



Lake Washington

United Methodist Church

7525 132nd Ave NE, Kirkland, WA 98033

425-885-3311

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www.lakewaumc.org

July 5th, 2024

What's Up!

This Week:

Friday, July 5th:

Young Adult Game Night 6PM

Sunday, July 7th:

Worship 10AM ([Link](#))

Tuesday, July 9th:

Prayer Group 10AM ([Link](#))

Youth Photography Class 6PM

Wednesday, July 10th:

Community Dinner 5:30-6:30PM

Thursday, July 11th:

Safe Parking Leadership Meeting 7PM

Upcoming:

Saturday, July 13th:

Awesome Apostles 1PM

Tuesday, July 16th:

Dementia Support Group 1PM



Message From Our Pastor



Dear friends of Lake Washington United Methodist Church,

These days, I find my attention being pulled in all directions. Family crises demand my time. Clickbait on social media demands views. Headlines in the news demand my emotional reaction. Often, I am so distracted by the chaos swirling

around me that I forget to inhabit the life that I actually have.

There is a Christian prayer practice called the examen. It encourages us to reflect before we move on to the next thing. On days when my attention flits around like a nervous bird, I find it settles my spirit.

The Jesuits describe it like this:

"1. Place yourself in God's presence. Give thanks for God's great love for you.

2. Pray for the grace to understand how God is acting in your life.

3. Review your day — recall specific moments and your feelings at the time.

4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?

5. Look toward tomorrow — think of how you might collaborate more effectively with God." (Learn more [here](#))

This week, amid the swirl and strife of your own days, may the examen remind you to abide in the One who will always abide with you.

**Peace be with you,
Pastor Meredith**

Office Hours: Monday-Thursday

Email: pastor@lakewaumc.org

Phone: 425.577.2446

Facebook: [Meredith Dodd](#)

Spread A Little Joy

Have you noticed that there's a lot going on in our lives and in the world that is hard to deal with right now? Well, Pastor Meredith and the Worship Team have decided that there are also a lot of good things going on, and we need to celebrate a little. We are at the end of Pastor Meredith's first year with us, and it's her tenth year as an ordained pastor. We blessed our graduates a few weeks ago, and some of us have shared photos of grandchildren and great grandchildren lately. The new alarm system is nearly done, and our trustees are still on their feet! So, on **July 21st**, we are going to party during coffee hour with a delicious Hoffman's cake! **Put it on your calendars and join us to spread a little joy and celebrate after worship on July 21st in the celebration space!**

Youth & Young Adult

Youth Summer Photography Class

Starting this Sunday, June 30th LWUMC will be hosting a beginner - intermediate summer photography class. The class will take place every other Sunday from 11AM-3PM, lunch will be provided as well as transportation from location to location. This is a free class that will be co taught by Jacob Rumpf and our Youth Minister Aurelio! This class is for middle and high school youths.

If you would like to join this class, please click [this link](#), **spots are limited.**

We are asking for donated cameras! Please donate and make this class possible.

Youth Gardening

Tuesdays from 6-7PM join us for gardening! This is a space for all youth to learn and be in community together. Flyer [here](#).

Volunteer Opportunities

Community Garden

The garden is in full swing. You'll see ripening strawberries and raspberries and some flowers. The asparagus is now tall and looks like ferns. You can see corn and beans popping up, snap peas producing and tomatoes just starting to flower. The cucumbers, squash and pumpkin plants are still small, but they are there! The tall blade-like plants are garlic, which we'll harvest in July in our own LWUMC garlic festival. You might even taste some of it at a Wednesday supper one week. Our lettuce is almost ready for its own Wednesday supper salad too. Stop on by the garden to see what you can see!

If you're interested in joining the gardening team, please contact [Anne Buck](#) or [the office](#).

Safe Parking



Thank You!

Thank you to our wonderful hosts this past week. Arden, Elise, Marilyn, Kelly, Char, Lynne, Jane, Jodi, & Jenny. **We appreciate you!**

Thank you to our wonderful dinner donors this past week. Kirkland SDA, Becky and Team, & Molly with dessert! **We appreciate you!**

Meal Donations

There are still open slots for Safe Parking meals this month. Please share the meal [sign up link](#) with your friends via email or social media.

Current Guest Needs

Some specific requests from our safe parking guests: **toothbrushes, pillows, dog food**, windshield screens, plain bottled water with no additives or flavoring.

We have a wish list on Amazon for [guests](#), and one for our [move-in ministry](#).

If you are interested in hosting, please contact the office. And, as always, thank you for your support. We appreciate you!

Safe Parking Weekly Email

Every Thursday, Jennifer sends out an email with updated information about the program, needed items/volunteers, and general information. If you would like to receive a weekly email, please contact [the office](#) to be added to the mailing list.

Safe Parking Leadership

Safe Parking leadership will meet Thursday, July 11th from 6:00-7:30pm. If you would like to join the conversation, please email [Karina](#) for Zoom link.

Prayers

Community Prayers

For Rosemary, who is in the hospital after falling. For Ned's dog who is suffering from pancreas problems and having fits. For Brad, who passed away unexpectedly while on vacation, his wife and two young adult children survive him. For Al Tuck, who was recently diagnosed with a form of blood cancer and is dealing with a lot of pain. For Denise's loved ones mourning her death. For the family of Emma, who died at 3 years old from brain cancer. For Sandy, whose husband passed away. For baby Grace, who is



struggling with an unexpected undiagnosed congenital condition. For peace in the Ukraine. For a ceasefire in Gaza. For those suffering mental and physical challenges and hunger.

Upcoming Events

August Church Retreat

Please plan on attending the LWUMC One-Day Retreat on **Saturday, August 24, 10am-4pm at the beautiful Duwamish Longhouse in West Seattle.** The retreat agenda will track weekly sermons in August and will include the chance to reflect and ask questions which apply to ourselves, in an effort to get to know each other better, in a meaningful and non-threatening way. The planning team is arranging for lunch service, and coffee and tea will be provided. We'll be seeking folks who can bring a snack to share during the afternoon portion of the retreat.

This retreat is intended for all at LWUMC. **Carpooling will be coordinated for those willing to drive and for those who wish to carpool with another driver.** Please contact the [office](#) if you have questions. There will be more information as we get closer to August 24.

Community Dinner

Join us for our weekly Wednesday dinner!
Next Community Dinner:
July 10th 5:30PM-6:30PM

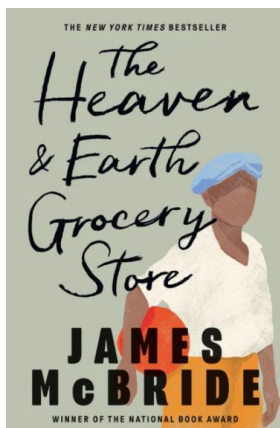
This is a free dinner to enjoy with community members, church members, neighbors, donors, and guests.

Menu: Parmesan crusted cod, mashed potatoes, & dessert



If you would like to sign up to serve Community Dinner, [sign up here!](#)

Book Club



Evening Book Club meets on the 4th Thursday most months. Our next meeting is Thur July 25th at 7 PM; Beth leads on *The Heaven and Earth Grocery Store* by James McBride. “A murder mystery locked inside a Great American Novel... Charming, smart, heart-blistering, and heart-healing.” —Danez Smith, The New York Times Book Review From James McBride,

author of the bestselling Oprah’s Book Club pick *Deacon King Kong*.

[Zoom link](#)

Contact [Karina O’Malley](#), 425.922 8051, for more information.

Plan Ahead: Aug 22 book and host TBA

Dementia Support Group



The monthly Dementia Support Group at LWUMC will meet in-person on Tuesday, July 16th, from 1:00pm to 2:00pm or online on Wednesday, June 17th. Caregivers meet monthly

for education and sharing of experiences. For more information, please call Rosemary Reid at 425-820-0134, or [email her](#).

SAFE SANCTUARIES

Providing a safe environment for children & youth as they grow in faith



LWUMC is a Safe Sanctuary Church. Copies of our Safe Sanctuary policy

are available at the front office.

Sunday Reading:

Ezekiel 2:1-5 & Mark 6:1-13

Pastor Meredith's Hours

Monday-Thursday

Email: pastor@lakewaumc.org

Phone: 425.577.2446

Youth Minister

Tuesday

6:00PM-8:00PM

[Email](#)

Phone: 240.979.1881

Main Office Hours

Monday-Friday

9:00AM - 5:00PM

Office Phone: 425.885.3311

Safe Parking After Hours Line: 425.464.SAFE

Safe Parking Hosted Hours

Monday - Friday

9:00AM-3:00PM

7:00PM-9:00PM

Saturday

9:00AM-11:00AM

7:00PM-9:00PM

Sunday

8:00AM-9:30AM

7:00PM-9:00PM