



# THE METHODIST MOSAIC

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Dear Friends,

A recent Supreme Court decision blocked rules in New York that were strictly limiting how many people could attend in-person worship in regions hard hit with Covid. Houses of worship in New York are now free to let more people in. While this may be the right legal decision with respect to religious liberty, there is a much more fundamental religious decision that churches must make—Why would we want to draw lots of people into an enclosed space for an extended period of time, when such activity is likely to spread the virus further? With Covid cases rising sharply in Ohio and nationwide, United Methodist churches generally have concluded that the moral choice is to take the action that will keep our neighbor healthy and safe. So we continue with livestreamed worship as our primary means of worshipping each Sunday.

We do of course have a Sunday morning in-person worship option—at 8:30 a.m. in the sanctuary. This service includes the announcement, prayers, Scriptures and sermon, plus the prelude and postlude. About a half dozen people have been attending each Sunday, so we are very well within safe limits in our large sanctuary! Others are welcome to attend, but be aware that this is not like pre-pandemic worship. Every worshipper wears a mask the whole time, people sit far apart, and there is no singing and no real fellowship time. The only nice musical element is that worshippers get to hear the organ prelude and postlude live in our sanctuary on our beautiful organ, which has been enhanced through our organ renovation project (one of several projects that have progressed through this pandemic).

All this means that Christmas Eve services this year will be livestreamed rather than in-person. We will follow our standard Christmas Eve worship schedule. There will be a 7:00 p.m. service that is a blend of contemporary and traditional worship styles, and there will be a 9:00 p.m. service that is entirely traditional in style. Both services will be preceded by extended musical preludes. We will do Christmas Eve candlelighting at both hours, which means you will want to have candles at home in order to participate! For those who cannot connect online, we will prepare DVDs that will contain an entire service that you can pick up ahead of time, so that you can get the service from the DVD on Christmas Eve. Please contact the church office to reserve a DVD. We can deliver the DVD to your home if you wish.

Because of the pandemic, we will not have a Children's musical or a youth play or a New Spirit Christmas cantata this year. But our worship of God continues! We have uplifting music each Sunday at our services, and on Christmas Eve we expect to have participation from children and as well as many musicians in our church (all via recordings). I am doing a sermon series entitled "Chosen for Blessing."

Moved by God's blessing, we wish to share God's blessing with others, and so as usual during this month we have a special Christmas Offering. In these challenging times, we encourage everyone to make a special "gift for Jesus" to support the mission of the church. There was a Christmas mailing about this that many have received, which contained a Christmas offering envelope, or you can contribute online by indicating that you want to "use your gift for" the Christmas offering.

These are troubled times, but it was precisely into such troubled times that Christ entered on Christmas. During this Advent season, may we look for how Christ will enter into our lives today.

In His Service,  
Dr. David Palmer

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## DONATING OUT OF YOUR IRA

If you are 70.5 years old or older and have an IRA, you can donate to your church or charity in a tax-advantaged way by designating some of your required minimum distribution directly to the cause you choose. You simply tell your IRA administrator that you want to give your required minimum distribution (or any part of it) to your church or charity in a rollover. The IRA administrator will send a check directly to the church/charity, and that amount will not be counted as income for your income tax. If you do not have enough total deductions to itemize, this will save taxes on the money that you donate. For more information, you can contact our financial coordinator, Lynnette Begue-Lavery, at [lynnette@kentmethodist.org](mailto:lynnette@kentmethodist.org).

## MAKE YOUR RECEIPTS COUNT!

Acme announced the dates for its 2020 Community Cash Back program, which runs from August 6 through December 28 (please note the date changes from past years)! Your Acme receipts can be placed in the collection envelope in the kitchen on the refrigerator and will be submitted to the Cash Back program for our UMW mission donations. UMW received over \$500 for missions at the beginning of this year! Receipts that are acceptable must be the entire receipt and have "Community Cashback" listed at the bottom followed by a dollar amount. Receipts that are missing this information or those that are partial receipts cannot be submitted. The UMW appreciates your efforts to collect and bring these receipts to us, so please let's make sure that they count!

## Farmers' Market Resumes in December at Our Church

Starting on the first Saturday in December, from 10:00 to 1:00, our church is again hosting the winter Farmers' Market. Within the pandemic, the Farmers' Market is following strict Covid protocols. Everyone (vendors and customers) must wear a mask, tables are placed farther apart, and customers are guided in specific route through the market. There is a limit on how many shoppers can be in the building at a time. On the big holiday Saturdays in December, the market will use both Pierson Hall and the gym in order to have enough space. The aim is to ensure that coming to the Farmers' Market is as safe (or safer) than going to the grocery. The market provides local vendors of food or handmade items an opportunity to make their products available to our community.

## Sunday school news:

In-person Sunday school will be suspended as long as we continue without in-person 10:30 worship services. However, we are offering an online Sunday school option that students may tie in to. Our Children's Choir Director, Chelsea Alderson (formerly Chelsea Young) is making videos for our Sunday school lessons and placing those videos on our church website. Currently, we have all Sunday school materials available for download on our church website. Chelsea is teaching those lessons in a video format in order to enhance our online Sunday school experience as we continue with online worship through the fall.

## Recent Hospitalizations and Surgeries:

Marcie Denton, Lois Enlow, Dorothy Gizzi, Dave Kurtz, Tom Lundberg, Vern Pees, Alice Ross, Gordon Seaholts, Mike Senyek, Mark Siebert, Rick Stout

## Our sympathies to:



Remember  
These  
Members  
in Their  
Sorrow

- Family and friends of David Vaughn
- Family and friends of John Recznik
- Family and friends of Joanne Corbitt

**“You will not need to fight in this battle. Position yourselves, stand still and see the salvation of the Lord, who is with you, O Judah and Jerusalem! Do not fear or be dismayed; tomorrow go out against them, for the Lord is with you.”**

## **2 Chronicles 20:17**

This was a key verse in Dr. Palmer’s sermon on October 18th, 2020. As he noted, it’s challenging to “stand still” and turn off the rushing river of our minds. Often the thoughts are so loud we can’t even hear the Lord, much less follow His direction. If only there was something we could do about this...

The practice of mindfulness has been scientifically proven to positively impact emotions, reduce stress, and improve sleep. In fact, MRI scans conducted by the University of Massachusetts Medical Center (which has been researching this topic since the 1970s) have shown that the amygdala – that portion of our brains that controls the flight, fright or freeze response – physically gets smaller with practice. Conversely, the portion of our brain that helps with decision making, concentration and awareness grows larger. What!? How can being mindful (think to yourself, “be still”) be so transformative? Will it work for me? How can I learn more?

Mo McFarland will once again be offering several sessions of Koru Mindfulness in the coming months. All will be virtual so everyone is safe and anyone with a computer can attend. Multiple persons in one household can participate, although separate screens are recommended (not required). Participants should purchase the books noted below prior to attending (reading will be assigned in class).

### Class Schedule:

#### January:

- Koru Basic is for any beginner new to Koru Mindfulness (or those who wish to retake the class). The class will meet via Zoom on the following Thursdays: January 7, 14, 21, and 28 from 5:00–6:30 pm. Sign up at: [https://student.korumindfulness.org/course-detail.html?course\\_id=4318](https://student.korumindfulness.org/course-detail.html?course_id=4318)

#### February:

- Koru Basic is for any beginner new to Koru Mindfulness (or those who wish to retake the class). The class will meet via Zoom on the following Tuesdays: February 2, 9, 16, and 23 from 5:00–6:30 pm. Sign up at: [https://student.korumindfulness.org/course-detail.html?course\\_id=4319](https://student.korumindfulness.org/course-detail.html?course_id=4319).
- Koru 2.0 is for any person who has completed Koru Basic and wished to deepen their practice. The class will meet via Zoom on the following Thursdays: February 4, 11, 18 and 25 from 5:00–6:30 pm. Sign up at: [https://student.korumindfulness.org/course-detail.html?course\\_id=4320](https://student.korumindfulness.org/course-detail.html?course_id=4320)

Persons attending Koru Basic should purchase “The Mindful Twenty Something” by Dr. Holly Rogers. Don’t worry! The practice applied to all ages! You can find it on Amazon for \$13.50.

Persons attending Koru 2.0 should purchase “Real Happiness” by Sharon Salzberg. You can find it on Amazon for \$13.50.

If you have any questions, please email Mo at [momc23@yahoo.com](mailto:momc23@yahoo.com).

**As Psalm 46:10 reads, it will be wonderful to learn together how to, “Be still, and know that [He] is God.”**



**KORU**  
mindfulness



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Senior Pastor

**Douglas Denton,**  
Minister of Pastoral Care

**Rick Stout,**  
Director of  
Christian Education  
and  
Youth Ministries

Apply  
Postage  
Here

Mailing Label Here

Mailed November 30

“Hark! The herald angels sing, ‘Glory to the newborn King!’”

### Worship Calendar

Date	Sermon	Scripture	Preacher	Special Event
December 6	“Chosen by God”	Deuteronomy 7:7-9; Luke 1:26-32	Dr. David Palmer	Communion, Second Sunday of Advent
December 13	“You’ve Been Chosen”	John 15:16; Ephesians 1:3-6	Dr. David Palmer	Third Sunday of Advent
December 20	“Waiting for a Cloudburst	Luke 2:25-38; I Kings 18:41-46	Dr. David Palmer	Fourth Sunday of Advent
December 24	“God in Rough Places”	Matthew 1:22-23; Luke 2:1-20	Dr. David Palmer	Christmas Eve 7:00 p.m. & 9:00 p.m.
December 27	“The Gift that Keeps on Giving”	Isaiah 58:6-9a; Luke 2:22-32	Rev. Douglas Denton	



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or on Instagram/Twitter @kentmethodist

