

# MENTOR UNITED WEEKLY UPDATE METHODIST CHURCH

JANUARY 18, 2026

8600 MENTOR AVE  
MENTOR OH 44060  
MENTORUMC.ORG

440.255.3496  
Worship with us in-person or online:  
[Mentorumc.org](http://Mentorumc.org), [Facebook](#), and [Youtube](#)

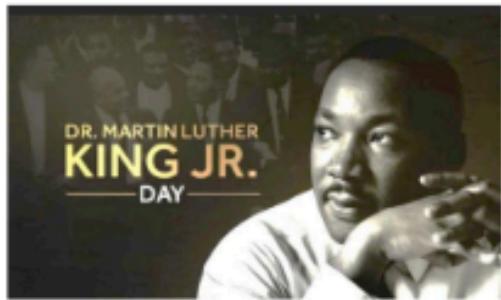
## Worship Schedule

9 AM Modern

11 AM Traditional



# Pastor's Letter



## WONDERFUL QUOTES of REV. DR. MARTIN LUTHER KING JR.

**B**oy o boy! If we ever needed to hear a thundering, sound voice of direction, a voice of courage and a voice of truth, here is one of the greatest of all time. We are so fortunate that Dr. King, who spoke these words in the 1950s and 60s, still, never fails to address the current day and age conditions. This compilation

are passages from some of Dr. King's most memorable speeches, including the historic "I Have a Dream." Enjoy! —*Pastor Ivy*

- "Faith is taking the first step even when you can't see the whole staircase." —MLK Jr.
- "I have the audacity to believe that peoples everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, equality, and freedom for their spirits." —MLK Jr., Nobel Peace Prize 1964 acceptance speech
- "We must remember that intelligence is not enough. Intelligence plus character—that is the goal of true education." —MLK Jr., "The Purpose of Education"
- "In the end, we will remember not the words of our enemies, but the silence of our friends." —MLK Jr.
- "Let no man pull you so low as to hate him." —MLK Jr., "The Most Durable Power"
- "Let us therefore continue our triumphant march to the realization of the American dream." —MLK Jr., "Our God is Marching On!"
- "Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that." —MLK Jr., "Strength to Love"
- "Injustice anywhere is a threat to justice everywhere." —MLK Jr., "Letter from Birmingham Jail"
- "We must accept finite disappointment, but never lose infinite hope." —MLK Jr., Address in Washington D.C.
- "If we are to have peace on earth, our loyalties must become ecumenical rather than sectional. Our loyalties must transcend our race, our tribe, our class, and our nation; and this means we must develop a world perspective." —MLK Jr., "A Christmas Sermon on Peace"
- "There are two types of laws: there are just laws and there are unjust laws... What is the difference between the two? ... An unjust law is a man-made code that is out of harmony with the moral law." —MLK Jr., 1963
- "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." —MLK Jr., "Strength to Love"
- "True peace is not merely the absence of tension; it is the presence of justice." —MLK Jr., "Stride Toward Freedom"
- "I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'" —MLK Jr., "I Have A Dream"
- "We must speak with all the humility that is appropriate to our limited vision, but we must speak." —MLK Jr., "Beyond Vietnam: A Time to Break Silence"
- "It is no longer a choice between violence and nonviolence in this world; it's nonviolence or nonexistence." —MLK Jr., "I've Been to the Mountaintop"
- "Love is somehow the key that unlocks the door which leads to ultimate reality." —MLK Jr., "Beyond Vietnam: A Time to Break Silence"



# REST

JAN 4 - Rest for Your Life - Matt. 16:24-26

JAN 11 - Rest is Blessed - Gen. 2:2-3 and Exodus 20:8-11

JAN 18 - Rest is a Gift from Jesus. Matt. 11:28-30

# Congregational Care

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

## Youversion

<https://bible.com/events/49551451>

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

## 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.

## 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](#).

## Book Club

Join us for Book Club on Tuesday, January 27<sup>th</sup> at 6 PM at Mentor UMC. We will discuss books we've been reading in our own time and what reading goals we have for the year.

# Need to Know

## 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](#).

## The Promise of Heaven

*The Promise of Heaven* by Dr. David Jeremiah book study will be January 22, 29, February 5, 12, 19 4:00-6:00 in the Conference room. Please contact Pastor Tammy to sign up: [tpalermo@mentorumc.org](mailto:tpalermo@mentorumc.org).

## Royal Family Kids Dinner

Join us for the Royal Family Kids #271 fundraising dinner at Mentor United Methodist Church on March 5th, 2026 at 5:30 PM. Sponsor a table of 8 for \$200 and invite your friends and family to come learn about and support this wonderful mission. Please email Abbie Akucewich to reserve your table before February 17th at [abbie.carle@gmail.com](mailto:abbie.carle@gmail.com) OR if you would like to come and not sponsor an entire table, there are seats available at tables already sponsored. Please contact Johanna Martin for more information: [johannamartin@sbcglobal.net](mailto:johannamartin@sbcglobal.net) Join us to celebrate 15 years of RFK and get ready for the next 15 years. We hope to see you there!

## 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 any 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 fellowshipping. 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

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.O.? *Mission 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 following 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 as of 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.

## Young Adult Group

Young Adult group will resume on Tuesday, January 20<sup>th</sup> at 5:30 PM in the Youth Room. If you would like to join remotely, please reach out to Mackalyn.