



The Echo

January 2021

A publication of Bethany United Methodist Church, Weyers Cave, VA

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If you would like ...
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newsletter
and other important
updates by email, please
send your email address to
Cindy Kite at
office.bethany@gmail.com.

A New Year's Prayer

May God make your year a happy one

**Not by shielding you from all sorrow and pain,
But by strengthening you to bear it as it comes;**

**Not by making your path easy,
But by making you sturdy to travel any path;**

**Not by taking hardships from you,
But by taking fear from your heart;**

**Not by granting you unbroken sunshine,
But by keeping your face bright even in the
shadows;**

**Not by making your life always pleasant,
But by showing you when people and their causes
need you most**

**And by making you anxious to be there to help.
God's love, peace, hope and joy to you for the year
ahead.**

From the Pastor's Desk ...

Hi Friends,

As many of you know, my father passed away in March of 2020. Towards the end of his life my Dad was fond of saying that he had everything taken care of as far as his estate was concerned. Everything we would need was contained in a blue binder on the shelf above his desk. He would say, "You kids will have nothing to worry about." I knew we were in trouble when we couldn't find the binder. It turns out that it was a black binder in a bookshelf in another part of his office. And that was the least of our problems. I'm learning that settling an estate is never as easy as one hopes. One thing that complicates our situation is that my father was the president and sole stock holder of a corporation that wasn't included in his will. It has taken two lawyers and two accountants to almost figure out what to do with

that. My oldest brother appears overwhelmed by the whole process, including finding people to make repairs on my parents' house so we can sell it.

With all of this in mind, District Superintendent Victor Gomez has given his approval for me to take a month long leave of absence. Geneva Burns, our Chair of the Staff Pastor Parish Relations Committee, has agreed to this as well. I hope I can help my brother make meaningful progress on repairing the house, dealing with its contents and dissolving the corporation. (Does anyone want an ancient Ford Taurus with low mileage? No air conditioning but it has a spoiler and a sunroof!) I will be gone from January 6 thru February 5, 2021. While I am gone Rev. Russell Heinrich will be

preaching in my place. His honorarium will be paid by the District. And my husband, Michael will be available for pastoral care situations.

I will miss all of you while I am away but my hope is that moving forward with settling the estate will relieve the constant anxiety that comes from nothing being done. The overdue taxes the corporation owes the IRS is especially worrisome. On my return I hope to be, if not worry free, at least less anxious and reasonably at peace.

Pastor Susan



Rev. Russell L. Heinrich

Rev. Russell Heinrich is a local pastor on the Harrisonburg District who has graciously agreed to preach during Pastor Susan's family leave. Currently he is not serving a church, but he served as pastor for Mt. Crawford and Mt. Sidney United Methodist Churches for seven years previously.

He graduated from East Tennessee State University and Eastern Mennonite Seminary. Russell grew up in the Staunton area and currently lives in Verona with his wife, Pam.

Missions Update ... by Lori Mooney

January 2021.... A new year and we all hope it will be better than the last. The Adult Missions Team wishes everyone a prosperous new year. God bless you each one.

Thank you to Ken Elkins and Krisalyn Mooney for ringing the bell for the Salvation Army. If anyone else rang the bell this season, thank you, too.

The mission team has decided to take on a new adventure and help **The Green Hanger Project**. This idea was started by the Staunton UMC. They take donated clothing, **(free of rips and stains and freshly laundered)** from kids size 12 through adults, as large as you can donate. This clothing is freely given to middle schoolers and high schoolers that are in need. It is now branching out into Rockingham County. They have newly partnered with JMU's SCA group and RISE in Harrisonburg. They will be giving donated clothes to low-income college students and the homeless. They also take donations of new socks and underwear, plus personal care items (soap, shampoo, deodorant, toothpaste, etc.). You can check them

out at www.greenhangerproject.org if you would like to read more about them. If you are going to be cleaning out any clothing and would like to donate it to somewhere in need, please donate your bags of clothing to the church. I will be taking all donations to the Green Hanger Project. You just need to drop it off at the church with Green Hanger Project labelled on it somewhere. We plan on having an area for drop offs somewhere in or near the fellowship hall. If you are donating any new items, please, also label with Green Hanger Project. Any questions, please feel free to contact Lori Mooney about this project.



Mission Focus of the Month: Our very own Food Pantry will be the focus of January. Each week our church gives away food to our neighbors in need. This food pantry was started by Jean Dunsmore and we keep it going

because we have hungry people out there that need this food. With what our world has been through this past year, even more and more people are turning to food pantries to have food on the table during these trying times. Your donations to our food pantry or the Verona Food Bank keeps our neighbors from going hungry. Please keep your donations coming, so we can keep feeding the people around us that need help.

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." – Edith Lovejoy Pierce

If you know of anyone who needs help, please let us know.

Chairs: Lori Mooney, 820-7394
Brownsugarcookie@yahoo.com
Maggie Rhodes, 383-4752
r.maggiianne@gmail.com



We want to send a big thank you to all those folks who are still operating the Bethany Food Pantry. Each week they pick up food from the Blue Ridge Area Food Bank in Verona, deliver and unload it at Bethany, box and bag groceries and are there each Monday evening to not only hand out boxes or bags of food to our neighbors in need, they also offer a listening ear ... which at times, is more valuable than the food.



THANK YOU for your dedication to Bethany's Food Pantry ... Pat Lynn, Stanley Houff, Tom Thacker, Julie & Jeff Ritchie, Laura Lucas, Dianna Eicher, Jerry Sheets, Eddie Moyer, Steve Schofield, Wayne & Kathy Frizzelle and Pastor Susan.

How Will You Volunteer in 2021?

One year ago, in January 2020, I looked forward to several changes. One was the easy repetition of typing 2020 on the keyboard rather than 2019. As someone who types the year a lot in my day job, that made me happy. Another was getting to see Garrett finish up his long stint with Blue Ridge Community College's transfer program. He'd taken his time, but that was a good thing because he'd figured out what he wanted to do as a career and had taken classes toward requirements for a PTA program.

Another, joyful thought was that another year had gone by since my breast cancer surgery in January 2017 and spending subsequent months becoming hairless, breathless, and weak from the "red devil", that nasty red chemo chemical that does its job with relentless efficiency while also killing white cells. (I still joke with Dale about his breaking the speed limit while driving me to the emergency room one day when my fever spiked to 102. A total non-lawbreaker, Dale was driving 59 in a 55-mph zone. I said to him, "Wow, this IS an occasion!")

One other thing I was looking forward to last year was being able to serve another year at Bethany UMC. If you don't know, I'm one of the AV technicians (translation: I run the slides) at church. I thought this position was a perfect fit for me, introvert that I am. I got to help out while staying in my solitary bubble right up front while most of the congregation squeezed into the last four pews in the back of the sanctuary.

Like most of us, I thought 2020 would be just another year – an election year, yes – but otherwise we would all go about our daily lives as usual. Then came COVID-19. Yikes.

We've all had to adapt to the many changes this disease has forced upon us, and our church services have changed and adapted as well. Once this horrible pandemic is behind us, however, I feel that the church will still be faced with the same issue it's had for years:

Bethany UMC needs more volunteers.

Once we can all gather again within the sanctuary... once groups and Sunday School get going, and Children's Church starts back up, and the nursery fills with little ones, once we can again enjoy morning refreshments after the service...

It is my hope that we will see more folks helping out.

I know we're busier than we used to be. Over the years, our membership numbers have dropped. Some of us will continue to be at home on Sundays after the pandemic is over, watching the church service via Facebook live stream. Maybe some will continue to remain in cars in the church parking lot listening to the service. I think that's great. The more ways we have of spreading God's word, the better. And this is all the more reason for us to ask what we can do to help.

Once we are fully back up and running, there will be work to be done. There are volunteer positions everywhere in church. The praise and worship team will need more singers and musicians. The kitchen will need helpers to set out refreshments. The nursery will need volunteers. Sunday school classes will need teachers. The Missions team will have plenty of tasks. I know David, Dani and I would welcome a third or fourth person to help with slides and/or streaming on Sundays. Have a good ear? See about helping at the soundboard.

In most cases, you don't need any special talent to do the work involved to keep our sweet little church on the hill up and running. All it takes is asking:

What does the church need and how can I help?

If you're unable to volunteer, consider helping financially. There are much-needed technical, cosmetic, and "old building" upgrades needed.

2021... it's a new year, full of possibilities and opportunities. Perhaps, some time this year, we'll be back to normal – a new normal, yes, but not this surreal and abysmal "Wear a mask and keep your distance" chapter in our lives. I'm hoping that when Bethany UMC's activities finally rev back up, our new normal will involve many more people pitching in. Let's hit the ground running!

Happy New Year!

Pam Roller

VOLUNTEER
all that's missing is U!

Update on Lloyd Meadows

Hey Friends and Family,

It's been a while since our last update and in this case, no news has been great news! Lloyd finished up chemo and radiation in November and in the weeks following, has slowly regained some of his strength and stability. He is up moving around, and refuses to even think about using a cane or assistive devices. His cognition and memory have improved some, but are still a little off. For instance, he often tries to use plates in place of bowls (like with trying to eat soup - you can imagine how messy that is). He isn't 100%, but is much closer to himself which is so incredible to see. It's a little overwhelming how much things have improved over the last month and we're so thankful to have this time with him, because at one point we really weren't sure that we would.

On the clinical side of things, new imaging was done at the end of November which revealed that the chemo and radiation had worked better than anyone could have predicted. His tumor size shrunk, and the midline shift that was very evident on previous images improved notably. The original goal of treatment was to slow the progression of the disease; it not only did that but appears to have actually reduced the tumor size and as a result the symptoms that he's having - no more severe headaches, nausea, falls, or total confusion. He's also had several appointments with different doctors who are all very pleased with his progress. One actually told us that his response to the treatment was remarkable, and that two months ago he wasn't sure that he would make it to this point.

Moving forward, the plan is for him to be on the chemo pill Temodar, for 5 days followed by 25 days off. He just finished up his first cycle of this treatment and did very well with it! Imaging and follow up visits will be done again in early January to determine his response to this and then determine if he will continue with this, or if the treatments will change. All of the doctors, nurses, and hospital staff from Sentara RMH, Sentara Martha Jefferson and UVA have been so incredible. We're so thankful for this expertise and willingness to collaborate to come up with the best treatment plan for him. They've taken quality of life for him and my family into account every step of the way. Seeing him go through treatments has been hard, but there's never been a question about his healthcare team having his best interest in mind.



His progress and response to the treatments has been nothing short of a miracle. We are so incredibly grateful to have more time with him being "him" and we're soaking up each moment. We continue to be so thankful for the support of everyone around us during this time. As we talked about in prior posts, family, friends and our communities

have made this process so much more bearable for us. This year hasn't been easy for anyone, yet so many people have done so much for us. We really don't have the words to begin to describe how incredible everyone has been. So we'll just leave it as this - Thank you!

For now we're continuing to take things one day at a time and not take one moment with loved ones for granted. Wishing everyone a Happy New Year!

(Posted on CaringBridge December 24, 2020 by Kali Meadows, daughter of Lloyd and Susan)

*We want to thank our Bethany family
for all of the prayers, cards, texts, emails,
visits, and delicious food.*

*We have felt your prayers and your love and
are so very humbled by your generosity.*

*We are so very blessed
to have you all in our lives.*

- Susan Meadows -

DIAPER NEED DEFINED

1 in 3 moms struggle with diaper need
8 to 10 diapers needed each day per baby
\$100 a month needed to buy diapers



Diaper Need has adverse health affects on families, including rashes & urinary tract infections for children along with stress, anxiety, & depression for parents.

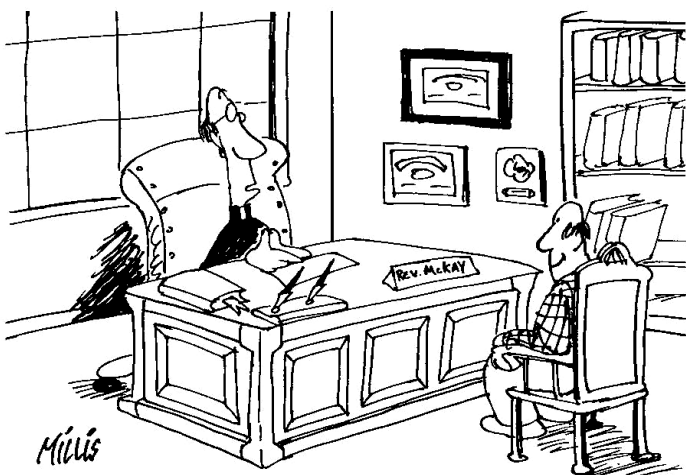
Without diapers, babies cannot attend childcare or early education programs.
 Without childcare, mothers cannot go to school or work to further provide for their families.



Thank you so much to those who have been donating diapers! Every month a parent spends nearly \$100 on diapers for one child. Parents often try to “stretch” the use of diapers by not changing their baby as often as recommended. This can lead to added medical expenses in the form of severe diaper rash, infections, developmental delays, and behavioral issues.

This “luxury” item is not provided though government assistance.

If you are able to donate diapers to the Food Pantry, please do so. We are in need of all sizes. You can bring them on Sunday mornings or during the week between 9 am - 3 pm.



“We’re grateful for the checks, but in order for us to cash them, you’ll have to make them out to the church, not to ‘The Big Guy Upstairs.’”

There will be a detailed financial report in the February issue for 2020!

Online Giving

January is here! While making those New Year’s resolutions, maybe it’s a good time to start giving to Bethany in a different way ... a more convenient way for you! Online Giving!

Maybe some of you aren’t aware that we have online giving!

It is simple to use! Just go to our website (www.mybethanyumc.org). At the bottom of the home page, you can click on “Online Giving.” Once you do that, just follow the easy instructions to set up your giving. All your information is protected. You can set it up to give a one-time gift, or you can set it up to give weekly or monthly and not even have to think about grabbing your checkbook so you can write a check at church. And if you miss a Sunday and don’t think to make up your gift, no problem ... it will be taken care of and will post on your giving statement just like giving the church a written check.

If we all make it a priority to give on a regular basis, just think of all the possibilities Bethany will be have because of your giving. Thank you for having such a generous heart!

Financial Update by Cindy Kite

Here we are at the end of 2020 and the beginning of 2021. Where did the days go? I'm not sure, but like most people, I will be glad to ring ... not the new year in, but the old year OUT!!

With all that we had to deal with this year, the budget looks just about the same as this time last year ... not to say that it's great, just saying it could be worse! By not having in-person church services, our budget has suffered. However, with less spending since we didn't have the opportunity to do much, we have been able to keep our bills and staff paid and our budgeted mission organizations funded.

There will be an end of the year financial statement in the February edition. Thanks so much for your generosity in 2020! Not knowing what 2021 will bring, we ask you to please keep that generosity flowing!

Week 51 - December 21, 2020		
Budget	236,089.00	
Where We Should Be		221,548.67
Where We Are		200,796.87
Deficit of		(30,751.80)
Net Percentage		-13.3%
Expenses as of 12/21/19		198,712.77

January

1st	Kim Moyer	4th	Pam Lynn
7th	Jake Dunsmore	5th	Ron Castle
	MacKenzie Crawford	6th	Scott Herron
8th	Krisalyn Mooney		Dylan Snyder
11th	Liam Howard	11th	Paige Crawford
12th	Billy Ryan	13th	Rebecca Castle
13th	Abby Michael		Suzanne Mullins
15th	Mark Whitecotton		Harrell
	Sharon Northrop	14th	Bradley Dunsmore
17th	Rhyllan Metcalfe	18th	Laura Lucas
18th	Abe Smith	19th	Natalie Hiner
21st	Barbara Miller	21st	Sandra Campbell
	Pam Roller	If your birthday is listed on the wrong day, or has been missed, please notify the office at office.bethany@gmail.com.	
	Randy Roller		
27th	Jean Houff		
28th	Peggy Lucas		
30th	Lloyd Meadows		

February

1st	Jackie Dunsmore
	Megan Kile
2nd	Reid Hill
3rd	Gary Ruleman

Happy Birthday

Prayer List

Members

Tom & Jan Gorden, Lloyd Meadows
Judy Faby, Audrey Bradshaw
Gary Ruleman
Kristen Kile, Jean Radocha

Extended Family

Tom Lee - former Bethany pastor
Margaret K & Donna D - food pantry neighbors

For those of you who remember Rev. Tom Lee and would like to send him a card, his address is:
26893 Fairfax Drive,
King George, VA, 22485.

Congratulations to Katie & Daniel Gaines on the birth of their son, William Thomas Gaines, born Dec. 2 weighing 7 lbs and 19.5" long. Proud grandparents are Mark & Jackie Dunsmore!

Also sending congratulations to Tiffanie & Michael Hahn on the birth of their son, Lane Wilder Hahn, also born Dec. 2 weighing 8 lbs, 8 oz and 20" long. Proud grandparents are Eddie & Kim Moyer!

Bethany United Methodist Church

3700 Lee Highway
Weyers Cave, VA 24486

www.mybethanyumc.org

ONE
kind word
can
CHANGE
someone's
ENTIRE DAY



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A Publication of Bethany United Methodist Church
3700 Lee Highway, Weyers Cave, VA 24486
(540) 234-8880
www.mybethanyumc.org

Susan Reaves, Pastor
757-653-7830
reaves.susan.m@gmail.com

Marguerite McDonald, Organist & Choir Director
Dale Roller, Praise Band Leader
Cindy Kite, Secretary/Treasurer
Phil & Ruth Ann Mikesell, Sextons

February Newsletter Deadline: Jan. 20, 2021

Please submit articles to Cindy Kite at
office.bethany@gmail.com

Webmaster: bethanyumc.website@gmail.com



connect. grow. serve.

At Bethany we ...

Connect with God in community
Grow in our likeness to Jesus Christ
Serve our neighbors