



Good News

Morgan Hill United Methodist Church

Radical Self-Care for Such a Time as This

By Rev. Dr. Linda A. Holbrook, Pastor and Dr. Haley Feuerbacher, Minister of Young Generations

Late last year we each processed what was happening in our lives and selected a watch word for the year to help us focus. We said this was a spiritual practice that helps us understand more about ourselves and more about how we can be disciples in the world. Having a watch word is a spiritual practice. Selecting these watch words exceeded my (Linda) expectations. Everyone did a great job.

We (Haley and Linda) reflected on these watch words and on our current situations and environment, and decided that we needed more. We wanted to offer some radical self-care tools this year to assist everyone in navigating for “such a time as this.” Almost all of us (or maybe all of us) have experienced personal losses and injuries. In addition to our individual problems and trauma, our country has faced numerous challenges. Every day we hear of something that needs our attention and each week we talk about at least one thing that has happened to our friends and our communities. Our Thursday Lunch Bunch was created to provide a place to hold conversations in community and let us know we are not alone. It is a challenge to continue our discipleship with challenges surrounding us.

Radical Self Care is nurturing your inner being, connecting to community and God and Jesus, and learning what practices can provide you with assistance in remaining your peace and love in spite of all the challenges.

(continued on page 3)

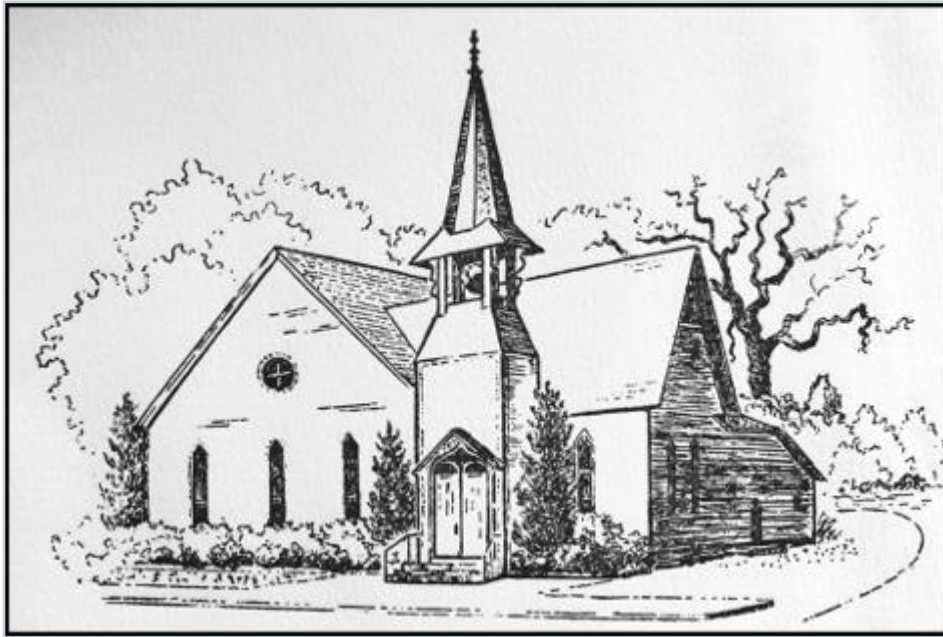


Wesley
Wisdom

John Wesley's self-care advice emphasizes a holistic approach to life, linking physical, mental, and spiritual health. His approach was meant to keep the body and mind healthy to enable serving God and helping others.

Wesley's core recommendations include daily exercise in the open air, a nutritious and simple diet, adequate sleep, and regular prayer for mental peace. His self-care advice:

- **Daily Physical Movement:** A due degree of exercise is indispensably necessary to health.
- **Dietary Care:** Advised a plain, simple diet, avoiding high-seasoned foods and eating sparingly.
- **Rest and Sleep:** Strongly recommended going to bed early and rising early.
- **Mental and Spiritual Wellness:** Believed that the love of God, coupled with prayer, provides mental tranquility and helps prevent the bodily disorders caused by stress and passion.
- **Preventative Care:** Urged taking care of the body to prevent sickness rather than only treating it.
- **Accountability:** Maintain a check on one's own behavior and attitude to maintain a healthy and holy life.



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- Children’s Education: Jeannie Clayton, Megan Richardson
- Finance Team Leads: Wendy Ringo, Marilyn Pifer
- Lay Leaders: Denise Melroy, Megan Richardson
- Annual Conf. Rep: Trish Catalano
- Prayer Team: Megan Richardson
- Membership Secy: Janet Ohene-Nyako
- Mission/Outreach Co-Chairs: Cathy Coates, John McCotter
- Newsletter Editor: Bettie Anderson
- Website Editor: Bettie Anderson, Denise Melroy
- Nominations & Leadership Dev. Chair: Rev. Dr. Linda A. Holbrook
- Staff-Parish Relations Chair: Carol Frazer
- Treasurer: Wendy Ringo
- Trustees President: Darcy Foster
- Worship Team Lead: Denise Melroy

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We are a Reconciling Church
All are welcome!



Next Good News deadline:
June 25, 2026
For July/August Issue

Radical Self-Care for Such a Time as This (continued from page 1)

By Rev. Dr. Linda A. Holbrook, Pastor and Dr. Haley Feuerbacher, Minister of Young Generations

Dr. Aviva Room says “Radical self-care is the practice built on the fundamental beliefs that you belong on this planet, that you are a precious resource, that you have the right to health and peace of mind, and that the whole world is better for you having it.”

Radical Self Care reclaims us for sacredness, ties us to community and God and Jesus, and liberates us from old weary patterns to find new paths for transformation.

Beginning in June, once a month we will be offering one practice or ritual in radical self-care. We invite you to participate in all these practices to see what fits for you. Below is the tentative schedule:

- June Rewilding
- July Yoga/Chair Yoga
- August Sound Bath
- September Taizé Service
- October Japanese Tea service
- November Centering Prayer
- December A Light in the Darkness

SELF
care
IS NOT SELFISH

If you have suggestions for a practice or have questions, please let Linda or Haley know.

Pastor's Prose: Our Call to Discipleship

By Rev. Dr. Linda A. Holbrook, Pastor

This year has been a momentous year. On a national and international level, there have been new wars and well as the war in Ukraine that continues. There have been injustices with people living in this country. In addition, I have had my own personal challenges. And I know many of you had your challenges as well.

I have mentioned several times that we are all called to be disciples, and what being a disciple looks like varies from person to person. One of my favorite authors, Sister Joan Chittister, writes, “The world depends on Christ rising in you as much as it ever did on the opening of the tomb in Jerusalem.” (The Psalms: Meditations for Every Day of the Year; page 49.)

So, the question might be how do we know how Christ is calling me to be a disciple. And

the answer is we need to discern how Christ is calling us.

Discernment is decision making with God's help. Discernment depends on our assurance of God's love, and in a deep trust in God's good intentions toward us. To discern we also need the Spirit of Truth because we all have attachments that influence our decision making. Attachments are things like personal agendas, comforts, time constraints, or personal goals. When our hearts are open to receiving whatever

God says, we are in a place where we can wait and listen for a nudge from God and/or a message from Jesus.

There are various guides to the steps in discernment. If you have one that works for you, that is great. If not, here is one set of steps.

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Pastor's Prose: Our Call to Discipleship

By Rev. Dr. Linda A. Holbrook, Pastor (continued from page 4)

1. Clarify the decision to be made.
2. Enter into prayer thanking God for the presence of the Holy Spirit as a Guide.
3. Gather all the information you need to make a particular decision.
 - a. Use reason to identify benefits on either side of the decision.
 - b. Attend to your feelings to decide what gives you hope.
 - c. Name the impact of your decision on others.
 - d. Picture yourself with the decision. As you picture yourself, are you peaceful or anxious?
 - e. Any other information relative to the decision.
4. Continue in prayer about this decision.
5. Talk to a few trusted family or friends (those who don't have a vested interest in the decision) and be open to what they have to say.
6. Ask yourself if you are being a good steward and if your decision benefits your community and the world.
7. Offer your decision to God.
8. Revisit with your few trusted family or friends if necessary.
9. Be patient and wait to hear the nudge from God or the message from Jesus.

The world is calling us to live out our call to discipleship. When you have a sense of being in the place you are supposed to be at this moment in time, then you have heard the call.

And if you every want to talk about where you are in the process, please contact me.



Volunteer to Help Facilitate the Young Generations Sunday School!

"Perhaps you were created for such a time as this." (Esther 4:14)

One of the most powerful ministries we can offer right now is raising a generation without church trauma or religious abuse—and that work begins with Sunday School.

The Young Generations Ministry is seeking volunteers (ages 18+) to serve once every 1–2 months; if you feel called to help create safe, joyful, and meaningful faith spaces for kids.

Contact Haley
at feuerbacherh@gmail.com



Bishop Olewine Welcomes Full Team of 2026 - 2027 Superintendents



As we look towards the beginning of a new conference year, I am glad to welcome the full team of superintendents that will serve the clergy and congregations of Cal-Nevada, along with the respective district lay leaders. The Bay and Central Valley Districts will continue to be served by one DS each, Sun Hee Kim and Mary Maaga, respectively. El Camino Real and Los Rios will be served by two superintendents, Theon Johnson III and Oliver Mangubat and Mahsea Evans and Debbie Weatherspoon correspondingly; and the Great Northern by Dawn Blundell, Mike Harrell, April Sousa, and Angel Rivero. This provides us with different models of superintendency to live into, assess, and adapt.

As we prepare for these changes, I ask that we intentionally hold these pastors and colleagues and the local churches who are sharing their pastors in this work in our prayers, seeking God's guidance, wisdom, grace and love. As we make these shifts, I invite us also into a spirit of curiosity, evaluating and revising in a spirit of openness and hope. In all that we do, we are seeking to align how we organize to better support our living into and out of our vision to follow Jesus, thrive in community and heal the world as we participate in making disciples of Jesus Christ for the transformation of the world!

All glory and honor to God!

Bishop Sandra K. Olewine

Sermon Suggestions

Each summer I incorporate suggestions from the congregation into the schedule for sermons. This year I want to focus on texts from the Bible. If you have a favorite scripture or a scripture that you would like to have explained, please send the text to me and I will create a sermon around that text. I look forward to hearing what scriptures you select. *Pastor Linda*



Mission & Outreach Team: Bread for the World Campaign Offering of Letters Coming on Sunday May 17

The MHUMC Mission and Outreach team continues to plan and carry out projects to bring the love of Christ to our community and world. Our next project addresses hunger here in the United States. Rather than asking for monetary funds, we are inviting you to join us in an Offering of Letters through Bread for the World.

Bread for the World is a Christian advocacy organization urging our national legislators to do all they can to pursue a world without hunger. The mission of this organization is to educate and equip people to advocate for policies and programs that can help end hunger in the U. S. and around the world.

Nourish Our Future is the 2026 campaign for Bread. We will be advocating to secure programs to feed this generation and those to come. Specifically, we will be writing to our national legislators asking them to support a bipartisan bill, H.R. 1464, The Modern WIC Act.

WIC, The Women, Infants and Children federal program, serves nearly 7 million women and small children each month who urgently need food assistance. The currently proposed federal budget includes drastic cuts to this essential program. We will be writing asking our legislators to fully fund the program instead.

The Mission Team would like you to take part in this letter writing campaign to Congress. Sunday, May 17, will be Bread for the World Sunday. After worship, all the materials you need to write a letter will be available in the fellowship hall. We hope you will join us to advocate for those who are hungry.

Thank you in advance for your support.

Learn more here: <https://www.bread.org/>



PICNIC

IN THE PARK

**RELAX AND ENJOY
FOOD, FELLOWSHIP AND
OUTDOOR FUN!**

- Bring a dish to share or your own picnic lunch
- Enjoy Field Day games for all ages and abilities

Sun., May 31, 12pm

**Morgan Hill Community Park
171 W Edmundson Ave, Morgan Hill, CA 95037**

Studio Youth Collective Rewilding Day - Rescheduled for May 2!

Calling all youth and emerging adults (tweens, teens, and twenties)! Spend a day in the redwoods reconnecting with what makes you come alive! This is a playful, spacious, nature-filled retreat for youth and young adults who want to slow down, breathe deep, and remember who they are...together.

Rewilding means coming back to who you really are...Not the version shaped by pressure, performance, or survival, but the wild, real, growing you: free, connected, and held by love. This is a free event. Bring a lunch, sturdy shoes, a friend, and your own wild self!

RSVP here: <https://tinyurl.com/bp8fv55e>



Studio
YOUTH COLLECTIVE

REWILDING DAY

A nature-based retreat for youth & young adults

MAY 2, 11AM-5PM
Roaring Camp Railroad
Henry Cowell State Park, Felton

Explore & Play
Hiking + Forest games

Create & Gather
Foraging + Nature crafts

Reflect & Share
Journaling + Story



All-Church Rewilding Day

Saturday, June 13, 11am-5pm
Henry Cowell State Park

Morgan Hill UMC members and friends of *all ages* are invited to spend a day in the redwoods reconnecting with what makes you come alive! This is a playful, spacious, nature-filled retreat for youth and young adults who want to slow down, breathe deep, and remember who they are...together.

Rewilding means coming back to who you really are...Not the version shaped by pressure, performance, or survival, but the wild, real, growing you: free, connected, and held by love.

Why Rewild?

Because coming alive isn't an individual project; we come alive with and for each other.

When we grow what gives life in ourselves, we learn how to grow it in the world



Explore & Play
Hiking + Forest games



Create & Gather
Foraging + Nature crafts



Reflect & Share
Journaling + Story



RSVP by 6/11/26 by emailing Haley at feuerbacherh@gmail.com)

Lessons From Our Sunday School Children

By Megan Richardson, Sunday School Teacher



We explored the idea that sin is not about “being bad” or “disobeying” but rather choosing something less than love. We learned how love connects God, others and self in The Sacred Relationship. We may step away from God in our thoughts or actions, but there is nothing that will cause God to ever leave us. We are Beloved, we are here to Be Loved and to Give Love.



Easter shows us that love has the final say...that's it persists, outlasts, remains and overcomes. Love wins in the end! And if it hasn't won, it isn't the end. We can help love win today and every day in our own lives by how we care, the choices we make, how we connect with God, the earth, one another and what we create. Palm Sunday we celebrated with a palm parade and discussed the high and low experiences of Holy Week. Our Easter egg hunt was a hit with over 600 eggs donated by our congregation.....thank you!

Laughter is the Best Self-Care Medicine

The Sunday after Easter was Holy Humor Sunday. The Sanctuary was filled with the laughter as so many people brought stories to share with a humorous theme. My watch word, laughter, certainly was active that day. I find myself trying every day to find something that makes me smile or laugh. It lifts my spirit and makes me grateful.

Pastor Linda



Mark Your Calendars for VBS 2026!

Get ready for an unforgettable week of Vacation Bible School at Morgan Hill United Methodist Church! This summer, children ages **3-12** will journey through Earth, Air, Water, and Fire to fight against the Great Shame Lie and discover their true nature in God!

In a world that often teaches shame, comparison, and disconnection, **Force of Nature** proclaims a better truth: **discover that you are God's YES - and we are a force for good together!**

Rooted in the Genesis story where God calls all of creation *very good* (TOV) together, children will engage in arts and crafts, creative storytelling from Scripture and beyond, science and nature, outdoor games and activities, wild worship, and courageous service and action that helps them translate their learning into impact. Throughout the week, we will grow in confidence, compassion, belonging, and love for God, ourselves, others, and the world.

Friday will be a special celebration day filled with joyful activities, music, and big fun as we celebrate all we've discovered and created together.

Registration details coming soon - we can't wait to welcome your family! If you are ages 13 or older, we would love for you to consider volunteering for this camp! We are in need of helpers and leaders to spend a life-giving and transformative week teaching meaningful lessons and learning from and with the coolest kids. Please contact Haley at feurbacherh@gmail.com if you can help!



Easter Flowers, pictures courtesy of Janet Tuttle

Sharing the Bounty

By Nancy Domnauer, Mission Team



2,000 and counting! This is number of meals we have served for the **Sharing the Bounty** program since April of last year.

Thank you members, friends, local volunteers and the Loaves and Fishes organization for supporting people in need through the Wednesday meal program at Morgan Hill United Methodist Church.

We are very grateful to work in collaboration with Loaves and Fishes Family Kitchen of San Jose as they cook and deliver the meals. The Missions Team would like to thank everyone who has volunteered and supported this ministry.

Each week, Morgan Hill families and children receive free, warm, nutritious dinners that bring sustenance and comfort. The meals are a way to show love and support for our neighbors in town.

We encourage you to volunteer for a 2-hour shift on any Wednesday in the coming weeks. If you would like to volunteer or donate snacks, please email Nancy Domnauer at: bonjour2nancy@gmail.com or telephone the church office at (669) 888-3880.

If you can't physically volunteer but would like to make a financial donation please send your gift to the church office or place it in the offering plate on Sunday. You're also welcome to donate pre-packaged snacks (such as chips, nuts or similar).

Our church participates in the Feeding Morgan Hill program too. Please explore the newly launched website: <https://feedingmorganhill.org/> which describes the programs in town.

Thank you everyone!



To learn more about Loaves and Fishes Family Kitchen, visit <https://www.loavesfishes.org/>



Library Appreciation Day

By Mission Team



The library staff were incredibly pleased by our efforts to honor them. Many thanks to Dave and Janet Tuttle, Donna Spurlin, and Denise Melroy for helping us transport and set up the SUBSTANTIAL number of goodies we brought. Janet and Denise both made beautiful water color bookmarks. Janet also made a beautiful flower arrangement from her home garden for a centerpiece. The congregation donated many homemade items from biscotti to cucumber and pumpernickel tea sandwiches. Cathy posted pictures of the event on Facebook and for the church's newsletter.



John and Dave chilling as the women busily set up the tables. Our Sunday School banner hanging about the lockers.



Homemade biscotti will be much appreciated by the tea and coffee drinkers!



Happy faces! Janet and Heather.



It was really hard not to sample the wares.



What a spread, eh?



Head Librarian Heather, standing between the two tables and looking happily overwhelmed by the spread.

Upcoming Community Events

Presented by The Morgan Hill Chamber of Commerce



June 12th	June 19th	June 26th	July 10th	July 17th
				
Mercy & The Heartbeats	The Cheeseballs	Soul Kiss	Carnaval	Pop Fiction
July 24th	July 31st	August 7th	August 14th	August 21st
				
Misspent Youth	Daze on the Green	The Houserockers	Patron Latin Rhythms	Careless Whisper

Downtown Amphitheater @ The CCC
www.morganhillchamber.org



Insta: @mhcoc
 FB: @fridaynightmusicseries



Comic Potential

Show Dates: Apr 24 - May 10, 2026

Friday	Saturday	Sunday
8:00 pm	8:00 pm	2:00 pm
Apr 24	Apr 25	Apr 26
May 01	May 02	May 03
May 08	May 09	May 10

Morgan Hill Community Playhouse



GROUNDHOG DAY
 THE MUSICAL

Casting Announced for Groundhog Day!
 Our large musical opens June 20, 2026



The Morgan Hill Mushroom Mardi Gras, Inc. **MORGAN HILL**
Mushroom Festival
 MEMORIAL WEEKEND

Saturday, May 23, 2026,
 10am - 7pm

Sunday, May 24, 2026,
 10am - 6pm

Downtown Morgan Hill
 Amphitheater Grounds &
 Depot Street



You are cordially invited to attend the Morgan Hill Wind Symphony Concert

Janet Tuttle will be playing flute and piccolo. Rachel Dibb will be performing on French horn. The fabulous Jesus Christ Superstar Medley by Andrew Lloyd and arranged by Henry Mancini is going to be a real treat. The seventies television theme songs are fun, especially the M.A.S.H. show music.

**The Seventies Music Concert
Grace Hill Church
Sunday, 2:30 pm
May 3rd, 2026
Doors open at 2:00 pm**

Upcoming Birthdays



- May 2 John Braslin
- May 8 Haley Feuerbacher
- May 8 Denise Melroy
- May 8 Nancy Sager
- May 10 Abe Morris
- May 22 Kevin DeWett
- May 24 Greg Huffman



- June 1 Bill Clayton
- June 6 Lynn Morgan
- June 8 Del Foster
- June 14 Grace Brawn
- Jun 19 Carolyn Saffell
- June 22 Christian Kroboth
- June 24 Helen Paratore
- June 29 Annabelle Mattia
- June 30 Wendy Ringo

See all holidays and special days at nationaltoday.com/

You are welcome here!

As a Reconciling Congregation, we celebrate God's welcome to us and to all people, including any who are gay, lesbian, bisexual or transgender and their families. At Morgan Hill UMC, your friendship is valued and safeguarded. You are accepted for who you are. You have a home!

Reconciling Ministries Network www.rmnetwork.org

