

## **From Pastor David**

The Trustees Committee has been busy working toward preparing our grounds for our recent Fall Festival. Through their work, you've seen the exterior of our grounds and church building cleaned up and spruced up through re-striping the parking lots, and having our building cleaned from the years of build up and grime that's clung to our walls. It truly looks wonderful, and all in time for the Fall Festival! Speaking of which, I want to give a BIG thank you to everyone! It truly takes all of us working together to make such a day happen! I digress, I was talking about our sprucing up outside, which had one more item, the new entry sign.

Now, the reason I mention the sign, is because when I placed the order for the sign boards I took a little bit of pastoral privilege and chose to print something on the back of the slats that everyone who leaves our parking lot will see on their way from our place of gathering and worship. Early on when I thought of doing this, I had considered some version of the Aaronic blessing from Numbers 6, which some of you may know as the MYF blessing: "May the Lord bless you and keep you, the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace." Or I thought, maybe the sign should say some version of, "Go in Peace." Yet the more I thought of what to include on the back of the sign boards the more I felt it important that they offer some sort of charge to us as we leave our place of worship and weekly connection with the Lord, to remember to carry that connection and our faith from our place of worship to our homes, schools, places of employment, places of recreation, to the community. What would be appropriate for that?

When Wesley's Methodist movement was beginning to gather steam, he faced a task of what to require of the people flocking to be included in the Methodist societies. He had to figure out what rules should fundamentally govern all the people called Methodist and he came up with three: do no harm, do all the good you can, and attend upon the ordinances of God. These rules were to serve as the foundation for a lived faith and transformed life in Jesus Christ.

Wesley reasoned that our very first duty as committed followers of Christ is to do no harm. Now, it may seem odd to place this first, especially before doing good or attending upon the ordinances of God, but we are reminded that before we can do good and grow more committed to Jesus, we must first strive to distance ourselves from doing any works of evil and causing harm to those who are are neighbors. After all, what good is it to do all the good we can do while living lives that cause harm to others? We are first challenged to confront the hurt, the evil, the brokenness, and the sin that we allow into our lives; to lay these things at the cross of Christ and receive forgiveness and new purpose and life toward the good of His kingdom.

Secondly we are challenged to do all the good we can. Once receiving new life in Christ and laying aside works that harm others, we are then led to pick up works and a lifestyle that brings goodness, joy, help, and wholeness to others. As Wesley put it: to see to the body and soul of our neighbors.

Finally we are urged to attend upon the ordinances of God. Which is an 18th century phrase meaning those things that draw us personally closer to Jesus such as: worship, engaging in mission, receiving Holy Communion, prayer (both private and group), study of scripture, and fasting. On our sign this is expressed as "Grow in Christ." A reminder to always be searching after Jesus through all the means available to us!

I hope that as you leave our parking lot each time we gather, you take a moment to be reminded of our call to discipleship on your way into the world. To do no harm, to do good, and to grow in Christ. May your life be a witness to Jesus in all you do and may you always seek to know him more!



### Thank You From David

Even though I'm a more quiet person, it's rare for me to be struck silent. A few weeks ago when the church gave me my gift for pastor appreciation month during worship I did not have words to say thank you. While my words aren't eloquent here by any stretch of the imagination, please hear my heartfelt thanks and appreciation for this congregation. I cherish you and give thanks for you and your support! Thank you again for thinking of me and for your kindness and love!



I had a different plan for this month's spiritual formation article, but after this topic came up several times in several different settings, I am setting aside my plan and talking about Sabbath instead this month. I don't know who needs to hear about Sabbath, but I hope this article reminds all of us that Sabbath should be an integral part of our spiritual lives.

Exodus 20:8-11 says; "Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it, you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days, the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy."

Mark 2:27 says, "And he said to them, The Sabbath was made for man, not man for Sabbath." The 'he' that Mark is talking about is Jesus, and this is just one time that he responded to the Priests or crowds who got angry because he was healing people on the Sabbath. Jesus is trying to remind the Israelites and us that Sabbath is not about what we can and can't do; it is about rest and connection.

So let's start by looking at the rest piece of the Sabbath. God, who is all-powerful, rested after he created the world, and if God needs rest, what makes us think that we don't need rest? Plus, God knew that human beings need rest, so he commanded the Israelites in more than one scripture to take a Sabbath day. After the busy month of October, I am willing to admit that I need some rest. I am tired and need to slow down and lay down my "work," if even for a few minutes or hours.

Jesus's statement to the Israelites reorients them to the second piece of the Sabbath: connection. When the Israelites took the command for Sabbath rest and made strict rules and laws about what "work" could and could not be done, they were technically resting, but these laws missed creating space for a connection with God. When we stop our "work" and the striving and busyness that "work" makes, we create space for a personal connection with God. Billy Graham said, "Nothing can calm our souls more or better prepare us for life's challenges than time spent alone with God." I think that Rev. Graham is right, nothing can calm our souls better, but we have to make space and time to spend alone with God for that connection to happen if we are constantly working, whether, in our families, homes, or vocations, we don't create space for time spent alone with God.

The thing about Sabbath as Christian believers is we no longer follow all the rules about Sabbath that are followed by Jews even today. While I disagree with all the should and

should nots that have been put into Jewish rituals, I think they at least understand the importance of the Sabbath in a way that Christians don't, and we are missing out as Christians. The beauty of not having to follow all the rules about Sabbath is that we can create our own version of Sabbath and make it fit into our lives.

As Shelly Miller says, "Sabbath isn't about resting perfectly; it's about resting in the One who is perfect." Sabbath for you might look different than Sabbath for me. You might be able to take a Sabbath day, but I can only make a half day of Sabbath work. Sabbath, for you, might look like serving others at a homeless shelter, while for me, it is being alone and listening to music sometimes while I clean my house and sometimes while I sit and do nothing. Sabbath is personal to each of us; we are free to create the Sabbath in our lives whenever we can and in whatever way creates rest and connection with God.

With that freedom to create comes a responsibility to be intentional about making Sabbath a reality in our lives. I recognize that we are all busy and have many priorities that need attention in our lives, but we all need Sabbath, the time to rest and connect. So I pray you will find Sabbath as we march toward Thanksgiving and Advent.

If you don't know how to implement Sabbath in your life or what Sabbath could look like for you, Pastor David and I would love to talk to you about Sabbath and how we figured out what Sabbath looks like for us.

ShaShawna Bush Associate Pastor For Spiritual Formation

You don't have to go through difficult times alone. Our Stephen Ministers are ready to pro vide you with confidential, one-to-one Christian care and support to help you get through a tough time. So please don't keep it all inside and struggle alone through the holiday season. Our Stephen Ministers are there to care.

To find out more about Stephen Ministry, talk with either my or our other Stephen Leader, Pam Lewis.

ShaShawna Bush Associate Pastor of Spiritual Formation and Stephen Leader



We know that we just got finished with our Fall Festival and Halloween but the Advent and Christmas season is right around the corner! We'll be decorating our church for the Christmas season on Saturday November 26 starting at 10am. We hope that you can join us in helping to set up our church for the new season!



HELP US DECORATE THE CHURCH FOR CHRISTMAS

## **Be Sure to Check Your Membership Status**

As we prepare to enter into our time of voting as a congregation whether we remain United Methodist or disaffiliate from the United Methodist Church, we wish to offer a reminder to everyone to be sure to check your membership status. It looks like we will hold our vote to determine if we remain or disaffiliate sometime in February and for anyone to be able to vote they need to be members of our congregation. You can check your membership status in two ways, first by calling Betty in the office. Second, beginning Sunday November 13 we will have a printed membership list available at the back of the sanctuary. Please take a moment to check your membership status with Betty or on the list. Only members of the church are eligible to vote, and people will not be able to join the church the day of the vote. If you are not a member of our congregation and would like to join, please talk with David.



# NOVEMBER BIRTHDAYS

- 2 Joey Gresham
- 5 Tamryn Medrano
- 6 Gunnar Huffman
- 7 Melissa Vaculin
- 8 Trisha Hart
- 11 Allie Matthews
- 14 Karen Machalek
- 16 Michael Lindberg, Gracin Ivey, Kyla Rodahl
- 17 Peyten Crawford, Henry Gersbach
- 18 Jake Roberts
- 19 Shannon Willis
- 23 Rowdy DeLeon
- 24 Ann Locke
- 26 Christie Richter
- 30 Donna Allison

# **NOVEMBER ANNIVERSARIES**

- 12 Tre & Jessica Cook
- 14 Terry & Shelley Martinez
- 29 Gary & Lori Roessler
- 30 Michael & Audra Dunsmoor



### **MEMORIALS**

- In memory of Will Kuehne by Richard & Betty Hester, Tooter & Susan Creech, Mike & Nancy Mercer, Charlie & Janice Porter, Russell & Joyce Reinhardt, Katherine Maedgen, Barbara Thompson, Tim & Janice Kirkscey
- ~ In memory of Edna Rankin by Richard & Betty Hester, Tooter & Susan Creech, Troy UMC Quilters, Charlie & Janice Porter, Katherine Maedgen, Barbara Thompson, Tim & Janice Kirkscey, Kirby & ShaShawna Bush
- ~ In memory of Martin Neal Donley by Richard & Betty Hester, Charlie & Janice Porter