



The Messenger

Grace United Methodist Church
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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**

AUGUST 2025

FROM THE DESK OF THE PASTOR

Dear Family and Friends of Grace UMC,

We are halfway through the main part of summer and July had a little bit of everything. I hope that you and yours have enjoyed some time with family and friends, perhaps finding time to travel, take a vacation, or simply spending some time relaxing. I enjoyed the late evening light shows put on by the fireflies accompanied by the chorus of frogs, as well as spending time by the campfire and reading lots of books, and sharing time with chosen family.

I have realized that as the light stretches, we often get caught up in working too long, planning too many gatherings, going to too many events, and end up not taking time to rest. We know that Jesus intentionally found times to move away from the crowds - to find time just to be. He modeled for the disciples, and us, that rest was a part of the rhythm of life. So where are you finding rest? Do you have a particular place to which you get away?

What do you like to do when you are resting? I have found that I am not the best at resting – taking time off from work. I rarely take all of my vacation and regularly find myself working on my Sabbath (Fridays) and my day off (Saturdays). I find it hard to simply let go and find other things that feed my soul and bring me joy. To remedy this, I will actually be taking two weeks off at the end of this month (since my last vacation was back in February) and I have applied for and been accepted into a continuing education program Upper New York clergy called “Preachers: Rest, Work, Play.”

**“From www.preachersrestworkplay.com
Preachers: Rest. Work. Play.**

The Compelling Preaching Initiative of the United Methodists of Upper New York is dedicated to embracing a powerful vision to revitalize preaching and nourish the spirits of pastoral leaders through helping preachers practice healthy rhythms of rest, work and play.

Supported by a generous \$1.25 million grant from Lilly Endowment Inc., our vision is simple yet profound: to help preachers embody a rhythm of rest, work, and play. Through immersive experiences, curated workshops, and intentional spaces for reflection, we aim to renew, restore, and inspire pastors, equipping them to continue their ministry of preaching.”

As we enter August and face the future, we look ahead keeping rest and play in our minds/hearts. How can we spend these last days/weeks of summer giving glory and thanks to God while being intentional about these rhythms of rest, work, and play? How can we ensure that our work does not consume us, that we miss the wonders of God around us? May these questions during this month help us to grow in our faith, as we continue to put our faith and our love into practice and action.

Peace for the Journey,
Pastor Kim

"God spoke today in flowers, and I, who was waiting on words, almost missed the conversation." - Ingrid Goff-Maidoff



9 Ken Bliss
9 Elizabeth Robertson
9 Brian Phillips
10 Brian & Sharon Phillips
11 Marlene McTigue

12 Barb Bullock
18 John Ginder
24 Gabriella Selbe
25 Devin Whitney

SPECIAL DAYS IN AUGUST

3 – Communion
23 – 1:00 – Friendship Festival – Mosher Park, Ravenna
Tuesdays & Saturdays 9:00am-Noon – Bargain Shed & Book Nook
Open

BARGAIN SHED NEWS

PLEASE REMEMBER: we do not accept TV's, computers or exercise equipment. Only small furniture pieces can be accommodated (please inquire first before bringing). And, most important, please do not leave donations outside. The weather has ruined many really nice items.

NEWSLETTER MAILING LIST

We're updating our mailing list. If you no longer wish to receive this newsletter, please call 518-756-6688 and leave a message or email graceumcravena@statetel.com. Thank you.

NEWS FROM THE BOOK NOOK

**FRIENDSHIP FESTIVAL
ON
AUGUST 23 – 1:00 pm**

Be sure to stop in and see us at the Friendship Festival. We'll be giving away children's books, Bibles, and water and selling Handicrafts (toys and blankets) and local musician Sharon Phillips CDs to benefit the Book Nook (literacy), our Friends around the Table ministry, and St. Jude's Hospital.





BEAUTIFUL FEET

“How beautiful are the feet of those who bring good news!” (Romans 10:15, NIV). Such beauty has nothing to do with the feet being clean, newly pedicured, elegantly clad. They may be the dusty feet of aid workers bringing food to drought-stricken areas, or the muddy shoes of those rushing disaster relief to flood zones. They may be the swollen feet of a dedicated nurse after a 12-hour hospital shift, or the tired feet of a parent pacing with a baby at 3 a.m.

In the upper room before Jesus’ arrest, he declared his disciples’ dirty feet beautiful by touching and washing them lovingly, preparing them to go out yet again with his good news for all. And on the cross, Jesus’ own feet — nail-pierced — were beautiful.

After Pope Francis died on Easter Monday 2025, many mourners who paid their respects noticed his shoes. Instead of new, well-polished “dress shoes,” the scuffed items clearly had walked countless steps. They were the sturdy boots of a worker, a pilgrim, a travel companion on the road of life, the journey of faith. They were the shoes — the feet — of a disciple of Christ willing to go wherever needed to bring the good news of God’s love. How beautiful!

—Heidi Hyland Mann



"Allow your soul the freedom to sing, dance, praise, and love."

—St. Teresa of Avila

A MONTH OF SUNDAYS

"August is like the Sunday of summer," an online meme proclaims. But that means different things to different people.

If you see Sunday as the end of a week — a chance to sleep in, do "nothing," relax and play — then August might be your downtime at the end of a busy summer. If Sunday feels heavy because the onslaught of the workweek is approaching, then August may carry the dread of falling leaves and falling temperatures.

But if you view Sunday as a fresh start to the week, then August, with a new school year and new church programming around the corner, can be exciting. And if you honor Sunday as the Sabbath, indeed "August is like the Sunday of summer." God invites us to enjoy these holy days and give thanks to him, the Creator of all seasons.

—Heidi Mann



A SMALL LAUGH

"God warned a man named Lot to take his wife and flee out of the city," said the Sunday school teacher, "but Lot's wife looked back and was turned to salt."

A curious boy then asked, "What happened to the flea?"

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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: www.gumcravena.com