

## ***Running on Empty? You're Not Alone***

If you're a parent of school-age kids or a grandparent helping out with the daily juggle, you've probably felt it: the



relentless pace of family life. Between work, school, sports, appointments, and trying to have at least one real meal together each day, it's easy to feel like you're running on fumes. Maybe you've caught yourself saying things like, "There's just not enough time," or "I'm exhausted all the time."

We get it. And you're not the only one feeling this way.

The Bible speaks into this reality.

In *Matthew 11:28*, Jesus says,

**"Come to me, all you who are weary and burdened, and I will give you rest."**

Rest. Not the kind that comes from five hours of sleep or a weekend off, but the kind that settles your heart and reminds you that you don't have to do life alone.

So, what does that look like in the chaos of real life?

Here are a few practical ways to invite that kind of rest into your family rhythm:

- 1. Embrace the "No."** You don't have to say yes to everything. Every activity isn't essential. Take time this spring to look at your calendar and ask, "Is this

helping my family grow closer—or just keeping us busy? "Sometimes, saying "no" is the most loving thing you can do for your kids and your own well-being.

**2. Make room for quiet moments.** Even five minutes in the morning or evening can be sacred. Take a short walk. Sip your coffee in silence. Read a verse or just breathe. It's not about being "religious"—it's about making space to reconnect with what really matters.


**3. Invite help—and accept it.** You don't have to do everything alone. Whether you're a parent trying to manage the carpool or a grandparent who feels out of the loop, let someone in. That's part of what church is about—showing up for each other.

**4. Reclaim the dinner table.** We know it's not always possible but aim for at least a few shared meals each week with no screens. Ask simple questions like, "What made you laugh today?" or "What was hard today?" You'll be surprised how much connection comes from that small shift.

Jesus never promised life would be easy. But he did promise he'd walk with us through it. At Monroe UMC, we're learning how to lean into that promise together. You're invited to join us—no perfect people required.

Because maybe you're not running on empty. Maybe you just need to pull over, take a breath, and remember—you're not in this alone.

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*Want to talk more about how to build rest and rhythm into your family life? We'd love to connect. Visit us this Sunday or drop us a message online at [monroeumc.org](http://monroeumc.org).*

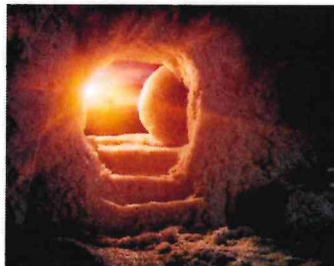
			
<b>Palm &amp; Passion Sunday</b>	<b>Holy Thursday</b>	<b>Good Friday</b>	<b>Resurrection Easter Sunday</b>
<b>April 13</b> 9:30 & 11:00 am	<b>April 17</b> 7:00 pm Atchley Hall	<b>April 18</b> 7:00 pm Sanctuary	<b>April 20</b> 9:30 & 11:00 am

**Join us for Holy Week and Easter Events**

**Because He Lives**

Gloria Gaither once shared the background of "Because He Lives." She stated:

*When Bill and I started our family in the sixties, racial tensions were tearing the country apart. Civil rights activists had suffered, and some had been killed. The Vietnam conflict was claiming thousands of lives, and tensions boiled over on university campuses. Many young people were growing disillusioned and "dropping out."*



*In this climate, Bill and I sought to write songs with lasting answers to the turmoil of the human spirit. But in the fall of 1969, several things happened to test the reality of our own convictions. We realized we were expecting another baby. Though we had always intended to have another child, we weren't planning on a baby so soon. My body hadn't quite recovered from the last pregnancy. Making matters worse, Bill contracted mononucleosis, which left him exhausted and depressed.*

*This combination of national turmoil and personal trouble discouraged us, and we*

*occasionally asked each other, "If the world is like this now, what will it be in fifteen or sixteen years for our baby? What will this child face?"*

*While pondering and praying about these things, we came to realize anew that our courage doesn't come from a stable world, for the world has never been stable. Jesus himself was born in the cruelest of times. No, we have babies, raise families, and risk living because the Resurrection is true!*

*Our baby arrived safe and sound, and we named him Benjamin, which means "most beloved son." A few weeks later "Because He Lives" was born in our hearts and poured from our souls.*

*Over the years this song has reassured us that our Lord's Resurrection is the central truth of life. Because He lives, we can face tomorrow. Many times since, as our children grew, our business life changed, our fortunes shifted, or our direction clouded, our family has found assurance in this very personal song.*

*It's "our song," but we're grateful others have loved it, too.*



## Potluck Dinner – April 6<sup>th</sup>

There will be a Potluck dinner following the late service Sunday, April 6<sup>th</sup>. Fried chicken, drinks and tableware will be provided.



Please bring a side dish or dessert to share. Dinner will be served around 12:15pm.

## United Methodist Women's Meeting



United  
Methodist  
Women

Please join us Thursday, April 17<sup>th</sup> in Atchley Hall at 1:00pm.

Our guest speaker will be from an organization called HEAL. She will be speaking about getting

through the death of a loved one.

All the women of the church are invited. We will also be collecting paper products for Hope House.

## Level Up Your Child's Summer with Video Gaming Camps!

If your child can't get enough of video games, then you'll want to check out Classroom Antics' awesome selection of summer camps!

Their camps offer an exciting, hands-on experience where kids dive into their favorite games while boosting creativity, teamwork, and problem-solving skills. It's the perfect blend of fun and learning – and the adventure starts here! Don't miss out on this unforgettable summer of gaming, building, and growing!

Monroe UMC will host camps during the week of July 21-25 in Atchley Hall.

**SUMMER CAMP @  
MONROE UMC**



Robotics, Video  
Game Design,  
Coding, Animation  
July 21-25, 2025

classroom  
Antics

REGISTER NOW

## Church Rummage Sale

The church will be having a Rummage sale June 7<sup>th</sup> – the same day as the city-wide garage sale.



No clothing this time – but any other gently used items. Examples: Christmas stuff – kitchen items – games/toys – small furniture – any other miscellaneous items. Clean and NO BROKEN PLEASE.

Questions – call Elaine Kuth 513.535.3674.

## A Few More Bloopers:

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

For those of you who have children and don't know it, we have a nursery downstairs.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

Maundy Thursday service: The ladies of the altar guild will be stripping on the altar.

If you need to heave during the Postlude, please do so quietly.



## April Birthdays

18 – Marian Dillon  
20 – Mike Grooms  
21 – Roger Miller  
22 – Jessica Finley  
23 – Jan Bresnahan  
24 – Carol Follmer  
27 – Larry Stoner  
30 – Ellen Osterman  
Louise Stoner

## April Anniversaries

4 – Mike & Rhonda Finley  
6 – Jack & Sharon Collier (63 years)  
Howard & Sue Wilson (63 years)  
20 – Larry & Louise Stoner (57 years)  
24 – Glen & Jane Majors (72 years)  
28 – Larry & JoAn Webb (63 years)  
29 – Dan & Jennifer Moak

Pancakes with the  
Easter Bunny  
Saturday, April 12<sup>th</sup>  
9:00 - 11:30am

May Newsletter  
Deadline  
Wednesday, April 23<sup>rd</sup>



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	11:00am - 12:00pm Liturgical Dance Practice	31 Church Office Closed 6:00pm Yoga/AH 7:00pm Scouts/AH	1 10:00am - 12:00pm Sewing Group/Youth Room 10:00am Share Group/Parlor	2 11:30am - 12:15pm Yoga/Narthex 1:00pm - 3:00pm Bible Study/AH 6:00pm Youth Group 7:00pm Praise Team/AH	3	4 10:00am Exercise/AH 11:00am Yoga/AH	5 Emmaus Team Meeting/AH
6	Holy Communion 12:15pm Potluck Dinner 	7 Church Office Closed 6:00pm Yoga/AH 7:00pm Scouts/AH	8 10:00am - 12:00pm Sewing Group/Youth Room 10:00am Share Group/Parlor	9 11:30am - 12:15pm Yoga/Narthex 1:00pm - 3:00pm Bible Study/Library 6:00pm Youth Group 7:00pm Praise Team/AH	10	11 10:00am Exercise/AH 11:00am Yoga/AH	12 9:00am - 11:30am Pancakes with the Easter Bunny 
13		14 Church Office Closed 6:00pm Yoga/AH 7:00pm Scouts/AH	15 10:00am - 12:00pm Sewing Group/Youth Room 10:00am Share Group/Parlor 1:00pm Finance Committee/AH	16 11:30am - 12:15pm Yoga/Narthex 6:00pm Youth Group 7:00pm Praise Team/AH	17 1:00pm UMMW Meeting/AH 6:30pm Worship Service 	18 6:30pm Worship Service 	19
20		21 Church Office Closed 6:00pm Yoga/AH 7:00pm Scouts/AH	22 10:00am - 12:00pm Sewing Group/Youth Room 10:00am Share Group/Parlor	23 11:30am - 12:15pm Yoga/Narthex 6:00pm Youth Group 7:00pm Praise Team/AH 	24	25 10:00am Exercise/AH 11:00am Yoga/AH	26 7:00am - 3:00pm Kairos Team Meeting/AH
27		28 Church Office Closed 6:00pm Yoga/AH 7:00pm Scouts/AH	29 10:00am - 12:00pm Sewing Group/Youth Room 10:00am Share Group/Parlor	30 11:30am - 12:15pm Yoga/Narthex 6:00pm Youth Group 7:00pm Praise Team/AH	1 	2 	3 
4:30pm - 8:30pm Emmaus Gathering/AH							



MONROE UNITED METHODIST CHURCH  
206 East Avenue, PO Box 310  
Monroe, OH 45050

REQUESTED RETURN SERVICE

Mission Statement:

*Shining the light on the hill by connecting with Jesus Christ,  
connecting with each other and connecting with the world.*



MONROE UNITED METHODIST CHURCH

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**Monroe UMC Staff**

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Melanie Flower, Organist

Linda Larkin, Nursery Attendant

Arlene Horton, Treasurer

Jerry & Anne Lapham,  
Financial Sec'y

MINISTERS: CONGREGATION

OFFICE HOURS: TUESDAY-FRIDAY 9:00AM-4:30PM



FACEBOOK: *Monroe United Methodist Church*



YOUTUBE: *C/MonroeUnitedMethodist*



TWITTER: *@MonroeUMC*

