

## ***“Being Spiritual”***

On Sunday, I shared a metaphor in my sermon upon which I thought I would elaborate. It was a simple mental picture that I used to describe the concept of **spirituality**, or the state of being spiritual. The metaphor was that of a playground apparatus called a see-saw by some or a teeter-totter by others.

This concept of spirituality came to me as I was watching a young boy try to keep his balance on a see-saw that was behind my house during my second tour of duty as a Navy chaplain. What I didn’t share on Sunday morning was that this epiphany came as I was working on a two day spiritual growth retreat given to me by my boss, the Director of the resiliency program called CREDO. I had some things at hand and in mind, but then the following understanding of spirituality came to me on that warm afternoon behind my house in Twentynine Palms, California.

**Spirituality is all about seeking balance in life.** That sounds simple enough, but as with most concepts, it needs some unpacking (like the parsonage as I write this article). The see-saw metaphor comes into play in describing everything about us that is not physical or able to be touched or seen either by the naked eye or any of the wonderful medical tools available to us.

The metaphor has two main components. **First, you have the two ends of the see-saw.** For us as disciples of Jesus Christ, one side of our spirituality is our rational or cognitive capabilities; our ability to think things through and analyze the entire picture and not just some part of it. God has given us this wonderful capability as human beings that enables us to not act, or more appropriately, react on instinct alone. In public discourse and in private dialogue, it is this capability that so often gets ignored when emotions take control and make the “other” our enemy. But our cognitive ability is nonetheless part of our spirituality, and God intends us to strengthen it through reading, study, and dialogue, and thus use it at all times.

The other side of the see-saw I’m calling our spirituality is our emotional or affective capabilities; our ability to feel, and name that emotion. This too is a wonderful capacity that God has given us, and it, too, is a part of our human spirituality. Our emotional side can also be ignored, in which case we become more like overly rational androids (“robots” with human appearance) than as human beings. Taken to the other extreme, our emotions can cause us to over-react and lose our rational capability, as in the expression, “I wasn’t thinking.”

**Secondly, it is important to note is that those two spiritual capabilities or centers of existence—our ability to reason, and our ability to emote—are connected.** That is symbolized by the board of the see-saw itself that we are figuratively trying to keep level. Thus, every person has a spirituality, regardless of whether it is acknowledged or strengthened by religious practices, or not. All sorts of problems arise when there is damage or trauma, or some level of disconnect, to that connection between what we think and how we feel, as I alluded above in only a small degree.

So, when it comes to our walk of faith with our risen Lord, both sides of our personal spirituality (the untouchable parts of who we are and that truly make us human) must be informed, strengthened, and perhaps changed by Christ’s gospel. We simply cannot be a disciple of Jesus Christ without letting the gospel impact what we think about all issues of life, and, at the same time, what we feel about those issues. All the spiritual disciplines available to us—worship, Bible studies, prayer, fellowship groups, book studies, etc.—help us in this endeavor, especially if the gospel contradicts other influential human voices around us. It is Christ, and Christ alone, that enables us as a people called Methodists to find the spiritual balance we seek and want in chaotic and stressful times.

*Pastor Tom*



We would like to wish a very happy birthday to the following July babies:

Nicole Moore, Dorothy Conn, Dotty Spreitzer, Susie Minzes

**Hope your birthdays are as fabulous as YOU!**

## SAVE THE DATE: SAT, SEPTEMBER 12th

You'll be happy to hear that we have begun planning our annual recycling event. And like so many other things in 2020, our event this year "will be a bit different"! Due to policy changes of several of our participating organizations, we cannot accept many of the items we have in past years. The recycling of electronics will be our main focus this year. We will keep you updated with our monthly Connection email, our website and facebook.



Thank you to everyone helped spruce the church up this month. Your dedication and hard work is appreciated and we are all blessed to have such a beautiful church to call home.

***God bless all of you!***



  
**KEEP  
CALM AND**  
THINK HEALTH  
**AND  
SAFETY**

Our Missions Team had a meeting this week and everyone looked FABULOUS in their masks and did a great job of social distancing. Thank you all for helping to keep our church safe and healthy.

***My mask is for you and your mask is for me***



***On Going:*** Les Case, Wade Davis, Roger Grable, Richard Fuerst, Winnie Fuerst, Harvey Geary, Michael Hatfield, Mike McMillin, Nancy Rowe, Don & Phronsie Wood

***Health and Healing:*** Phillip Rogers

***Missions:*** Hillcrest Transitional Housing, Harvester's Food Bank, Lazarus Ministries, Tarsney Lake Families, Congregation de Mellier, Heart and Soul Children's Learning Center

***Please contact the office to update or add prayer requests***

# July 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<b>5 Services</b> <b>8:00 &amp; 10:00</b>	6	7	8	9	10	11
<b>12 Services</b> <b>8:00 &amp; 10:00</b>	13	14	15	16	17	18
<b>19 Services</b> <b>8:00 &amp; 10:00</b>	20	21 Missions Meeting 7:00	22	23	24	25
<b>26 Services</b> <b>8:00 &amp; 10:00</b>	27	28 Church Council Meeting 7:00	29	30	31	