

MCC Update — Part 1 of 2

The Mission and Service Ministry Team has formed an MCC Support Team to relate to those from our congregation serving with MCC. Liz Gingrich, Janet Shoemaker, Joy Yoder and Ina Ruth Breckbill have been invited to brainstorm ideas for supporting our MCC service workers. One goal is to keep them informed on the happenings at WMC and you informed on the work they are doing in their respective countries. This is part one of the first of several informative articles that will appear in The Buzz in the months to come.

What is MCC? Mennonite Central Committee is a global, nonprofit organization that strives to share God's love and compassion for all through relief, development and peace. For the past 95 years, many Anabaptist groups have supported the work of MCC by meeting human needs and working for peace and justice.

WMC is involved with MCC in a variety of ways: Serving abroad, providing school kits, donating items to the relief sale, volunteering at the thrift shop, canning meat and more. Three members of our congregation are currently serving in other countries. Matthew Amstutz is teaching in China, while Emily Bowman and Jesse Amstutz are participating in assignments in Honduras.

Numerous individuals are serving in our local community, as well. Karen Hochstetler, carefully selects and coordinates colors to piece beautiful comforters. Lorraine Reinford pins comforter tops into a frame where her father, Wayne Sommers, has knotted numerous comforters. The blankets are shipped overseas and given to a person or family who may have left all possessions behind while fleeing for their lives. Nelda Nussbaum uses her talents sewing baby receiving blankets and layettes, adding specialty stitching to the coordinated flannels.

...to be continued next week!

—Joy Yoder

See photos on right to accompany article.

Fall Elective Class

Embodied Spirituality, an elective class taught by Sheldon Swartz, will be offered this fall. We will use *Rediscovering the Lost Body-Connection within Christian Spirituality* by Dr. Edwin McMahon and Dr. Peter Campbell as a resource. This class will explore together how paying attention to and “being with,” where we experience our emotions in our bodies (treating our body as a friend), can become an important source of knowledge. This knowledge is not a knowing through the mind, but goes deeper than that and is experienced in one's body/heart as a more felt kind of knowing. Jesus took on flesh in the Incarnation and embodied in a physical way His relationship with God. By paying attention to our feelings as they are experienced in our bodies and listening to what they want to reveal to us, we can learn to become more aware of Christ in us/us in Christ and how we are part of the larger Body of Christ. This awareness allows us to connect more fully with ourselves and each other in a sensed way and helps to heal the split between head and heart. This is movement towards the sense of unity Jesus prayed for for His followers in John 17—an embodied spirituality that is sensed as love by participants and recipients. Sign up for this fall Sunday School Elective at the Participation Station by the kitchen.

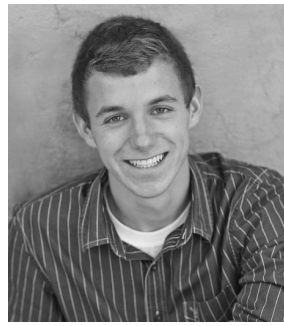


Nelda N and Nadine Miller



Galen Yoder

Everence Scholarship Winners



Everence is happy to announce that Isaac Brenneman of Waterford Mennonite Church received a \$750 Everence college scholarship to pursue a degree at Indiana Wesleyan University.

Isaac is among 42 recipients of Everence college scholarships for the 2015-2016 academic year. The scholarship program encourages young people to explore the integration of faith and finances while helping them on their educational journeys.

Nearly 200 students from across the country applied for scholarships – a benefit of being an Everence member. Recipients were chosen based on academics, leadership, community involvement and responses to an essay question.

Everence helps individuals, organizations and congregations integrate finances with faith through a national team of advisors and representatives. Everence offers banking, insurance and financial services with community benefits and stewardship education. Everence is a ministry of Mennonite Church USA and other churches.

We encourage people to be good stewards of their money, but also good stewards of the abilities God gave them. Everence believes that when we help our members pay for college, we're honoring students who are committed to achieving their academic goals and making a difference in their communities.

A complete list of this year's scholarship recipients and their photos are on our website, everence.com/2015-scholarship-winners.

On behalf of Everence, best wishes to Isaac Brenneman, and all the college students from Waterford Mennonite Church, for the coming year and in all that they pursue in the future.

Lost and Found Items

Are you missing a jacket, a pair of green wellies, perhaps one earring, a Bible, or your favorite Pyrex baking dish? Check out the lost and found table by the coat rack at the north doors. We'll be taking whatever is there to The Depot in the next couple of weeks, so claim it while you can.

Health Corner

Summer means heat! It is important to know how to manage it and know when you are getting too much. High temperatures and humidity along with strenuous physical activity predispose people to heat-related issues. Drinking alcohol and overdressing, especially in non-breathable clothes, also increase your risk. When your body is unable to cool itself efficiently (usually through sweating) you are at risk. Especially at risk are children less than 4 years old and adults older than age 65, people who are overweight and when there is a sudden temperature change or a high heat index (greater than 91° F).

According to the Mayo Clinic website, there are a spectrum of heat disorders. The most mild is heat cramps (heavy sweating, fatigue, thirst, muscle cramps), then heat exhaustion and the most severe being heat stroke. Symptoms of heat exhaustion can develop slowly or quickly. Some of them are: Cool, moist skin with goose bumps in the heat or heavy sweating; faintness; dizziness; tiredness; weak and fast pulse; low blood pressure with standing; muscle cramps; nausea; and headache.

It is important to recognize these symptoms. Failure to do so can result in heat stroke which can be life-threatening. If you start to experience some of these symptoms it is important to stop all activity, rest, move to a cooler place, and drink cool water or sports drinks. If you start to feel worse or you don't improve in an hour, see your doctor. Also if your temperature is greater than 104° F seek immediate medical attention, as this is a sign of heat stroke.

To My Friends at WMC

As some of you may have noticed, I'm back at Waterford again. The last you knew, you were saying goodbye to me. Well, I went up to Ontario for four months and things just didn't work out the way I'd hoped, so I came back "home."

My furniture is all up in Canada for now, but should be arriving in October. In the meantime, if anyone has an extra set of table and chairs, recliner, bed, etc. they would be willing to let me borrow, I would appreciate it. I can be reached at 333-7160.

—Nancy Gascho



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The *Waterford Buzz* is normally published weekly for members of Waterford Mennonite Church. Items for inclusion should be given to the editor by 5 p.m. Tuesday preceding publication.

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