS KICKBACKS**



Random Acts of Kindness Day, observed each year on February 17, is a reminder of the power of altruism. Followers of Jesus express kindness selflessly, out of love for God and our neighbors. Yet in return, we reap emotional — and even physical — benefits.

Researchers have identified a “helper’s high” that can ease anxiety and depression. Spontaneous or planned acts of “pro-social spending” have been

shown to reduce blood pressure, improve heart health, reduce pain and even extend longevity.





For maximum impact, experts recommend getting creative with random acts of kindness and mixing them up. But no matter how you spread kindness, you're bound to experience blessings in return!



## **BARGAIN SHED**

The Bargain Shed is open Tuesday & Saturday from 9:00am to Noon, weather permitting. We will be accepting donations whenever we are open or by calling (518) 312-3703 to make arrangements for drop off. These cold months after the holidays are a perfect time for cleaning out that basement or attic. We look forward to seeing all our friends over these coming days.

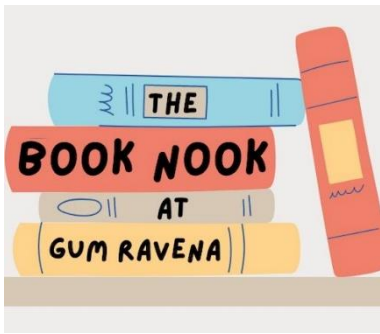
## **GOFUNDME CAMPAIGN**

 <p>GRACE UNITED METHODIST CHURCH RAVENA</p>	<p><b>\$52,000</b></p>  <p><b>Our Goal To Pay Off Roof Loan and Moving Expenses</b></p>
 <p><b>gofundme CHARITY</b></p> <p>Donate Online, at the Book Nook/Bargain Shed, or by mail 16 Hillcrest Drive, Ravenna 12143</p>	<p><b>No Donation is Too Small</b></p> <p><i>Thank you</i> </p> <p><b>And Bless You</b></p>

You all have some connection to or interest in Grace UMC, or you wouldn't be receiving this newsletter. We'd love you to remember that connection and fond memories and see if you have it in your heart to contribute to the church's GoFundMe campaign to pay off our old loan for defective roof repairs and moving expenses. So, we're asking you to help us raise these funds so that we can move forward offering

services and programs needed in our community while we share Jesus's word and love.

You can donate online at: <https://gofund.me/1b303812>, mail donations to the church, or drop them off at our 9:30 Sunday Service or at the Book Nook/Bargain Shed. Be sure to indicate that are for the GoFundMe Campaign.



The Book Nook is open Tuesday and Saturday mornings from 9:00 am – Noon. Thanks to everyone who help us further our education mission.

And don't miss our drop in Friends Around the Table on Tuesdays. Good conversation *and* free snacks.

## **COMMUNITY GARDEN**

We're considering sponsoring a community garden on the land directly behind the parsonage and want your input/opinions. All you have to do is reply to this email with that input/opinion. What we're thinking so far:

- Gardeners would have individual plots and agree to share any unwanted produce to be donated to St. Patrick's food pantry and/or the senior center or similar organization.
- Grace would have a plot for produce to share for free. Maybe have available at Book Nook, services, or ???
- We'd need to decide if we are supplying any seed/plants and whether to solicit a donation for a plot.
- People who live in an apartment or otherwise have no place to have a garden would be actively solicited for the plots.

We are open to comments on these ideas or any other ideas you may have. We'll be scheduling a community interest meeting sometime before planting time. Please share with anyone you think might be interested.

Thanks.

## **CHURCH WOMEN UNITED AWARD**

Church Women United has an award given to graduating seniors either graduating from RCS or attending a church in the RCS area. If you know someone who might qualify, please encourage them to apply for this award. They also extend this to young people attending college and living in the RCS district. For an application please email [graceumcravena@statetel.com](mailto:graceumcravena@statetel.com). Applications should be returned to their guidance counselor or mailed to Louise Nolan, 222 Fares Rd, Ravena NY 12143, by April 15. For more information about the award please call Louise Nolan at 518-756-6982.

## **TRUE LOVE**

Many of us celebrate Valentine's Day in both fun and serious ways. Children exchange treats and humorous cards with classmates and friends; some bring home handmade cards for the adults in their lives. Romantic partners may go out to eat and present each other flowers, chocolate, a fancy card — maybe even an engagement ring!

As playful as Valentine's Day can be, it's also a great time to remember the serious side of love, as indicated by these quotes:

- "When you love someone, you love the whole person as he or she is, and not as you would like them to be." —Leo Tolstoy
- "You don't love someone because they're perfect; you love them in spite of the fact that they're not." —Jodi Picoult
- "Love ... is quiet understanding, mutual confidence, sharing and forgiving. ... It settles for less than perfection and makes allowances for human weaknesses." —Ann Landers

We can do the difficult work of true love — actions, not just feelings — only because God loved us first. He did (and does) so despite our imperfection, and in Jesus, God shows us how to share true love with others. This Valentine's Day, if you don't remember any other profound quotes, hold this one in your heart:

- "We love because God first loved us." —1 John 4:19 (NCV)

## **MLK SCHOLARSHIP APPLICATION INFORMATION**

*Now Accepting Applications – Deadline March 31, 2025*

The MLK scholarship is available to graduating high school seniors who live, worship, or attend school in Albany or southern Rensselaer County. The scholarship was established in 1973 by the Capital Area Council of Churches to honor the memory of the life and work of Dr. King and to preserve the legacy of the nonviolent human rights movement as it was expressed in his life and teachings. Awards are given without regard to race, creed or gender.

Applicants must be active in their school and faith community and accepted at an accredited college or university for the fall semester. In honor of Dr. Martin Luther King, Jr. and for the ideals of peace and equality for which he devoted his entire life, recipients will be asked to explore in an essay how they exhibit an understanding of and a desire to implement the goals of Dr. King.

Applicants also have the option [to apply online](#). Application may be requested from the CACC office at 518-462-5450 or [capareacc@gmail.com](mailto:capareacc@gmail.com). Applications are due by March 31, 2025.



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If you are on Facebook, please join the Church page by liking us at Grace United Methodist Church, Ravena, NY. Find out what's happening each week, including meetings and special events. Or visit us on the web at: [www.gumcravena.com](http://www.gumcravena.com)