

THE UNITED METHODIST CHURCH OF
VAN METER

NEWSLETTER



July 2026

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Pastor Cathy Nutting

CHECK US OUT ON THE WEB!

www.vmumc.org

We're on Facebook, too.

OR CONTACT US BY:

PHONE: 515.996.2572

EMAIL: office@vmumc.com

Worship 10:45 AM

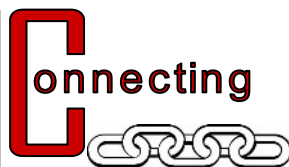
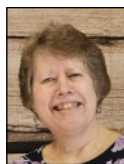
To **OPT OUT** of receiving this newsletter, just drop us an email or call.

Dearly Beloved,

Grace and peace to you,
Van Meter UMC Family!
Last month I wrote about
how quickly our summer
schedules fill up with
activities that seem to pull
us in multiple directions at
once, and how life begins to
feel like a chaotic sprint
from one thing to the next.
Amid all that activity and
busyness, it's easy to feel
disconnected from God.
It's easy for our spiritual
rhythms and practices to
get buried under all the
other things in our busy
schedules.

Here's the good news:
Even when you feel like you
absolutely can't squeeze
one more anything into
your over scheduled life,
God knows you're not
perfect and doesn't expect
you to be. Even five
minutes can be enough time
to connect with God.

Last month I shared a few
spiritual micro habits we
can all try to stay close to
God, and maybe even grow
in our faith. Start small and
keep it simple. If one micro
habit doesn't work for you



the first time, try it at a
different time of day, try it
again the next day, or try a
different micro habit. Here are
a few more to try:

Transform ordinary moments into sacred spaces.

Here's a game-changer: God isn't confined to church buildings or designated prayer times. The Holy Spirit is with you in the grocery store line, during your commute, and yes, even in the chaos of family dinner. Some of my most meaningful conversations with God happen while I'm doing dishes or stuck in traffic. There's something about inviting him into the mundane that makes ordinary moments feel sacred. Try these simple ways to invite God into your everyday:

- Turn your commute into **prayer time** (traffic jams become opportunities!)
- Ask for patience before walking into challenging situations

-
- Thank God for small blessings while doing household tasks
 - **Practice gratitude** while waiting in lines or at appointments

The apostle Paul reminds us: *“So whether you eat or drink or whatever you do, do it all for the glory of God”* (1 Corinthians 10:31). When you’re aware of God’s presence, folding laundry becomes an act of service, and your daily tasks transform into opportunities for worship.

Try replacing mindless scrolling with soul feeding. We all have those little pockets of time — waiting for appointments, standing in line, or those few minutes before falling asleep. What if we used just some of that time to feed our souls instead of endlessly scrolling? I’m not saying delete social media (though that’s between you and God!), but what if we became more intentional about what we consume during those in-between moments? Here are easy swaps to try:

- Keep a **Bible app** easily accessible on your phone
- Choose one verse each week to memorize and review during idle moments
- Follow a Bible reading plan that fits your current season
- Listen to worship music or **Christian podcasts** during downtime

As the Psalmist wrote, *“Your word is a lamp for my feet, a light on my path”* (Psalm 119:105). God’s Word provides direction and clarity, especially when life feels like it’s moving at warp speed.

Next month, I’ll share more spiritual micro habits that might help you stay close to God even when your schedule is maxed out. God only asks that you bring your authentic self — tired, stressed out, grateful, and everything in between.

Remember that staying close to God isn’t about adding more to your already full schedule. It’s about recognizing God’s presence in everything you’re doing and inviting God to be part of the conversation of your life.

In Christ’s gracious love,
Pastor Cathy

Youth Summer Series

“YOUnique” is a wonderful summer Bible series for youth in grades 6-8.

We meet

Wednesdays

6:00-7:30 PM

through July 22.



This series focuses on students discovering more about themselves. By looking inward and getting to know themselves better, they will learn how they can best practice their faith and become closer to God.

For information, contact Courtney at

childrensministries@vmumc.com

SUMMER BIBLE SERIES:

YOUnique

FOR MIDDLE SCHOOL STUDENTS Grades 6-8

Attention Gardeners

Kids Care kids love to snack on fresh food from your garden. This summer, if you find that you have a lot of extra cherry tomatoes, cucumbers, apples, pears, or other tasty garden treats that do not require cooking, please consider donating the excess to Kids Care. Thanks.



A View of Things to Come



This is Danene Rebelsky, our new Administrative Assistant. Danene has a broad range of professional work experience, and has held a similar position at a church in Winterset. She and her husband Jed have children who graduated from Van Meter schools, where she has also worked as a substitute teacher.

Prayer Shawl Group

Each month, our prayer shawl group meets for a time of contemplation, prayer, and fellowship as we create these gifts of comfort and support.

Tuesday, July 21
6:30 PM

at the home of
Margo Suckow.



Ways to Give

Your gifts help to nurture children, support families, create community, and share our faith. All your gifts are greatly appreciated. You can now give through:

* our Van Meter UMC
Venmo account.
Van_Meter_UMC

Bread Ministry

We have an ongoing need for volunteers to bring the donated bread to the church for our bread ministry. Pickup Monday evening and deliver it to the church the following morning.

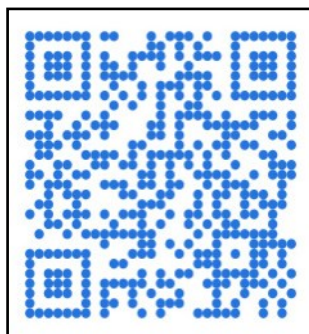
Sign up at
vmumc.org.



Special Music in Summer

While the Chancel Choir is on summer break, we'd like to hear from you.

We are in need of solos, duets, and other ensembles (vocal, instrumental, or both) to help inspire us during our worship times. Talk to Mike Cooper.



* the Bill Pay function offered by your bank or credit union

* in person

* by mailing a check to:
Van Meter UMC
P.O. Box 149
Van Meter, IA 50261



Jesus ♥s You



Jesus Loves Me to Pieces



Jesus walks on water

cross
craft



**Faith
Fun
Friday**



Jesus loves me!

VACATION BIBLE SCHOOL

Monday-Friday
July 27-31
6:15-8:15 PM



Step through the mist into Rainforest Falls, overflowing with wild waterfalls, towering trees and colorful creatures. Beneath a canopy of chattering birds and howling monkeys, kids plunge into a life-long adventure, discovering the nature of God, and exploring what it means to be rooted in relationship with their creator, a safe place in life's storms.

When: 6:15-8:15 PM
Monday-Friday, July 27 — July 31

Who: Children TK – 5th grade (going into that grade)

Where: at our church

Register online: Use the link on our website or go directly to <https://vbspro.events/p/vmumc2026>

Learn more: contact Courtney, our VBS director, at childrensministries@vmumc.com



Mission of the Month

Sleep in Heavenly Peace (SHP) is a group of volunteers dedicated to building, assembling, and delivering hand-made bunk beds to children and families in need.



There will be a **Bed Build Day** sometime in July. You will be able to sign up on the sheet in the entryway or online; our website will have a link to an online signup.

To go along with the new beds, we will be collecting **twin comforters**, **“Bed in a Bag” sets**, and **standard bed pillows**. We will deliver the donated bedding the day we have the bed-build, so please get your donations to us as early in the month as possible.

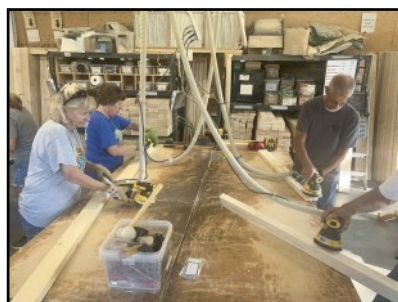
One Bed in a Bag has

- twin comforter
- twin fitted sheet
- twin flat sheet
- pillowcase

Questions? Reach out to Mindy Doggett. Her email is mindy.doggett@gmail.com.



*scenes from last year's
Bed Build Day*



Adel Good Samaritan Food Pantry Donations

Shampoo is the personal item for the month. Place your donation in the marked tub in the church entryway.





those under medical care or recovering

Kim (Marva's friend), Todd B, Jeremiah and Jackson (related to Cody J), Geri R, Delores (friend of Donna S), baby Lydia and her parents Emily and Stephen (related to Pastor Cathy), Roger C, Clark and Mary (related to Holly G), Bailey B, Ray (related to Amy F), Betty J, Kathleen G, Shirley J, Melvis J, Gene D, Nyla P, Keith G, Ila T, Peggy M

those in harm's way

people in war zones, first responders, medical professionals, immigrants, people defending civil liberties

those who grieve

Birthdays

Dennis E, Guthrie H, Patrick M, Zoe D, Christopher P, Andrew D, Eleanor D, Rich H, Sawyer S, Kelly H, Christa M, Levi M, Sheila R, Mark H, Shirley J, Geri R, William B, Kita G, Pastor C, Dorothea J

Anniversaries

Wes & Shirley, Drew & Kate, Vince & Val,
Chuck & JoAnne, Roger & Cindy



Farewell

After 13 1/2 years as your Admin. Assistant, it's time to retire, but it's hard. I've made dear friends at this church. Thank you all for your kindness, your support, and especially for your part in sustaining this wonderful church community. It has been a pleasure.

Shirlee

