

## Weekly News from Johnsville United Methodist Church



### Johnsville UMC June 22, 2020

Dear Brothers and Sisters in Christ,

Summer can be a beautiful time of year for growing; growing things outside, and growing spiritually. This is often a time of year that we reflect back on younger days with their memories, while making new memories. Many of the memories are happy, while other memories contain fears, regrets, and disappointments. This is a good time to do a little housekeeping for our souls to make room for spiritual growth. We have an opportunity to make peace with things from the past. This must be done “beside still waters.”

Psalm 23 is a beautiful everyday prayer that may give us just the confidence we need to help us to remember who we are and whose we are. The “who” and “whose” gives us proper balance to live our new life in Him.

**Psalm 23-A** Psalm of David.

<sup>1</sup> The Lord is my shepherd, I shall not want.

<sup>2</sup> He makes me lie down in green pastures;  
he leads me beside still waters;\*

<sup>3</sup> he restores my soul.\*

He leads me in right paths\*  
for his name's sake.

<sup>4</sup> Even though I walk through the darkest valley,\*  
I fear no evil;  
for you are with me;

your rod and your staff—  
they comfort me.  
<sup>5</sup> You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.  
<sup>6</sup> Surely\* goodness and mercy\* shall follow me  
all the days of my life,  
and I shall dwell in the house of the Lord  
my whole life long.\*

This same Good Shepherd knows us inside and out, and will help us to let go of the things that are in the shadows of our inner darkest valleys. It is my hope that we will retain the lessons we learned, while letting go of the pain. Spending time in prayer and meditation we can release old hurts. God uses our shadow side to teach us. God loves all of us. You are invited to use the self-meditation prayer, written by my friend, Cathy Flinn, to allow the Good Shepherd, our Lord and Savior, to lead you through to freedom, healing, and love of self as God loves you.

In Christian love,

Pastor Shari McCourt

## Introspection

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We need quiet time to acknowledge our emotions, feel our childhood pain and learn what needs to be listened to. If there is a fear of feeling our emotions or acknowledging our childhood pain, depression may ensue. Indicators that we find it painful to be quiet are: (1) an inability to sit in the silence without a TV or radio turned on, (2) the feeling one needs to do something in order to be complete, and (3) addictive behaviors where one's identity is connected to one's work or another person. If we avoid acknowledging what frightens us and don't process our emotions, we'll numb ourselves to avoid the shadows of the self that have grown bigger and scarier since time has passed and not been dealt with. If unattended, our life becomes more painful with time.

To regain our balance and find our center, we must look within our darkness to find the inner light. This is where we touch the deepest part of our soul. In the next weeks, take time to sit in the stillness. In exploring your shadow side, you will come to know, accept, and embrace yourself for who you truly are.

### **Mission Project**

#### **Care Wear Volunteers**

The volunteers knit, crochet and/or sew for hospitals, nursing homes, shelters, social service agencies, pregnancy centers and Fire and Police Departments.

They need the following items:

Yarn for winter hats, scarves, mittens, infant layette items, blankets, chemo hats, and shawls

Cotton flannel, cotton quilting, fleece, drapery, and pre-quilted fabrics (30 inches square or larger)

Vintage table linens for bereavement sets including burial shrouds, gowns and sacques.

All donations should be clean and free of musty odors or the scent of moth balls.

Call Karen Hevner 410 775 7627 to donate. Will meet you at the church for pick-up.

## Prayer Requests

### Healing

Paul Smith

Ruth Ridgely

Continued prayers for Cynthia

Francis Moats

Mike Lehman

Mack Warren

Johnny Bartoszak

Mike Luers

Patty Stouffer

Neighbor of Hazel Graybill

Steven Crews

George Pisacano

A joy is lifted for the birth of Cade Emeric, born June 14 to Tymon and Kara Hevner. He weighed 8 lb. 5 oz. and is 21-1/2 inches long. Kara and baby are doing well.

Please pray for Mark and Kim Maclean-Blevins and family on the passing of their son, Ian.

