

A Time for Self-Care

One of the main things that I want to do in this note is to thank this church family for loving me and caring for me! The last year and a half (plus a little more) has been difficult to get through. However, you have seen my exhaustion and struggles and have encouraged me to rest and take care of myself. Many of you had encouraged me to do this from the very beginning of my time here, but I failed to see how busy I truly was. It was even asked if I lived at the church! 😊 Thank you for your concern and love in helping me along this journey!

As I look over the last 7 years that I have been serving this congregation, I see times when I failed to take care of myself. (Has it really been 7 years?) There were times when my weeks were too filled with time at the church and with church family, which I loved, but failed to realize the affect that it was having on me.

While going through the process for ordination we were told to evaluate how we spent our time. While doing this I found that I was spending over 80 hours a week doing things that were pastor related. I learned to be a pastor by observing my husband in action, never having the opportunity to observe other productive pastors in action. This didn't give me a well-balanced idea of what was best. My husband has always been a workaholic and I didn't fully realize this until I started into pastoral ministry myself. I knew he was busy, and I would complain at times when we didn't have much private family time, but we were still together doing church activities. It always seemed like that was what a pastor should do!

It took the Bishop, Cabinet, and other leaders of our Annual Conference to make me fully take notice of my schedule. They have required pastors to now take 2 days off per week to enable self-care to avoid health issues and . This is to include one day for Sabbath and one day for family and self. They are also requiring us to take 5 weeks of vacation. Many of you know how hard this is for me to do, but I know now how important this time is for me, especially as I continue to struggle with energy and memory issues.

I have failed to let you as my church family know when these days are, so here is my current schedule. **Monday** is my **Sabbath**. **Friday** is my **day off**. (Please notify me with emergencies and prayer needs on these days, but please honor these days otherwise. Thank you!) I am in the office usually **Tuesday, Wednesday, and Thursday** from **9:00am-2:00pm**. This time is spent dealing with planning Sunday Worship Service, phone calls, community interaction, communicating with Becky about work needs, etc. Many times this time is extended to complete necessary items. Visitation is done from 2:00-4:00 as able. Then in the evenings, I attend meetings, choir & Praise Team practices, and Bible Study. **Saturday** is final preparations for Worship, including prayer, and any other necessary work items. **Sunday**, I am at the church from 8:00am-noon, and in the evening I usually finish the transcripts to send out to members and to put online.

It is taking me longer to finish everything, and I appreciate your helping me to stick to taking care of myself so that I can accomplish all that is possible for you and me, in the best ways.

Blessings,
Pastor Ruthie Trigg

♥ Welcome to Preschool!

We are just a few weeks away from the start of a new school year. Our first day of preschool will be Tuesday, September 13. We are going to try something new this year and offer an Open House to the families on Thursday, September 8. We are hoping by having the Open House during the week and in the evening will allow more families to come. We have 17 children currently enrolled. We have received several calls expressing interest in our program, and we still have some registration packets out that we are waiting to be returned. We have been interviewing candidates for the aide position and will be making our final selection within days. Sarah and I are very excited to start another year together and are looking forward to what the new school year brings.



We are still in Charge Conference Season!

It is currently the time when the Staff Pastor Parish Relationships Committee (SPPRC) has been meeting to review the work of the congregation and the pastor this past year. The required forms are a work in progress to be completed and turned in by September 15th. The other church forms are being worked on also, and will be completed and turned in by Oct. 8th. The Nominations/Leadership Team will be meeting soon to prayerfully consider the church leadership for the next few years. Please be prayerfully considering what God's plans are for you. We are looking to see what God has in store for us in the year and years to come.

The **SPPRC meeting** with the District Superintendent will be **Thursday, Sept. 29th at 6:00pm at North Canton Faith UMC.**

The **2022 Charge Conference**, which everyone is welcome to attend, will be **Saturday, Oct 22nd at 11:00am at Wadsworth UMC.**

This meeting will be held with all other Canal District United Methodist churches, and we will be voting on our church reports and our 2023 leadership. If there are any questions concerning this information, please contact Pastor Ruthie.

Joys



Dee Franks transferred her membership back to our church. Welcome back, Dee!

Betty Gift turned 100 years old! Happy Birthday again, Betty!

Bruce & Ruthanne L. had several family reunions and gatherings. They were able to spend more time with his sister.

Bob Hopton had a nice reunion with his children.

Anne Salyer is back in her home recovering.

Pam Hartman happy to be back in church, treatments are going better and she will be receiving Medicaid to help with her medical needs.

Dick Gillman was back in church, shared Dorothy is doing pretty well.

Margaret Moedt & Sandy Batson are feeling better

Harry & Nancy Britton's great great granddaughter turned 1 year old.

Concerns

Eileen Williams and family, fell & broke her hip, in Wooster Hospital

Chris (& Steve) Britton - cancer

Joanna Shankland - eye health

Harry Britton's friends John & Martha - health

Pastor Don's step-dad in care center & mom - health

Bonnie Ayers - heart

Danny Baker & Paula Burkhart

Ana McClain's Grandpa Tim

Rae & Duane Smith

Anne Salyer - recovery

Pam Hartman - dialysis treatments

Those with Covid & other viruses

Leigh Litman's sister, Loretta - recurrence of cancer

Continued prayer for Dick Baker to remain healthy

Nancy (& Butch) McMillan

Anita (& Don) Vohar - health

Harry & Nancy Britton

Robin Kirkhart & Pat Meglich

Judy King (Becky's mom)

Ruthie Schumacher

Dorothy & Dick Gillman

Pauline Rastorfer

Betty Gift

Lovell, Bruce Lindenmuth's sister - cancer

Debbie Baker (& her husband, Rev. David Baker) - stroke recovery & cancer

Pastor Joyce Williams (& Jack) - cancer

Annibale & Mohr families, Mary Lynn (cancer is receding ☺)

Disaster & Violence victims

Summer Safety for children

UMC Camping Ministries

Traveling mercies

Ukraine/Russia War

Our country & area communities

Our sympathy to family & friends of:

Esther Margaret Kester - Betty Gift's daughter

Pat Stepp - Kim Rastorfer's mom

Peggy Gish - Harry Britton's friend

Fireside Chat



Fireside Chat with the Finance Chair

Dear Friends,

Last month was very busy with the celebration of one of my twin grand daughters' wedding in Illinois. The day was perfect in every way. Over 200 guests attended the wedding of Rebekah Wall to Alex Hocking at her church. While the newlyweds were on their honeymoon Ellen and Joe were able to get away for an overnight to celebrate their 25th wedding anniversary that week. The next weekend we celebrated foster daughter, Kenzie's 14th birthday with a group of her friends and three of her step brothers with a hotdog roast and games in the back yard. Missy and I were glad to get back home after two weekends of celebrating and temps over 100. While there, I learned that Ruby, the golden doodle Ellen is fostering for Alex's mom, who is a dog breeder, had been bred and was now great with child (or is that puppies?). Any time now I will become a great grandmother to my grand dog.

As soon as I got home I was reminded that I would soon be needing to write the fireside chat for Sept. I feel like I am in a revolving door. I shopped for school supplies for my Christmas shoe box. I found that living on Earth is expensive, but it includes a free trip around the sun. I also wonder why if Wal-Mart is lowering prices every day, how come nothing is free yet? All the school supplies cost more than they did last year.

But I am happy to report that we brought in enough money in offerings to cover our needs for the month. Plans are also underway to gather items for our fall rummage sale which benefits the food pantry, so remember to clean out things you don't need (they call it decluttering these days) for the end of September.

God Bless,

Martha Baillis, Finance Chair

Trustee's Corner



Items since last month:

- Installed a Ring Camera on church entry doors for after hour UPS deliveries and added security.



“Come One, Come All”

Anyone interested in singing in the choir, please join us. We will start Wed. September 7th @ 6:00pm and then meet each week. We look forward to serving with the gifts of music each one has. Looking forward to seeing you all again veterans!! See you September 7th.

Betty Winchell

Food Pantry

Our August Food Pantry/Community Dinner was back to normal. We had 24 families, 60 people, 29 sets, and 4 new families this month. Our next Food Pantry/Community Dinner will be Wed. Sept. 21st, 2022. The sign-up sheet for the Community Dinner will be available Sunday September 11th & 18th out on the table in the narthex. *Remember that there are only 3 more Food Pantries/Community Dinner for the year!!*



Thank you to all of our helpers! We couldn't do it without you!



You can make a financial contribution to help with the flooding disasters by marking check memos with Flooding, Disaster Response or [East Ohio Conference Fund 1327](#) . Funds can also be donated for flood buckets.



Bible Studies

A group of women meet on Thursdays at 6:30pm, and are led by Betty Winchell and Sara Ullman. Another group of women meet at 10:00am led by Pastor Ruthie, also on Thursdays.

There is always room for more to attend!

Titles of current & upcoming studies and tentative dates:

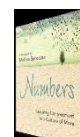
9/15th-10/27th The Longing in Me: Studying the Life of David



11/3rd-12/29th Jude: Contending for the Faith in Today's Culture



1/12th - 2/23rd Numbers: Learning Contentment in a Culture



3/9th - 4/20th What Love Is: Letters of 1,2,3 John



Keep checking for any updates.

Men's Bible Study starts Thursday, Sept. 15th @ 6:30pm

They will be studying the Book of Acts.



September

1st - Holly Staley

7th - Lynn Turnbow

11th - Rod Britton

20th - Sandy Batson

29th - Roger Williams

5th - Paula Burkholder

8th - Eileen Williams

Lois Clemmer

12th - Bill Ullman

Betty Winchell

25th - Allan Emerson



September

7th - Chris & Sandy DiMascio

13th - Brad & Tina Richards

28th - Jim & Sue Baker

10th - Dick & Dorothy Gillman

27th - Dale & Lydia Stahl

Rittman UMC Rummage Sale

Friday, September 30th, 2022: 9:00am-2:00pm

Saturday, October 1st, 2022: 9:00am-1:00pm

Start gathering things that you want to put in the sale and you can bring them to the church. If you are able, please take your things downstairs to the Jr. High room at end of hall. If you are unable to do that, you can put you things on the tables in the social hall. Food & beverages will be available both days.





Life stewardship lessons from the Danes by Rob Blezard

And Jesus said to them, ‘Take care! Be on your guard against all kinds of greed; for one’s life does not consist in the abundance of possessions.’ -Luke 12:15

The people of Denmark, about six million living in a nation smaller than West Virginia, routinely count among the world’s most contented. This year’s World Happiness Report ranks the Danes No. 2, behind Finland. The United States ranks 19.

What do the Danes know that we don’t?

Several key principles for living help explain Danish happiness, Meik Wiking, chief executive officer of the Happiness Research Institute in Copenhagen, told the New York Times:

Decoupling wellbeing from wealth. Jesus did teach us that our lives do not consist in the abundance of possessions, though our consumer culture relentlessly tells us otherwise. How much happier would Americans be if our culture taught us to be content regardless of our wealth?

Hygge. This is a Danish term that Wiking describes as “the art of enjoying the simple pleasures in life.” Getting together with friends, enjoying the outdoors, experiencing joy with family, finding peace in your own home – things that are readily at hand, without fuss or expense.

High levels of trust. Scandinavians tend to trust one another and their institutions. “We consider the collective ‘we’ versus ‘me,’” Amy Clotworthy, a professor at the University of Copenhagen, told the Times.

As Christians looking for guidance on how we can be good stewards of our lives, these principles provide inspiration and guidance. How might you incorporate them into your life?

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Upcoming Events for Rittman UMC

- 9/10 – Church Bonfire @ 6:00pm
9/18 – Christmas Basket Planning Meeting @ 12pm
9/30 – Rummage Sale @ 9am – 2pm
10/1 – Rummage sale @ 9am – 1pm
10/22 – Charge Conference @ 11am – Wadsworth UMC
10/? – Trunk or Treat – *Date & Time to be announced*
12/17 – Christmas Basket Pick-Up.



The Safest Place

When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?

Psalm 56:3-4

Have you ever been really afraid? Not the childish fear of a boogeyman under your bed, but fear of what the future holds or doesn't hold, fear of what another person may or may not do. Fear that someone you trust is going to let you down. Where do you turn when fear starts to grab your heart and hold you captive?

The steadiest place in all of the universe is God. He never changes. He loves you unconditionally. He can be trusted. When you are afraid, trust God to protect you and care for you. Nothing can happen to you that He does not already know about.

by Carolyn Larsen
One-Minute Devotions



“The day, with the work God gave me to do, is done and now the night has come, quiet and calm and beautiful from Him. As shadows gather around the earth, I will trust myself, body and spirit, in to His loving tender care and to sleep. His love is round about me and as flood tides from the ocean fill each cranny of the bay, so power and peace from God can fill my life as I rest quietly in Him.”

Amen

Albert W. Palmer