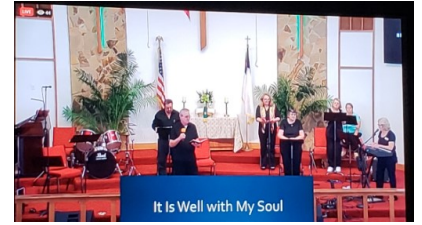




THE GOOD NEWS

Lake Gibson United Methodist Church

To be a joyful church family that is crucial to our community



From the Pastor

There is a book that was being touted as a must-read for companies and especially for faith-based organizations in the 21st century. It may be even more important to learn from this book since COVID-19 hit our shores. The book is **Canoeing the Mountains: Christian Leadership in Uncharted Territory** by Tod Bolsinger, and believe it or not, our Lakeland Public Library has it available as an e-book download.

The book is a look at the Lewis and Clark Expedition to find the route to the Pacific Ocean. There are many organizational lessons in the book, but I want to mention two this month. Lewis and Clark are always referred to as a unit. They both shared in the responsibility of the mission equally. When the expedition is referred to, it is always as the Lewis and Clark Expedition. Neither man is singled out. **The mission** was to find the way to the Pacific Ocean across the new territory that President Jefferson had just acquired through the Louisiana Purchase.

The **church has a mission** to spread the Gospel of Jesus Christ across the world and make disciples of all mankind. This mission is for clergy and laity; it is never about one person only. We all have a hand in it. *The Preacher and the Congregation are in this together, as a unit*

When Lewis and Clark set out, very few people had any knowledge of the land west of the Mississippi River. All the so-called experts told them the land was just like that rolling from the Appalachians to the Mississippi River, and there should be no trouble finding the route to the Pacific Ocean. Lewis and Clark started out with flatboats and canoes expecting to paddle their way to the Pacific. They ran into something called the Rocky Mountains – thus the title of the book – **Canoeing the Mountains**. How do you canoe over the mountains? You don't. You have to either adapt or turn back in failure. They chose to adapt. They traded canoes for horses and mules; they trekked across land, learned from the local Indians, and adapted every step of the way, but the mission was always foremost.

In this time of societal upheaval and now with COVID-19, we have reached a place where **the old ideas do not work**. We, like Lewis and Clark, **must adapt or fail**. There are many mistakes made as adaption to the unknown takes place. They should be seen as *learning opportunities, not failures*. We are adapting and learning online worship, online Bible study, new ways of integrating music and other opportunities into worship. Are they easy? Are they comfortable? Do I like them? No, no and no, but they are **necessary to meet the mission of Jesus Christ and the church**.

I remind us all today that **the mission is greater than any one of us**. May we, like Lewis and Clark, have the determination that no mountain, prairie, desert or anything else will stop us from completing our mission. If one mode or method fails, let us adapt and overcome for the sake of the cause.

Pastor Steve

Photos of Choir (above) and Praise Team (right) show how we've adapted to COVID-19 by using Facebook to live-stream our services while most of the congregation shelters in place.



Hope House Needs Men's Summer Clothing

Volunteer Geri Mayo reports that Hope House especially needs men's **shorts and jeans**, waist sizes **30 to 34**. If you would like to donate, please bring them to the church office, Monday through Thursday, between 9:00 am and 2:00 pm.

Finding Peace in an Anxious World: An Online Five-part, In-depth Spiritual Growth Study sponsored by United Methodist Women in August 2020

Finding Peace in an Anxious World, the UMW 2020 Spiritual Growth Study, uses the book of Proverbs and "The Serenity Prayer" as a guide to help Christians find peace through scripture and spiritual disciplines so that we can be rooted in God and energized to live fully as disciples of Christ. **This class is open to men and women; you do not have to be a member of the UMW.**

Our hope is that through this five-session, in-depth Mission Study, we can address the tumultuous events of this summer and present a framework for how to approach a God who desires peace for the hearts of God's people in times of anxiety.

Session Dates:

Thursday August 6th: Introduction to Finding Peace

Thursday August 13th: Session 1 "Serenity"

Thursday August 20th: Session 2 "Acceptance"

Thursday August 27th: Session 3 "Courage"

Thursday September 2nd: Session 4 "Wisdom"

Session Times: 6:15 pm pre-class chat (and work out problems with audio or video). Main Sessions: 6:30 pm to 8:00 pm.

Study Cost: \$20.00 (plus *Finding Peace in an Anxious World* text in either hardcopy or Kindle versions).

Advance Registration required by August 1st. (There may be an extension to this date.)

After registering, a Registration Confirmation email will be sent containing your CODED PERSONAL LINK TO THE ZOOM Study and other information.

Continued . . .

Finding Peace, Continued

This is a Zoom video conference-based study, with handouts, take-home exercises, weekly assigned reading, and online participation. Registration is required and email will be used to distribute class materials. Certificates will be issued to those completing the study.

To use Zoom Video Conferencing: You will need a smart-phone with camera, or a tablet with camera/mic or a computer with camera/mic. Download the free Zoom Conferencing App for your particular device. (See details under Zooming the Peace article.)

CLICK BELOW TO REGISTER FOR AUGUST CLASS

<https://finding-peace-august.eventbrite.com>

Rediscovering the Heart of Methodism - A Conversation with Bishops Sandra Steiner Ball, Ken Carter and Frank Reid

Tuesday, August 4th, 12:00 - 1:15 pm

Duke Divinity School Office of External Relations will host a virtual conversation for Alumni and Friends of Duke Divinity featuring Dean Greg Jones interviewing three bishops from Duke Divinity's Board of Visitors. This conversation will focus on a Wesleyan vision of Christian leadership during tumultuous times; and what the multiple pandemics of **systemic racism, COVID, and economic disruption** calls for in terms of **faithful and effective Christian leadership**. Space is limited to 500 participants.

[Click here to register](#)

New Prayer Books Available from United Methodist Men

[Source: *United Methodist News Daily Digest*, July 22, 2020]

"NASHVILLE, Tenn. — United Methodist Men has published a free collection of prayers, "United Methodist Men Pray for Peace With Justice." [The prayer book consists of 22 pages.]

Click here to [Download prayer book](#) .

When Are We Reopening?

Yes, we are still not holding in-person worship at Lake Gibson UMC. Why? Well, if you have seen the recent statistics (25 July), Polk County has the third worst infection growth rate of any county in Florida. Thankfully, I'm not aware of anyone within the congregation being infected, although we did close ALBOH for a period due to an employee coming down with COVID-19.

We've done some things well in preparation for reopening. Chairs are suitably social-distanced awaiting the arrival of worshippers. The sound and video systems have been upgraded to permit live streaming of video sermons. Cabling has been replaced. Speakers have been added. Most of the sanctuary lights have been upgraded to brighter LED tubes. Non-contact hand sanitizer stations have been acquired. We've emphasized that offerings may be made online through numerous means, instead of passing the offering plate.

Our ability to offer musical worship by choir and praise team has additional concerns which we did not have before COVID-19. Researchers have said that the coronavirus can spread in respiratory aerosols, which linger in the air for an hour or more. The CDC originally was concerned that these worship participants should be placed further apart than the standard six feet social distancing. As they deeply inhale and exhale, they add more risk to the equation. Unfortunately, when you look at our stage, extreme social distancing is difficult as you increase the number of participants. We have been forced to move the chairs further back from the stage to protect worshippers. This is part of the reason that the Florida United Methodist Conference suggested that we only have soloists and that congregants not sing at all. Linda Alvarez asked about humming along. (Not a problem!)

You've heard that being outdoors is better than indoors during this time of COVID-19. Fresh air provides more natural airflow and the ability to be better spaced apart. One reopening option would be to open all doors and use huge fans to move more air through the Sanctuary while still limiting attendance. Of course, with Florida's outdoor temperatures and humidity, it would not be comfortable.

Another option would be to upgrade our current air conditioning system. Our Sanctuary is Continued . . .

When Are We Reopening? Continued

now forty years old. The four air conditioning units which cool the building do not use the latest technology. We're still using the older Freon (R-22) coolant within our closed system. Newer systems require R-410A. Our units also don't draw in fresh air. Therefore, to upgrade our four systems we would have to replace each compressor, evaporator coils, condenser and possibly ducting. It has been suggested that UV-C lighting, placed in each evaporator coil, would help eliminate mold. UV-C lighting could also be placed within the ducting to sterilize the air as it circulates. UV-C lighting and better filtration would add significantly to our annual maintenance costs. Currently, our air conditioning reserve fund has only \$13,539 in it, much less than needed to revamp our Sanctuary's air conditioning system.

So, it looks as if we are going to be worshipping remotely for longer than we had hoped.

Dwight Kitchens, Church Council Chair

Food Pantry Update

At the moment we have all Thursdays in a month covered by volunteers. People working to give out food to clients are **Ruth Zona, Sharon Coddington, Cathy D'Amato, Sharon and Dick Shepherd, and myself. Tom Burns** is always available and willing to help.

We can always use **spaghetti sauce, pasta, rice and beans, all kinds of canned veggies, and peanut butter and jelly.**

Members of the church have been bringing in a lot of food, and that has really helped to keep us from running short. Thank you!

When needed, I buy most of the food from Aldi's (not a limit on many items at this time), Sam's Club, Dollar Tree and Dollar General. My limit is \$1.00 on any one item.

At present we are averaging about 12 - 17 people a week, which is down from our pre-coronavirus average of 15 - 20. Cannot explain the drop in numbers.

Ann Johnson

Focusing on Prayer from the Prayer Ministry

Prayer warriors at LGUMC intercede by praying for those who have special concerns. These are blessings we have found that come out of prayer:

- Prayer brings us closer together as a church family and prayer for others brings us closer to God.
- Prayer increases our ability to communicate with God more effectively and time spent with God in prayer-Ephesians 6:18- "Pray at all times and on every occasion in the power of the Holy Spirit".
- Prayer helps us focus on the power of God. We know God's power is the strongest we could ever imagine, and none can ever compare to it.
- Prayer helps us find peace and comfort during the storm. Sometimes we go thru trials and we think God is silent, but when we look back we realize God was right there beside us all the while.
- Prayer is a guarantee we all need it in our life. Some may not realize they need prayer in their life for a season or two, but there will be a time they will know they missed out on the greatest gift of all -- God's amazing grace.
- Prayer is always our way to show gratitude to God.
- ***Heaven can change the world by our prayers.***

Prayer Ministry - Fran



How to fill an empty space: Peaches in the RV in 2018.

"Don't hate me because I'm beautiful!"

Local Church Historian Online Class Starts September 14th

[Source: UM News Daily Digest, June 5, 2020. Repeated from July TGN.]

Are you interested in caring for or improving documentation and preservation of our church's history? The General Commission on Archives and History of the United Methodist Church will be offering a **Local Church Historian School** in 2020 for church historians — or **anyone interested in the story of their church**.

This is the same school developed and offered by the Indiana Conference in the past, now updated and being offered by the General Commission on Archives and History to any United Methodist church globally. *The only prerequisite for the Local Church Historian School is access to dependable email service. (Minimal computer skills are required.)*

The Local Church Historian School curriculum will cover a wide range of skills necessary to become a "complete" church historian. Participating congregations will benefit from a new consciousness of their heritage and legacy, and be motivated to study their unique stories and proclaim it to those around them.

The *Book of Discipline* says our Commission is "to encourage and assist the local churches in **preserving their records, compiling their histories and celebrating their heritage....**" This school provides United Methodists the opportunity to do just that.

The school will begin on **September, 14, 2020**. Plan now to use this opportunity to ensure that the heritage of each of our churches will be celebrated and that each church and congregation can receive the full benefit of its own amazing story.

[CLICK HERE TO REGISTER FOR FREE](#)

If this hyperlink doesn't work, put the source document (UM News Daily Digest, June 5, 2020) in your browser. The announcement and registration link are the last item on the page.

Phyllis Kitchens, 863-984-4564

Digital Discipleship: How Churches Can Make Disciples and Release Them for Mission in the Digital Age

Free Fresh Expressions Webinar, Thursday,
July 30th, 1:00 pm EDT
Live and *Recorded for Later Viewing*

[Source: Fresh Expressions US website]

"The core of Jesus' commission is to make disciples who live out his commands. Churches often struggle to create a plan for disciple-making. Doing so is even harder in today's world of digitized relationships.

"In this free webinar, you will learn:

- A clear definition and approach to discipleship
- One church's pathway for creating disciples and engaging them in mission
- Simple steps to integrate digital media into your discipleship plan

"This webinar is FREE and perfect for pastors, church leaders, or anyone looking to grow their own approach to creating disciples in today's digital world. Register to watch for free either **live, recorded or even call-in.**"

You need to register even if you are planning to watch the recorded version at a later date. Please call Dwight Kitchens (863-984-4564 or 410-790-4422) for information on how to watch the recorded webinar.

What is Fresh Expressions?

[Source: <https://freshexpressionsus.org/about/>]

Fresh Expressions is an international movement of missionary disciples cultivating new kinds of church alongside existing congregations to more effectively engage our growing post-Christian society.

Continued . . .

What is Fresh Expressions, Continued

Beginning in 2004 as an initiative of the Church of England and the British Methodist Church, the movement has resulted in the birth of thousands of new communities in the UK alone and brought renewal to scores of established churches. The movement has spread to Australia, Canada, New Zealand, South Africa and Germany.

In 2010, the movement began taking shape in the US through the vision and generosity of the Baptist General Association of Virginia and a growing number of partners committed to a new era of *missional ecumenism*, a unity around the mission of God the Father through the resurrected Son in the power of the Holy Spirit. Fresh Expressions US offers classes (usually for a fee) through the related organization, The Resilient Church Academy.

A Fresh Expression is a form of church for our changing culture, established primarily for the **benefit of those who are not yet part of any church.**

Recruiter Needed for Hunger Walk

This year's 37th Lakeland CROP Hunger Walk will be held on **Sunday, February 28th, 2021** at First Presbyterian Church on Lake Hollingsworth. Lake Gibson UMC has had walkers participate the last several years.

Please let Phyllis Kitchens (863-984-4564 or 410-790-2662) know if you and your family or friends would like to take over the job of being **LGUMC's walker recruiter and chief advocate for fundraising.** Results of Lakeland's CROP Walks:

Funds raised in February 2020 - **\$ 8,244**
Funds raised in 36 CROP Walks in Lakeland - **\$712,109**

Our recruiter needs to pick up (or arrange for someone else to do so) advertising materials on **Saturday, January 23, 2021** between **10:00 and 11:00 am** at First Presbyterian Church, 175 Lake Hollingsworth Drive, Lakeland.

Money raised benefits two local organizations (Lighthouse Ministries and Talbot House) and Church World Service's food, health, nutrition, temporary shelter, refugee and water projects around the world.

Zooming the Peace, Part 2

Pastoral guidance is not the only thing we receive when we congregate for worship services. “For where two or three gather in my name, there am I with them” – Matthew 18:20. We also build relationships with others who worship.

If you have read the article “Why Reopening a Church is Different”, you may understand why we are still closed to worship within our sanctuary. But, this does not preclude our worship by live streaming and other digital methods.

In order to strengthen our church community, we have started an **informal gathering** on the Zoom digital service each Sunday **at 11:30 am**. Zoom permits us to use electronic devices (Windows computers, iPhone/iPad, Android, etc.) to interact as a group with both video and voice.

You can also call in to talk to your church family by telephone if you lack the video devices. So far only a small number of people have participated in this chat, and we would like to see more smiling faces. This chat is available to local people and our northern friends as well. We've already visited a couple of times with a Yooper!

Login is available starting at 11:30 am; because of tasks required to post the worship service, it is not feasible for the host to start admitting participants earlier. The discussion will start shortly after 11:30. If you already have Zoom installed on your device, copy the link below and paste it in your browser:

<https://us02web.zoom.us/j/83857033998>

If you do not have the Zoom application installed:

To use Zoom, you need to download either a program or application to your device the **first time** you connect. Afterwards, your device will be configured for subsequent sessions. Depending on what device you have, click on one of these lines below:

[Download Windows application](#)
[Download iPhone/iPad application](#)
[Download Android application](#)

Continued . . .

Zooming the Peace, Continued

Once your application is installed, you can click on the link below, or copy and paste it in your browser.

<https://us02web.zoom.us/j/83857033998>

If you are using dial-up to join by voice only, no audio, dial one of the below numbers with the meeting codes:

1-(301) 715-8592 using meeting code 83857033998# (Germantown, MD)

1-(312) 626-6799 using meeting code 83857033998# (Chicago, IL)

Dwight Kitchens, Host

Connectivity during a Period of Change

If you are reading the **.pdf** copy of Lake Gibson's newsletter, *The Good News*, we'll assume you have a computer/tablet/smartphone and are connected to the Internet. If you have a print copy, we are willing to help you learn how to use these tools to connect with the rest of the world.

With COVID-19 and the loss of sanctuary services, we've gone digital. Services are offered on our website (LakeGibsonUMC.com), Facebook page, and You Tube. Hopefully, you've figured out how to connect online and join us for worship. Of course, if you can't make the Sunday service, the live service is recorded for posterity. Can't remember the gist of this past Sunday's sermon? Play it back any time and day of the week. Listen to the “Left Overs” (on both the website and Facebook page) for additional details.

Want to continue to grow in the faith? Consider joining Pastor Steve in the Thursday, 1:00 pm Bible Study. Call the office at 863-858-5431 to get the online Zoom passcode to participate. (You don't need a personal account for Zoom, but you might want one.)

If Thursday afternoon does not work for you, consider using a study plan and a study Bible containing lots of explanations about scripture. One such plan may be found at <http://www.gcumm.org/files/uploads/YearBibleReading-Revised.pdf> .

Continued . . .

Connectivity, Continued

Got friends? We certainly hope that you have loads of them, both nearby and far away. For your own peace of mind, do you know how they are doing? Why not make a video call using Zoom to keep in contact? You can schedule your own online session with up to 50 participants and each session up to 40 minutes for FREE.

Just get your personal Zoom account at www.Zoom.us, coordinate the call time with your contacts, and get online. One advantage of this program is that it is available for Windows, iOS and Android devices. Nearly everyone can get online.

Got some time on your hands? Why not participate in video training offered by the denomination, conference, district and United Methodist Women? Check out some of the following resources:

<https://www.youtube.com/umcvideos>

<https://www.flumc.org/>

<https://www.flumc.org/gulfcentral>

<https://www.umwonline.org/home>

Don't let physical separation get you down. Keeping yourself connected with others helps us grow in the body of Christ.

Dwight Kitchens, 863-984-4564/410-790-4422

Opportunities for Worship and Fellowship

1. On your computer or other device, log into either our website (www.LakeGibsonUMC.com) or our Facebook page (https://www.facebook.com/pg/LGUMCFL/videos/?ref=page_internal [note the underscore between the words *page* and *internal*]) by **10:30 am each Sunday**. (About 5 minutes before Pastor Steve starts the service, members of the choir or praise team sing and play music to create a worshipful atmosphere.)

2. Also, don't forget our video get-together "Zooming the Peace" at **11:30 am Sunday** (<https://us02web.zoom.us/j/83857033998>). If you have video on your device, you can see members of

Continued . . .

Opportunities for Worship and Fellowship, Continued

our church family and they can see you. Share what's going on in your life, your thoughts, concerns, etc. This is our fellowship-at-a-distance opportunity.

3. And, each Wednesday, check out either our website or Facebook site for the "**Left Overs**", additional "food for thought" from the pastor based on the previous Sunday's sermon. These videos are generally produced sometime on Tuesday and available for viewing by mid-day Wednesday. If you have yet to view these short videos, I encourage you to check them out. All past videos of both our sermons and our "Left Overs" may be found on our website (<https://lakegibsonumc.com/our-sermons/sermons-2020/>). Click the month you desire to view, then click the actual video you want to see.

4. On Thursdays at 1:00 pm Pastor Steve leads a Bible Study on the book of Romans. Contact the office to get the login information if you want to join us (863-858-5431). (By August 6th we should be starting on chapter 15.)

Want to Set Up Your Own Online Video Group?

You can set up a FREE Zoom account to meet with your small group members or committee members. Free accounts are limited to 40 minutes each meeting. If you need to get together longer, contact Pastor Steve (863-858-5431) to ask about using the church's account which permits unlimited meeting time.

Should you have any website related questions after viewing any of this material, please contact Dwight Kitchens at either 863-984-4564 or Dwight@DwightKitchens.com.

United Methodist Men (UMM)

No meeting in August.

United Methodist Women (UMW)

Only scheduled meeting is **UMW Leadership Team, August 17th, 11:00 am in the Sanctuary**. Please wear your face mask, use hand sanitizer and refrain from singing.

Contact Information

Pastor Steve Polk, 863-858-5431; fax 863-853-1625; pastor@lakegibsonumc.com

Kristie Otte, Administrative Secretary, 863-858-5431, office@lakegibsonumc.com

Office Hours: 9:00 am to 2:00 pm, Monday thru Thursday

Sue Heishman, Bookkeeper

Debbie Moore, Children's Director and Custodian

Glenda Grant Hess, Music Director

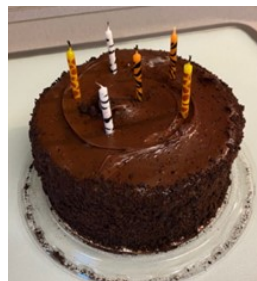
Latisha Cook, Director of A Little Bit of Heaven Child Enrichment Center, 863-858-8400.

Debbie Moore, Kristie Otte, Lexie Otte and Dave McPherson, Audio/Visual Team

FUMCH, Continued

"A young lady came to the Children's Home a couple of weeks ago. She was a little unsure of her new home and didn't smile a lot.

"When her birthday rolled around a couple of days ago, the house parents decorated the dining room and the door to her bedroom, let her decide what they would have for dinner, and topped it off with a cake!



"She smiled

more that day than in the total time since she arrived. Her therapist at the Children's Home said that she just can't stop talking about her 'surprise' birthday which was very special indeed. As it turns out, it was the first birthday she had ever celebrated."



Article and photos from FUMCH Facebook page for July 20th.

"Our children at the *Madison Youth Ranch* continue to harvest vegetables from their garden. And since they can't eat them all now, they're learning how to put them away for another day. Here they're working on getting squash and zucchini in the freezer." Article and picture from FUMCH Facebook page for July 13th, 2020



July at the Florida United Methodist Children's Home (FUMCH)

"We're celebrating **Christmas in July** at the Children's Home! Today's activities included a gingerbread house building contest, a Christmas scavenger hunt, and a special lunch and gift exchange. And just like any Christmas in Florida - swimming in the pool!"



Article and photos courtesy of FUMCH's Facebook page for July 24th.

Donations for School Supplies

Please **donate** to FUMCH's school supply fund. Instead of us buying school supplies as we have in the past, FUMCH is asking for money this year. Make out your checks out to LGUMC with a note that it is for **FUMCH school supplies**, and take it to the office. Please send your gift as soon as possible so there is enough time to obtain all the materials the children need for the upcoming school year! Thank you.

Phyllis and Dwight Kitchens, FUMCH Reps

Healing the World: Eight Bible Studies for the Pandemic Era

[Source: World Council of Churches [Home / Resources / WCC Publications / Healing the World: Eight Bible Studies for the Pandemic Era](#)]



The global coronavirus pandemic, which has brought death to hundreds of thousands and serious illness to millions more, also poses profound spiritual questions and real challenges to Christians everywhere.

The pandemic itself has become a fundamental test of our faith in God and God's providence, and it urges us to earnest re-examination of our relationship to God, each other, and the natural world.

In Healing the World, the World Council of Churches offers these eight Bible studies to facilitate our coming to terms—as individuals, groups, and communities of faith—with the loss, fear, and confusion engendered by the pandemic, and the bracing prospect of building the world anew.

Readers will also find further spiritual resources on the WCC's coronavirus page at www.oikoumene.org/coronavirus
[Click here to download the booklet](#) (44 pages)

Praying for Change: Daily Prayers for Anti-Racism

By Derek Weber

[Source: <https://www.umcdiscipleship.org/articles/praying-for-change-daily-prayers-for-anti-racism>, Discipleship Ministries, The United Methodist Church]

In this Kairos moment [the right, critical or opportune moment] of protest and awakening, Discipleship Ministries and other agencies and bodies of the United Methodist Church are providing resources and guidance on how to become anti-racist individuals and churches. Please seek out the help you need in this time of transformation.

Continued . . .

Praying for Change: Daily Prayers for Anti-Racism, Continued

The Worship Team of Discipleship Ministries believes, however, that such a change will not happen unless the whole process is bathed in prayer every step along the way. To that end, we will be providing **daily prayers to help keep us all centered on the journey ahead**. From Monday through Friday, a new prayer will be posted for your use as personal devotion, to share in your small group, or for use in corporate worship.

If you wish to receive these prayers each day in your email, click on the link below. If you would like to submit a prayer, please contact the Worship Team and we would be glad to work with you on how to submit for posting. Join with us in this season of prayer and change in our denomination and beyond.

<https://www.umcdiscipleship.org/articles/praying-for-change-daily-prayers-for-anti-racism#subscribe>

Promoting Independence at Mealtimes for People Living with Dementia

[Reprinted with permission of the author]

Sometimes people just lose interest in food. Certain medications can also affect appetite. To encourage healthy eating and maintaining independence of someone living with dementia, the following tips may make mealtime more pleasant and enjoyable.

Use red plates. Research has shown an increase in food consumption using red plates, rather than white, as it is difficult to see foods on a white background.

Use smaller plates. Often someone living with dementia may refuse to eat because the portions look too large.

Utensils may become more difficult to manage or confusing which one to use. **Provide only one utensil.** If that become too difficult, prepare meals that can be eaten without utensils.

Provide finger foods, especially for snacks. Berries, grapes, nuts, fresh vegetables, quartered
Continued . . .

Promoting Independence at Mealtimes for People Living with Dementia, Continued

sandwiches, chicken fingers are all great options so they can focus on the enjoyment of the food.

If your family member “gets stuck” and stops eating, do not assume they are finished. Sit with your family member with little conversation and **use gentle physical prompts to restart the eating** such as handing the spoon to them or tap the plate.

Music can be soothing while eating. Avoid music they may try to sing with, as this can be a choking hazard. Soft jazz has shown to aid in digestion.

Add spices that can enhance the flavors. Use ones they enjoy to increase the smells and taste. Cinnamon can really add flavor to boring veggies! The goal is to eat as nutritiously as possible, but preparing food differently may improve their appetite.

Cut up the food into smaller bites. Cut the food before placing it on the table in front of them. This shows respect and maintains their dignity.

Avoid coaxing or “reminding” them they have always “liked this food.” Dementia may affect the ability to smell, or cause changes in tastes or textures.

Avoid correcting them if they say they have already eaten. Apologize for offering them more food and put it away. Bring the plate back to the table in a matter of minutes and try again.

If you would like information on our Memory Ministry or just need tips on caregiving for a loved one, please contact Vicky Pitner at vpitner@firstumc.org.



Photo of Vicky from First UMC Lakeland's *Connections Memory Ministry* staff section of their website.

United Methodist Committee on Relief (UMCOR) COVID-19 Response

[Source: UMCOR Website]

Since the start of the novel coronavirus outbreak, UMCOR has been working with health boards, medical professionals, disaster management coordinators and faith leaders to prevent the further spread of this disease. Now it is clear that the impact of COVID-19 will be far-reaching and demands an even greater response.

Through the **UMCOR COVID-19 Response fund** (Advance # 3022612), grants have been rapidly released to equip partners to assist vulnerable populations around the world impacted by COVID-19, including racial/ethnic and indigenous communities in the United States. Over \$1.5 million dollars have been raised already. Grants from this fund are disbursed quickly and efficiently to address **health concerns, food insecurity, water and hygiene limitations and other pressing needs.**

Even as you shelter in place, you can be there for others. When you say "yes" to supporting the UMCOR COVID-19 Response, you will help bring God's love to life for those who need it most.

To support this effort, please make checks payable to **Lake Gibson UMC** with an annotation **UMCOR COVID-19, Advance #3022612**. As always, 100% of donations to this UMCOR fund go directly to the COVID-19 response mission.

Volunteers Needed for Hope House

by Geri Mayo

We're all praying for more volunteers so we can open at least Monday to Thursday, as we were before COVID-19. My **hope** is churches or groups could come out **1 Saturday a month** to open Hope House. **If we had enough groups, it could be 1 group volunteering every 2 months.** This would make it easier to recruit volunteers.

We train by having people shadow experienced volunteers. Best thing would be to contact Debbie and Rick McLellan if you're interested in learning more. After shadowing a few times, if you're still interested, you should talk to Brent Lipham at Kathleen Baptist Church. Email the McLellans at debbienrickhope@gmail.com.

Commentary: Time for the Cross and Flame to Go

By the Rev. Edlen Cowley

[Source: United Methodist News Daily Digest, July 8, 2020]

United Methodist News publishes various commentaries about issues in the denomination. The opinion pieces reflect a variety of viewpoints and are the opinions of the writers, not the UM News staff.

[Photo courtesy of Edlen Cowley]



July 8, 2020 | TROPHY CLUB, Texas (UM News)

I saw my first burning cross in 1979 when I was 10 years old. It was night. My family and I were on our way to Shreveport, Louisiana, from the parsonage of Miles Memorial Christian Methodist Episcopal Church in Marshall, Texas, where my dad was pastor.

We were comfortably talking and riding along when to our right, my mother pointed out a large burning cross just off the freeway. My mother told my brother, sister and me that the burning cross was a powerful image devised to evoke fear in black people.

Though I was just a child, I knew something about the civil rights struggle. I knew my mother marched with Dr. Martin Luther King, Jr. in Senatobia, Mississippi, and that both my parents and many family members were listed in the records of the Mississippi State Sovereignty Commission for their work during the Civil Rights Movement.



Yet in this deafeningly quiet moment, that simple, terrifying and horrific image of the burning cross made the struggle personal for me. I have never forgotten it.

It was years later, after I left the CME Church and joined the United Methodist Church with my wife in January 1992, that I saw The United Methodist Church Cross and Flame insignia and thought to myself, “That is interesting.”

[The official Cross and Flame logo of The United Methodist Church. Graphic by United Methodist Communications.]

I had been drawn to The United Methodist Church by one of its most outstanding pastors, the Rev. Zan Wesley Holmes Jr., whom I met at CME Youth Leadership Training School. I was in my early teens, and I was captivated by his charm, charisma, grasp of Scripture and powerful preaching.

But when I saw the United Methodist Cross and Flame, I didn’t think of John Wesley’s heart being strangely warmed, I didn’t think of the flaming tongues of fire resting on the Apostles in Acts 2. I didn’t think of how each tongue of the flame represents the former denominations that came together to form The United Methodist Church — The Evangelical United Brethren and The Methodist Church.

My mind went back to that burning cross I saw on the side of the freeway — a symbol my mother told me was devised to cause fear in black people.

I loved my new church and denomination. The insignia didn’t stop me from following God’s call into ordained ministry as a United Methodist.

Over the years, I have even had the occasion to joke with other African Americans about the Cross and Flame. But those jokes have never been funny. They have been more of a wink and a nod to the *rationalization that the narrative of the Cross and Flame is powerful and impactful, no matter how any African American clergy or layperson may feel about it.* [Italics added by TGN editor]

I still love and have faithfully served The United Methodist Church for many years despite my feelings about the Cross and Flame. That will not change. But I have been taught that at certain times it is important to be “on the record” and “in the minutes” of the meeting of life. I feel it is time to openly talk about things many African Americans have been cautioned to be quiet about and simply accept.

Continued . . .

Commentary: Time for the Cross and Flame to Go, Continued

As I rose early on this year's Juneteenth (June 19, 2020) Friday morning, I wrote an explanatory Facebook post about the origin of Juneteenth itself and the freedom that we celebrate in Texas. The slaves had been freed since Lincoln's Emancipation Proclamation, which had been signed January 1, 1863. But they found out about their freedom almost two and a half years later.

I then reflected on words I have shared in sermons and have preached on Juneteenth in the past, Galatians 5:1, "For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery." I again thanked God for the freedom I personally experience which cost a price that I simply cannot fathom.

My next Juneteenth celebration was to re-watch Ava DuVernay's "13th," a powerful documentary about racial inequality. I came upon a fact I hadn't noticed before. It was a testament to the cinematic power of the first blockbuster film in our country's history, D. W. Griffith's "The Birth of a Nation."

Before this movie, which was based on the 1905 novel "The Clansman: A Historical Romance of the Ku Klux Klan", was released on February 8, 1915, it was not the regular practice of the Ku Klux Klan to burn crosses. The image of the burning cross was a powerful cinematic image Griffith created. The image was so powerful that the Klan began to use it.

The first instance of a cross being burned in the U.S. was on Nov. 25, 1915, 10 months after "Birth of a Nation" debuted. A group led by William J. Simmons burned a cross on top of Stone Mountain, Georgia, inaugurating a revival of the Ku Klux Klan. Though I watched the rest of "13th," I really didn't see it. My mind stopped at the part about the burning cross.

My next Juneteenth celebration became sitting down and writing the article you are reading. I have had three words running through my mind as I've been writing:

"Qui tacet consentit," which means, "**Silence is consent.**" Since 1968, Black Methodists for Church Renewal has raised its voice about the plight of African Americans within our denomination. It is in that vein of principled dissent — and that refusal to consent through silence — **that I unapologetically state that it's time for a new insignia for the United Methodist Church.**

If we care about the mission field and our members as much as we say we do, there can be no other answer than, "Yes, it is time." No longer should we be represented by an image that was devised to evoke fear in the minds of so many.

We have a new anti-racism campaign led by our Council of Bishops, United Methodist Commission on Religion and Race and others. I can't think of a more powerful first step for that effort than rebranding our denomination.

I respect and honor the creative process that Edward J. Mikula and Edwin H. Maynard went through when they designed the insignia that would debut in 1968. I honor the cross and the two tongues of flame, that each represent the two denominations that came together. I honor the Acts 2 Pentecostal Flame that also gives representation to Wesley's heart being strangely warmed.

It's when you take all of these elements and put them together that you run into practical trouble. The outcome is a burning cross. In researching this essay, I was shocked to find a 1993 article in the *Chicago Tribune* detailing how the White Knights of the Ku Klux Klan in Kansas City, Missouri, had actually used a likeness of our denomination's logo in printed material.

The United Methodist Church has been and remains a world leader in so many ways. My question is, "Can the United Methodist Church again be a leader in this unique time and choose a new insignia that doesn't send an unintended message of racism and fear, while it is at the same time legitimately extending the hand of Christ to the world?"

My final Juneteenth celebration was to write legislation for General Conference 2021 that seeks the formation of a team to create a new insignia for our denomination — one that will expand our reach so that more African Americans and other people of color can see The United Methodist Church as the welcoming place it aims to be. I look forward to submitting and speaking in support of this legislation at the

Continued . . .

Commentary: Time for the Cross and Flame to Go, Continued

2020 North Texas Annual Conference of The United Methodist Church.

I cannot go back and take from my mind the burning cross I saw that night so many years ago on the side of the freeway. But I can invite people to join me in calling for a new day in the way we represent and brand our denomination.

It is time for open and serious discussion and a clear and liberating decision about the banner under which all United Methodists stand. It is time to move on from the Cross and Flame.

Cowley is pastor of Fellowship United Methodist Church in Trophy Club, Texas, near Dallas. News media contact: Vicki Brown at (615) 742-5470 or newsdesk@umcom.org.

Help! I Can't Read the Small Print!



I was struggling to read the minute print on the Florida Conference website where the Gulf Central District's monthly report is now posted. Maggie Corrigan from GCD suggested I try holding down the **Control key and the plus sign** together [**CTRL+**] to enlarge the size of the print on the screen. You can hit this key combination as many times as it takes to yield a readable text size.

To reduce the print size on your screen, hold down the **Control key and the minus sign** together [**CTRL-**]. You can continue to hit this key combination until the print size is what you want it to be. You can teach an old dog new tricks!

Phyllis Kitchens

Editorial Policy

The articles contained in *The Good News* express the opinions of their authors, and do not necessarily reflect policies of the United Methodist Church or of Lake Gibson United Methodist Church.

The purpose of the newsletter is to foster better communication of ideas and opportunities for worship and service among LGUMC members and friends as we seek to share God's love and make Continued . . .

Editorial Policy, Continued

disciples of Jesus Christ. All members and constituents are encouraged to write articles and share their thoughts and photos with the congregation.

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Hope House Update for July 2020

Volunteers share their experiences at Hope House with others via reports that are emailed to all the HH constituencies. These paragraphs are taken from some of these reports to inform our congregation of typical activities, foods prepared/served, supplies given out or needed, scripture or devotions used in worship, information about HH's guests' needs and accomplishments, and any problems encountered. Based on these reports you can consider if becoming a Hope House volunteer is a good fit for your interests and abilities.

Tuesday, July 7th - Debbie and Rick McLellan

We really felt the love from our church, Lake Gibson United Methodist. We really appreciate the items delivered by Rob and Sue Atchley today. We have been contacted by a number of our members and we appreciate the help and encouragement and miss everyone!

Today Debbie and Rick gave out brown bag lunches, featuring a Cuban sandwich, a bag of chips, a fresh orange, a big pickle, and a pack of Lance toasty peanut butter crackers. We served 18 guests and the Hope House kitty today.

The mosquitoes are bad this year for our guests who dwell in tents. We are so grateful to the Employees of Lakeland Electric for supplying needs like this. Debbie has been making masks for family and friends, and gave out 6 today to our guests. We also were thrilled to fill **requests from 2 guests for a Pocket Testament and a Bible**.

We had a visit from Jim, our Thursday volunteer from St Anthony's, who brought us a multitude of Walmart bags. We also had a visit from Doc Blair, from the group that meets at Harley-Davidson, inquiring about various services available to our homeless guests.

Continued . . .

Hope House Update for July 2020, Continued

Wednesday, July 8th - Laura Webb, Lori Riddle and Geri Mayo

Due to the Covid-19 restrictions, only 2 guests at a time were allowed inside. Chairs were set in the yard and the patio area was opened. This allowed our guests to observe social distancing. We had 23 guests sign in with 8 using the shower and 1 using the laundry.

LAURA cooked a wonderful hot lunch, spaghetti and meatballs with Italian bread. The sauce had fresh basil, parsley and peppers from the HH garden which LORI and LARRY created. The dessert was a decadent chocolate cake. Our guests enjoyed their lunch immensely. They have missed Prince Spaghetti Day.

The LAKE GIBSON UNITED METHODIST CHURCH family donated hand-made sleeping mats made from plastic grocery bags. These are wonderful in keeping our folks dry. They are very much appreciated! Thanks to **Shirley Schmidt** for making them; each mat takes about 100 hours to crochet. Thanks also to PASTOR STEVE for bringing them to HH last week.

LAURA and her husband, DANIEL volunteered last Friday at a food bank run by COMBEE CONNECTIONS (CC). On that day, 300 families were given food. God is so good! Hope House received several boxes of oatmeal and cases of breakfast bars from CC's food bank.

Thursday, July 9th - Geri Mayo

Lunch was served in to-go containers. The guests had a hotdog (or chilidog), potato salad, and baked beans. Everyone also received a food bag. (Chips/Cheez-Its, peanut butter crackers, breakfast bars and small can of ravioli or Vienna sausage.) They also had a choice of a ham and cheese or PB&J sandwich.

Dr. Alonzo Williams, Jr, with Driven With A Purpose, stopped by with a food donation. Lovely fresh veggies, chicken, plantain chips and a case each of sour cream and black olives. A lady brought shelf-stable foods, i.e. chips, cereal, pop-top cans; however, she left before I could thank her. A friend of Ms. Jane brought a clothes donation from the folks at **Cypress Lakes Estates**. **Many thanks to all these people for their generosity!**

I received a card from one of our former guests, Dianna. She has entered the Lighthouse Ministry's program. She said she's doing well and has lost 20 lbs. God is so good!

Sunday, July 12th - Rick and Debbie McLellan

We are normally the Tuesday crew at the Hope Center, but we went to the Hope House today, picked up some bread and fed the Hope House kitty.

Since we can't gather our guests as a group and preach to them like we do on Tuesday, each lunch had a Christian tract, sharing with them the love and salvation that Jesus offers. We distributed the bags at a number of locations, including the Hope Center yard, Walgreens, Circle K and the 7-11. We also gave out 3 masks and a new two-person tent to a young lady on US 98.

We did meet two nice young men who said they were from LAKELAND MUTUAL AID, giving out food and new backpacks. We pray that the Holy Spirit will speak to the hearts of all who we met with today. God is good and still in the miracle-working and life-changing business.

Tuesday, July 14th - Debbie and Rick McLellan

Today Debbie and Rick gave out brown bag lunches: Cuban sandwiches, macaroni salad, a bag of chips, Lance cheese crackers, a Rice Krispies Treat, a whole fresh pear and a bag of Planters peanuts. To quench thirst was canned soda or ice cold bottles of water. Each guest also received a pop-top can (choice of spaghetti, ravioli or Beefaroni) which they took to their tents for their supper meal. We served 26 guests by the end of the day.

Debbie has been making masks for family and friends and gave out **8 masks** to guests today and about **10 bandanas**. We also joyfully filled **3 requests for Pocket New Testaments**.

Continued . . .

Hope House Update for July 2020, Continued

Tuesday, July 14th, Continued

We brought water and soda over to put in the fridge on Monday evening, and were pleasantly surprised to see Ms. Jane Estabrooke, a Thursday volunteer who has been out for a while and Nate Clark. The washers were running and Rick complained about the overcrowded fridge. But today we got a surprise and the washers/dryers were clean, empty, spotless and ready to go, and the fridge shelves were rearranged, making it easy to get to our drinks. THANK YOU Ms. Jane, your extra efforts are appreciated!

Wednesday, July 15th - Laura Webb, Lori Riddle and Geri Mayo

LORI brought new men's underwear and rain ponchos. LAURA brought new tee shirts. All the ladies were busy passing these out along with hygiene products, over-the-counter (OTC) medications, socks and masks.

Thanks to an anonymous donor, LAURA was able to buy one of our regular guests a **new pair of sneakers and shorts** (photo provided by Geri).

Lunch was chicken nuggets, macaroni and cheese and a broccoli, cauliflower and carrot medley. There was an abundance, so many guests had seconds and carry out. Our guests received a canned good with a snack bag containing peanut butter crackers, cookies/chips, breakfast bars and, thanks to a lady from Christ the King Episcopal Church, two boiled eggs.



BRENT (and crew) from Kathleen Baptist Church were working on the roof and cleaning the rain gutters. Thank you for your hard work!

Tuesday, July 21st - Debbie and Rick McLellan

Today Debbie and Rick served bowls of beans and rice with sausage, and fresh baked corn muffins. There were also brown bag snacks which contained a bag of Cheez-It crackers, a small bag of pretzels, a Snack-Pack pudding, and a red delicious apple. To quench thirst was ice cold bottles of water with optional strawberry flavoring. We served 15 guests by the end of the day.

Debbie was busy and gave out toiletry kits, razors, and Band-Aids. We joyfully filled 2 requests for Pocket New Testaments.

We want to thank our friend Marty for the donations from Polk City Baptist Church, and also Faith Baptist Church for a number of items, including a giant bag of camper's toilet paper rolls, which we can give to our guests to take to their tents.

Wednesday, July 22nd - Laura Webb, Lori Riddle and Geri Mayo

We served 16 guests, with 8 taking showers and 2 using the laundry. Breakfast was cereal, breakfast bars and instant oatmeal. (The oatmeal was a donation from Combee Connections Ministry.) Coffee, pineapple juice and bottled water were the beverage choices. Our resident stray, Mama Kitty, enjoyed her alfresco breakfast.

LORI, her husband LARRY and their son, BILLY were at HH today. The guys worked on the **beautiful garden they created**. Basil from the garden was used in our lunch. Not only does LORI work hard on supplying our guest's physical needs (clothes, hygiene products), she spends time with them. They are most appreciative for her attention, support and counseling.

A wonderful lady, CAROL, volunteered today. She made garlic toast for today's lunch. She cooked carrots which will be served tomorrow. Carol also donated several cases of bottled water. Her Continued . . .

Hope House Update for July 2020, Continued

Wednesday, July 22nd, Continued

husband, ARKANSAS and, grandson, JARROD stopped by to deliver **2 bicycles and 2 backpacks**. Truly a blessing! We had visitors: TINA and BART stopped by. They donated clothes, hygiene products and food. Special thanks to LAURA'S friend WES for his generous clothes donation!



LAURA provided today's devotional. It is from **Renew, Rebuild, Restore - A 21-Day Prayer Devotional**. (Bible.com, <https://www.bible.com/reading-plans/11300-renew-rebuild-restore-a-21-day-prayer-devotional#!>) She presented Day 13: Rebuild your faith in Jesus and He will rebuild your life. (Matthew 9:22-24) One poignant passage was: All you need to do is put your trust and faith in the one living God, commit to following in Jesus' footsteps and He will rebuild your life. (Proverbs 3:5-6)

LAURA and CAROL made delicious spaghetti and meatballs, and garlic toast for lunch. Every guest received a canned food item and snacks to take out.

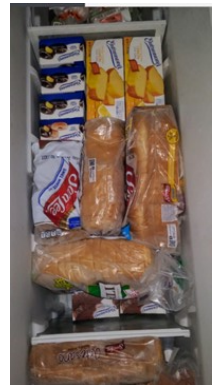
We were able to serve everyone before the worst of the rainstorm hit. Please, keep our guests in your prayers for their physical and spiritual safety.

Thursday, July 23rd - Laura Webb, Lori Riddle and Geri Mayo

Sixteen people signed in for food service. They again had cereal, instant oatmeal, and Pop-Tarts for breakfast. Coffee, water and pineapple juice for the beverage choices.

Our lovely Miss Jean safely returned from her trip. She provided a yummy lunch consisting of black bean soup and chicken salad croissant sandwiches. Roasted carrots made by Laura and Carol on Wed were also served.

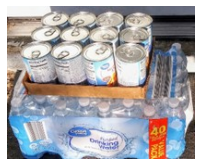
Laura made a special stop to meet with wonderful donor. Her friend, Joe donated bread and pastries from Entenmann's Bakery. Our guests enjoyed many of the donuts. Also, we have a full freezer of bread and other baked goods. God is so good! [Photo provided by Geri]



Monday, July 27th - Geri Mayo

Hello from Hope House on this hot, muggy Monday. Today Geri had food-service day. Twelve people enjoyed a breakfast of cereal, instant oatmeal, and Pop-Tarts.

(Mama Kitty enjoyed her alfresco breakfast. Thank you Laurie and Larry for donating the dry cat food. She really loves it.) There was a special surprise from an anonymous donor. A case of water and canned pasta were left on the doorstep this morning. Thank you! (Photo provided by Geri.)



Tuesday, July 28th - Rick and Debbie McLellan

We are still under some coronavirus restrictions. Can only allow 2 guests inside at any one time, but we can now offer showers, laundry, shaving in the bathroom, and access to our clothing room.

Brent's new signs were a great help in getting our guests to follow the rules. Rick McLellan led in prayer and a devotion from James chapter 5, OUR GOD OF SECOND CHANCES.

Today Debbie and Rick served a smoked turkey with bacon and cheese sandwich with barbecue sauce on a fresh bun, with a brown bag of snacks which contained a bag of chips, Lance peanut butter crackers, a Moon Pie and a red delicious apple. We also had a visit from Ms. Jean from Kathleen Baptist Church, who brought us bean and rice burritos and chicken and dressing, which our guests enjoyed. To quench thirst was ice cold bottles of water, with optional Orange Crush flavoring. We served 20 guests and the kitty by the end of the day.

There was an attitude of gratitude today, and we really feel that Jesus is using the Hope Center to make a difference in hearts and lives.



Birthdays in August

<u>Date</u>	<u>Name</u>
8/1	George Band
8/1	Thomas Mitchell
8/8	Dan Johnson
8/10	Rosita Stafford
8/12	Danny Hughes
8/14	Claude Hatchett
8/16	Wealthy Lee Brown
8/18	Cathy Jones
8/18	Mike Stafford
8/20	Joyce Webb
8/23	Lauren Rodriguez
8/28	Sandy Stanfield
8/31	Carol Campbell
8/31	(Mary) Lou Webb



Anniversaries in August

<u>Date</u>	<u>Names</u>
8/2	Debbie and Dick McPherson
8/4	Cathy and Gary Jones
8/5	Karen and Jeff Acor
8/8	Bonnie and Ken Fuqua
8/14	Faye and Claude Hatchett
8/15	Martina and Bob Willome
8/19	Abba and Robert Schmidt
8/21	Anne and John Bernat
8/21	Rosita and Mike Stafford
8/23	Dottie and Jim Huven
8/27	Jan and Mike Booker