



News From The Rock

June 2014

Solid Rock United Methodist Church • Warren, Indiana

Youth Fellowship

UMYF will be having a retreat from June 23-26. We will be going to the Gatlinburg area to stay. During the retreat we will be talking about the five practices of a fruitful youth group. This correlates with the church initiative for the Five Practices of a Fruitful Congregation. The youth will also be whitewater rafting, hiking, and doing a service project while there.



The cost for youth to attend is \$130. If you would like to help sponsor a youth for the trip, please contact the church office. If a youth member hasn't signed up or you have any questions, please contact Marie or Michelle as soon as possible at (260) 228-0070. Please join us and bring a friend!

Upcoming Events

- June 1: Senior Recognition Sunday during worship
- June 23-26: UMYF Retreat
- July 13: Meeting/Outing
- August: TinCaps Game

"Fish Eyes"

The adult Sunday School class which meets in the kitchen will be starting a new study Sunday, June 1. "Fish Eyes" tells the story of some of Jesus' most memorable moments as you've never seen them before through the eyes of Peter and Andrew. We see the very human reactions to this mysterious, life changing teacher.



The video is presented as a theatrical production that blends Biblical characterization with elements of comedy and poignant storytelling of what life must have been like for Jesus' disciples. Through scenes

drawn from the four Gospels the actors flesh out "Pete" and "Andy" as they find themselves hip deep in miracles, questions, and ultimately faith. Please join us.

S.O.S. Retreat

The S.O.S. gals of Solid Rock UMC are going on an "In God We Trust" retreat. We are traveling to Washington DC from October 15-19, 2014. The retreats we have taken in the past have helped us to grow closer to one another and to nurture our relationship with God. We hope that our "In God We Trust" retreat will not disappoint us.

We will be hearing the choirs at the National Cathedral. We will tour Arlington Cemetery where our veteran Martina Cocklin will lay a wreath at the Tomb of the Unknowns. We will also visit many national attractions, including the White House, World War II Memorial, and Library of Congress.

Our nation's capital is an exciting place to visit. We hope that we can see how God has worked in our nation, and our hope is to see how He is still working in our nation.

This adventure is costing more than expected. We are having many fundraisers this summer to help with the cost:

- **May 31, 8 a.m. to 3 p.m.:** Church-wide rummage sale at the old Warren building. Bring your items on Thursday from 7-9 p.m. and Friday from 6-9 p.m.. All remaining items will go to Goodwill. Sell! Sell! Sell!
- **June 21, 5-7 p.m.:** Potato Bake Supper. Freewill offering. Come load! load! load! your spud.
- **July 4-6:** S.O.S. booth at the Salomonie Summer Festival. Eat! Eat! Eat!
- **July** (date to be determined): Paint Bash (everyone invited). \$20 per hard canvas. Paint! Paint! Paint!
- **August:** Surprise!

Most important, we hope that you will

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Just Leaning on the Rock!

by Pastor Kathy Newton



Paul tells us to pray without ceasing, and I believe one of the best gifts you can give to a graduate is to offer up a simple prayer. Asking God to bestow His blessings on someone heading into a new era of his or her life is, as it says in the commercial, "Priceless." Not sure how to pray? Here is a simple prayer you can say for the graduate:

"Please join me in prayer for our graduates"

God, I ask for your blessings on (name). He/She is graduating today, and I know that this time can be fairly rough for the graduate. There is the unknown future in front of him/her. There is so much to do to prepare for college or work. There is growing up to do, independence to assert, and more. O God, You know that often a student's connection to You gets lost in the shuffle, so I ask that your presence always be felt and appreciated.

I ask that you protect this graduate as he/she heads into the future. You have done so much for him/her so far. Getting this far has not always been easy, but I ask that you continue to offer strength, courage, and discernment as he/she goes into a world that is not always black and white. May he/she find love and friendship, make lifelong friends, and find your plan for him/her in the experiences you provide. Graduation is such a rite of passage, Lord. Your blessings are needed more than ever. Lord, I ask for all you can do to protect and provide for this wonderful person as he/she moves forward and continues to grow up.

Thank you, Lord. In your name, AMEN.

Please join me in prayer for our graduates.

Shalom,
Pastor Kathy

SOS Meeting Highlights

The Solid Rock SOS met on May 8, 2014.

- A devotion about Mother's Day was given by Jessica Barry.
- Minutes from the previous meeting were approved.
- Joys and Concerns were shared.
- A lesson on "Heaven Is For Real" and "Praying Effectively for the Lost" was led by Pamela Hensley.
- A love offering was collected and given to a community member to aid with health care expenses.
- Many thinking of you, birthday, sympathy, get well, and congratulation cards were sent in April 2014 by the Corresponding Secretary.
- Old Business
 - Retreat planning discussed including possible fundraisers.

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Warren, Indiana 46792

www.solidrockumc.com

Worship Schedule

Sunday School at 9:00
Worship at 10:00
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Hours: 9 a.m. to Noon

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*News deadline for the July newsletter:
June 22*

- Alumni banquet update: Thanks given to those who worked and were to work the next Saturday.
- Summer Festival theme discussed. Potential float idea: "Once upon a time there was a group of ladies that started SOS."
- Hog update given.
- Practice for May singing at Solid Rock was set for May 14.
- No New Business.
- No committee report.
- Prayer partners were assigned and the meeting was adjourned with prayer and a sung benediction.
- Attendance: 13

Next meeting: June 12, 2014 at Cindy Boxell's house with Marie DeWeese as Co-Hostess. Marie DeWeese is presenting the lesson.

Ten Ways to Improve Your Mental Health

May is Mental Health Month. The United Methodist Committee on Relief (UMCOR) is partnering with Mental Health America to raise awareness of the role mental health plays in our lives. Here are 10 tools that can you can use to improve your mental health:

Stay connected. Nurture relationships with family and friends. A church or volunteer community can be a great way to connect with the people who are most important to you.

Stay positive. UMCOR shares stories of hope from around the world with a message: You have the power to make a difference. Remember to extend the same compassion to yourself as you do to the people you serve.

Get physically active. Exercise releases endorphins that can make you feel good and help your brain function at its highest level.

Help others. There are underserved people in every community. Who could you reach out to? Do any organizations in your area have a need that your church could fill? Even if you can't volunteer in person, financial gifts can offer significant help to people in need.

Get enough sleep. Dr. William Dement has been an eminent sleep researcher for 50 years. "As far as I know," he said in an interview with National Geographic, "the only reason we need to sleep that is really, really solid is because we get sleepy." We may not know why, but his research shows that sleep deprivation can cause a mental fog, slower reflexes and emotional instability.

Create joy and satisfaction. Laughter

can be good medicine. It decreases pain and anxiety by relaxing muscles and, like exercise, it helps to release endorphins. So, if you can't make it to the gym tonight, settle for a good laugh. Fellowship with your church community is another great way to bring joy into your life, and into the lives of people you care about. Or, like Monterey United Methodist Church in California, consider celebrating a Holy Humor Sunday together!

Eat well. Food doesn't just fuel your body; it fuels your brain, too. That's one reason why UMCOR is working to boost nutrition around the world through its sustainable agriculture programs. Making healthy food choices doesn't have to be a drag. Local and seasonal foods are often the most delicious ... and when we eat them in moderation, we enjoy them even more.

Take care of your spirit. Cultivate a prayer life that calms and centers you. Lean on your faith community. Examine your beliefs and explore spiritual disciplines. Our ever-loving God is a powerful source of mental strength.

Seek help during hard times. Crisis changes us, but it doesn't have to break us. UMCOR's Early Response Teams are trained to provide emotional support to communities that have been devastated by disasters. And congregations of The United Methodist Church across the world stand ready to respond in times of personal stress and grief. When you're hurting, reach out to your faith community. Try to get even better exercise, sleep and nutrition than normal.

Get professional help if you need it. Nobody needs to go it alone. Dr. Rea Scovill, a United Methodist in Oregon, is a retired psychologist. She writes in her blog: "Mental fitness, like physical fitness, requires that you claim it ... to become mentally fit, you must find ways to train your mind to cope better than average." Reaching out to a mental health professional is like hiring a personal trainer at the gym. It can be a good investment in your health. United Methodist congregations minister with people affected by mental illness through prayer, support groups and honest dialogue.

This side of heaven

A little girl who'd grown up in the city spent some of her summer vacation out in the country. One starlit night, she and her dad stood gazing up into the sky without any harsh streetlights obstructing the view.

The girl, amazed by the sparkling view, exclaimed, "If heaven is so pretty on the wrong side, I wonder what it looks like on the right side!"



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start praying for our "In God We Trust" retreat. We know God will direct us through prayer and see us through this adventure. Thank you for all your support.

Solid Rock S.O.S.

Dear Solid Rock Church Family,

All of my life I have had the opportunity to be involved through a loving and compassionate church family. It is here I have learned the value of service, love, grace, and how I can use my life to bring glory to God. Continuing my education at Huntington University for a Bachelor's degree in Psychology and ultimately a Masters in Counseling has been a part of the goal to ultimately please God through a life of service in a helping profession. Words cannot express the amount of gratitude I have for you all, whom have so graciously chosen to support my scholastic endeavors financially. I would not have been able to get to this place of accomplishment and joy without all of your generosity, as I continue to work for my degree. God's provision never ceases to amaze me. I thank God for your blessings in my life, and I delight in the opportunity to continue my involvement in the Solid Rock community with such good and loving people.

Blessings,
Liz Bolinger

Thank You

Thank for you very much for the scholarship. It will greatly assist my future educational endeavors. I look forward to staying involved with the church and sharing God's glory with the people I meet in college. Having a solid Christian foundation from Solid Rock has been a great blessing, and I look forward to the future.

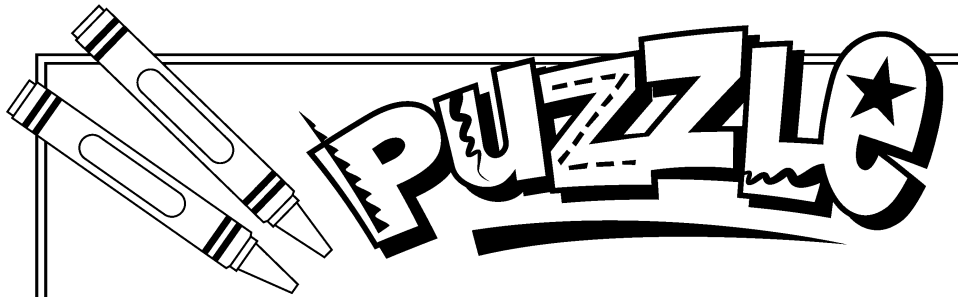
Thomas Bolinger

April Financial Update

General Offerings \$12,483
General Fund Expenses \$15,178

Points for honesty

A Sunday school teacher was telling his class the story of the Good Samaritan (Luke 10:25-37), in which Jesus describes three



A FATHER'S LOVE

Psalms 103:13 (NIV) describes what God the Father feels toward us:
"As a father has _____ on his children, so the LORD has _____ on those who fear him."

Directions: Match the biblical children to their father, using the clues by the father's name. Then write the corresponding letter on the line to complete the Bible verse above.

- Shem, Ham and Japheth = M
- Rachel and Leah = S
- Cain, Abel and Seth = O
- Solomon = O
- Isaac and Ishmael = P
- Reuben, Simeon, Levi, Judah, Issachar, Zebulun, Joseph, Benjamin, Dan, Gad, Naphtali, Asher and Dinah = S
- Jonathan = I
- John the Baptist = N
- Jacob and Esau = A
- Jesus = C

- God:** "This is my Son, whom I love; with him I am well pleased." C
- Adam:** God gave him another son because his older killed the younger. _____
- Noah:** His sons were blessed and told to multiply and replenish the earth. _____
- Abraham:** God promised he would be a father of many nations. The Jews and Arabs descended from these two sons. _____
- Isaac:** His older son sold his birthright, and his younger son tricked Isaac and received the blessings for the firstborn. _____
- Laban:** He had two daughters; the older was tender-eyed and the younger very beautiful. Both married Jacob. _____
- Jacob:** Two wives and two handmaids gave him 12 sons and a daughter. _____
- Saul:** His son was David's best friend. _____
- David:** He had many children, but one was known for his wisdom, for having many wives and for building God's temple. _____
- Zechariah:** His son, a cousin to Jesus, was born to be a messenger of repentance. _____

Answers: compassion

individuals' responses to a man found beaten and in grave need of help along the side of the road. Hoping to bring home the point of the parable, the teacher asked the class, "If you saw a person lying on the roadside, all wounded and bleeding, what would you do?"

A hushed silence followed, broken after a moment by a thoughtful little girl: "I think I'd throw up."

What matters most

When you are in the final days of your life, what will you want? Will you hug that college degree in the walnut frame? Will you ask to be carried to the garage so you can sit in your car? Will you find comfort in re-reading your financial statement? Of course not. What will matter then will be people. If relationships will matter most then, shouldn't they matter most now?

—Max Lucado, *A Love Worth Giving*



SOS

Rummage
Sale

May 31

8 a.m. - 3 p.m.

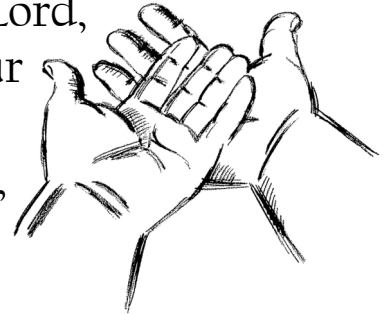
at old Warren building
downtown

Bring your items on
Thursday from 7-9 p.m. and
Friday from 6-9 p.m.

Proceeds to
SOS Washington, DC retreat

Lord, we offer you ourselves this day
for the work you want accomplished,
for the people you want us to meet,
for the word you want to be uttered,
for the silence you want to be kept,
for the places you want us to enter,
for the new ways you want pioneered.

Go with us along the way, Lord,
and enable us to realize your
presence
at all times and in all places,
our loving Lord Jesus
Christ.



- Morris Maddocks



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