

Confessions of the Pastor's Wife: Of Mountaintops and Restoration

I will strengthen the weary, and renew those who are weak. Jeremiah 31:25 (CEB)

“I will lift up my eyes to the mountains. Where does my help come from? My help comes from the Lord, the maker of Heaven and Earth.” These are the words I quoted to my boys on our first morning in Breckenridge, Colorado. They politely ignored me and continued building a complicated structure of dominoes and Jenga blocks along the floor of our condo.

Basking in the glow of the mountains, I shrugged and walked to the porch with my Bible in hand, completing the Psalm silently as I gazed at the snow-capped peak in the distance.

I've always loved mountains. I find their firm presence comforting—a sign of quiet assurance, strength, and changelessness in a world that is often chaotic and unpredictable. When I was in college, I spent a summer working as a camp counselor in the Blue Ridge Mountains. Each night, as I closed my eyes to sleep, I felt secure knowing that I was enclosed on all sides by mighty rocks that had been there for millennia.

A few weeks ago, my husband, two boys, and I took a road trip to the Colorado Rockies. We stayed in beautiful Breckenridge, but took day trips to the Royal Gorge, Garden of the Gods, and Pike's Peak. Before we left on our trip, I was a mess. Lots of deadlines meant long hours of writing. I was sleep-deprived, my muscles were tight, and my emotions were all over the place. My anxiety issues kicked into overdrive. I went to bed each night feeling worried and awoke each morning feeling dread. I was in deep need of some restoration.

As we started our ascent into the mountains, I began to feel my anxiety falling away. I looked around at the great beauty of God's wondrous creation. There was the vibrant cornflower blue sky contrasted with the deep green of the fir trees. There were the subtle shadows of puffy gray-white clouds falling over the mountains. There were even foam-topped mountain streams plunging down steep slopes as the snow continued to melt high above the tree line. It was glorious.

Peace came to me in the mountains like a soft breeze that cuts through the heat on an oppressive summer day. For the first time in a long time, I stopped doing and allowed myself to just be. I stood on a mountaintop and felt exultant, even though I was gasping for breath and covered in sweat. I listened to the wind blowing across the peaks, swelling in a wonderful crescendo of timeless chords through the trees and falling still once more. I spent twenty minutes staring at an ugly goat, enthralled that it could thrive so far above the tree line where there are only craggy rocks and shrubs. And I gazed down at a world remarkably small thousands of feet below.

In those mountaintop moments, standing on rocks that were present long before humanity and that will remain when humanity is gone, God reminded me of my own insignificance. While it sounds strange, there is something greatly restorative in that knowledge. When you stand atop the mountain that was born millions of years ago, you understand that while the world

focuses on this moment, God focuses on the eternal. There are processes and plans in place that reach into infinity, and we have a place in those plans. God's eternal is our eternal, too. Our present moments don't define us in God's eyes; rather, he sees the bigger picture. He sees us as he created us, and he sees what we will be in his eternal kingdom.

Since we've returned from our Colorado adventure, I've tried to be more intentional about restoration. I sit on the dock and watch turtles swimming. I try to give all of my attention to conversations with others. I sit and read and think without feeling guilty about it. Sure, the anxiety is still there. Sure, there are still deadlines to meet. Sure, there are still the usual struggles, both internal and external. But, I'm working more intentionally on restoration and renewal.

This week, I would challenge you to consider finding some space in your schedule for restoration. Maybe you don't have time for a mountain hike, but a walk through a park or rest in a quiet place can do wonders for the soul. God wants to restore you, so let him work to restore and renew your strength.

Blessings and Peace,
Sara



August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Be An Angel 10</i> <i>Tarsney Lunch</i> 12:00	2 <i>Social</i> <i>Service 12:50</i>	3	4
5 <i>Services</i> <i>8 & 10</i>	6	7	8 <i>Tarsney</i> <i>Lunch 12:00</i> <i>Yoga 6:15</i>	9	10	11
12 <i>Sevices</i> <i>8 & 10</i> <i>Tarsney Picnic</i> 5:00	13	14 <i>Association</i> <i>Meeting 7:30</i> <i>Prayer Walk</i> <i>Mason 7:00</i>	15 <i>Be An</i> <i>Angel 10:00</i> <i>Yoga 6:15</i>	16 <i>China</i> <i>Painting 9:00</i>	17	18
19 <i>Services</i> <i>8 & 10</i>	20	21	22	23	24 <i>Rock</i> <i>The Lake 6:30</i>	25
26 <i>Services</i> <i>8 & 10</i>	27	28	29	30	31	

AUG

LLCUMC Family Night
Live Music/Games/Food
6:30-8:30 P.M.
Church Parking Lot

ROCK THE LAKE

24



**Live Music by Stephen
Rew and Decided**



Lee's Summit Social Services

While volunteering last week at the Lee's Summit Social Services' "Back to School" event, we got to see real excitement in the kids receiving their new school supplies. Each student got to pick out a new backpack filled with school supplies and two sets of new clothes, including name-brand athletic shoes. Our job was to work one-on-one with the students and assist them in making their selections. One 3rd grader put on a pair of Puma's and said with amazing sincerity, "These shoes feel REALLY good". Watching the excitement of the kids made the afternoon very rewarding.



*Join us for
Yoga every
Wed. at 6:15*



Join us Tuesday August 14th at 7:00 pm @

Mason School Elementary for our Prayer Walk.

This will be a wonderful time to take part in praying all the teachers, staff and students as they enter into a new school year.

Everyone welcome!

Steve Bee
 Jeremy Brooks
 Keith Brunsmann
 Les Case
 Donna Casey
 Ron Clarke
 Charlene Davis
 Ronnie Goode
 Bill Green
 Michael Hatfield
 Warren Hassler
 John Hilton
 Edie & Gary Ken
 Morgan (Hatfield)
 Jarod
 Fred McKinzie
 Ryan Neighbors
 David Parrish
 Kris Peterson
 Judy Peterson
 Carl Pinkerton
 Steve Raymond
 Rosemary Robinson
 Norma Silvain
 Duane/Peggy Taylor
 David Tackett
 Elaine West
 Mitch Williams
 Wilma Williams
 Joe Virgalla



Families of Tarsney
 Lake

Congregation de
 Mellier

Heart and Soul
 Children's Christian
 Learning Center

All Ministries
 of the Church

Calling All Acolytes

Acolyte Training Class

- Sunday, September 9
- 2-4 P.M. Fellowship Hall
- Children Grades 1-6
- Bible Study, Games, Snacks, Fire Safety



Text Sara Snyder at 417-343-1124 to sign up!

Kids in Action

NEW MISSION CLUB

- Students ages 8-13
- Mission Experiences & Bible Study
- 10/12, 10/18, 11/06, 01/02, 01/21, 03/01
- More information to follow; direct questions to Sara Snyder or Sophie Reed





2018 RECYCLING EXTRAVAGANZA

at Lake Lotawana Community
United Methodist Church
Gate 1 & Colbern Road

**SAVE
THE
DATE**

SATURDAY SEPTEMBER 8th

9:00 a.m. - Noon

**- Electronics - Clothing -
- Household Goods & MORE -**

CASH FEES: \$20 per TV - \$10 per printer

All other accepted items FREE

See list @ llcumc.org



TARSNEY LAKE END OF SUMMER PICNIC

COME JOIN US AS WE CELEBRATE WITH OUR TARSNEY FAMILIES AND FRIENDS! WE WILL HAVE FRIED CHICKEN, ALL THE FIXINS AND DESSERT. THIS IS A GREAT TIME TO WORSHIP IN OUR SUCCESSFUL OUTREACH OF BRINGING A COMMUNITY CLOSER TO OUR CHURCH FAMILY. PICNIC BEGINS AT 5:00 SUNDAY AUGUST 12 & DON'T FORGET YOUR CHAIR .

WE WILL ALSO BE HANDING OUT
SCHOOL SUPPLIES TO OUR NEW

LITTLE FRIENDS!

missions

Sunday, August 12 5:00 – 6:00: Join the picnic with Tarsney Lakes residents on the east shore of Tarsney Lake. A delicious fried chicken dinner will be provided. Bring a chair.

August 19 – September 9: Monetary donations will be collected to purchase supplies for Personal Hygiene Packs to be donated to the annual Missouri Festival of Sharing. Make checks payable to LLCUMC with “Festival of Sharing” in the memo line

Saturday, September 8 9:00 – 12:00: Recycling Extravaganza. Volunteers needed 8:00 – 12:30. See www.llcumc.org for further information

Sunday, September 30 8:45 – 10:00: All-Church Fellowship and Missions Highlights Breakfast. Enjoy a fantastic meal with your church family and learn about Hillcrest Transitional Housing’s mission to help homeless family become self-sufficient. Cotton Sivils will be our guest speaker.

Saturday, October 13 9:00 – 1:00: Volunteer at Lazarus Ministries serving food to homeless individuals. Contact Bob Metcalfe.