

Welcome to North Olmsted United Methodist Church!

**Juneteenth/Father's Day
Fourth Sunday After Pentecost
June 16, 2024**

Juneteenth Celebrated Wednesday, June 19th

Juneteenth is a national holiday established in 2021 that commemorates the end of slavery in the United States. It recalls how all the states except Louisiana and Texas heard the news that President Abraham Lincoln had signed the Emancipation Proclamation on January 1, 1863. Slavery continued in those two states for more than two years after the proclamation was signed because that word had yet to travel there. Texas and Louisiana finally got the good news on June 19, 1865, when U.S. Union troops arrived in Galveston, Texas to take control of the state and ensure all African Americans were freed. Former slaves broke out in spontaneous celebration. These were dangerous times. Even in the face of resistance and threat, the formerly enslaved persons found ways to give voice to the wide range of thoughts and emotions at the announcement of the end of legalized slavery in the United States of America. We honor and celebrate Juneteenth as United Methodists and as citizens of the USA.



June Penny Sunday to Benefit Oxcart's School Supply Drive

Please help us collect school supplies a little earlier this year! Please place in green bin in Fellowship Hall.

Intergenerational Vacation Bible School

Your Christian Education Team would like to invite you to bring your younger children, grandchildren, nieces and nephews, or any young children in your care to our summer VBS sessions! Spend some fun one-on-one time with the young people in your life as you hear a Bible story, engage in a craft and a game, get up and dance, and enjoy a yummy snack together! This is a hands-on experience, and adults should plan to stay the entire time. Our VBS Summer Sessions will be held on **Thursday July 25th, Tuesday July 30th, and Wednesday August 7th, from 10 AM - 12PM**. The sessions will be held on a different day of the week each week to accommodate your busy schedules. Each session is a stand-alone. If you would like to participate, or if you have a relative, friend or neighbor who would like to participate with the children in their lives, please invite them.... all are welcome! Invitation cards and a sign-up sheet can be found on the sign-in table in Fellowship Hall. If you have any questions, please see Wendy, call her at 440-454-4153, or email her at sundayschool@noumc.org.

YOGA RETURNS TO NOUMC ON SUNDAY, JUNE 30th

Yoga has been part of my life since I was twelve, decades before yoga studios were in abundance. In 1971, PBS aired Lilia's Yoga and You, which was my introduction to yoga. I cultivated a strong individual (or home) practice by studying books on yoga until I began to practice with others in yoga studios 20 years ago. Yoga has brought so much peace and wisdom to my life that I became a 200-hour certified yoga instructor in 2016. It has always felt like yoga should be part of my Sunday Sabbath routine because yoga brings me close to God. Yoga is not a religion but a lifestyle and path to wholeness. While yoga's ultimate concern is union with the divine, as a constructive tool it cultivates happiness in our everyday lives. The five niyamas, the fundamental principles that serve as a guide towards discovering peace, are self-purification, gratitude, self-discipline, self-contemplation, and surrender. These principles are not in conflict with Jesus's teachings. For example, Jesus wants us to live clean and true lives. Being grateful for what we have allows us to detach from ambitions and find true happiness within. Self-discipline helps us overcome obstacles that come our way. When I think of self-contemplation, I think about prayer and how Jesus taught us to pray. My favorite niyama is surrender because it means to completely surrender to the divine, a major shift in one's mindset as we surrender our ego to the higher being.

Join me after church on the last Sunday of every month for half an hour of supported yoga. We'll twist, fold, and stretch our bodies and find balance in body, mind, and spirit with breathwork, meditation, and prayer. When we leave church, our souls will be still. Waiting for God, being with God. I hope to see you on June 30th.

--Claudia Taller

Thank you, Ed Brewster and Andy Walsh, for the updating of our technology in the office! It is much appreciated!



This Week's Happenings

Book Bank: Tuesday, June 18, 1-3pm (meet in parking lot at 12:15)

5th Sunday after Pentecost: Sunday, June 23, 10:30am, Sanctuary