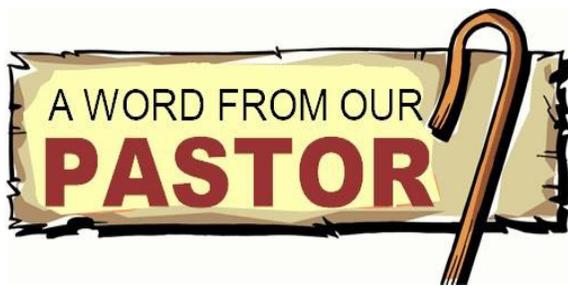


East Columbus United Methodist Church

A Church for Everyone!

JULY 2025





A Practice of Gratitude

May the peace of God be with you always.

A few days ago, I dropped off my car at an auto shop near the church for an oil change and began walking back to the church. The sky was gray, and cars were rushing by. I had many things to do, and my heart felt heavy with many recent issues weighing on my mind.

But as I passed through a busy road and entered a quiet neighborhood, I saw green trees and grass all around. As I walked under the trees, I felt God gently touch my heart. The heaviness in my heart began to lift, and a sense of gratitude started to take its place.

I felt thankful that I could walk in good health. I felt thankful for the fresh air, for the beautiful city we live in, for our loving church community, and for the joy of soon seeing my dear family in Korea. All these small things from daily life became reasons for gratitude. And then a thought came to my mind: "We need to practice gratitude in order to breathe."

Complaints, loneliness, isolation, sadness, and disappointment can quickly cover our hearts like heavy clouds. In those moments, even breathing can feel difficult. But at that time, expressing gratitude helps us breathe again.

We give thanks for believing in Jesus.

We give thanks for being alive.

We give thanks for having a place to rest and food to eat.

We give thanks for our family and friends.

As we begin to give thanks, the cloudiness in our hearts fades and warm sunlight begins to shine through.

That is the power of gratitude.

In 2016, the Greater Good Science Center at the University of California, Berkeley, conducted an interesting study. They wanted to find out how practicing gratitude could help people who were going through emotional struggles. The participants were divided into three groups. The first group wrote a gratitude letter each week, describing a person or experience they were thankful for. (They didn't have to send the letter.) The second group wrote about their emotions and problems freely. The third group didn't write anything at all.

After a few weeks, the researchers compared the emotional well-being of the three groups. Surprisingly, those who wrote gratitude letters had much lower levels of depression and anxiety. They also experienced greater peace and joy, and these effects lasted even weeks after the study ended. They remained more positive and hopeful in their outlook on life. But long before science discovered this truth, the Bible had already given us this wisdom: "**Give thanks in all circumstances, for this is God's will for you in Christ Jesus.**" (1 Thessalonians 5:18)

Dear brothers and sisters, when you feel like you can't breathe because of hardships, I encourage you to practice gratitude. God will help you and me.

I will soon be visiting Korea to spend time with my family and will return after that. Thank you all for your kindness and support. I deeply appreciate those who are giving me a ride, taking care of the parsonage, watering the garden, looking after our cat, and especially those who are praying for my family.

I look forward to seeing you again soon. I love and bless you all in Christ!

In Christ's love,
Pastor Jongmin

HOOSIER TRAILS COUNCIL

Troop 549

Scouting News



Sunday June 8th the troop went to Maumee Scout Reservation for summer camp. Tucker worked as a lifeguard again this year. Tucker was also one of the MCs for the opening Sunday evening campfire. The boys excelled at taking the different merit badges they offered at camp. This year our campsite had hammock poles. Most of the boys slept in them all week. They prefer the hammocks over tents and cots. Thursday night was family visitation night and Order of the Arrow selections. We had a great turn out of families that came to see the boys. We also had Johnathan and Gavin get chosen to be part of the Order of the Arrow. This is a group of scouters who are recognized for their leadership and camping skills. It also teaches service and servant leadership. The weather was nice but a little wet. The Friday evening campfire was held in the dinning hall because of the possible strong storms.

July 18th

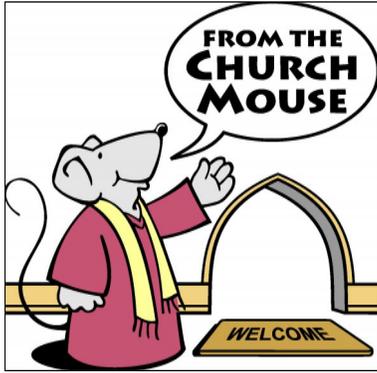
This is the date that Tucker has picked to work on his Eagle Scout Project for the church. We will be painting the bus barn, swing set, the white trim of the youth center and trimming the large tree to give more room for activities under it. Feel free to stop by and say hello and check on our progress.



This fall I have found out that the Hoosier Trail Council is going to try to start a Cub Scout pack for us to feed our troop. If you know any parents that would like out to help in starting the Cub Pack, please feel free to talk to me or give them my contact information. Cub scouts are open to boys and girls ages K-5th grade.

If you know any boys that are interested in scouting the door is always open for their visit on our scout nights. Please feel free to pass my contact information to anyone interested in visiting or joining our troop. Boys ages need to be 11 years old to join and less than 18. Meeting time Thursday is at 6:30 – 8:00 at the Youth Center.

Bruce McIntosh, Scoutmaster
812-374-9009
brucemcintoshbsa@yahoo.com



Clean jokes you can share ...

I found this shareable jokes and signs and couldn't resist sharing with you ... I hope they bring a smile to your face!

Message on the outside sign of a local church:

We accept all denominations ... \$1, \$5, \$10, \$20, \$50 – All are welcome!

A pastor was speaking to a group of second-graders about the resurrection of Jesus when one student asked, "What did Jesus say right after He came out of the grave?" The pastor explained that the Gospels do not tell us what He said. The hand of one little girl shot up. "I know what He said ... He said, 'Tah-dah!'"

When a young minister was still single, he preached a sermon he entitled, "Rules for Raising Children." After he got married and had children of his own, he changed the title of the sermon to "Suggestions for Raising Children." When his children got to be teenagers, he stopped preaching on that subject altogether.

A woman invited some people to dinner. At the table, she turned to her six-year-old daughter and said, "Would you like to say the blessing?"

"I wouldn't know what to say," the little girl replied.

"Just say what you hear Mommy say," the mother said.

The little girl bowed her head and said: "Dear Lord, why on earth did I invite all these people to dinner?"

'A cheerful heart is a good medicine' Proverbs 17:22

Till next month, keep a smile on your face and a song in your heart

.... Timothy

News



From the Mail Box...

Sending you warmest wishes with love & prayers to all.
-Jan Foley

The family of Harriet Goss acknowledges with grateful appreciation your kind expression of sympathy.

» DID YOU KNOW? «

Every Tuesday from 10am to 11am the church is open for Prayer Time. Soft music is played in the background of the sanctuary. You can come and pray for a few minutes or stay for the entire hour, the choice is yours.

Please join us on Tuesday Morning at 10am to lift up your personal prayers, prayers for our church and church ministries.



In Christian Sympathy

Our Condolences...
To the family of
Harriet Goss
who went home to her
Heavenly Father
May 21, 2025

Here's what's happening!

The church office will be closed
Friday, July 4
in observance of the holiday.

Trustee Meeting

Thursday, July 10
5:30pm in the Chapel

Grace's Table Free Meal

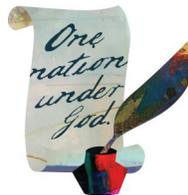
Sunday, July 13
5pm in the Youth Center



Guest Speakers

Sunday, July 6
Pastor Charlie Aigner

Sunday, July 13
Kathy Henry



Loving God, we thank you — the true Father of our country — for the blessings of this land and the gifts of cultures around the world. Prompt us to strive for justice for all, at home and abroad.

Remind us, in the words of the hymn, that “this is our Father's world” and that your goodness prevails. Amid tragedies and conflicts, guard us against despair. Help us focus on the kindness evident daily: from generous neighbors to conscientious public servants (because most are). On Independence Day and every day, “O let [us] ne'er forget that though the wrong seems oft so strong, God is the Ruler yet.” Amen.



JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am - Prayer Hour	2 6pm-Choir	3 6:30pm - Scouts	4  Independence Day Office Closed	5
6 Communion Sunday Guest Speaker Rev. Charlie Aigner 9am - Worship 10:10am - Sunday School	7	8 10am - Prayer Hour	9 6pm-Choir	10 5:30pm-Trustee Meeting 6:30pm-Scouts	11	12
13 Guest Speaker Kathy Henry 9am - Worship 10:10am - Sunday School 5pm-Grace's Table	14	15 10am - Prayer Hour	16 6pm- Choir	17 6:30pm-Scouts	18	19
20 9am-Worship 10:10am - Sunday School	21	22 10am - Prayer Hour	23 6pm-Choir	24 6:30pm- Scouts	25	26
27 9am - Worship 10:10am - Sunday School	28	29 10am-Prayer Hour	30 6pm-Choir			



July 1...Lisa Welch
 “ 7...Becky Schuyler
 “ 10...Ron Briner
 “ 11...Marsha Stuckey
 “ 15...Erin Mattern

July 17...Keith Reeves
 “ 18...Julie Taylor
 “ 24...Jan Foley
 “ 29...Jim Bozell
 “ 31...Jane Reed



East Columbus United Methodist Church
2439 Indiana Avenue, Columbus IN 47201

Return Service Requested

Jongmin Lee, Senior Minister
Terry Snyder, Music Director
Angie Sherfick, Adm. Assistant

Church Office: 812.376.7418

Church Office Email: office@eastcolumbusumc.org

Pastor Email: jongmin.lee@inumc.org

Worship Director Email: music@eastcolumbusumc.org

Church Website: www.eastcolumbusumc.org

9:00 am - Worship Service

10:10am - Sunday School

OUR CHURCH MISSION

**Growing the Family of God by Making
Loving Disciples of Jesus Christ.**