

# MENTOR

# UNITED

WEEKLY UPDATE

# METHODIST

# CHURCH

JANUARY 11, 2026

8600 MENTOR AVE

MENTOR OH 44060

[MENTORUMC.ORG](http://MENTORUMC.ORG)

440.255.3496

Worship with us in-person or online:

[Mentorumc.org](http://Mentorumc.org), [Facebook](#), and [Youtube](#)

**Worship Schedule**

9 AM Modern

11 AM Traditional



# Pastor's Letter

## A New Year Invitation: Rest

*Then God blessed the seventh day and made it holy, because on it God rested from all the work of creating that God had done. – Genesis 2:3*

A new year always arrives with a mix of hope and pressure. We turn the calendar and almost immediately feel the pull to do more, try harder, be better. New goals, new commitments, new expectations. Even good intentions can quietly turn into a relentless inner voice that says, *Don't slow down. Don't fall behind. Don't waste time.*

And yet, as we begin this new year together at Mentor United Methodist Church, our worship series offers a very different invitation—Rest.

That word alone can feel countercultural. Rest can sound like something we'll get to after the work is done, after the kids are grown, after the to-do list is finally complete. But scripture tells a different story. Rest is not an afterthought. It is woven into the very fabric of creation and into God's vision for human life.

In Genesis 2:2–3, we're told that after creating the heavens and the earth, God rested. Not because God was tired or depleted, but because the work was complete and good. God paused, delighted, and blessed the day of rest. From the very beginning, rest is presented not as weakness, but as *holiness*. God rests—and calls that rest good.

Later, in Exodus 20:8–11, the commandment to remember the Sabbath is given not as a burden, but as a gift. A reminder that life is more than production. That we are more than what we accomplish. Sabbath rest becomes an act of trust—trust that the world will keep turning even when we stop, that God remains at work even when we are still.

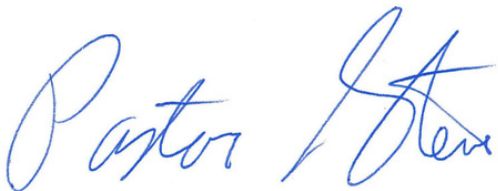
As we step into this new year, many of us are carrying real exhaustion. Physical fatigue. Emotional weariness. Spiritual dryness. The past few years have asked a lot of us—individually, as families, and as a church. Some of that weight is visible. Some of it we carry quietly. This worship series is not about adding one more thing to your schedule. It is about creating space to breathe, to listen, to reconnect with God and with one another.

Rest, as we'll explore it, is not simply about naps or vacations—though those matter too. Biblical rest is about remembering who we are and whose we are. It is about releasing the illusion that everything depends on us. It is about receiving God's grace, not earning it.

As your pastor, I hope this series feels like permission. Permission to slow down. Permission to be honest about your limits. Permission to let worship be a place of renewal rather than obligation. My prayer is that in these weeks you will experience rest not as escape from life, but as a deeper way of engaging it—grounded, centered, and rooted in God's love.

A new year does not have to begin with striving. It can begin with trust. It can begin with rest. I'm grateful to walk into this year with you.

Grace and peace,



Pastor Steve

# Care CONGREGATIONAL

In our prayers today & in your personal prayer time, please remember the following:

## Admitted to Rehab.

### Assisted Living or Nursing Home Facility:

*The Enclave* - Johanna Kessler, Dee Smith,  
Mary Lou Haines, John Shetler, Joe & Judy Tirpak  
*Parker Place* - Bill Owen, Bob & Sandy Linsell,  
Deloris Parsons, Mary Ann Haycox  
*Prosper at Wickliffe* - Gloria McFeely  
*Symphony of Mentor* - Lorraine Ahlstrom  
*Governor's Point* - Bob Williams  
*Salida Woods* - June Van Ostrand  
*Danbury Senior Living* - Terry Reynolds

## In need of prayer:

Hilary Pleska, Karen Mancini, Tom Martin, Noralee Starr, Sandy Williams, Dee Smith, Russ Lancaster, Kay McKinney, Terry & Mary Ellen Reynolds, Doug & Kathy Koman, Sandy Mazelis, Heather Lippert, Jack Donahue, Doug Fletcher

SERMON SERIES

# Rest

JANUARY 4 . . . . MATTHEW 16:24-26

JANUARY 11 . . . . EXODUS 20:11 & GENESIS 2:2-3

JANUARY 18 . . . . MATTHEW 11:28-30

WORSHIP IN-PERSON OR ONLINE AT 9 AM MODERN OR 11 AM TRADITIONAL



Learn more about Sunday's scriptures & worship by visiting this link.

### **Bread, Broth, Brownies, & Bingo Luncheon**

Baby, it's chilly outside, so come join us for a hearty chili lunch with a hot cocoa bar and some warm, friendly competition playing table games! Cornbread, salad, and confetti brownies round out the menu. We hope you will join us on Wednesday, January 14th at noon in the MUMC Gallery! This event is hosted by Mentor United Women in Faith. Please RSVP to [uwf@mentorumc.org](mailto:uwf@mentorumc.org), [register online](#), or find the signup sheet in the Info Hub.

### **Open Table**

Join us on the second Thursday of the month for "Open Table," a themed evening of free food & fun at Mentor UMC. [RSVP online](#), in the Info Hub, or just show up.

### **New Year New You**

It's a New Year and time for a New Resolution: Remember to sign the Friendship pad at the end of your row. This allows us to take accurate attendance and membership care. And, don't forget those name tags! Not everyone is good with remembering names. If you need one, please contact the church office.

# *Need to Know*

### **NEW StrengthsFinder Study**

All are invited to join the upcoming StrengthsFinder study here at MUMC. The goal of this group is to empower you in your relationships, passions, and spirituality through understanding your strengths. We'll meet on Sundays for five weeks (Jan 18, 25; Feb 1, 8, 15) from 12:30 - 2:00 PM. In order to take the StrengthsFinder assessment, you will need to purchase the book or a code. Please complete the StrengthsFinder assessment no later than Friday, January 16<sup>th</sup>. [Register online](#) or talk to Pastor Tammy at [tpalermo@mentorumc.org](mailto:tpalermo@mentorumc.org).

### **Young Adult Outing**

Young adults are welcome to join us for a Cleveland Monsters hockey game on January 30th! DEADLINE TO SIGNUP IS JAN 23! We will meet at the church to leave at 5pm, game starts at 7pm. Cost is \$20-30 per person. And don't forget to bring money for food! We look forward to seeing you there! [RSVP online here](#).

### **Leadership podcast**

Join Pastor Steve in watching/listening to Jack Shitama's "The Non-anxious Leader" podcast. Share your thoughts on Slack with other viewers and Pastor Steve. Join Slack [online here](#).

### **You, Me, and Mentor UMC**

New friends and visitors are invited to the next You, Me and Mentor UMC Luncheon on Sunday, January 18th in Wesley Room from 12:45 - 2:00 PM. This luncheon is a great way for people to get to know each other, the pastors, and learn about Mentor UMC. This is a free lunch and dietary restrictions will be accommodated. Reach out to the church office or a pastor with an questions. [RSVP online here](#).

### **New Beginnings Class**

There will be a New Beginnings class on Saturday, January 24th in the Asbury Room from 1:00 - 3:30 PM. This is a great class for those interested in learning more about church membership. Reach out to a pastor with questions.

### **Museum Trip**

The EOC is sponsoring a day at the Charles H. Wright Museum of African American History in Detroit, Michigan. You are invited to meet at and ride a charter bus from Mentor UMC to the museum. Together, we will spend the day learning, meeting new friends, and fellowshiping. Lunch will be served on the bus. January 30th is the deadline to [register online](#) for this opportunity.

**Snacks for Theatre Students**  
Sign up online to donate snacks to the students at Memorial Middle School as they rehearse for their upcoming production of *Shrek*. If interested, take one week and provide 80 individually wrapped snacks. This is an area of Pastor Tammy's ministry that focuses on reaching out and forming relationships with the community.

### **Hope Chest NEW**

Hope Chest needs men's winter gloves, hats, and jackets as well as Boys toddler pants. New or gently used items encouraged. Donations can be dropped off in the Community Center (by Fellowship Hall) at MUMC.

### **Sunday Morning Signup**

MUMC's mission is to lead all onto a path of Christ-centered discipleship. Here is a great place to do just that! Get in touch with Pastor Tammy or [click here for the Sunday School leader signup](#). There are spots for various ages/levels, so check out what section works for you.

"Worship one, serve one!"

# What's Your **M**ission Opportunities?

### **Food Pantry Needs**

Mentor UMC's Food Pantry holds regular distributions for families and individuals in need. The Pantry is ALWAYS accepting and in need of **non-perishable items**. Please drop donations off to the Community Center bin (near the ramp) on Sundays or during office hours. You may also [give online](#) through our website.

### **More Than a Meal**

Volunteer to prepare, cook, serve, or clean up for the next More Than a Meal (free community meal) on Saturday, January 31st. Doors open at 5 PM and the meal is served at 5:30 PM. This meal happens EVERY last Saturday of the month, so if you can't help this month, check out later dates. [Signup online here](#) or get in touch with the church office for help with signing up.

### **Youth Volunteers**

Interested in helping with Youth Ministry and don't know where to start? Provide your [info here](#) or get in touch with Mackalyn. There are many opportunities with varying time commitments to choose from.

### **Sew for Charity**

Head to Mentor Plains United Methodist Church for Sew for Charity Days from 10:30 AM to 2 PM (bring a lunch) on the follow dates: Jan 23 & 24, Feb 27 & 28, March 27 & 28. All skill levels are welcome. There are sewing kits for making pillowcases, market bags, baby blankets, and placemats/cheek protectors as well as sewing machines (or you can bring your own). You have the choice to knit, crochet, or loom. You can RSVP for dates on [SEW4SERVICE.ORG](#)



# WHAT ARE THEY UP TO?

## Children's Min Meetings

Children's Ministry Team Meetings are the second Wednesday of the month on zoom at 7 PM. Contact Pastor Tammy for the link or for questions.

## Sunday Morning Kids

9:00 & 11:00 AM at MUMC for all services.

- ALL ages check in at the Early Childhood Center (or Gallery, if available).
- Grades K-5 begin in worship with their families and then be dismissed to the Education Wing.

## Child & Caregiver Class

This class is open to ages 2 ½ to 3 ½ on Wednesdays from 9:15 AM to 10:45 AM. The cost is \$65 per 8-week session (prepaid, non-refundable). The WINTER session is January 14, 21, 28; February 4, 11, 18, 25; March 4. The SPRING: March 25; April 1, 8, 15, 22, 29; May 6, 13. [Fill out the form online here.](#)

## Seedlings Class

Mentor UM Preschool's Seedlings class still has a few openings. This class is for children who are 3 years old by January 1, 2026 and are toilet trained. Older children are welcome. It meets from 9:00-11:15 on Mondays and Fridays. Please contact Brittany Jones at [bjones.preschool@mentorumc.org](mailto:bjones.preschool@mentorumc.org) to register.

## MOMCo Meetings

Meetings are the 2nd & 4th Friday of the month from 9:30 AM to 12:00 PM in the Gallery at MUMC. [Register and learn more online here.](#)

## Ski Outing

Join us on February 15th at 2 PM (weather permitting) for cross country skiing at Chapin Forest. We will meet at the church at 1:30pm to head over to the park. We will ski and return to the church around 5pm. Cost is \$15 per person. Please sign-up online if you are interested. And let Mackalyn know if you need help with transportation or cost!

## Spiritual Parenting

Join us on Tuesdays REMOTE from 8:15 to 9:15 PM, January 13<sup>th</sup> through February 17<sup>th</sup> for a study by Dr. Michelle Anthony. *Spiritual Parenting* introduces the simple but revolutionary concept that parents are, by the power of God's Spirit, to obey and depend on God in order to create an environment God can use to beckon their children to God. He wants hearts and souls that are shaped in vibrant faith and love toward God and others. [Register online here](#) or get in touch with Pastor Tammy.

## Bowling & Pizza

Youth are invited to join us for Bowling & Pizza on January 21st from 6:30 to 8 PM at Rollhouse in Mentor! Cost will be \$12 per person for shoe rental. Please sign-up below if you are able to attend. Additionally, please let Mackalyn know if you need help with transportation or cost! [RSVP online here.](#)

## Gaming Group

Wednesdays are game nights! Join this Intergenerational group on Wednesdays from 5:30-9:30 PM (or whatever time you can spare) in the Youth Room. Right now, D&D is the game offered. If there is a particular game you are interested in seeing at MUMC, get in touch with Mackalyn.

