



St. Paul's Notes

August 2013

NOTES FROM PASTOR CAROL

See you in September!

Do you remember that song, performed by the Tempos? "See you in September". Well, I am pretty excited about taking the month of August off. I was reminded that September 2014, begins my tenth year with you as your Pastor. Yes, I started in September, 2004. It was love at first sight for me! I just love our little church! And then in no time, I felt in love with its people. When Sam and I started our ministry at St. Paul, you could count on your fingers... (sometimes on one hand) how many people attended worship on a typical Sunday.

Now, fast forward to September, 2013, and we have more people than we can count on both hands, every Sunday! What a wonderful blessing for me that I have such wonderful congregation members who love and support the church as much as Sam and I do!

As I prepare for my time off, I think about what is important to me and how I plan to spend my free time wisely. Psalm 46:10 says: "Be still, and know that I am God!" Or as I like to say, "Don't do, just be!" Well, does that mean that I am just going to sit and do nothing? Not me; that would last about a minute for me. But it does mean that I will take time to have my morning coffee out on the patio, while Cabbie roams around the back yard. (That reminds me, he caught and then . . . Well, let me just say he caught his first bird today, and I'll let you figure out what happened next.)

While I am off, I plan to set different priorities. Things I want to do while I am off, like read more books, work in the garden, time with family in Casper and Cheyenne and time with my grandkids in Denver. Little Adelyn, already will be turning one on August 23rd, Tristan in Junior High Football, and Kyandra will be turning seventeen on September 5th. We plan to spend time in Denver celebrating those birthdays.

I also plan to set priorities for St. Paul. Have you thought about it lately? Where would you like to see St. Paul's ministry go in the next 5 years? What are your thoughts and ideas? I would sure be interested in hearing about them. Many of you have talked to me about the continued restoration of the church building, like new carpet, re-sanding the wood floors,

opening up the choir loft, having more weddings, upgrading the landscaping, and putting in a parking lot on the West side. We think of ideas on how to get more members, more ways to reach out to the community, more weddings, etc. The list can go on and on, and I think that is wonderful! So, will you help me set our priorities?

Here is what the Wesley Study bible says about priorities:

The early Wesleyans were zealous, passionate, and focused. They had a sense of gospel urgency, and intense desire to spread scriptural holiness throughout the land, and re-center church practice in the grace of the redeeming Lord. Paul opens his letter to the Galatians 1:1-17 with the same sense of urgency and focus. Some members of the community are chasing false gospels and reasserting that circumcision is the doorway to God's covenant. Not so, cries Paul, who cites his own days of proclaiming the false doctrine, before saying once again that the grace of Jesus Christ alone is sufficient for salvation.

This makes me think differently about all those priorities and all the things we want to do for the church. Yes, they are important for the growth in faith and in action, and certainly the prosperity of the church, but maybe that is not the "number one" priority. We need to remember that Christ alone is our salvation. We need to remember, "In him all things are possible (Matthew 19:26). As we prioritize those things, let us be open to the role of the Holy Spirit in shaping our thoughts, actions, and decisions.

Before I close, I would like to give you an update on Cabbie, Kesa, Mini-Mordan, and Mini-Paws

I mentioned above that Cabbie caught a bird today. I think he is doing well. He has maintained his weight for a month now. Before I left to annual conference in June he was getting thinner and thinner. I have a vet that came to the house while we were in Denver and he supplied the fluids to Cabbie and checked on Kesa as well. The Vet told me to feed him what he wanted to eat instead of the food that was more tolerable for his kidneys, but to water it down a bit. He also gave me a supplement to put in his food that helps his kidneys break

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down the protein. I am so pleased that he is hanging in there. I believe that he is starting to be more active again too...guess he must be since he was able to catch a bird!

Cabbie continues to be our constant companion on our

desk or sleeping on top of us at night. He has gotten really good at rolling over with us as we roll from our backs to our stomachs.

Kesa is doing great too. She now weighs more than Cabbie and is very healthy and sweet. Her bum needed a little bit of attention so the at-home vet helped us out with her. Cabbie and Kesa even sometimes sleep next to each other. Here is a picture of them actually eating together!



Cabbie still likes to chase Kesa, but it doesn't happen as often, and Kesa just romps away, like "Ok, let's see if you can catch me!"

Mini-Paws visited us this morning. He has been neutered, so we are guessing that Mini-Mordan has been also. Mini-Paws had a little notch out of his left ear, which is a sign

that the cat has been fixed. (Of course, I had to look and verify it.) I gave him some treats and he let us pet him for a while. I'm glad that we have wonderful neighbors to help take care of them too!

Well, I guess I will "see you in September". I will miss you all! You will be on my heart and in my prayers. Until then, until September, as we continue to be the body of Christ, relying on God to give us our salvation, and the Holy Spirit guiding us in all that we do.

Amen.

Pastor Carol Loftin

Note: Pastor Carol is taking a break for the month of August. Here is a list of those who will be filling in each Sunday.

SERMON SCHEDULE FOR August

4 th	Sherry Thompson	Liturgist: Michael Miller
11 th	Monica Liberatore	Laura Sagers
18 th	Iris Nixdorf	Barbara Coward
25 th	Rev. Brian Diggs	Laura Sagers

Hospitality Hosts needed for greeting visitors and all worshippers each Sunday. Please let Carol know if you are able to serve in this capacity. Afton Babecki was our host for July. It really was nice to have someone at the door to greet us and to make sure visitors were given a bulletin and welcoming smile. Comments from visitors have been very positive, saying that they can really feel the love in our church! Thanks, Afton.

There is a signup sheet in the fellowship hall; along with the lists for refreshments, children's time (during the sermon) and liturgist.

Your help is welcome and appreciated.

LECTIONARY SCHEDULE

August 4, 2013 [Green]
Eleventh Sunday after Pentecost
 Hosea 11:1-11
 Psalm 107:1-9, 43 (UMH 830)
 Colossians 3:1-11
 Luke 12:13-21

August 11, 2013 [Green]
Twelfth Sunday after Pentecost
 Isaiah 1:1, 10-20
 Psalm 50:1-8, 22-23 (UMH 783)
 Hebrews 11:1-3, 8-16
 Luke 12:32-40

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August 18, 2013 [Green]

Thirteenth Sunday after Pentecost

Isaiah 5:1-7

Psalms 80:1-2, 8-19 (UMH 801)

Hebrews 11:29-12:2

Luke 12:49-56

August 25, 2013 [Green]

Fourteenth Sunday after Pentecost

Jeremiah 1:4-10

Psalms 71:1-6 (UMH 794)

Hebrews 12:18-29

Luke 13:10-17

PRAYERS, JOYS AND CONCERNS

Peace, Joy, Hope

We ask for prayers:

- For Pastor Carol and Sam, Kesa and Cabbie.
- For those who continue to work so hard to make St. Paul UMC viable. Thank You!
- For the pure joy of seeing our members at Bible study, at worship and in fellowship every Sunday.
- For the life of our church and those we are missing on Sundays. You are in our thoughts and prayers.
- For all whose lives are in transition.
- For our family and friends who have yet to feel the love of Christ.
- Healing for those in our world who are affected by disasters whether natural or manmade.
- For Peaceful resolution to war. For the soldiers and their families.
- For our nation.

SUNDAY MORNING BIBLE STUDY

Please join us Sunday mornings at 10:00 a.m. for coffee, fellowship and bible study! The current study is on

1 and 2 Kings and 1 and 2 Chronicles

Books are available through Carol with a \$9.50 donation that will be greatly appreciated. Books are not necessary to come join the group.

Sherry Thompson has been leading the Bible class on 1 & 2 Kings and 1 & 2 Chronicles each Sunday morning at 10 a.m. They are in 2 Chronicles now. Please come listen and share if you are interested.

NEXT BIBLE STUDY STARTING IN SEPTEMBER!

Thirteen week study on ***Philippians, Colossians, 1 and 2 Thessalonians, 1 and 2 Timothy, Titus, and Philemon.***

EVENING SMALL GROUP STUDIES

The **Evening Bible Study** group is taking the summer off. Hope to see you in the fall when we start our new series of studies.

Watch for more information as we get closer to the beginning of September.

The study will focus on:

Reclaiming the Wesleyan Tradition

This accessible 13-week program presents the central themes of John Wesley's theology of salvation in ways that bridge an intellectual study of his sermons with relevant application to participants' lives and faith.

Concerned that even Methodists don't really appreciate the basic tenets of John Wesley's theology, a group of Methodist pastors and professors crafted this well-written introduction to his work. Readers will find this study challenging and rewarding as they explore everything from humankind's creation in the image of God all the way through sin, grace, justification, and the riches of spiritual rebirth and sanctification. While it sounds like a difficult undertaking, this program is so well-conceived that it draws the readers in. An excellent structure provides daily assignments in reading and writing about the sermon. The authors supplement each sermon with clarifying analyses of the theme, and provide a wealth of helpful notes, hymns, and prayers. Best approached in a group, this study will generate hours of theological discussion and open portals for deep spiritual growth.

Reclaiming the Wesleyan Tradition is an excellent resource for small groups who enjoy in-depth exploration of theology, spirituality, and faith heritage.

LIFE SUPPORT SYSTEM – Steve Goodier

Spiritual Medication – Rev. Steve Goodier

Demographic experts tell us that there is a general spiritual awakening among people of various faiths. Some are returning to "organized" religions. Others are seeking spiritual answers along other paths. However it is done, people are realizing the importance of a healthy spiritual dimension to their lives.

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One man tells about a time when his wife suffered from a headache. She took medication and lay down, but nothing seemed to help.

Her six-year-old daughter was concerned about her Mommy's health, so the ailing woman asked her if she would like to pray for her. Little Leia said that she would. Leia put her hand on her mother's head and prayed the only prayer she knew: "Lord, thank you for this food..."

I imagine that the words she uses are not important. In fact, I don't know if any words are really adequate to express our deepest spiritual desires. Moreover, what seems most crucial is not so much how "good" we are at praying, but that we simply pause regularly to nurture the souls. Prayer is a dose of spiritual medication that, taken daily, can enhance all of life.

Leonardo da Vinci spent countless hours ruminating upon things of the spirit as he worked on his famous canvas of the Last Supper. He spent so much time meditating in the cloister that some of the monks in the community became concerned. They remonstrated with the artist about his wasting precious time and money. "Why do you spend so much time with us in prayer when you have come here to work?" they wondered. Leonardo answered, "When I pause the longest, I make the most telling strokes with my brush."

I do not feel I am all that good with prayer, but I am sure I'm not much good without it.

Laughter Is Cheap Medicine

I know a couple who work in the pharmaceutical industry. He is a sales representative and she is a pharmacist. When asked what they do for a living, he is quick to reply, "She makes drugs and I sell 'em."

I believe it was Lord Byron who said, "Always laugh when you can. It is cheap medicine." And researchers are finding that to be true – quite literally.

A woman diagnosed with Rheumatoid Arthritis wrote to me and talked about how painful the disease had become. Debra said that no drugs would touch the devastating pain. "At times I prayed to die because I did not think I could go on this way," she said. But in two and a half years she weaned herself from most of her medication, which had reached a high of 21 pills a day. This is how she did it.

"I began seeing a doctor who gave me the most important prescription that I ever could have received," she said. "He excused himself from the room. I watched him walking back and forth in the hall; he seemed to be in deep thought."

The doctor came back in with this prescription: he told Debra to get some funny movies and to begin laughing (the doc was a Norman Cousins fan, no doubt). If she didn't feel like laughing, then she should smile. If she didn't feel like smiling, she should smile anyway. He said that it would increase endorphins in her brain and help with her pain. In other words,

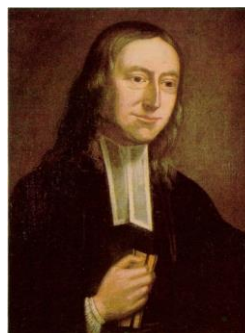
fake it until you make it, like they say.

She did just as he suggested. She laughed when she could. She smiled when she couldn't laugh. She smiled whether she felt like it or not. Her children teased her about her fake smile, but she told them that it was going to get rid of her pain. And here's the amazing thing: it did. Of course, not all of it, but a great deal of her pain eventually dissipated and in time, what was left became manageable – without all of the drugs. Today, Debra laughs easily and is never seen without her smile. She says that she would not even feel normal without it. It's true that laughter really is cheap medicine. It's a prescription anyone can afford. And best of all, you can fill it right now.

-- Steve Goodier

<http://stevegoodier.blogspot.com/>

John Wesley's Covenant Prayer:



I am no longer my own, but thine.

Put me to what thou wilt, rank me with whom thou wilt.

Put me to doing, put me to suffering.

Let me be employed for thee or laid aside for thee,

exalted for thee or brought low

for thee.

Let me be full, let me be empty.

Let me have all things, let me have nothing.

I freely and heartily yield all things to thy pleasure and disposal.

And now, O glorious and blessed God, Father, Son and Holy Spirit, thou art mine, and I am thine.

So be it.

And the covenant which I have made on earth, let it be ratified in heaven. Amen

~John Wesley

Special thanks to **Chris Boutelle** who painted our church! Do you need fresh paint at home? Contact Chris, thank him for doing a job well done, and give back by hiring him to do paint job for you! His phone number is (801) 361-5239.

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MISSION & OUTREACH OPPORTUNITIES

Crossroads Urban Center Food Pantry: 347 S. 400 E.
August Need: CANNED AND POWDERED MILK

Crossroads Thrift Store: 1385 W Indiana Ave (850 S)

The Thrift Store is in need of warm weather clothes and shoes. They are always in need of new, clean underwear. Items that are brought to the church will be delivered to Crossroads.

The Golden Celery Food Collection for Crossroads was a great success. We don't have the numbers yet, but we sure had a lot of food collected in our church on Sunday July 28 when Linda Hilton (*Director of Community Outreach/CORC Project Director*) came to St. Paul to speak about the work of Crossroads Urban Center. We helped load her car with all of our food for Crossroads and hope we were able to bring home the trophy. Even if we don't win the trophy though, it is really great that St. Paul UMC was able to participate in such a great way. A lot of families will benefit from this food drive. Thank you to everyone who helped in some way.

THE BUCKET OF LOVE



Our **Bucket of Love** donations will continue for the 2013 **UMOCR Hurricane Disaster Relief Advance #901670**.

EMERGENCY PREPAREDNESS

Are you prepared?

Sam and Carol have decided to build a better emergency preparedness stash. It is one of those things that you hope you will never be in need of, but if the power goes out, there's an earth quake, or ? You can rest a little easier that you have enough to get buy on for at least a few days. Each month, we will list an item of the month to add to your kit. Will you join us?



August: 72 hour meal packages for your family. (Check out groupon.com. Family Storehouse, currently has an offer for a 72-hour meal kit for two people for only \$39 (this offer also

includes free shipping and a kit regularly priced at \$90 for a family of four.)

September: A safe for storing valuables and extra cash.

October: Tablets to purify water, mylar thermo blankets, candles.

Toothbrush Mission project:

Tooth Brushes Needed

Four Corners Native American Ministries Project.
It's the simplest things that make the biggest impact.
Please bring new toothbrushes in single or multi-packs. They will be sent to the mission project coordinator.

Thank you for your help.

SPECIAL EVENTS – DATES OF NOTE

Birthdays

Michael Miller 8/4
Pastor Carol Loftin 8/5
Nicholas Larsen 8/10
Stephen Jones 8/14
Wayne Nixdorf 8/22
Rosella Rauer 8/25
Maggi Borg 8/25
Myka Devore 8/30
Delylah Gibson 8/29



First Annual Holiday Boutique at Mt. Vista UMC Nov 1st and 2nd (Friday and Saturday)



If you are interested in having a booth, the booth sizes will be 6'x8' for \$65.00 if you have them in by September 15 then the rates go up. There is also a \$10.00 fee for those that want power. Application will go out in the mail to other who have called already to take part.

Please call **Barbara Hurley** at [801-501-9531](tel:801-501-9531) or email her at dbaj497@aol.com if you would like a booth or to help in any way.

All Church BBQ

Following worship
Sunday, August 25th

Please join us each Sunday
10 a.m. Sunday school
11 a.m. Worship
12 p.m. Fellowship and refreshments



If you haven't been to church in a while, we'd love to see you!

Volunteers Needed!

- **GREETERS!** If you would like to help, there is a sign-up sheet in the fellowship hall.
- **Book donations for the church library.** Our library is really growing. Bring books to exchange or add to our shelves. There are lots of interesting titles.
- **Pew inserts – design and publication.** Pew inserts help to inform our visitors about St. Paul UMC, and a bit of Copperton's history.
- **Children's Bible study leaders.** A lesson is provided to give the children a special time to learn more about being a Christian.
- **Copperton Cookbook coordinator.** So many good dishes are brought to our potlucks and dinners that we thought it would be fun to put together a cookbook of all these great recipes.

ST. PAUL UNITED METHODIST CHURCH

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(You may reach Pastor Carol at 801-860-3974, and e-mail at carolloftin@gmail.com.) Also, see our web site: www.gbgu-umc.org/saintpaulumc **Coming Soon! New web site for St. Paul! See stpaulumccopperton.org**