

Welcome to North Olmsted United Methodist Church!

**First Sunday After Christmas
December 29, 2024**

Baldwin Wallace Institute For Learning in Retirement Class: "Grief - Living With Loss"

Tuesdays, January 7 - February 11, 2025 | 10:15 AM - 11:35 AM [IN PERSON] Helwig Whistle Stop

This course is for:

You who have had a significant loss ("significant" is personally defined by the griever);

You who know someone grieving;

You who want to know about the grief journey.

Come to understand, learn and heal.

The journey called grief is not one we would choose, nor is it one we can skip. The journey of grief never ends. It is not something we "get over." Learning about grief is key in finding ways to cope and live with it."

(Rev. Dr. Debra May Cerra) Class Instructor

1. The subject of grief: Defining grief, what it is and what it isn't
2. The initial journey of grief: the primary punch and how to take the first steps forward
3. Grief as a process: coping tricks – the "how's" and "whys"
4. The loneliness of grief: how others can help and how best to accept that help and how we can help ourselves
5. Helping others: what works best and what doesn't
6. Looking back, moving forward and living the "new normal"

Debbie Cerra is a certified teacher and ordained minister. She taught Industrial Arts for years and is now retired from the Presbyterian Church (USA). Debbie has been a teacher, preacher, pastor, retreat leader, grief coach and grief support group facilitator. She has personally experienced the depth of grief and wants to help people navigate this uncharted journey. Debbie strives to live her ordination vows to serve the Lord and God's people with energy, intelligence, imagination and love.

For more info: <https://www.ilrbw.org/website/publish/courses/courseDetail.php?W25-12-Grief---Living-With-Loss-NEW-Helwig-Whistle-Stop-314>

Adult Bible Study: Better - A Study of Hebrews by Jen Wilkin

Join us as we start off the new year with a new Bible Study! We will be doing a verse-by-verse study of the book of Hebrews. We will explore how God provided "something better" for us than our rituals and practices: His Son, Jesus Christ...who came to fulfill all of God's promises. In Christ alone we can place our hope and trust, and in Him alone we can find salvation. Tuesday Evening classes begin on January 7th at 7:30 PM, and Thursday Morning classes will begin on January 9th at 11:00 AM.

This is a 10-week study, and the cost of the study booklet is \$20. A sign-up sheet will be available in Fellowship Hall. Please see Wendy for questions!



East and West Ohio Conferences to Commemorate MLK Day Together

The East and West Ohio Conferences of The United Methodist Church are coming together to honor the legacy of Rev. Dr. Martin Luther King, Jr. with a joint worship service on Sunday, January 19, 2025, at Garfield Memorial United Methodist Church in Pepper Pike. Themed “Living the Dream: Bold Faith, Hopeful Future,” the event hosted by Bishop Hee-Soo Jung will focus on building Dr. King’s vision of a beloved community rooted in justice, love, and hope.

The service, scheduled from 4:00 p.m. to 6:00 p.m., will open with gathering music at 3:45 p.m. and feature retired Bishop Julius C. Trimble, General Secretary of the General Board of Church & Society of The United Methodist Church as the keynote speaker. Known for his commitment to justice and reconciliation, Bishop Trimble will offer a message of inspiration and challenge. Music will be provided by Garfield Memorial UMC’s praise band, setting the tone for a meaningful and uplifting gathering. The service will be live-streamed, allowing broader access for those unable to attend in-person.

Following the service, an informal reception will take place, offering light refreshments and opportunities for fellowship and conversation. This event is free and open to the public.



Oxcart Pantry Donations Needed: Cleaning Supplies

Laundry detergent is especially needed! Please leave donations in the green bin in Fellowship Hall. Thank you for your support!



This Week’s Happenings

Epiphany Worship: Sunday, January 5, 10:30 am, Sanctuary