



THE GOOD NEWS

Lake Gibson United Methodist Church

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



From the Pastor

I would like to show you how the Holy Spirit works in teaching and explaining Scripture in this article. I decided this year to read through the Psalms several times and to read the Gospels slowly. I read one story in a Gospel at a time. This week I am around Psalm 115 (I read one to three a day) and in Mark 14.

Mark's story is about Jesus instituting the Lord's Supper. In verse 26 it says, "...when they had sung a hymn, they went out to the Mount of Olives." *What hymn, why sing a hymn?* But that is how we end a church service, isn't it? I had to refresh my memory. In Jesus' time the hymnal was the Psalter – the book of Psalms. According to Jewish authorities and the Talmud, when they worshipped around a Seder meal they would close with the Hallel (it means praise in Hebrew).

The Hallel is Psalms 113 thru 118. These would be sung verbatim by the participants. These Psalms praise God for what he has done in the past, specifically mentioning the events of the Exodus and settling of the Promised Land. It talks of all God's blessings and how God helps his people both as individuals and as a nation.

But then I researched more and found that there is something called the "Great Hallel". This is another Psalm which is used to close the Seder during Passover week. It was Passover week when Jesus ate in the Upper Room with his Disciples. It was Passover week when he instituted the Lord's Supper, so the hymn Mark referred to was probably the "Great Hallel," which is Psalm 136.

Remember this Psalm is sung at the close of the First Communion service. You may want to go read this Psalm. It is marvelous. Read it slowly, allowing God to speak to you. This is the psalm that every verse ends with the words, "His love endures forever," reminding us that God is love. Since Jesus is our Passover Lamb, He is the sacrifice slain for the sins of the world. He is our Redeemer, the lover of our soul, the one who will never leave nor forsake us; the one that forgives our sin and cleanses us from all iniquity. He is the one that breaks our chains, sets us free, and leads us on our individual exodus journey into God's promised life for us. This psalm centers us in God's love and provision for us.

As I read Psalm 136, I marveled at how the words told what God had done, but centered it in His love which endures forever. It reminded me that it was love, not nails that held Jesus on the cross and brings John 3:16 to mind. Amazing how the Holy Spirit works together with Scripture to teach us and to bring us into worship of our God.

Pastor Steve

In-Person Worship Services Coming?

Depending on the status of COVID-19 new cases and the positive infection test rate in Polk County, we may be able to reopen in September or October. If we do, it will be in accordance with guidance from health officials and local government with regard to the number of persons allowed to meet inside, social distancing, hand sanitizing and wearing masks.

The office will contact you by every means including social media when we have a date to reopen the sanctuary for worship.

We will continue to live-stream worship services (and make them available on our web site for viewing later) for as long as necessary, knowing that not all people may feel comfortable due to the pre-existing health issues coming to in-person worship services.

Hope House Still Needs Men's Clothing

Last month volunteer Geri Mayo reported that Hope House needed men's **shorts and jeans**, waist sizes **30 to 34**. We are checking the items donated for the rummage sale in our sheds for suitable clothing needed by Hope House. It won't be long before winter items are needed, too (including twin-sized blankets or throws. Volunteers will cut larger blankets into usable sizes).

If you would like to donate, please bring your items to the church office, Monday through Thursday, between 9:00 am and 2:00 pm.

UMW Events Cancelled Until 2021

The **fall rummage sale** usually held in October has been postponed until 2021 due to coronavirus concerns. If you can hold whatever donations you were planning to make, please do so, since our storage facilities on campus are quite full.

The third UMW **unit meeting**, previously scheduled for November 9th, is cancelled. We hope to pick up again with the first 2021 unit meeting in February 2021.

Two Zoom Opportunities In September

UMW Spiritual Enrichment Retreat, September 11th and 12th

Rather than retreating to the Fruitland Park, Florida, Warren Willis Conference Center (formerly the Life Enrichment Retreat Center), we will be "Zooming" the retreat. This change makes it easy to participate.

If you're interested in learning more about United Methodist Women, here's a great opportunity. Cost is \$10.00; registration closes soon (published as Sep 1st, but there is probably some slack).

Please see the details on this event on page 8.

Advanced Lay Servant Class, Tuesdays, September 22nd - Oct 27th.

If you are currently a Certified Lay Servant, you need to take an advanced course once every two years to remain certified. This course is also open to others who are interested. Text book, *Lay Servants as Christian Transformational Leaders*, costs \$18.00 and you must read it before class starts. Class costs \$25.00. (You can still take this class if you have not had the basic Lay Servant class.)

Please see the information on page 9 to learn more and to register and pay for the class.

Zoom Group for People Living with Memory Loss

Vicky Pitner, leader of First UMC Lakeland's Memory Ministry, has offered information about their free Zoom group for people living with memory loss and those who care for them.

If you would like to learn more, you can email Vicky at vpitner@firstumc.org or call her at 863-686-3163.

UMW Pecan Sale

Come buy some of your favorite treats! The United Methodist Women are again taking orders for pecans from the Mascot Pecan Shelling Company through the month of September. All proceeds will be shared among our various missions. Order forms are on page 9.

Plain pecan halves and pieces (16 oz bag) -
\$14.00 per bag

Cinnamon glazed pecans (10 oz bag) -
\$10.00 per bag

Chocolate covered pecans (12 oz bag) -
\$10.00 per bag

Pecans are scheduled to be delivered in October.

You can send in your order on the order form on page 9 of this newsletter, or you may call Pat Moon at 863-858-6883, give her your order and make arrangements to pay.

All monies must be mailed in with your order. Please make your checks out to **LG United Methodist Women** with a note **for pecans**. You can mail your order to church or drop it into the box next to the office door outside of office hours.

The address to mail checks and order forms is Lake Gibson UMW, 424 W. Daughtery Rd, Lakeland, FL 33809.

Thank you for your purchases! Remember to tell your friends and neighbors, too.

Looking for One Good Woman!

The Lake Gibson unit of the United Methodist Women (UMW) is searching for a vice president for 2021 - 2022. This is the only leadership position left to be filled. Duties of the vice president include chairing leadership team meetings and unit meetings in the absence of the president, planning programs and obtaining guest speakers for up to three unit meetings per year.

If you are interested in discussing this position, please call Carol Davis, 863-859-5621, or email her at wdavis101@tampabay.rr.com. We need a VP starting in January 2021.

Lay Leader's Page

GET READY FOR THE LORD'S FALL FEASTS which are found in Leviticus Chap 23! Rosh Hashanah, the civil New Year, is 19 September; Yom Kippur, the Day of Atonement, is 29 September and Sukkot, the Feast of Tabernacles, is 3 October. Remember the Hebrew day begins the evening before at sundown.

All the Feasts of the LORD have a special meaning to the Hebrew as they were given by Father God to Moses at Mount Sinai, and are part of the Torah books of the Bible.

Christians see the Feasts as a foretelling of Father God's plan for all Believers, Jew and Gentile. Passover is a foretelling of our Messiah Jesus' sacrifice as the Lamb of God. Pentecost is the foretelling of the unification of all Believers in the Church and the giving of the Holy Spirit. The Fall Feasts come at the end of the harvest and remind us that there will be the end of the age written about by all the major prophets when Father God and Jesus brings us all together with Them in the Feast of Tabernacles. **BE READY TO CELEBRATE, MARANATHA!**

John Bernat, Lay Leader

[Maranatha means "the Lord is coming". Ed.]

News about the Bread

A couple of people have asked me about the bread Publix donates, so thought it would be a good idea to explain that **bread is available on Sunday mornings, 9:00 am till 12 noon.**

Bread that is left is taken to Salvation Army on Kathleen Road. During the pandemic we are the only source they have at times.

Bread left over on Thursday from our food pantry is taken to Believers Fellowship so they can give it out, since their food pantry operates on Thursday evenings.

I want you to thank the person who made the driveway by the sanctuary so much better. That hole was getting dangerous.

Debbie Moore

Prayer Ministry

“And let us run with endurance the race that God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish.”

Hebrews 12:1-2 (NLT 1996)

We give thanks to our prayer warriors for their continued service to Lake Gibson's Prayer Ministry during the busy time of summer, even while some of you were traveling to see friends and family. We currently have 37 prayer warriors in our prayer group that receive prayer requests through email from our church office. Since June 9th we have had over 80 prayer requests submitted. These prayers are a blessing for those who need them during times of trouble.

If you would like to become a prayer warrior for Lake Gibson UMC, please contact the church office (863-858-5431 or office@lakegibsonumc.com).

God loves us staying in spiritual intercession with Him through prayers.

God Bless you all,
Lake Gibson Prayer Ministry

September 14th - New Group Forming *Whosoever*

On Monday, September 14th, we begin a new Bible study group named “Whosoever”. Refreshments will be provided. We will be watching “*The Chosen*”. We will begin at **5:30 pm**, with show starting at 6:00 pm. This group will meet at Debbie Moore's house, 400 Vineyard Drive, Lakeland. Masks are optional. Everyone is invited to attend.

UMW Evening Circle Ends

We thank Debbie Moore for her faithful leadership of the UMW Evening Circle. Debbie hosted most of the meetings at her house, so we got to enjoy her hospitality in addition to her biblical knowledge and encouragement. After several years the members of the Evening Circle felt that what we were called to be was more of a Bible-based study group than a UMW circle, which led to forming *Whosoever*. Everyone is invited!

Local Church Historian Online Class Starts September 14th

(Repeated from August issue)

[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 items on the page.

Phyllis Kitchens, 863-984-4564

The Fire Prayer

There are fires in our streets, O Lord.

Unholy fires in blazing buildings, on sidewalks,
in parked cars, in trash cans.
They are the fires of destruction, anger, frustra-
tion.

These are fires born of hopelessness,
weariness, impatience.

The rifles fire bullets that are all too real,
and tear gas canisters are fired into crowds
filled with unanswered burning questions.

The fire of justice seems to have grown dim,
The fire of equality extinguished,
The fire of common sense ignored,
The fire of democracy displaced,
The fire of fairness forgotten.

You know something of fire, O Lord.

Your Spirit's fire has baptized with holiness,
sanctified souls, guided the faithful,
taught the wavering, warmed the heart.

You have been the pillar of fire that leads,
the fire that calls us to action,
the fire that fed hungry disciples,
the fire that has heard our denials,
the fire that exposes the truth,
the refiner's fire that burns away the dross.

Send your Pentecost fire again, O Lord.

Build a holy fire in our hearts, a holy fire in our na-
tion,
a refining fire that cleanses the evil hatred of
generations,
a fire that purifies and heals your divided
children.

Clear away the dross poisoning our lives.
Lead us in new directions, guide our steps
along fresh pathways.

Teach us your loving way of relating to others.
Call us to healing action, hear our confession,
warm our hearts until our souls glow with your
love for all people.

In the holy name of Jesus, we pray. Amen.

Continued . . .

The Fire Prayer, Continued

Written by the Rev. George R. Crisp, OSL, August
10, 2020

From August 25, 2020 UMC Dis-
cipleship Ministries, Praying for
Change: Daily Prayers for Anti-
Racism [Used with permission]



Mission Moments

I finally remembered to check my mail slot
at church. There was a thank-you letter from Par-
ker Street Ministries. They thanked us for the gift
of \$60 given during the swirl around the corona-
virus pandemic. They shared news of this minis-
try, news of what is happening with the families in
that neighborhood.

Parker Street Ministries has stayed con-
nected to families through weekly phone check-ins
and lunch pickups. It is a difficult time for them.
Half of the households in this area live below an
income of \$26,000. The slower pace has allowed
them to get to know the moms even better, build
stronger connections with schools and educators,
and keep their education program going forward.

They worry about vulnerable students possi-
bly losing up to a year of learning. **They ask us
to join them in praying that they may find ways
to counteract the coronavirus slide.** When the
on-site program reopens, they will return with the
foundation of the Father's love for these kids.

This reminds me to remind you that you
may give to your favorite charity through our
church. Just make the check out to Lake Gibson
UMC with a notation of who it is for (VISTE, LVIM,
Parker Street, etc.). Giving together we can make
a difference right here in Lakeland.

I have been hearing stories of our members
keeping in touch with each other via phone calls,
Zoom meetings and drive-by "visits". A few have
been brave enough to go to lunch together. It
feels like we are all shut-ins. God calls us to love
one another, whenever and however we can.

Please share with me any stories you have
about blessings you have received during this
time. For instance, Charlie and I went to lunch
with another LGUMC friend not long ago. When
Continued . . .

Mission Moments, Continued

the waitress brought the bill, she said it had been paid by the gentleman sitting behind us. We turned to thank him, but he had already left. Mystery Man, thank you, whoever you are.

“Just tell me what to do and I will do it, Lord. As long as I live I’ll wholeheartedly obey. Make me walk along the right paths for I know how delightful they really are.” Psalm 119:33-35.

Linda Alvarez, Missions Coordinator

[Toward] A More Perfect Union

By Heather Hahn

Aug. 18, 2020 | NASHVILLE, Tenn. (UM News)

Source: <https://tinyurl.com/UMNews18Aug20>. [Please click on this link to read Ms. Hahn’s entire article. It is very surprising and informative. Ed.]

[The dates and actions below summarize the long road to achieving the right to vote for all Americans. This is part of Heather Hahn’s United Methodist News article commemorating the 100th year anniversary of women’s right to vote across the U.S. Surprisingly, the 19th Amendment only enfranchised white women!]

1850: Last local property ownership and tax requirements eliminated, guaranteeing almost all adult white men the right to vote.

1870: 15th Amendment ratified, granting the right to vote to men regardless “of race, color, or previous condition of servitude.” Women are not included, and **Jim Crow** restrictions soon eat away at Black men’s rights.

1913: 17th Amendment ratified, allowing voters — rather than state legislatures — to directly elect U.S. senators. Again, women are not included

1920: 19th Amendment ratified, guaranteeing women the right to vote.

1948: Two landmark court decisions, *Harrison v. Laveen* and *Trujillo v. Garley*, recognize Native Americans’ rights to vote in U.S. elections. But they are not eligible to vote in every state until **1962**, when Utah became the last state to remove formal barriers.
Continued . . .

A More Perfect Union, Continued By Heather Hahn

1964: 24th Amendment ratified, **eliminating poll taxes** that kept African American men and women from voting in much of the South.

1965: Voting Rights Act passed, outlawing literacy tests and other barriers to voting.

1971: 26th Amendment ratified, guaranteeing the right to vote to **adult citizens 18 years of age or older**.

1975: Extension of Voting Rights Act of 1965 includes “language minorities,” extending the vote further to **Latinos, Native Americans, Asian Americans, Native Alaskans and Hawaiians**.

Read the Rev. Susan Lyn Moudry’s article *Methodists and the Struggle for Women’s Suffrage*, <https://gcsrw.wordpress.com/2020/03/12/methodists-and-the-struggle-for-womens-suffrage/>. United Methodist Women also has plans to bring a resolution urging Voting Rights Protections in the U.S. to the coming General Conference, now set for Aug. 29-Sept. 7, 2021, in Minneapolis.”

Heather Hahn is a multimedia news reporter for **United Methodist News**. Contact her at (615) 742-5470 or newsdesk@umnews.org. To read more United Methodist news, subscribe to the free Daily or Weekly Digests.

Abundant Life for All

Under the heading, *Abundant Life for All*, is a series of articles (six at present) from the United Methodist Women addressing economic inequality. These short articles are in .pdf format which you may download and share with others. Issue #6 is an article titled *Essential Workers, Structural Racism and COVID-19: Undervalued Workers, Underpaid Work* by Emily Jones and Elmira [sic] Nazombe. To read these issues, go to <https://www.unitedmethodistwomen.org/abundant-life-for-all>.

Quoting from an email sent by Carol Barton, Lead, Living Wage for All Campaign (cbarton@unitedmethodistwomen.org): “The differential impact of COVID-19 stems from racial
Continued . . .

Abundant Life for All, Continued

bias in the healthcare system, pre-existing conditions due to poverty and the stress of living in a racist society, environmental racism, discriminatory policing that contributes to mass incarceration of people of color, and exposure risk from continued work in frontline essential jobs without the safety net of intergenerational wealth.

We are invited to “put on the whole armor of God” in responding to the sinful structures of our day (Ephesians 6:11-12). May we find ways to respond in our communities and in our nation.”

You don't have to be a member of the UMW to read the articles about issues concerning the causes and effects of systemic racism on the ability to earn a living wage. If this issue (or the Just Energy for All issue) is in your heart, please join our United Methodist Women as we become better informed and develop actions that we can take to make lives better here in Polk County.

Please call Phyllis Kitchens if you are interested in learning more about the UMW and its anti-racism initiatives (863-984-4564 or 410-790-2662).

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.

Kristie Otte, Lexie Otte, Dave McPherson and Justin Oliva, Audio/Visual Team

UMW Just Energy for All Zoom Meeting September 16th, 3:00 pm



Under its mission focus on Climate Justice, the United Methodist Women have scheduled a series of informative monthly Zoom meetings on the challenges of providing **just energy for all**. The purpose of this series is to explain inequities in provision of affordable, safe energy to poor neighborhoods and to identify actions we can take in our local communities.

Each meeting begins at **3:00 pm**. This month's is **September 16th**. You have to register and receive a confirmation with the Meeting ID to join. Go to the website <https://www.unitedmethodistwomen.org/just-energy-for-all>.

Quoting from the UMW website, “We are fortunate to live in a time when many of us in the U.S. have access to energy to run our dishwashers, charge our phones, cook our meals and commute to our local United Methodist Women meetings.

But is the energy that fuels all these possibilities just? How is it impacting the lives and health of women, children and youth in the U.S. and around the world?

Our Just Energy for All Campaign works for energy that is cleaner and more just for all of God's people and creation.”

Florida Conference UMW Announces Spiritual Enrichment Retreat

September 11th, at 6:30 pm and 12th at 2:00 pm

[Source: *Genesis Newsletter* of the Florida Conference UMW, August 2020,
Volume 47, Number 3, <https://flconfumw.org/genesis-newsletter>]

Greetings from your Conference Vice President [Shelly Davidson],

Hello all! I have GREAT news to share with you!! Coming to you **for the very first time ever, the Spiritual Enrichment Retreat VIRTUALLY!** That's right... **via Zoom!** Covid-19 has taken our entire world into places we never thought we'd be, doing things we never thought we'd do and experiencing things we never thought we'd experience, but we are BOLD United Methodist Women and face any challenge!

So, with that said, I am pleased to share with you below information about the event. Our theme will be **"Moving Forward by Faith"** and our guest speaker will be **Rev. Monique McBride**. Monique has an amazing, spiritual time planned for us. There will be prayer times, meditations, worship, and four (4) workshops (one of which includes *baking your own communion bread*) and virtual communion. The workshops will be approximately 45 minutes each with a short break after each workshop. You may attend ALL, or you can pick and choose which one(s) you would like to attend. You will not be bored with this event; instead you will be *transformed!*

COST: Registration Fee is \$10.00, paid by credit card, PayPal or check.

DATES AND TIMES:

Friday, September 11, 2020 from 6:30 pm to 8:00 pm.

Saturday, September 12, 2020 from 8:00 am to 8:30 am (optional Morning Prayer), then BREAK* until retreat resumes from 2:00 pm to 6:30 pm.

*You are encouraged to join the Laity Session and Commissioning of the Deaconesses from 10:00 am to noon. The link for this event is available from the Florida Conference website.

Please make plans to join us in sharing this time of interaction and a serious-but-fun event for a bit of Spiritual Revival. Deadline for registration is September 1st. To register: Go to our Conference website at: <https://flconfumw.org> and click on the "click here to register" button. Then click the green "Register" block on the next page and follow the prompts. All four workshops are described in detail on this Florida Conference UMW website.

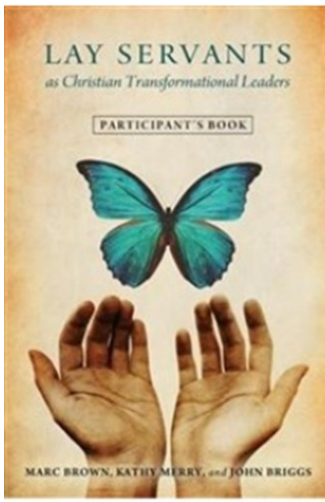
Please note that the ZOOM link and supplies needed for the event will be emailed only to those who register, a week prior to the event.

Advanced Lay Servant Class

Tuesday Evenings, Sep 22nd - Oct 27th

7:00 to 8:30 pm (via Zoom)

Registration Deadline is September 13th



The Florida Conference is presenting this class, Lay Servants as Christian Transformational Leaders, as an advanced course in Lay Servant Ministries. **You do not have to have completed the basic Lay Servant course to participate in this one.**

This course will be conducted by Zoom. Participation in online discussion boards will be a requirement of this class. Please buy and read the Participant's Book prior to the class. It is available in print, Kindle and ePub formats through the Upper Room, Cokesbury and Amazon for \$18.00. Cost of the class is \$25.00, payable to the Florida Annual Conference.

This study will provide lay servants and others with scriptural foundations of Christian transformational leadership, as well as organizational effectiveness principles. The goal is to offer a framework to understand how we can be Christian transformational leaders in our churches, at work and in the world.

To register and pay, go to: <https://florida-reg.brtapp.com/LayServantsasChristianTransformationalLeaders> .

UMW Pecan Sale 2020

Order Forms

(Write in the number of bags of each type you want in the blank space)

Fill in the following order form and return to church.

Name: _____ Address: _____ Phone # _____

Pecan Halves 16 oz. \$14.00 per bag	Cinnamon Glazed 10oz. \$10.00 per bag	Chocolate covered 12oz \$10.00 per bag	Total / Paid

Please send in money with order form. Make checks payable to United Methodist Women. You may mail it to the church or put it in the drop mailbox. Please put that it is for UMW on envelope.

UMW Pecan Sale 2020

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Praying for Change: Daily Prayers for Anti-Racism

By Dr. Derek C. Weber
(Repeated from August newsletter)

[Source: Discipleship Ministries, The United Methodist Church]

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. [The Fire Prayer on page 5 is one of the daily offerings.]

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

Bikes for FUMCH



As you have probably heard, LGUMC has a bicycle ministry at the Florida United Methodist Children's Home (FUMCH) in Enterprise, FL. Through the generosity of both the church and local individuals, bicycles are collected, refurbished and delivered to FUMCH. These bikes are loaned to the children for their use while in residence. Above you can see the first dozen bicycles delivered to FUMCH on 6 August 2020 (one

Continued . . .

Bikes for FUMCH, Continued

bike was out of the shot). Another nine are now ready for delivery.

Additionally, a team attempts to visit twice annually for a week to service bicycles on campus, making repairs and adjustments and replacing broken parts. One of the most frequent needs is to replace bicycle tubes in all the flat tires. With slow leaks, it is often necessary to replace tubes with new ones and then patch about half of the tubes upon return to Lakeland.

LGUMC has a designated fund (# 2395) used to purchase repair parts. A group of cyclists within Mount Olive Shores North holds a bicycle repair day for neighbors twice per year. Free-will donations from these events go into the LGUMC designated account. Of course, church members have also been supportive in contributing to our designated account to keep this ministry operating.

We hope that, should you know of neighbors who are giving up cycling or upgrading to new equipment, you will please mention that we are always looking for bicycles which might be recycled into FUMCH (and occasionally to the needy at Hope House). Your assistance in keeping this ministry operating is greatly appreciated.

Dwight and Phyllis Kitchens, FUMCH Reps

FUMCH Facebook Pix Fall is Just Around the Corner



Flock of wild turkeys stroll around campus.



Donated back-to-school supplies.

Protecting Your Loved-one from Information Overload

[Used with permission of the author]

When you are caring for someone with a chronic illness, minimizing stress and anxiety makes for a healthier emotional environment for all. We are living in a time where scary and terrible things are happening in our world due to the pandemic and civil rights protests and we hear of tragedy every day. Whether your loved one overhears distressing conversations or watches the news and feels helpless to do anything, worry and agitation may result. It is even more disturbing for people living with dementia because they have difficulty processing information. Below are some tips to help keep you and your family member from experiencing too much information during our challenging times.

- Monitoring television watching for people living with dementia is crucial. They can be easily confused about news stories they hear or the violent videos they see, and may think the events are happening down the street or at their son's house who is living in another state.
- Whether your family member is experiencing confusion due to cognitive decline, or is just not able to discuss events thoughtfully, anxiety can result and may present as insomnia, restlessness, wandering, and even nightmares.
- Studies have linked viewing violence with an increased risk for aggression and anger.
- People who have memory loss will experience the bad event they see or hear about as if it were the first time they hear it every time. Be mindful of not sharing frightening or disturbing information repeatedly.
- When communicating with older adults, avoid overloading with information. Regardless of whether there is cognitive decline, studies show that older adults need more time to process information.
- Asking "yes" and "no" questions rather than open-ended questions is considered best when communicating with someone with cognitive decline or an older adult. Rather than talking and trying to engage in a conversation as you prepare their shower, ask simple questions such as "Are you cold," "Do you need your robe?" instead of chattering about why it is important to shower or why the shower is necessary for today.
- Try calming or familiar music during showers they can enjoy rather than trying to process lots of verbal information. You may find showering can be more pleasant. The number one reason older adults are reluctant to take showers or baths is that they are afraid of being cold. Placing the towels in the drier for a few minutes prior to the shower may help to avoid the shivers.
- As we adapt to the changes in our world, we hear and see more information than we can remember and process. Information overload can overtax our own working memory; the memory skill that gives us the ability to hold in our conscious awareness five to seven items. Imagine how frustrating it must be for people who have difficulty forming thoughts or ideas or expressing their feelings.
- Watching television is an activity many older adults have embraced throughout their lifetime. Sitting and watching comedies, nature shows, or vintage movies with your loved one can offer opportunities to connect and share joyful moments.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." -Maya Angelou

Article by Vicky Pitner, Memory Ministry at First UMC, Lakeland

Slavery and the Founders of Methodism

By the Rev. William B. Lawrence

Aug. 13, 2020 | CHAPEL HILL, N.C. (UM News)



The Rev. William B. Lawrence

Photo by H. Jackson/Southern Methodist University.

Although multiple Methodist denominations are global institutions, a number of them began in North America. The roots of the African Methodist Episcopal Church, the African Methodist Episcopal Zion Church and The United Methodist Church can all be traced to the period during — or before — the founding of the United States of America.

Telling the histories of these denominations requires placing them in the context of the nation's history. And whenever the history of the country is complex, the complexities involve the church as well.

Recently, U.S. Sen. Thomas Cotton — who is also a United Methodist — created a new complication with legislation that he submitted to the Senate. Cotton is unhappy about research and writing that began when The New York Times launched its “1619 Project.”

That project was an attempt to discover and to publish information about a neglected part of America's story, beginning when a ship called the White Lion reached a port in Virginia with a cargo of about two dozen slaves on August 20, 1619. It was the first vessel in a continuing enterprise of slave trading that lasted in the United States for about 240 years.

Sen. Cotton believes that the “1619 Project” has a number of errors. His proposed legislation would remove federal funding from any school that uses the “[1619 Project](#)” as a resource in teaching American history. In an interview about the legislative proposal, he said that the founders of the United States considered slavery to be a “necessary evil.”

Whether any of the nation's founders actually used that phrase will require more research. But it is clear that many of the founders owned enslaved people. In fact, among the first 12 U.S. presidents — from George Washington, who took the office in 1789, to Zachary Taylor, who died in office in 1850 — only John Adams and his son, John Quincy Adams, did not own slaves.

So, in that context, what did the founders of Methodism in America say about the enslavement of Africans who were chained aboard ships, brought like cargo to American shores, sold like merchandise in American markets, and treated like pieces of property to be used or abused as their owners chose?

In 1774, John Wesley published his “Thoughts Upon Slavery.” The founder of the Methodist movement insisted that the concept of enslaving other people was based on “false foundations.” He described the horrific evils of the slave trade, starting with the ways Europeans had motivated some Africans to capture persons and sell them as slaves, and addressing the abuse to which slaves were subject.

He denied that it was acceptable for anyone to be excused from judgment on the grounds that one was not personally a slave owner. For Wesley, merely tolerating the existence of a system of enslavement was an accommodation with evil.

In 1780, the American Methodists required preachers to deliver sermons against the evils of slavery. Thereafter, the Methodists in North Carolina and Virginia adopted antislavery statements and insisted that Methodists should free any slaves that they owned. Church leaders declared that the enslavement of other persons is “contrary to the laws of God.”

Continued . . .

Slavery and the Founders of Methodism, Continued

In 1785, the first Book of Discipline published by the Methodists included a piece of church legislation that any church member who buys or sells slaves is “immediately to be expelled” from membership, “unless they buy them on purpose to free them.”

In 1800, the General Conference issued a “Pastoral Letter on Slavery,” signed by the three bishops of the church at the time (Coke, Asbury, and Whatcoat). It declared the enslavement of Black people “the great national evil” of the United States. It said “the whole spirit of the New Testament militates in the strongest manner against the practice of slavery.”

That pastoral letter directed annual conferences to appeal to the legislatures in their respective states for the emancipation of slaves. And it called for “the universal extirpation of this crying sin.”

So the documented history of Methodism makes clear that the founders of the church considered slavery to be “evil.” Nothing in the documents indicates that they felt slavery was in any sense “necessary.” These documents also make clear that the church leaders expected Methodist preachers and people to take action — in the pulpit and also in public — to remove the systems of slavery from America. Preachers were to proclaim that slavery is evil. People were to lobby their legislatures for ending enslavement.

In the ensuing years, however, this antislavery dedication faded. The church found ways to dishonor its founders and to ignore the suffering of the enslaved.

Forty-four years after the General Conference enacted church laws to demand that Methodists free their slaves or leave the church and to insist that Methodists take public antislavery steps, the denomination decided to divide. Rather than require a slave-owning bishop to emancipate the people whom he considered his property, Methodists split into two denominations. Rather than politically mobilize to end the system of slavery in each state, Methodists split along the boundaries of states that affirmed enslavement.

Cotton has insisted that he does not personally consider slavery to have been a “necessary evil,” but he believes the nation’s founders felt that way. While the debate about the national history continues, it is important for all Methodists with traceable roots in North America to recognize that the founders of Methodism were opposed to slavery, took antislavery actions, and urged the ministers and the people of Methodist churches to become public activists in an effort to end the enslavement of human beings.

Lawrence is an ordained elder of The United Methodist Church, former dean of Perkins School of Theology at Southern Methodist University and former president of the Judicial Council.

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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 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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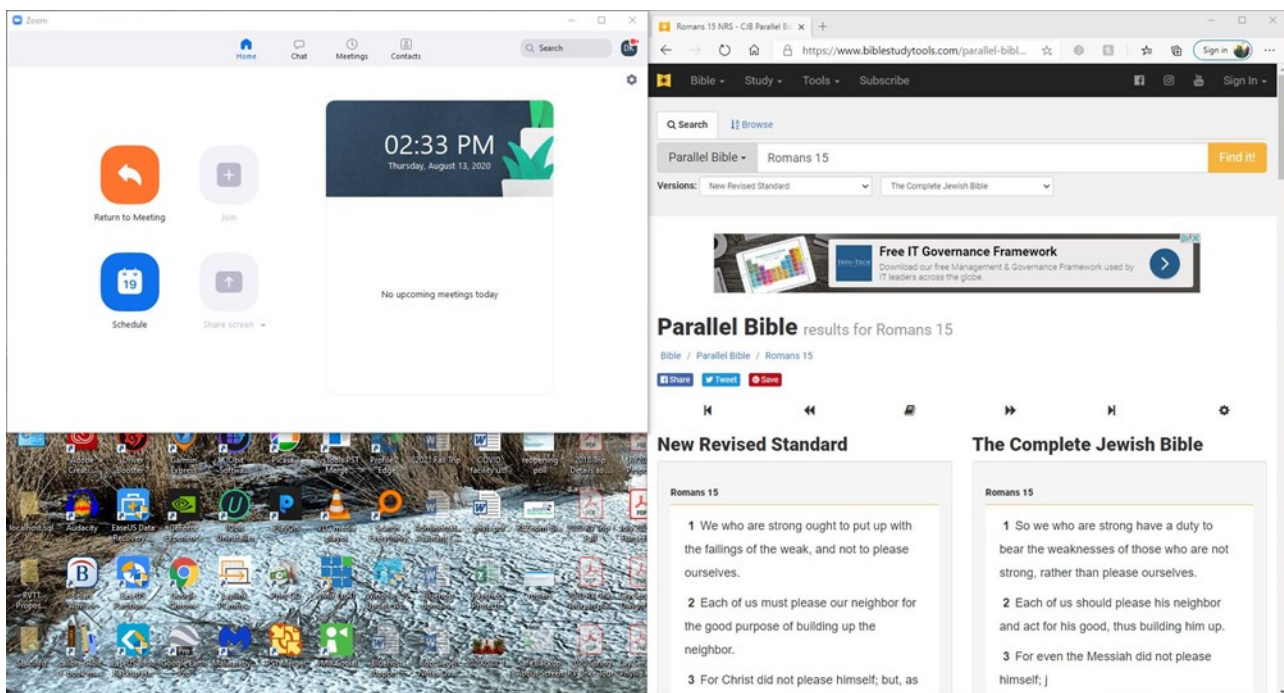
How is Your Hebrew?

(Or, How Do You Do Split-screen on Your Computer?)

Don't speak Hebrew, Greek, or Aramaic? Well, most of what we consider the Bible started out in these languages. We look at translations of the original source documents. Some differ in their interpretations. To better understand the source documents, it might be helpful to look at multiple interpretations.

How to do this? You could purchase copies of multiple translations and search for the proper book, chapter and verse in each. It is a solution, but both time-consuming and expensive. An alternative is to use your computer and visit <https://www.biblestudytools.com/parallel-bible/>. Here you will find over 55 translations. You chose the Bible verse you want and two Bible translations. The Parallel Bible website permits searches on both Bible verses and words of interest.

In the pastor's Thursday afternoon Bible study, each participant often has his or her favorite version of the Bible open. The various translations often imply slightly different meanings. What might be helpful is to both run the Zoom session and have more than one version of the Bible readily available on screen. There is a solution.



Shown above is a split screen of two programs being run simultaneously on a computer. On the left side a minimized version of the opening screen for Zoom meetings. We use this program for Thursday's Bible study, Sunday's Zooming the Peace session, and likely another upcoming Bible study.

On the right side, you see a copy of the **Parallel Bible** online. Here, you choose two of the available translations which are shown side-by-side. You use the scroll bar on the right-hand side to move both versions simultaneously. To change books and chapters just type a new one in the Parallel Bible option at the top and click Find.

If you are unfamiliar with splitting a screen, the following **tutorial** might be helpful. This is pretty easy to accomplish and helps you keep reference materials available while you run other programs. Also, it is great for copying and pasting materials from one source to another file.

<https://www.digitaltrends.com/computing/how-to-split-your-screen-in-windows-10/>

Hope House Update for August

(Extracts from HH reports by and for volunteers)

Thursday, Aug 6, 2020 - Geri Mayo. Judy with North Lakeland Lions stopped by. She has donated to HH previously. She asked about HH's needs and will be in contact when items are collected. We appreciate their generosity!

For lunch, our lovely MS JEAN made chicken and yellow rice and a chicken chopped salad with homemade Italian dressing. (YUM!) The rice was served with chicken gravy made from cream of chicken soup donated by MARIE and BILL. Green beans and the garlic toast leftover from Wednesday rounded out the meal. Our 14 guests greatly enjoyed their lunch. A few were able to take seconds home. And 2 latecomers were also given dinner. (Our Hope House Kitty also enjoyed her al fresco lunch.)

Yesterday, Lake Gibson United Methodist Church donated 10 blessing bags. These bags contained bottled water, food for approximately 2 meals, and hygiene products. Since HH was low on pantry items and water, these bags were divided into 20 takeout food bags and the water was placed in the cooler.

Tuesday, August 11, 2020 - Debbie and Rick McLellan. Today Debbie and Rick served a crispy chicken and cheese burger on a fresh bun, with a brown bag of snacks which contained a bag of Lay's chips, Lance cheese crackers, a bag of Planter's peanuts, a fresh apple and a bag of candy. To quench thirst were a choice of ice cold bottled water with optional Grape Crush flavoring, milk, or Cokes. 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 19 guests and the Hope House Kitty by the end of the day.

Debbie was busy and gave out toiletry kits, razors, masks, deodorant, flashlights, lantern and radio batteries and Band-Aids. We also filled a request for mosquito repellent and gave out some camping toilet paper from Faith Baptist Church. We also want to thank Rob and Sue Atchley from Lake Gibson United Methodist Church who brought some donations, and are always a blessing and encouragement to us. We also had a visit from Paulette Rolle-Alesnik, who is taking over the Friday slot at Hope Center. It was very nice to meet her.

Wednesday, August 12, 2020 - Laura Webb, Lori Riddle and Geri Mayo. Today we celebrated our guest, Kim's birthday. Lori and her husband Larry brought Frisbees and a football for recreation. Lori made a cookie cake and brought a candle in a jar to use on everyone's birthday. Lunch was beanie weenies with bread. Dessert was the cookie cake and mint chocolate ice cream.

We serve a wonderful Father. Geri had contacted Ms. Kay at Combee Connections Ministries (CCM) regarding a donation for kidsPACK, Inc. for 30 children. She, Harry from CCM and Linda from kidsPACK unloaded the truck. Half of the boxes went to kidsPACK and half to Hope House. There are now 80 boxes in the storage room. We are so grateful to Combee Connections for their generosity!

Tuesday, August 18, 2020 - Rick and Debbie McLellan. Rick McLellan led in prayer and a devotion from Luke chapter two, THE GIFT OF PEACE. After the devotion, we took time to honor **Bob and Sue Barnett**. They were wonderful volunteers who asked us to consider volunteering, and when we did, they trained us here at Hope Center. Sue, who showed everyone the love of God, passed away last Thursday. We prayed that God will bless and comfort Bob in his loss.

Today Debbie and Rick served small Cuban sandwiches with Spanish bean soup and a brown bag of sides, including a bag of Lay's chips, a bag of Chips Ahoy cookies, Lance peanut butter crackers, a cup of applesauce and a bag of candy. For dessert was assorted cupcakes. We served 11 guests and the Hope House Kitty by the end of the day. This is the smallest group we have fed on a Tuesday since we started in 2014 here at Hope Center.

Continued . . .

Hope House Update for 2020, Continued

Wednesday, August 19, 2020 - Laura Webb, Lori Riddle and Geri Mayo. We are so thankful for our wonderful donators:

Marie and Bill donated a large bottle Odoban (disinfectant), 2 huge boxes of snack-size crackers and several cans of soup. They made a special clothes shopping trip to St. Anthony's Thrift Store. Marie laundered and folded the clothes. They donated several pairs of men's (size 34) and women's (sizes 8/10) shorts.

Phyllis's husband, Ken, brought a huge container of men's clothes. All of the shorts which were donated were size 34, and the shirts were large and extra-large. They are name-brand clothes in excellent condition. The running joke was that the homeless folks are dressing better than the volunteers.

Hope House service day was scheduled for Saturday, August 22nd. (Much of the inside painting has been completed.) Inside tasks will be to replace and organize things moved during the cleaning and painting. For the outside, this is from a text from Ms. Paulette:

- 1) Painting patio fence
- 2) Painting all doors
- 3) Creating a garden out front.
- 4) Rebuild the concrete garden out back (if we have the right people and tools to lay a few bricks).
- 5) 2nd pressure washing for back artist loft.

It will be exciting to see how are guests react to the changes.

Tuesday, August 25, 2020 - Debbie and Rick McLellan. Today Debbie and Rick served hot dogs with mustard, ketchup, relish and chopped onions. Our brown to-go bag of sides included a bag of chips, a Snack Pack pudding cup, a bag of Chips Ahoy cookies, and a fresh orange. For dessert, we had Pop-Ice frozen treats in various flavors. We served 15 guests and the Hope House Kitty by the end of the day.

Debbie was busy and gave out toiletry kits, razors, deodorant, socks, lantern and radio batteries and Band-Aids. We filled 6 requests for bug spray and gave out some camping toilet paper. We gave out a number of clothing items and a pair of new shoes and socks for Daniel, who has had feet and shoe problems. We also joyfully filled a request for a new Bible.

In the midst of hot, stressful, and difficult times, we believe that today was a bright and encouraging day for our guests. We appreciate your prayers for all of our volunteers and guests here.



Birthdays in September

<u>Date</u>	<u>Names</u>
9/1	Gloria Laube
9/2	Mike Booker
9/6	Charlie Alvarez
9/6	Fred Fredrikson
9/6	Ken Fuqua
9/7	Joe Brady
9/9	Travis Watson
9/10	Joyce Scott
9/11	Nancy Fitzgerald
9/13	Diane Eshelman
9/13	George Gribble
9/13	Lois Teske
9/14	Sue Heishman
9/16	James Armentrout
9/16	Gregg Hall
9/16	Helen Vandervort
9/17	Patsy Lennon
9/18	Grace Foster
9/18	Rick McLellan
9/18	Shirley Patterson
9/21	Charlie Rich
9/24	Carol Davis
9/24	Ethel Somers
9/27	C.B. Fredrikson
9/28	Helen Weissman



Anniversaries in September

<u>Date</u>	<u>Names</u>
9/7	Debbie and Rick McLellan
9/16	Dot and Tom Burns
9/16	Penny and Steve Polk
9/28	Olga and Bill Anderson