

February 13, 2023

Loving Those Who Grieve: A Few Suggestions (see more on p. 3)

It is a beautiful thing to want to care for our friends and loved ones after they have suffered a loss and are grieving. As we are doing so, we may think to ourselves, “I don’t want to say the wrong thing or do the wrong thing,” which is also beautiful! We certainly do not want to add to someone’s pain unintentionally, and being careful in our caring is a deep kindness.

There is no “winning” at grief care or doing things exactly right, and yet, those who have navigated grief have offered some helpful suggestions that we can consider so that we might love our people well.

* *Recognize that the pain of grievers cannot be fixed.* If we could snap our fingers and make it all better, we would. Grief persists because love persists. Learning how to sit with the truth that grief does not go away and cannot be cured is a gift.

* *Recognize your place in the circle of care.* Are you especially close to the person who is grieving? Are you more of an acquaintance? Adjusting our care based on this level of closeness is helpful to those who are grieving. If you are further away from the person who is grieving, consider writing a note or dropping off a restaurant gift card, rather than calling on the phone or asking to meet face-to-face.

* *Don’t offer platitudes.* For instance, “This is all part of God’s plan,” or “God must have needed your loved one in heaven.” Each griever makes meaning of their loss, in their own way. As we care for grievers, it is not our job to make that meaning for them. If we must offer words, we might say something simple such as, “I am so sorry,” “You are loved,” “I am here.”

* *Don’t assume you understand their loss.* While you may have experienced losses of your own, or even very similar losses, each experience and journey of grief is different. It may be tempting to share your own experiences as a way of connecting, but this can add weight to the griever as they may feel the need to care for you during the conversation. Instead, you might ask gentle, curious questions that allow the griever to narrate their own experience. Give them the space to lead the conversation and offer your active listening.

* *It is not necessary to ask about the circumstances of the death.* Let the griever tell you as much about the death as they choose to, or not.

* *Remember important dates.* Especially as the years stretch on after a loss, reaching out to grievers on important days reminds them that they and their loved ones have not been forgotten. Make a calendar entry on your phone to remind you to reach out

on birthdays, anniversaries, holidays, or other significant dates.

* *Offer specific help.* We often say, “let me know if I can do anything for you” and we truly mean it! But often grievers are overwhelmed, and aren’t sure what they need, or feel badly for asking. So offer specifics! For example: “I am heading to Harris Teeter - may I pick up bread and milk for you?”

* *Become comfortable with a griever saying “no”.* What you offer on a particular day may not be what the griever needs. If they are honest enough to say “no, thank you,” respect that decision and that boundary. Be willing to keep showing up, and recognize that sometimes our presence and continued love is all we can offer.

This guide could be pages and pages longer, but we hope these few suggestions help you to feel empowered as you care for those who are grieving. The below prayer is a wonderful way to offer ourselves and to ask for God’s help:

A Prayer for A Friend of One Who Grieves (from *Every Moment Holy*)

O Christ, I am at such a loss. I want to help, but I don’t know what to do, or what to say.

I don’t know how to act in light of everything that’s changed.

But I know this, I love my friend. And I do not want to let this brooding awkwardness lead me to withdraw until over time my avoidance becomes a pattern that could leave us stranded on opposite sides of an emotional chasm.

Give me wisdom, grace, and empathy, O Lord, to simply walk beside, to let my friend lead as they learn to navigate this grief, and not to ever in arrogance believe that I can somehow set them straight, or make it right, or give advice they do not need from me.

Teach me how to set aside my own discomfort, so that I might compassionately perceive, in the context of their specific loss and their specific need, what true encouragement and helpfulness would mean.

Above all, let me learn to remain present in their life, not forcing them to speak of loss, but being ever ready to listen, to share their tears, to steward their story--however much they choose to entrust to me--and so let me serve my dear friend well by a close and constant willingness to bear some small part of their long burden. Amen.



**HBUMW joyfully invites you to the
Jo Anna McMillan March Mission Study
Full Cup, Full Heart - Preparing one's mind for service**

**Monday, March 13, 6:00pm,
bring your favorite teacup or mug**

Dinner will be served followed by a panel discussion featuring Dr. Tonya Armstrong, founder and CEO of The Armstrong Center of Hope. She will be joined by HBUMC's Audrey Gastmeyer, Laura Kirby, and Laura Fine Ledford.

Come fill your cup as we steep ourselves in fellowship, learn together, and renew our hearts and minds for a year of missions.

This year, HBUMW will present a three-part series focusing on personal growth that cultivates the mind, the body, and the spirit to prepare ourselves to serve others in our community.

The second in the series will be the fall kickoff on Monday, September 11 - Cultivating our body for service.

The third in the series will be the Birthday Party for Jesus on Monday, December 4 - Cultivating our spirit for service.

All women of the church are invited. Please make your reservation at hbumc.org/signups or through your circle chair.

*You shall love the Lord your God with all your heart,
and with all your soul, and with all your strength,
and with all your mind; and your neighbor as yourself.*

Luke 10:27

Save the Date: The Chicken Is Back March 12!

The Seekers' Class Chicken Dinner fundraiser returns on Sunday, March 12. Be on the lookout for ticket sales at church for the \$15 plate of savory grilled BBQ chicken, Seekers' recipe brown rice, green beans, yeast roll, homemade pound cake, and beverage. All proceeds go to local and global nonprofits and mission organizations.

Past Recipients of Funds include: Inter-Faith Food Shuttle, Interact, Family Promise of Wake County, Urban Ministries of Wake County, Loaves and Fishes Ministry, HBUMC Prison Ministry, Seeds of Hope, Backpack Buddies, Hearts and Hands for Haiti, Filling In Gaps, Neighbor to Neighbor, Zoe Empowers, The Encouraging Place, and Me Fine Foundation.

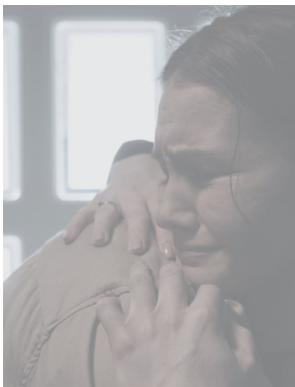
Take out or dine in on the 12th - plates can be picked up as early as 10am and as late as 12:45pm.



There is a Sunday School class for every age and interest each Sunday at 10am. We often have joint Sunday School classes for special seasons and topics, too!

Need help finding a place for formation and fellowship each week? View adult class descriptions at hbumc.org/formation, view hbumc.org/children and hbumcyouth.com for children and student options, or email Pastor Molly with any questions at mwhite@hbumc.org.





SUNDAY, FEBRUARY 26 • 2-5PM

WHEN THERE ARE NO WORDS: WHAT IS NEEDED IN TIMES OF GRIEF AND TRAUMA

Presented by Khris Ford,
Grief and Trauma Specialist
Register at
hbumc.org/signups

When There Are No Words:

What Is Needed in Times of Grief and Trauma

As a congregation, we continue to experience shock and grief at the death of Patrick White. While we cannot know the depth of loss that the White family continues to feel, we recognize that this loss has stirred up pain for our congregation members, and perhaps other traumas from our own lives. To that end, we encourage everyone to participate in a gathering on **Sunday, Feb. 26th from 2-5 pm**, led by Khris Ford, Co-Director of the North Carolina Institute for Spiritual Direction and Formation. Please register at hbumc.org/signups.

We believe that our participation in this event is both a gift to ourselves, and to the White family, with the hope that we can learn how to love them more faithfully in this grief. In this workshop, on what is needed in times of grief and trauma, Khris Ford will present a framework for understanding grief and trauma and practical information on how we, as the Body of Christ, can be supportive to those who are living with grief. Because these conversations about grief often bring to the surface our individual experiences of loss, there will be time, for those who wish, for some small group sharing.

Khris Ford is a retired grief and trauma specialist, spiritual director, and Co-Director of the North Carolina Institute for Spiritual Direction and Formation. Her passion for the sacred work of grief is fueled by her own experience of the deaths of her teenage son, Stephen, in 1989, and the death of her husband, John, in 2015. She is an active member of St. Francis UMC in Cary.

“We can recover a faith in grief that recognizes that grief is not here to take us hostage, but instead to reshape us in some fundamental way, to help us become our mature selves, capable of living in the creative tension between grief and gratitude. In so doing, our hearts are ripened and made available for the great work of loving our lives and this astonishing world. It is an act of *soul activism*.”

“Grief is akin to praise; it is how the soul recounts the depth to which someone has touched our lives. To love is to accept the rites of grief.”

Francis Well, The Wild Edge of Sorrow

02/13/2023

Earthquake Relief

Join us in prayer (see below) for the people of Turkey and Syria who have just experienced two devastating earthquakes. News reports are already assessing the impact as the worst to hit the area in a century.

UMCOR is processing a grant to our partner in Turkey, International Blue Crescent (IBC), which has issued an appeal for emergency supplies such as tents, heaters, blankets, warm clothes, food, and first aid.

You can donate to UMCOR International Disaster Response and Recovery Advance at:

<http://ow.ly/APs450MKGNa>

O God, the earth we inhabit is a place that can shock us with its power and fury - where the ground splits open beneath us, where hurricanes ravage, and floods refuse to retreat, where too often we speak of lives lost as numbers and not as names.

In Lamentations, we read of your mercies, that are new every morning. We pray for those new mercies to pour out on the people of Syria and Turkey, many of whom already lived in a tenuous state of fear and unrest, even before the recent tragic earthquakes.

We pray for those who have lost loved ones, who are walking into the long path of grief.

We pray for those whose loved ones are missing, waiting with deep hope for good news.

We pray for the search teams, and those offering first aid and medical care.

Give them strength and courage.

Help us to persist in our prayers, to give financially if we can, to keep those who are far away in distance close in our hearts.

As children we sing that you carry the whole world in your hands.

O God, give us the trust to believe that you are the foundation of all that was, all that is, and all that will come.

O God, give us the trust to believe that this earth is held by you, that your mercies are new each day.

Make us fearless beacons of this good news.

Amen.

(Adapted from “Rally” by Britney Winn Lee)


church
life

- online directory
- give online
- register for dinners & events

Download the
Church Life app &
get connected!
Find it in the App Store!

January 30, 2023 Finance Committee Report

On behalf of your Finance Committee it is my privilege again to report on the financial health of our church. I spoke to you last in August. I described our situation as “not the best,” and explained that we had, as of June 30th, a significant deficit in our operating budget. I sent a letter to the congregation in mid-December also reporting the prospect of a deficit.

Well, where do we stand now? December pledge collections were strong, \$352,00! Our total pledges collected for the year - \$2.3 million - represent 104% of the pledges you made at the outset of the year! Once again members of this congregation honored their pledges, and then some.

Non pledged contributions were a different story. These are contributions from members who choose not to pledge, but make meaningful contributions to our church. For the year, this category of contributions was significantly under what we had estimated. In turn, this shortfall more than offset our gain in pledged collections. So even though families who pledged exceeded their commitments, our total collections fell short of budget.

Non pledged contributions are very difficult to predict. For this year and going forward, our committee has resolved to be more conservative in our estimates of non pledged contributions. We expect this approach will help avoid the situation we faced last year.

Also, last year our expenses turned out to be greater than budgeted. A significant portion of those increased expenses related to large maintenance projects, long-term in nature, or to capital expenses. For instance, last year, we installed a new Fellowship Hall projector and upgraded our Internet access throughout the building. We continue to rely on Zoom for Bible studies and church meetings. Too often these were being interrupted because of poor Internet coverage. We also painted the Fellowship Hall and other parts of the building and replaced key mechanical components of our physical plant. We installed a new and improved camera system for the Sanctuary and Casper Holroyd Hall for streaming services. The total of these expenses was \$122,000.

MEET OUR BISHOP Connie Mitchell Shelton

Thursday, February 23, 7pm: Laity gathering to welcome Bishop Shelton at Garner United Methodist Church.

Bishop Shelton has asked that we “commit to a faithful, intentional prayer life this year.” Sign the commitment to join in daily prayer and access the recommended Pray as You Go app to assist you in this goal.



But our church is very fortunate to have several endowments. One is a large general endowment, and several others are specifically dedicated to our buildings and grounds. These have been established over the years by generous members of our congregation. The Finance Committee is entrusted to make prudent use of the earnings from these endowments consistent with the expressed intent of their donors. Mind you, the principal of the endowments is never invaded and continues to generate more earnings for future use, as needed.

At the close of every year, we determine which projects, if any, undertaken during the year are appropriate for coverage from the earnings of one of these endowments. All of the \$122,000 in capital expenses were deemed eligible. However, mindful of the need to conserve our endowment earnings, we chose to draw only a portion of that amount from our endowments proceeds.

This decision had a favorable impact on our year end results. We still expect to close the year with a small deficit of approximately \$6,700. However, a deficit of this size is not material in a budget of \$2.7M. It will be easily absorbed into our 2023 budget.

In addition to these endowments, we also have a Rainy Day Fund of over \$300,000 accumulated from years in which we had surpluses. Your church remains on a sound financial footing.

But the real answer to the question of how we ended up the year lies in the words of hymn 94 which we sing every Sunday.

PRAISE GOD FROM WHOM ALL BLESSINGS FLOW ...

PRAISE GOD THE SOURCE OF ALL OUR GIFTS.

In this case, God’s blessings have flowed through you, the faithful and generous members of this congregation, and from members, some now departed, who established the endowments which help undergird our church.

**THANK YOU FOR THE MANY WAYS YOU CONTINUE
TO SUPPORT THE MINISTRY OF THIS CHURCH!**



New Member Class of February 2023

Tara & Zack Anstett with their children, Isabelle & Roman, 2708 Gordon St, 27608, 443-992-2568, joined by transfer from Christ Baptist Church.

Shina & William Barringer* with their daughter, Brooks, 417 Ortega Rd, 27609, 336-456-8160, joined by transfer from Mount Pisgah UMC and Good Shepherd Episcopal Church, respectively.

Karen & Glenn Bell*, 133 Burlington Mill Ct, Durham, 27703, 678-480-2745, joined by transfer from Edenton Street UMC.

Anna & Casey Carrick with their sons, Parks & Sutton, 8612 Paddle Wheel Dr, 27615, 910-617-2882, joined by transfer from Hope Community Church.

Erin & Todd Eveson with their daughters, Claire & Colleen, 1608 Pineview St, 27608, 919-412-2741, joined by transfer from Edenton Street UMC.

Kaitlin & William Heath with their daughters, Marie & Elizabeth, 520 Tufts Ct, 27609, 910-590-0416, joined by transfer from First Methodist Church, Clinton, and Graves Memorial Presbyterian Church, Clinton, respectively.

Kristen Keenan, 2704 Fairview Rd, 27608, 919-302-2646, joined by transfer from The Episcopal Church of the Ascension, Lafayette, LA.

Kelsey & Brandon McPherson with their sons, Charlie, Jack & Henry, 3001 Old Orchard Rd, 27607, 919-896-2317, joined by transfer from Edenton Street UMC.

Lindsey & Daniel Nugent, 124 Royal Star Way, Garner, 27529, 919-801-9072, joined by transfer from Knightdale UMC, Knightdale, and Saint Michael the Archangel Church, Cary, respectively.

Rachel & Garrett Pedersen, 604 Sampson St, 27609, 919-830-1499, joined by transfer from Edenton Street UMC and Holy Trinity Lutheran Church, respectively.

Wade Randle, 5411 Morning Creek Way Apt 207, 27610, 614-537-3091, joined by transfer from Bexley UMC, Bexley, OH.

Meredith & Cameron Saleh with their children, Henry & Anna Cameron, 1830 Wilshire Ave, 27608, 919-608-3380, joined by transfer from Church on Morgan.

Cindy Vogler, 3517 Carlton Square Pl, 27612, 919-906-5481, joined by transfer from Saint Mark's UMC.

Kathleen & Paul Warren with their daughters, Cam & Sims, 724 Staley Ct, 27609, 919-696-1808, joined by transfer from Edenton Street UMC.

Katarina Smith & Ben Wibbens, 206 Doves Haven Dr, Apex, 27539, 910-986-3687, joined by transfer from Pinehurst UMC.

Ann & Zeno Windley, 1809 Banbury Rd, 27608, 248-760-0595, joined as associate members.

Sue Zaytoun, 1323 Cameron View Ct, 27607, 919-710-0355, joined by transfer from Sacred Heart Catholic Church.

*joining February 19

HBUMC Youth Scholarships Application Now Available

Interested High School Senior church members who are active in the HBUMC youth programs are encouraged to apply. The application is available at hbumcyouth.com/scholarships

Complete application packages are due by April 24, 2023. Questions? Contact Tim Crawford at 919-349-2842.

A Day Apart Retreats at Cedar Cross

Cedar Cross Retreat Center in Louisburg, NC is hosting A Day Apart after a three-year hiatus due to the pandemic. These gatherings take place on the fourth Monday of each month from 9:30am-3pm. February's retreat will be on February 27.

A Day Apart begins with a brief time of worship, followed by the introduction of quotes from a writer, then folks have silence until regathering just before lunch for a time to share about their respective experiences, if so led. After lunch, more quotes are introduced before a time of silence. At 2:30, there is a time to share experiences and take Communion.

During the silence, participants are welcome to do as they are led. Some folks find a quiet place -- either inside or outside -- to reflect on one of the quotes or something else. Some walk the trails, or the labyrinth, or the meditation trail called the Way of Jesus.

The suggested donation is \$20. Please bring a bagged lunch. Drinks will be provided.



To register, please contact the coordinator, Jimmy Allen, at cedarcrossregistrar@gmail.com. Participation is limited to 16 people.

Winter/Spring Book and Bible Studies

Sign up for studies at hbumc.org/formation except where indicated.

Back to Basics Bible Study: The New Testament

Sundays, beginning on **February 12**, at 5:00pm in person or via Zoom with Pastor Molly. Spend time this spring with Jesus and his disciples in the New Testament. Each week we'll go over basics from different books from the Gospels, Letters, and Revelation.

So That Living or Dying, Our Life May Be In You: An End of Life Lenten Series

Sundays, **March 5, 12, 19** from 3:00-5:00pm in person with Pastor Laura and Rev. Cameron Merrill (Hillsborough UMC).

Preparing for death is rarely a favorite topic of conversation, and most of us go our whole lives not thinking about or planning for our own. And yet it will come all the same—often leaving loved ones to scramble to make decisions while grieving themselves. Join us for a series of conversations on what a good death can be, how we can plan now with our family and friends, and how to look toward our end with hope and grace.

Lectionary Group

Every Thursday morning at 10:00am

Join our pastors for a spirited discussion of the upcoming preaching text for the week. In person or via Zoom. No sign up required. Email Cheryl at cfortineau@hbumc.org for a Zoom link.

Sympathy and Love to

- † Margaret Browning and family on the death of her brother, Dru Milliken, on January 23. His service was held at 11 am on Saturday, March 11, at Edenton Street UMC.
- † Carolyn Carter and family on the death of her sister, Elizabeth Neal, on January 30. Her service was held on February 4 at Forest Hills Baptist Church.
- † Allison Crabtree and family on the death of her grandmother, Frances Batts, on January 27. Her service was on January 30 at the Chapel of Carlisle Funeral Home, Tarboro.
- † Lee Anne Oxford and family on the death of her mother, Linda McGee, on February 8. Her service was held on February 11 at Montlawn.
- † John Phillips and family on the death of his wife, Shirley Phillips, on February 7. Her service was held on February 11 at Hayes Barton.
- † Eugenia Upshaw and family on the death of her mother, Nelli Kick, on February 1 in Nuremberg, Germany.

Birth

Grayson Blair Greenly, son of Elizabeth & Erik Greenly, grandson of Tony & Beth Swartz, was born on February 4.

Memorial Gifts Processed by February 9

In Memory of **Kent Burns** by Bob & Barbara Smith.

In Honor of **Joyce Stroud** to the Pastors' Discretionary Fund by Mr. & Mrs. M. B. Huggins, Jr.

In Memory of **Peggy Underwood**:

- to the Pastors' Discretionary Fund by Cheryl Hall and Tucker & Karen Mann.
- to the Growing In Love fund by Barbara & Jim Riggins.
- by Charlotte Akers, Wes & Janet Chesson, and Susan Mills.

In Memory of **Patrick White** to the Zoom/Technology fund by Sherry Conrad Frye.



Prayer Bookmarks: 02-05-23 & 02-12-23

Birth

Grayson Blair Greenly, son of Elizabeth & Erik Greenly, grandson of Tony & Beth Swartz

Deaths

Frances Batts, grandmother of Allison Crabtree
Nelli Kick, mother-in-law of Andrew Upshaw
Linda McGee, mother of Lee Anne Oxford
John Drury "Dru" Milliken, brother of Margaret Browning
Elizabeth "Betty" Neal, sister of Carolyn Carter
Shirley Phillips

Health Concerns

Barbara Dickey	Michelle Eudy	Todd Holder
Dottie Honeycutt	Reid Horton	Ginger Ivey
Tom Lindley	Candace Moody	Jane Walz

Ongoing Concerns

Betty Angell	Hunter Potter
Dianne Beattie	Jane Preiss
Dorothy Caldwell	Jim Riggins
Jerry Carter, father of Rebecca Phillips	Gladys Rose Rhumell Ross
Mary Lou Goodrich	Barbara Smith
Pat Gore	Nancy Stamey
Finlay Carter Green	Mark Stamper
Diane Jarman	Elvey Thomas
Sheila Lee-Carr	Bill Ulmer
Martha Lowrance	Eleanor Underwood
John Phillips	Molly, Zeke & Phoebe White

Deployed

William Stephenson, Jr., grandson of Susanne Stephenson

Our Church Leaders

Pastors David, Molly, Matt, and Laura D.S. Brady; Bishop Shelton

Our In-Crowd Members

Those grieving the over 6.85M who have died from COVID worldwide and the over 1114K in the US

Our Leaders at All Levels of the Government

Pray for peace and a Russian withdrawal from Ukraine

Those Affected by Natural Disasters

The Commissioner

This newsletter is also available by email as a pdf, and can be found on the web at www.hbumc.org/newsletter



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Hayes Barton United Methodist Church
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PERIODICALS
POSTAGE
PAID
AT
RALEIGH, NC

Nursery care for birth through age four is available from 5:30-7:30. Questions? Anna Sledge, asledge@hbumc.org.

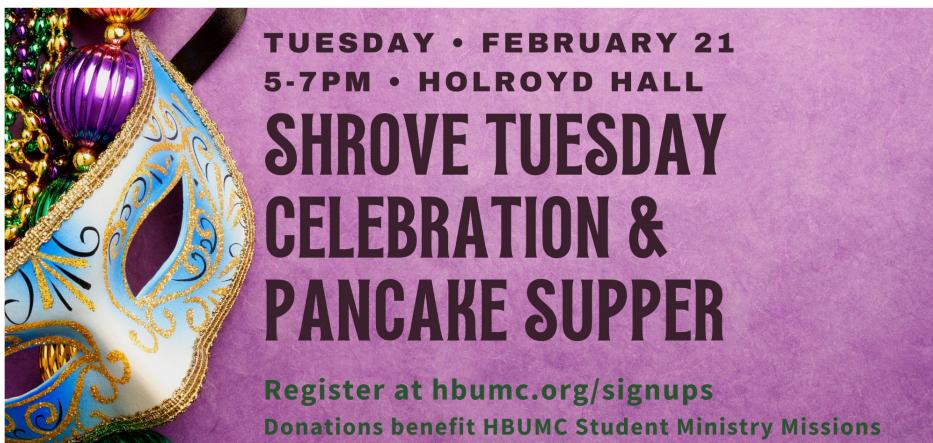
5-6:00 Dinner in the Fellowship Hall - **reservations required!** RSVP at hbumc.org/signups by Monday. Pay online or at the door.

5:30-6 Children's choirs ages 4 - 5th grade; register at hbumc.org/signups.

6-6:30 Kids' Gym Time (Preschool students should have a parent or guardian stay with them, please).

6:30-7:30 Children's Bible Study and Activity Time exploring characters of the Bible! For K-5th grade; 4s have a similar program just for them. Questions? Jami Britt Noble: jbrittnoble@hbumc.org

6:30-8 Adult Choir in the Choir Room. Questions? Mike Trexler: mtrexler@hbumc.org



In Person Worship

8:30/11 am Traditional
9 am LightHouse

(9 & 11 am services live-streamed)

Nursery care for children from birth to age 4 available.

Sunday School at 10 am

FEBRUARY 19
Transfiguration Sunday

Pastor David

Exodus 24:12-18

Psalm 2 or Psalm 99

2 Peter 1:16-21

Matthew 17:1-9

FEBRUARY 26
1st Sunday in Lent

Pastor Matt

Genesis 2:15-17; 3:1-7

Psalm 32

Romans 5:12-19

Matthew 4:1-11

MARCH 5
2nd Sunday in Lent
Pastor David