

Somewhere in my journeys as a pastor and chaplain I picked up a bookmark from a Florida funeral home that is titled “How to Use the Bible.” I ran across that bookmark when unpacking from the move to Lake Lotawana and put it in my desk drawer at home. When I saw again last week, I thought it would be a nice follow-up to my sermon titled “When Feelings Are Real” from Donald Shelby’s book *Meeting the Messiah* this past Sunday. As you will see below, the bookmark lists situations that are by and large not desired—moments where we should turn to God. It is not an exhaustive list, but it covers common situations that perhaps you’ve experienced in the past or are currently experiencing.

- When in sorrow—read John 14
- When [humans] fail you—read Psalm 17
- When you have sinned—read Psalm 51
- When you worry—read Matthew 6:19-34
- When you are in danger—read Psalm 91
- If you have the blues—read Psalm 34
- If God seems far away—read Psalm 139
- If you are discouraged—read Isaiah 40
- If you are lonely or fearful—read Psalm 23
- If you feel down and out—read Romans 8:31-39
- When you want courage for your task—read Joshua 1
- When the world seems bigger than God—read Psalm 90
- When you want rest and peace—read Matthew 11:25-30
- When leaving home for labor or travel—read Psalm 107:23-31
- If you get bitter or critical—read 1 Corinthians 13



I have mentioned on a couple of occasions that our emotions are half of our inner spirituality. When combined with the balancing factor of our ability to reason and think, we can get through life with integrity and keep our faith in Christ. In all the situations listed above, the emotions we experience are very real. This is important because to deny what we are feeling in any given situation—particularly those that are negative or less than positive—is spiritually dangerous. We run the risk of going through life out of balance. We can pretend that no one will notice our wobble—that our emotions do not impact our behavior—but we are only fooling ourselves. People, especially those closest to us, will notice when we are denying our emotions. We will get injured or bruised along the way because sin is a part of our world, but God will see us through when we are honest with ourselves and others that our feelings are real but not a barrier to being a disciple of Jesus Christ. (The fact that bad things still happen to faithful disciples of Jesus Christ, and some within Christianity follow a heresy or false teaching on that issue, will have to be an article for another week.)


When we are physically and emotionally hurt, and allow ourselves to acknowledge that hurt and take it to God, we get clarity of heart *and mind* and get ourselves back in a relative state of balance. The primary emotion (hurt, betrayal, disappointment, etc.) will not fester in our inner spirit and become secondary emotions of anger, resentment, or jealousy when we consciously turn to God's Word (*Logos*). If we allow God's Spirit to prepare our hearts and minds by acknowledging those dark emotions in moments of prayer, we are then put in a spiritual position to forgive those that hurt us—an act that is contrary to social convention and socialization and thus must be done in a relationship with God through Christ. The scripture passages listed above, along with many others, will be our guides as we go through life—a journey that takes us through dark valleys as well as to mountain tops, and all the emotions we experience along the way.

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I am looking forward to being with you virtually this Sunday as we have the sacrament of Holy Communion as a part of our service of prayer and proclamation. I encourage you to have some bread and a shallow glass of juice (or wine since you will be in your home) on Sunday morning, September 6. The service will look different because we will be recording the service this week, then posting on our Facebook page ([facebook.com/llcumc](https://facebook.com/llcumc)) at 10:00 a.m. on Sunday to give the church staff and volunteers the opportunity to enjoy the holiday weekend.

--*Pastor Tom*





Urgent



Important

***I need your help!!!***

***I am updating the directory and need for everyone who still hasn't sent in their updated information and a photo to me, please do so asap. The directory is a key part in helping Pastor Tom get familiar with names and faces and also keep everyone informed of contact information for our church family. The directory will be sent to everyone as a PDF. This will give you the opportunity to download it to your computer or print it off. Nothing will be made public and no one other than church attendees will see this information. I am excited for everyone to see it, but I can't complete it if I don't have everyone's help. Please send your photo via my email and update all information that has changed since the last directory.***

***Thanks in advance for your participation,  
Tonia***

As your Lay Member to the Missouri Annual Conference, I want to give you a brief report.

On Saturday, August 22, 2020, Pastor Tom and I jointly attended the virtual session of Missouri Annual Conference in a classroom of our church. It began with the traditional hymn "Are We Yet Alive". Bishop Robert Farr then opened the 18<sup>th</sup> session with prayer. He encouraged us to read two books that were given as gifts to members of the Annual Conference: "Come Back, Returning to the Life You Were Made For" by Roger Ross and "White Fragility, Why Is It So Hard For White People To Talk About Racism" by Robin Diangelo. The Bishop also addressed ways of donating to the Conference for addressing issues of poverty and access. He stated that ninety percent of the state rural but less than thirty-one percent of the state's population live in the rural areas.

A very important part of the agenda concerned apportionments. Overall, the apportionments for 2021 will be 8.3% less than 2020. The 2021 projected apportionment budget is available in the conference workbook and will be available for viewing in the Connect Area of our church. It is important to note that of the apportionments collected from local church, approximately one-third would be returned to the local churches in various forms where it could best be applied.

Eleven motions were voted on. All eleven were passed. All reports including the above stated 2021 projected apportionment budget are available in the conference workbook and will make its way into the 2020 Annual Conference Journal to be published in the fall of 2020.

The appointments that were made in late June, including that of Pastor Tom, were formally fixed (a Wesleyan term used to this day).

--Randy Robinson





**On Going:** Les Case, Wade Davis, Roger Grable, Richard Fuerst, Winnie Fuerst, Harvey Geary, Michael Hatfield, Linda Koleiny, Shane Miley, Nancy Rowe

**Comfort and Peace:** Barbara Bergman & family.

**Strength and Healing:** Ken McDaniel, Mike McMillin

**Missions:** Kenyan G-Marc Project (Chics for Chicks), 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**



**Collecting Now  
through September 6th**



The Merida Foundation will give these glasses to the poor, visually impaired Mayan people living in the rural villages in the state of Yucatan.

Place your unused Rx and Reading eyeglasses in the basket found in our Connect Area

# 2020 ELECTRONICS / METALS RECYCLING

LAKE LOTAWANA COMMUNITY UNITED METHODIST CHURCH

28901 NE COLBERN ROAD LAKE LOTAWANA, MO 64086

**SAT, SEPT 12th 9:00 AM - Noon**  
**Computers - TVs**

**Large & Small Appliances**  
**Car/Boat Batteries & MORE**

**PLEASE NOTE:** Social distancing guidelines will be in effect and the wearing of masks will be required.

**Acceptable items:** working or not, basically anything that has a cord or battery; computers and all of their accessories, networking and telecommunications equipment, phones (home and cell), clocks, TVs, VCRs, DVD players, stereos, A/V equipment including cable and satellite boxes, home electronics, rechargeable batteries, fax machines, adapters/chargers, household appliances and lawn and garden equipment (lawn and garden equipment **MUST** have oil and gas removed).

**Fees to be collected by MIDWEST RECYCLING CENTER:**

- ☐ CRT Monitors - \$5 each
- ☐ CRT TVs 26" or less - \$30 each
- ☐ CRT TVs 27" or greater - \$50 each
- ☐ LED/LCD/Plasma TVs - \$20 each
- ☐ Wood Console and True Big Screen/Projection TVs - \$50 each
- ☐ Any Freon containing unit - \$10 each

**Payment:** cash or check payable to Midwest Recycling Center

**DRIVE-THRU  
DROP-OFF**

**See complete list  
and fee schedule  
at [lcumc.org](http://lcumc.org)**



# September

SUN	MON	TUE	WED	THU	FRI	SAT
<b>30 Services</b> <b>Online 10:00</b>	31	1	2	3	4	5
<b>6 Services</b> <b>Online 10:00</b>	7	8	9	10	11	12 Recycling Event 9:00-12:00
<b>13 Services</b> <b>Online 10:00</b>	14	15	16	17	18	19
<b>20 Services</b> <b>Online 10:00</b>	21	22	23	24 PPRC Meeting 7:00	25	26