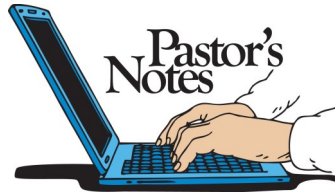




*May, 2024*



Dear Church,

I give thanks to God as spring weather emerges. Higher temperatures, gentle breezes, and blue skies bring me joy and a sense of well being. I encourage you to get out and enjoy nature: take a walk, go to the ocean, take a boat ride, or just enjoy the sunshine. As we see the leaves return to the trees, and the grass grow, and the flowers bloom, may we remember the power of God's creative power. The earth and all of creation is a home to us. We need to be good stewards of what God has entrusted us with.

In May we will worship at our Goodwins Mills location. We will celebrate Holy Communion, Mother's Day, and Memorial Day. In all of this may we be intentional about caring for each other. It is such a blessing to be part of a wonderful church family. May we hold each other up in prayer, and encourage each other in our faith. Together we are stronger than apart. Together we walk this journey of faith. Together we have hope in our hearts.

My hope and prayer is that Spring is a time of renewal, and new life. A time of new beginnings, new chapters in our spiritual life. Who is God calling us to be as individuals and a church? Please join with me in prayer as we continue to discern the way God would have us go. I thank all of you for your dedication and service in this Cooperative Parish. Please know I appreciate all of you.

I wish you Peace and Blessings,

Rev. Ed

# BE KIND TO YOUR MIND

## MENTAL HEALTH SUPPORTS

The Lewiston Youth Advisory Council Is Sharing the Below Resources as Part of Their Mental Health Awareness Outreach

### Maine Intentional Warmline

Call 866-771-9276 and unless there is an identified risk of harm to self or others, this remains anonymous. Talk to a trained support person about any concerns. (24/7)

### Maine Crisis Hotline

Text or call 888-568-1112 or 988, and crisis workers will send a crisis responder to you to evaluate for hospitalization, crisis stabilization unit, or in-home supports. (24/7)

### Anonymous Text Line

Text 741741, and unless there is an identified risk of harm to self or others, this remains anonymous. Text about anything with a trained support person. (24/7)

### NAMI Maine Helpline

Call 800-464-5767 during daytime hours only; not intended for urgent or crisis situations.

### Maine Teen Text Line

Specifically for ages 13-24. Text 207-515-8398 Monday - Friday noon to 10 pm only.

### National Trevor Project LGBTQ Text Line

Call 1-866-488-7386 or text 1-202-304-1200. Online chat at <https://www.thetrevorproject.org/get-help/> (24/7)

### Homeless, Transitional, or Housing Insecure Youth

Call or text Jamie Caouette (207) 376-8001 or Dan Sansoucy (207) 520-4289 (24/7)

By sharing resources publicly available, the City of Lewiston, Maine, and the Lewiston Youth Advisory Council hold no liability for actions through or by any of the organizations listed and those individuals seeking services, nor does this information serve as an endorsement for specific services provided by the organizations listed.



Join NAMI Maine for a night of baseball and mental health fun on Wednesday, May 22nd at 6:00 PM! A portion of ticket sales will be donated back to NAMI Maine to advance mental health support. For more information go to: <http://namimaine.org/event/sea-dogs-mental-health-awareness-night/>





## Honor your mother

Anna Jarvis, the woman who first suggested a national day to honor mothers, had an incredible mother to honor. Her mom, Ann Reeves Jarvis (1832-1905), was a Sunday school teacher and activist who helped lower infant-mortality rates in Appalachia and promoted friendship among families of Civil War soldiers.

At a memorial service for her mother, Anna Jarvis distributed carnations — her mom's favorite flower — to attendees. Her idea to set apart one day each year for moms gained traction, and in 1914, President Wilson proclaimed the second Sunday of May Mother's Day. It was customary by then to wear white carnations in honor of departed mothers and red carnations to honor the living.

Of the white flowers, Jarvis said they "symbolize the truth, purity and broad-  
charity of mother love; its fragrance, her memory, and her prayers. The carnation  
does not drop its petals, but hugs them to its heart as it dies, and so, too, mothers  
hug their children to their hearts, their mother love never dying."



# THINKING OF YOU



MOTHERS WHO  
HAVE LOST  
CHILDREN



THOSE WHO HAVE  
LOST MOTHERS



THOSE WITH  
STRAINED MOTHER  
RELATIONSHIPS



MOTHERS WITH  
STRAINED CHILD  
RELATIONSHIPS



THOSE WHO HAVE  
CHOSEN NOT TO BE  
MOTHERS



THOSE YEARNING  
TO BE MOTHERS



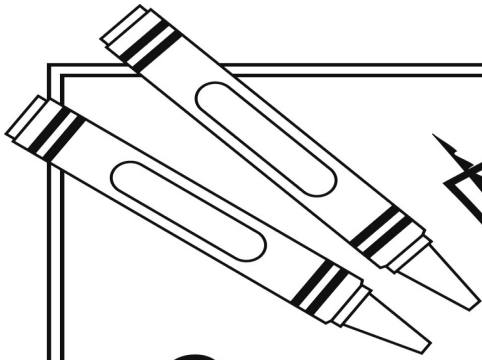
## Memorial Day to Labor Day

May 28th - September 3rd

Tues. & Wed. 9:00am - 2:30pm

Thursday 9am - 2pm









# PUZZLE

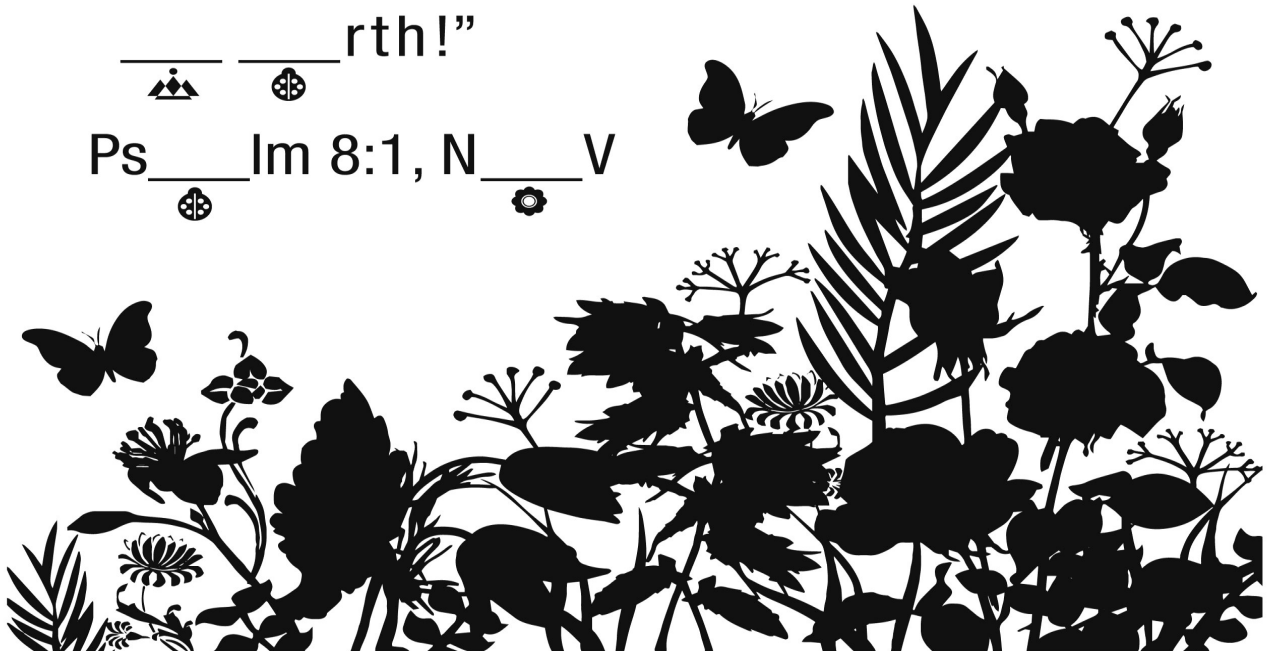
## Spring's Beauty

During springtime, the beauty of God's creation emerges in many ways.

*Directions: Use the vowel code below to complete Psalm 8:1, NIV.*

A =  E =  I =  O =  U = 

"L  RD,   r L  rd, h  w  
 m  j  st  c  s y   r  
 n  m   n  ll th   
  rth!"  
 Ps  lm 8:1, N  v



Answer: "LORD, our Lord, how majestic is your name in all the earth!" Psalm 8:1, NIV



Christ Church Federated

Goodwins Mills UMC

West Kennebunk UMC

### A House United

When President Lincoln declared in 1858, “A house divided against itself cannot stand,” he was echoing Jesus. Scribes thought Jesus was casting out demons by Satan’s power, so Jesus responded, “How can Satan cast out Satan? ... If a house is divided against itself, that house cannot stand” (Mark 3:23-25, NIV). There are countless modern examples: Civil wars. Families torn apart. Business partners going separate ways. Even churches splitting.

Jesus used the “house divided” image to point out the nonsense of the scribes’ words. It takes someone *other than* the “strong man” (v. 27), or demon, occupying a space to cast that demon out. Evil can’t drive out evil. Sin isn’t stronger than sin. Hate doesn’t solve hate. Violence doesn’t end violence. Two wrongs don’t make a right.

Jesus came to “bind” evil with goodness, conquer hate with love and teach us the same. Throughout the gospels, Jesus treats *all* people with love — even those who oppose him — so that, in the end, we all will be a house *united* by God’s goodness.



### The language of lament

Unlike nonbelievers, Christians can grieve with hope (see 1 Thessalonians 4:13-18). On Memorial Day and at Christian funerals and burials, our lament is real — and it’s a uniquely Christian concept, according to Pastor Mark Vroegop. “It takes faith to pray when you are in pain,” he writes in *Dark Clouds, Deep Mercy*. “Belief in God creates challenging questions, and lament provides the opportunity to reorient your hurting heart toward what is true. But in order for that to happen, you have to turn to prayer. The silent treatment must end.”

Vroegop, who had a stillborn daughter, says lament opens a door that leads to trust. Heartfelt lament, he says, can be brief or messy and can feel forced or uncomfortable. But the important thing is to “keep talking to God.”

“Don’t allow your fear, your despair or your track record of silence to cut off the flow of grace,” he urges. “Your pain can be a path toward God if you’ll allow lament to be your new language.”





## CONCERTS IN WEST K!

PRESENTING GREAT ACOUSTIC MUSIC SINCE 2014

WEST KENNEBUNK UNITED METHODIST CHURCH

160 ALFRED ROAD, KENNEBUNK, ME



**DOUG LAMEY**  
CAPE BRETON FIDDLE!

SUNDAY, MAY 19  
3:00-5:00 PM

**FRANK FERREL & KIMBERLEY HOLMES**

FIDDLE & PIANO MUSIC FROM NEW  
ENGLAND & THE MARITIMES!

WEDNESDAY, JUNE 12  
7:30-9:30 PM



Don't Forget our **Super Senior Gathering!**

We meet at WKUMC on Tuesday afternoon from 1:00 to 3:00 every other week.

In May, our meetings will be the 14th and 28th.

Some folks just sit and chat, others knit/crochet, play a board or card game or work on a craft. It's mainly a time to "get out of the house" and visit with others.

**We'd love to have you join us!**

FMI: Contact Beverly (207) 809-9268



# PLEASE KEEP IN YOUR Prayers

Below are the names of people or situations from the Beacon of Hope Cooperative Parish that need your prayers. To add or remove names on the list, please contact Sandy Farrar before the 20<sup>th</sup> of the month at [gmumc@gmail.com](mailto:gmumc@gmail.com)

Pam Boyden  
Baby Miracle Chapman  
Cory, Liam & Maverick  
Lisa Dufour (Ruth Morrison's sister-in-law)  
Kevin Hickey  
Bethany Hickey (wife)  
Kevin & Kelen Hickey (sons)  
Jessica & Family  
Connor Johnson (West Kennebunk)  
Barbara Lawson  
Marcia Lawson  
Lettie Lemay  
Cathy Mullen (Margie Lord's sister-in-law)  
Herbie Nutting  
Laurie Thompson  
Dick Cadmus  
Joanna Brown

Helena called and asked to be put on the prayer list along with her daughter, Laura, and friends: Kathy & husband, John, Chris, Linda, Gloria, Patty, Everett, Donna, Michelle, Steve, Gail, Cindy & Maureen.

Matthew Philbrook  
Stephen Raynolds  
Roy & Derrick  
Pattie Vigue  
The family of Sharon Crippen  
Shannon Corliss  
Ed Philbrook  
Gordon Sargent (Beverly Heald's brother)  
Joshua Murray (Sandy's friend)  
Sheri Richardson  
The family of David Harriman  
Ted & Deborah Meserve



Thanks for the many blessings we have received and for this church family.

*Please also keep our Bishop Rev. Peggy Johnson, our District Superintendent, Rev. Arlene Tully and our pastor Rev. Ed Bove and family in your prayers.*



For Pastoral Care

Please Contact

Rev. Ed Bove

(401) 525-6866 or

[revbove@gmail.com](mailto:revbove@gmail.com)





# Happy ANNIVERSARY

Mike & Jen Boislard—17  
Greg & Michelle Violette—28



Greg Violette—4	Allan Davis—11
Ben Whitmore—18	Kim Whitmore—19
Addison Harris—21	Peggy Basile—26
Dick Cadmus—30	Beth Whitmore—31



If we don't have your birthday or anniversary on file please leave a note or email for Sandy Farrar at [goodwinsmillsumc@gmail.com](mailto:goodwinsmillsumc@gmail.com) and we will get our records up to date. Thank you.



We'd **REALLY** like to see you in person on Sunday Mornings!

## Church Mailing Addresses:

West Kennebunk UMC, P.O. Box 532, 160 Alfred Road, West Kennebunk, ME 04094

Christ Church, c/o Goodwins Mills UMC, 55 Church Street, Lyman, ME 04002

Goodwins Mills UMC, 55 Church Street, Lyman, ME 04002



*Let's sing in choir again!*

*All are welcome!*

For the month of May, Beacon of Hope Choir rehearsals are held **Fridays at 11:00 a.m. at the Goodwins Mills UMC, 55 Church Street, Lyman, ME.** Any questions, contact Susan Heafield: at [heafield.susan@gmail.com](mailto:heafield.susan@gmail.com) or 207-502-7402.



The choir will sing at Goodwins Mills UMC every Sunday in May!



# United Methodist Credit Union

[www.umfcu.org](http://www.umfcu.org)

If you are a United Methodist in New England, you are able to join the United Methodist Federal Credit Union. The link is posted above.

Many services are available, and an ATM card is available. Please check out the link to see if it's something you might want to do. It might even be a place where you could start a savings account for vacations or other projects! \$ \$ \$ \$



The Beacon of Hope supports both the York County Food Pantry in Alfred and Community Outreach Services (COS) in Kennebunk. They are always in need of supplies. Please consider giving weekly to these causes. Donations can be brought to the West Kennebunk UMC and/or Goodwins Mills UMC any Sunday.

You or someone you know could be in need. Please always feel free to reach out for help.

Here are some suggestions:

- Any canned meats, poultry, and fish (tuna, especially)
- Muffin, Brownie, Cake or Cornbread Mixes
- Fruit & Vegetables (canned)
- Hamburger or Tuna Helper (type meals)
- Peanut butter
- Jelly and jam
- Juices and bottles of water
- Saltine crackers, granola bars, chips
- Cereals (preferably non or low sugar, hot or cold)
- Oatmeal (packets or container)
- Macaroni & Cheese (boxed)
- Pet Food (canned or dried) and treats
- Shampoo and conditioner
- Toothbrushes & toothpaste
- Toilet Tissue, napkins and tissues
- Shaving Cream & soap (bars & liquid)
- Paper Towels
- Feminine Products
- Deodorant
- Laundry & dish soap
- Pancake/waffle Mix
- Pasta & Meals in a can (Ravioli, Spaghetti, etc.)



You are invited to BOH scheduled Zoom meetings.

Topic: **HeartSource meeting**

Time: Mondays at 03:30 PM Eastern Time (US and Canada)

1. Go to [Zoom.us](https://zoom.us)
2. Click "[Join a meeting](#)" near top
3. Enter meeting ID **899 5832 2582** and passcode 182150 click "[join](#)."
4. Click "[Leave Meeting](#)" when finished



## Many Towns, One Circle: Challenging Racism and Injustice

We are a community group dedicated to identifying racial bias in ourselves, challenging racial injustice, and working together to build a more inclusive community. We hold in-person events several times a year, and send out monthly “Anti-racism moment” emails. If you would like to be on our email list, please send your email address to Linda Stathoplos f(\(isbell@verizon.net <mailto:isbell@verizon.net>)) and you will be added to this community!



CLYNK bags are located in the entry way. Please take one with you. Thank you!

If you would like a CLYNK bag or two mailed to you please let Sandy know. You can either send an email to goodwinsmillsumc@gmail.com or call the church office, 499-7438.

## Your Environmental Impact

Every container you recycle helps the planet. Here are some of the good things you have done since you started using CLYNK.

### Volume



You have diverted enough containers to fill 70.5 lobster traps.

### Energy



You have saved enough energy to light 8.9 lightbulbs – 24 hours a day – for a year.

### Emissions



You have saved the emissions equivalent of driving your car 1,691 miles.



Overflowing With Thanks



Happy  
Mother's  
Day

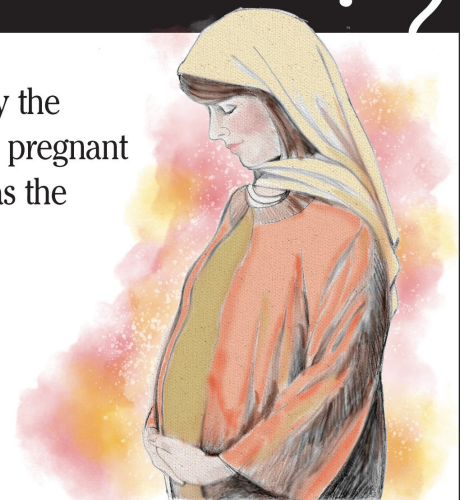


## Bible Quiz



Elizabeth, an older relative of Mary the mother of Jesus, was miraculously pregnant at the same time as Mary. What was the name of Elizabeth's husband?

- A. Aaron
- B. Zechariah
- C. Joseph
- D. Simeon



Answer: B (See Luke 1:5, 39-41.)



# BEACON OF HOPE CALENDAR MAY, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2 style="margin: 0;">PRAY MORE</h2> <p style="font-size: 2em; color: #8B4513; font-family: cursive;">worry less</p>			<b>1</b> 9:00-1:00pm GM Office Open	<b>2</b> 9:00-1:00pm GM Office Open  5:15-7:00pm TOPS in FH at GM  ★NATIONAL★ DAY of PRAYER	<b>3</b> Office CLOSED  11:00 am Choir Rehearsal at GMUMC	<b>4</b>
			<b>5</b> 8:30am Men's Club at GM  10:00 am Communion service at GMUMC with Zoom	<b>6</b> 9:00-1:00pm GM Office Open  3:30 pm Heart-Source Meeting via Zoom	<b>7</b> 9:00-1:00pm GM Office Open	<b>8</b> 9:00-1:00pm GM Office Open
<b>12</b> 10:00 am Worship service GMUMC with Zoom  	<b>13</b> 9:00-1:00pm GM Office Open  3:30 pm Heart-Source Meeting	<b>14</b> 9:00-1:00pm GM Office Open  Super Sr Gathering 1-3 WK  6:00pm CC Cabinet meeting on Zoom	<b>15</b> 9:00-1:00pm GM Office Open	<b>16</b> 9:00-1:00pm GM Office Open  5:15-7:00pm TOPS in FH at GM	<b>17</b> Office CLOSED  11:00 am Choir Rehearsal at GMUMC	
<b>19</b> 10:00 am Worship service GMUMC with Zoom  	<b>20</b> 9:00-1:00pm GM Office Open  3:30 pm Heart-Source Meeting	<b>21</b> 9:00-1:00pm GM Office Open  GM Ad Council Mtg 6:00 pm	<b>22</b> 9:00-1:00pm GM Office Open	<b>23</b> 9:00-1pm GM Office Open  5:15-7:00pm TOPS in FH at GM	<b>24</b> Office CLOSED  11:00 am Choir Rehearsal at GMUMC	<b>25</b>
<b>26</b> 10:00 am Worship service GMUMC with Zoom  3:00-5:00 pm Concert at WK  	<b>27</b> Office CLOSED  3:30 pm Heart-Source Meeting  	<b>28</b> 9:00-2:30pm GM Office Open  Super Sr Gathering 1-3 WK  WK Ad Council mtg at 6:30 pm	<b>29</b> 9:00-2:00 pm GM Office Open	<b>30</b> 9:00-2 pm GM Office Open  5:15-7:00pm TOPS in FH at GM	<b>31</b> Office CLOSED  11:00 am Choir Rehearsal at WKUMC	