

Weekly News from Johnsville United Methodist Church

6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.
(1 Peter 5: 6)



March 30, 2020

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Dear Brothers and Sisters in Christ,

As I was sitting still in a time of reflection, thinking about those of you who have written sharing personal challenges, ways that you have connected with old friends and loved ones, as well as the uncertainty of how we might be effective as Christians during this time. I opened one of the many devotionals that help keep me focused daily. It is shared with you below.

It touched me, and reminded me of the many ways that the Spirit of the Lord can use us. We are not helpless! We are called to be hope-filled healing instruments of the Lord right where we are—right now. When I pray for you, I often hold a picture of you from the directory in my hand or those you that I do not have a picture, I write your name on a small piece of paper and picture you in my mind as I pray for you. I learned this meditation over 25 years ago. Sometimes as we go about our days doing what we do, we forget how powerful the Spirit of God is that lies within us. It is not us, but it is the power of the Holy Spirit. We can claim that Spirit in Jesus' name and be used to His glory for the benefit of all God's people. I invite you to take a few moments to read this devotional and spend a little time each day sending love and healing to a world in need of Jesus grace and mercy.

Blessings,

Pastor Shari McCourt

This devotional comes from, *Jesus, Friend of My Soul: Reflections for the Lenten Journey*, by Joyce Rupp, pages 76-77.

One Who Conveys Positive Energy

“But Jesus said, “Someone touched me; for I noticed that power had gone out from me.”

Luke 8:46

On the Feast of Our Lady of Guadalupe, I stood among crowds of people closely pressing against one another near the basilica in Mexico City. A button on my jacket got caught on the back of a man's loosely knitted sweater. I frantically tried to stop the unraveling and finally got the thread and button separated. I breathed a sigh of relief that he had not noticed. What a different story with the woman touching the hem of Jesus' robe in her desperate hope to be healed from twelve years of constant menstrual flow. As soon as her hand connected with the cloth, intense healing energy went forth from Jesus.

While we do not have the same amount of energy as Jesus, our beings contain our own dynamism. Much depends on whether we believe that we possess this and if we desire to share it. As we become more aware of these who suffer, we can deliberately gather the movement (energy) of love within us and send this forth to them. Not only theologians but also quantum physicists assure us that we have the ability to reach others in this way. Why not try this meditation? Close your eyes. Be in touch with the Source of love at the center of your soul. Then picture the person who hurts. Intentionally send this love forth to him or her.

Energizing Life,

Thank you for the positive, restorative energy that flows from your indwelling presence, I unite with you in complete confidence, assured of transformative grace within me. May I bring your healing love to those who suffer.

Today: I send forth the Source of love to someone in need.

Announcements

Food Pantry at St. Paul will reopen BY APPOINTMENT ONLY on Wednesday, April 1. The numbers to call for the appointment are 410-635-2470 or 410-625-6504. The appointments will be in 15 minute increments. We cannot have people congregating waiting for food pick up, so it is important that the clients have a set appointment time. If you know any of the clients, please pass along the information regarding this new policy.

Joys and Concerns

Please keep the following people in your prayers: Town of Mt. Airy and those in Pleasant View Nursing Home, First Responders, Patsy Eyler, Faye Reese

"Lord, teach me the art of small steps. I'm not praying for miracles and visions, I'm only asking for strength for my days. Make me clever and resourceful to seize at the right moment the knowledge and experiences that concern me particularly. Teach me how to properly dispose of my time. Give me the sense to distinguish what is essential and what is secondary. I pray for strength, self-control and moderation, so that I do not let myself be carried away by life, but to live my days reasonably. Help me to cope as well as possible with the here and now and to recognize the present time as the most important. Save me from the naive belief that everything in life has to go smoothly. Give me the sober recognition that difficulties and failures are just a natural part of life, through which we grow and mature. Make me a man capable of feeling for those who suffer. Do not give me the things I desire, but the things I need. Teach me the art of small steps."

Prayer attributed to Antoine de Saint-Exupéry

Life's Recipe

1 c. good thoughts

2 c. sacrifices for others

1 c. kind deeds

3 c. forgiveness

1 c. consideration for others

2 c. well-beaten thoughts

Mix these well and add tears of joy, sorrow, and sympathy for others. Flavor with little gifts of love and kindly service. Fold in 4 cups of prayer and faith to lighten other ingredients and raise the texture to great heights of Christian living. After pouring all this into your daily life, bake well with the heat of human kindness. Serve with a smile.

Copied by Sandra Cliburn