



News From The Rock

October 2017

Solid Rock United Methodist Church • Warren, Indiana

Our mission is to make disciples of Jesus Christ for the transformation of the world.

Solid Rock Fall Bazaar

We are planning an amazing Fall Bazaar! It will be held Saturday, October 21, from 9:00 a.m. to 2:00 p.m. Please check the sign-up sheet at the church to see how you can help make the day a success.

You will want to be one of the first to go to the bake shop to look over all the goodies. We are aware that some of you may not have gotten any soup last year, that our kettles were empty by noon. Well, we have made plans to increase the amount of chili and vegetable soup, so bring your appetites. There will also be chicken salad on a croissant, ham sandwich or a hot dog, and you can top it off with piece of pie, a brownie, or even an apple dumpling, washing it all down with a glass of lemonade, iced tea, water, or a cup of coffee.



We are excited to have 14 local vendors join our bazaar. Please stop in and start your holiday shopping, where you will find something for that special person or yourself! We will have local crafters with jewelry, wreaths, afghans, baby goods, specialty soaps, bath bombs, lip balms, mesh wreaths, string art, painted crafts, floral arrangements, hot pads, hats, headbands, painted slates, essential oils, Tupperware, pottery, woodworking items, soy wax candles and melts, and many more wonderful gift ideas!

Also, there will be homemade goodies for purchase like pies, candies, cookies, breads and noodles, just to name a few!

Hope to see you there for a great day of fun and fellowship!

October "Feasting" Events

When Jesus was at the home of Mary, Martha, and Lazarus, he commended Mary for choosing the role of sitting at his feet and listening to what he was saying. We can do the same listening to Jesus as we read together from the Gospel of Luke for this coming month. Those gathering in the church kitchen at 7:00 p.m. on Monday evenings join in prayer, Bible study, and seeking to have our lives changed by the presence of Jesus. You are hereby invited to become one of the seekers. The scriptures for each Monday are listed below for your preparation.

- October 2: Luke 14:7-11 (Jorita Banter, leader)
- October 9: Luke 6:19-31 (Joe Haney, leader)
- October 16: Luke 7:5-10 (Jorita Banter, leader)
- October 23: Luke 18: 9-14 (Perry Spahr, leader)
- October 30: Luke 19:11-27 (Joe Haney, leader)

Pastor Paul will be preaching on these texts concerning Christian discipleship. You are encouraged to come, bring a friend, and draw nearer to the likeness of our Lord and Savior! Bringing your own Bible will be helpful.

Youth Fellowship

All high school and college age students are invited to join us for lunch and discussions this fall! If you have any questions, please contact Marie



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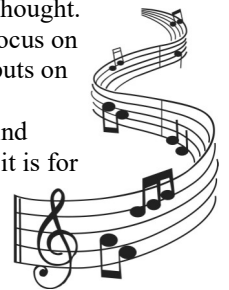


Mark 4:23-25: *"If anyone has ears to hear, let him hear. And he said to them, 'Pay attention to what you hear: with the measure you use, it will be measured to you, and still more will be added to you. For to the one who has, more will be given, and for the one who has not, even what he has will be taken away'"* (ESV).

John 5:24: *"Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life"* (ESV).

The different contexts of the above passages is not what I would like to focus on for this devotional thought. What I do want us to focus on is the emphasis Jesus puts on hearing in both cases.

You know what I find interesting? How easy it is for us to remember the lyrics of songs from all genres. Whatever type of music we listen to, it seems we absorb what we hear and can often name a song or remember lyrics as soon as we hear the first few notes. The other day as I was driving down the road I was listening to one of my CDs (I know, old school, right?). As soon as the music started I began to sing the lyrics before the artist's voice even made an appearance in the song. When this happened, Jesus' phrase in our reading from Mark came to mind, "...anyone who has ears to



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Our Vision: Sharing and experiencing the life-giving message of Jesus, to restore wholeness and build an intentional community of hope, relationship, and purpose for everyone.

Mission with Walnuts

As of the end of September, a trailer is parked behind the maintenance barn at Heritage Pointe for the express purpose of gathering walnuts. Last year several persons of our community assisted Trinity UMC, Huntington, gather walnuts to be hulled and sold for mission enterprises. If you need someone to help get your walnuts off the ground, call Joe Haney (375-3506) or Wendell Jackson (375-2901). In case you choose to pick up your own walnuts, they may be dumped in the trailer at the time of your convenience. Thank you in advance for your participation in the Lord's harvest.



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August Financial Update

General Offerings \$14,253
 General Fund Expenses \$16,362
 Mortgage Balance..... \$65,629

News From The Rock

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Solid Rock United Methodist Church

P.O. Box 322
 Warren, Indiana 46792

www.solidrockumc.com

Worship Schedule

Sunday School at 9:00
 Worship at 10:00
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 Church Phone: 375-3871

Church Office

Office Phone: 375-3873
 Hours: 9 a.m. to 4 p.m.

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News deadline for the November newsletter: October 22

Food Pantry Needs

- Cereal
- Canned Spaghetti
- Chicken Noodle Soup
- Cocoa Mix
- Peanut Butter
- Fruit Snacks
- Juice Packs
- Rice Krispie Treats



Also needed: plastic bags, books and magazines (6 months through adult)

Please leave your items in the wooden boxes in the narthex.

The secret to forgiveness: Focus within

A UMC.org Feature by Joe Iovino

Forgiveness is hard. United Methodists know we ought to be forgiving people. The Bible instructs us, "As the Lord forgave you, so also forgive each other," (Colossians 3:13), but that is often much easier said than done. Letting go of resentment can be difficult.

Counselor Joshua Bynum offers advice on how to move from resentment to forgiveness. "Overcoming harm is not a comfortable process," Joshua Bynum, Clinical Director of the Methodist Counseling Center in Boise, Idaho acknowledges. "It's a painful one."

Grudges happen when we avoid that difficult process, and offer no movement toward healing. The hurt lingers. "No matter what harm has happened in my life," Bynum continues, "resentment about it is never going to help me; not forgiving is never going to benefit me."

For those longing to come to a place of forgiveness, Bynum recommends two things. First, we should examine ourselves to identify the harm done to us. Then, we work to change that which we control.

What am I holding onto?

"The first step for me in anything that has to do with resentment or forgiving of others," Bynum shares, "is to recognize your own physical feeling of discomfort associated with that person or situation." He often asks clients to describe the physical sensations in their bodies when they think about the person or situation

that harmed them, rather than talking about emotions.

"The words fear, anger, sadness, and others, are symbols that represent or symbolize a physical feeling," he explains. "My face gets hot. My hands get tense. I get a lump in my throat and a hollow feeling in my stomach or a tightness in my chest. Then I call that combination anger."

Those sensations are unpleasant, so we avoid stimuli that bring them on. We dodge the person who hurt us. We refuse to think about what happened. We pretend, and say everything is okay when it isn't. "People aren't trying to hold on to their resentments," Bynum explains. "They are trying to avoid thinking about the things that give them a physical feeling of discomfort."

Forgiveness, however, requires entering those uncomfortable feelings to arrive at a place of healing on the other side.

What can I control?

"God created our brains in such a way that there is a process to doing this," Bynum teaches. "There is an internal confrontation that needs to happen with ourselves."

When one holds a grudge, "the focus is very much on that other person," Bynum explains. We want them to apologize, to show remorse, to recognize that they hurt us.

Then we will forgive them, we say.

"You can never guarantee that another person is going to offer you all of the things you want so that you'll be able to forgive them," Bynum soberly advises.

"I can't make somebody else be forgivable." Bynum instead encourages us to turn our focus inward because "the only person who has any control over whether or not I let go of resentment, is me."

Reconciliation is not necessary for forgiveness to occur. This may sound like we are letting the other person off the hook. We're not. Instead, we are choosing to turn our attention toward things we can change in ourselves and letting go of that which we cannot change in the other person.

"There are things I can do to forgive another person that include interacting with that other person," Bynum explains. "I may be able to go and tell them why I have a resentment against them—what I feel they did wrong and what I'm trying to deal with—and maybe that would be helpful."

Other times, however, that is not prudent or possible. The perpetrator may be a

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(Continued from Pastor Paul, page 1)

hear, let him hear... Pay attention to what you hear." The words made me stop and think for a moment: "Do I really listen to words from God as I should? Do I focus with as much intent and pay as much attention to Scripture, sermons, etc., as I do (whether consciously or subconsciously) to songs playing from my speakers? Why can I recite lyrics without a problem yet Scripture memorization seems to be such a struggle?"

My intent is not to make anyone feel guilty, it's simply to point out the importance of hearing and listening to what God may be "saying" to us. This is vital, because paying careful attention to Scripture, sermons, lessons, and the "whispers" of the Holy Spirit in our hearts and minds helps us immensely with growing in our faith and Christian walk. If we devote all our attention to listening carefully to God, as many of us do with music, we will grow in our understanding and insight. Not only that, we will find ourselves growing in our relationship with Him as well. However, if we don't pay attention, we risk the chance of losing our perception of Christ and of God's kingdom. Not to mention possibly missing an area of God's will for our lives. If we dedicate ourselves to listening to God through his Word and Spirit with focused attention and eagerness, we will deepen and strengthen our faith.

See you Sunday,
Pastor Paul

(Continued from "Youth Fellowship," page 1)

DeWeese, Tom Bolinger, or Pastor Paul

- October 8: Lunch and discussion after church
- November 12: Lunch and discussion after church
- November 26: Decorate the church
- December 3: Lunch and discussion after church
- December 24: Christmas Eve Service, 11:00 p.m.

(Continued from "Forgiveness," page 2)

threat. A parent may no longer be living. The coworker may have moved on to another job.

None of this means we no longer have an opportunity to forgive. "You can have forgiveness without repairing a relationship," Bynum states. Forgiveness is about addressing the hurt within, and that work is not dependent upon anyone but us.

You are a beloved child of God

Forgiveness requires a difficult, inward journey, but as people of faith we know God travels with us. "When we're in community with God, when the Spirit is at work, there's no other place to look but inward," Bynum adds.

It also helps during this tough time, to remember that you are one of God's beloved children, especially when the harm tempts you to think otherwise.

Letting go of resentment is not easy. The journey can be long and unpleasant. A counselor like Bynum can be a helpful guide along the way. "It's very difficult sometimes to do this work," Bynum concludes. "That's why it takes a little bit of time."

—www.umc.org

United Methodist Women

The United Methodist Women met in the Calico Room at Heritage Pointe on September 7, 2017, at 9:30 a.m. Barbara Hart, President, welcomed everyone and gave a very good devotional entitled "We Are United Methodist Women." The Purpose of United Methodist Women was recited by all.

The Prayer Calendar showed the mission focus to be the Methodist Church of Indonesia. The birthday for the month is Mally Williams, (US-2) missionary.

Joys and concerns were taken by Bernie Garrett and she offered prayer for those mentioned.

A very interesting and inspiring mission reading was given by Vi Heinlen. It was taken from the Christian Hills magazine and took place in Oklahoma.

Roll call was taken and the secretary's report given by Martha Plummer. Barbara Hart gave the treasurer's report. She informed us that the Fall District Meeting will be held September 23, and the Mini Mission U and Officer Enrichment Day is November 11. Election of officers will take place next month.

The program this month was given by Helen Campbell. The program was entitled "A Purpose-Filled Community" and brought out the importance of volunteering. Helen then closed with prayer.

We were pleased to have Ann Brauchla back with us and to have two guests with us. The guests were Joyce Buzzard and Jo Ann Ross.

The next meeting will be October 5.



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Appreciate — and act

October is Pastor (or Clergy) Appreciation Month, reminding church members to thank their hardworking ministry leaders. But the people in the pews — though they might lack official church titles — also play important roles in doing God's work.

In *User Friendly Churches* (Regal Books), researcher George Barna compares the behavior of people in growing vs. stagnant or declining churches. Members of growing churches actively participate in the church's ministry. "They did not divorce their faith from their lifestyle; their faith was their lifestyle," Barna writes. "They took seriously the classical Reformation doctrine of the priesthood of all believers."

By contrast, laypeople in stagnant churches tend to observe rather than participate. "They perceived their role as being in the audience in the stands," Barna notes, "nodding approvingly in efforts to demonstrate religious behavior as the clergy went through their paces."

Appreciate your pastors, but then follow their example by living out your beliefs!

Reformation milestone

October 31, 2017, marks the 500th anniversary of the start of the Protestant Reformation, when Martin Luther posted his "95 Theses" on a church door. This wasn't an unusual act at the time; Luther was simply welcoming scholarly debate. But his ideas opposing certain teachings and practices of the Roman Catholic Church led to a monumental shift in Christianity.

Along with other reformers, Luther taught that Scripture is the supreme authority for the believer; that salvation comes by grace alone, through faith alone; and that baptism gives all full access to God in Christ ("the priesthood of all believers"), so there's no need for an intermediary such as a pope, priest or saint.

Initially, the reformers intended not to leave the Catholic Church but to reform it. But those who protested church practices became known as Protestants, and eventually, multiple denominations arose.



Solid Rock

Fall Bazaar

October 21

9:00 a.m. - 2:00 p.m.

- ❖ Lunch
- ❖ Baked Goods
- ❖ 14 Local Vendors



When you see a community coming together after a catastrophe, the round-the-clock efforts to save whatever can be saved, you realize the secret of life is patch patch patch. Thread your needle, make a knot, find one place on the other piece of torn cloth where you can make one stitch that will hold. And do it again. And again. And again.

Autumn Prayer

God of all seasons, we thank you for Autumn.

We thank you

for the touch of coolness in the air that gives us a new burst of energy,

for the coloring of trees that shows the creativity of the Divine Artist,

for the falling leaves that reveal the strength of the branches,

for the hues of fields that bring peace to our souls,

for the smiles on pumpkins that bring joy to children,

for the fall harvest which that brings us gratitude for the bounty of our land,

for this change of seasons that reveals the circle of life.

God of all seasons, as you

transform the earth,

transform us by your Spirit.

Amen



- Doug Leonhardt, S.J.

