

# Living Water *Living Way*

MONTHLY NEWSLETTER OF *CENTRAL MICHIGAN FREE METHODIST CHURCH* | NOVEMBER 2017 – VOLUME 3  
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## Be Thankful: It's Good For You

by Esther Larie (Churchleaders.com)

Gratitude is scientifically proven to reduce stress, depression and anxiety and reduces the risk of heart disease.

Paul Mills is a professor at the University of California San Diego School of Medicine who specializes in disease and heart health. Mills did a study on heart health and gratefulness and found that writing down what you're thankful for had a significant impact on people.

"It turned out the more grateful people were, the healthier they were. They had less depressed mood, slept better and had more energy," said Mills.

NPR added, "And when Mills did blood tests to measure inflammation, the body's natural response to injury, or plaque buildup in the arteries, he found lower levels among those who were grateful — an indication of better heart health."

Another study looked close at indications of heart disease in 40 patients. They were asked to keep a journal and record things they were thankful for.

After two months, Mills retested all 40 patients and found health benefits for the patients who wrote in their journals.

Inflammation levels were reduced, and heart rhythm improved. And when he compared their heart disease risk before and after journal writing, there was a decrease in risk after two months of writing in their journals," shared NPR.

Gratitude reduces stress and allows you to slow down and have a healthier perspective.

"Taking the time to focus on what you are thankful for, letting that sense of gratitude wash over you — this helps us manage and cope," said Mills.

So, keep your heart, mind and soul healthy by being thankful. This holiday season start a gratitude journal. Keep it close by (or keep a list on your phone) and be intentional about thankfulness. It's proven to make a difference.

*"Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving." (Colossians 2:6-7)*

## Ministry Events

- Nov 1<sup>st</sup> – Family Fun Night
- Nov 4<sup>th</sup> – Open Gym
- Nov 10<sup>th</sup>-11<sup>th</sup> – The Art of

Marriage

- Nov 12<sup>th</sup> – Board Meeting
- Nov 18<sup>th</sup> - Men's Breakfast
- Nov 19<sup>th</sup> – Piano w/ Alex

Zsolt

- Nov 19<sup>th</sup>-26<sup>th</sup> – Hosting ICRH (Homeless Shelter)

**SUNDAY EVE LIFE GROUP**  
(351 Cedar Dr., Mt. Pleasant)  
**Sundays, Nov 5<sup>th</sup> and 19<sup>th</sup>**

**No Wednesday Night Activities**  
**Nov 22<sup>nd</sup>**

**THURSDAY EVE LIFE GROUP**  
Biggby Coffee – Blue Grass Rd  
**Thursdays, Nov 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup>**

# Is Worship A One-Sided Conversation

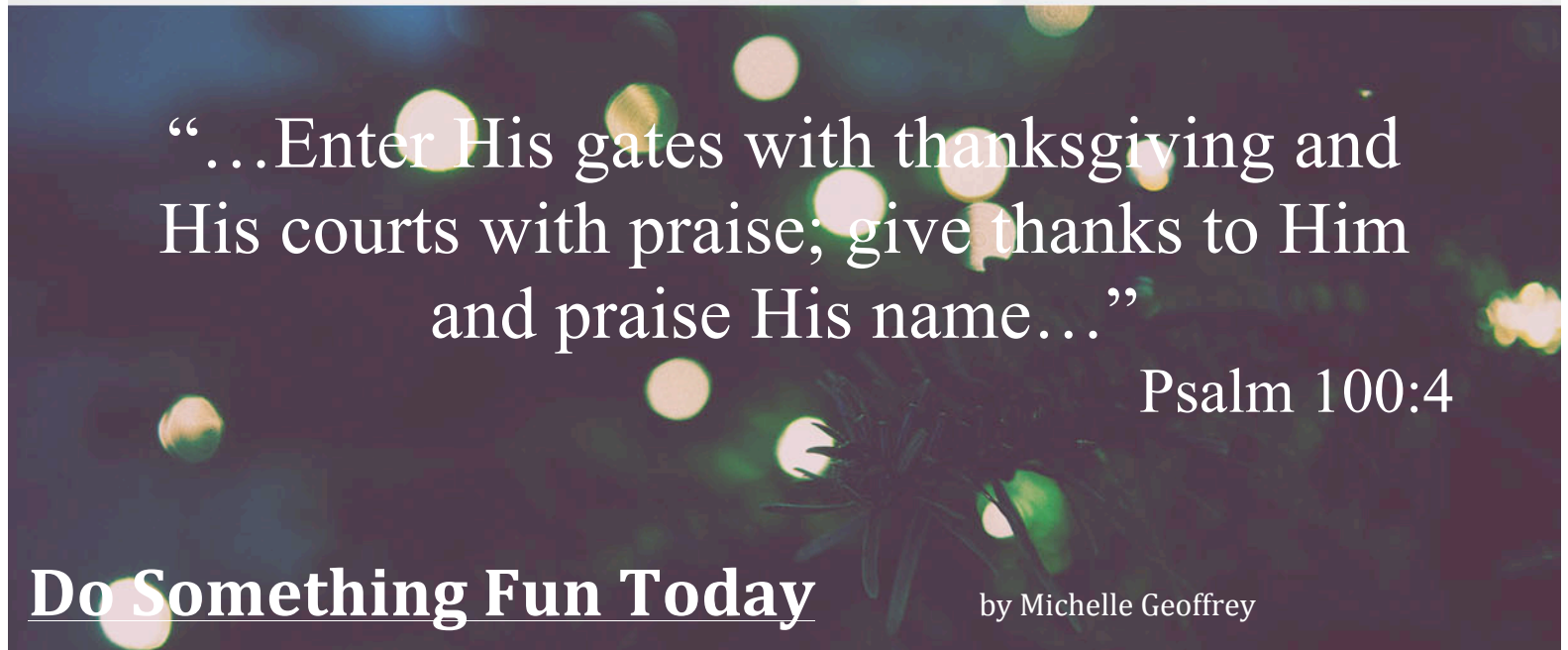
by David Manner

How can we expect meaningful worship responses on Sunday if we aren't listening for God's revelations the rest of the week? In other words, a singular focus on worship is a one-sided conversation without discipleship.

Mono-logical worship tends to monopolize the conversation, potentially causing us to miss the voice of God. Discipleship is intentionally becoming more like Jesus through a daily life of faith and obedience. So if we get too absorbed in our singing to God we can miss the discipleship of hearing from Him. And we can't hear from Him if we aren't regularly spending time with Him.

A dialogical discipleship and worship conversation, on the other hand, consists of a healthy balance of revelation and response. It is a meaningful interactive exchange built on our familiarity with God. We often rely on worship words to manage the conversation. But silence that causes us to listen "is one of the deepest spiritual disciplines because it frees us from that need to control." (Richard Foster, Freedom of Simplicity)

That silence allows us then to hear those healing and comforting words such as "I am with you; well done; and you are forgiven." Discipleship encourages us to say, "Speak, Lord, for your servant is listening" (1 Sam 3:8). So since God began the conversation and graciously invited us to join Him in it, our worship is incomplete until we stop trying to dominate that conversation with responsive noise only.



“...Enter His gates with thanksgiving and  
His courts with praise; give thanks to Him  
and praise His name...”

Psalm 100:4

## Do Something Fun Today

by Michelle Geoffrey

Yesterday, I stopped at a red light and there was a man at the corner with a cardboard sign that said, "Anything helps." I handed the gentleman crackers that I keep in my car for such occasions, and he said with a big smile, "Thank you! Do something fun today!" This caught me off guard, so I said, "I'll try!" As I drove away, I thought to myself, "What do I have planned for fun today?" This thought led to a trail of other thoughts that ended with, "Am I really enjoying my life?"

At the beginning of each year, I start fresh and create goals and hopes for what the new year will bring. This always includes having one "Sabbath" day of each week. I heard once that a "Sabbath" can be any 24-hour period that is set apart for rest. In theory this is an easy concept to practice; in reality I struggle to regularly live this out each week. So I have to make a plan, and I follow it as much as possible, although I am constantly having to go back to square one.

The first step is to mark off the day or time. Our calendars fill up quickly. If we don't make a plan then we will quickly be overcome by having too much to do. Put time in your schedule each week for refreshment. When people ask you to do something during this time, guard it carefully. If you already have it marked off say, "I am not available during that time." If you have an assistant, then ask him or her to help you guard that time as well.

The next step is to find something to do that you enjoy. Pick a hobby or go back to an old one. You may read or write; you may enjoy walking or hiking; or you may garden or knit. Find something that makes you smile when you think about it. Plan to do this once a week or for a few minutes each day.

Lastly, look at your life and see who you enjoy spending time with regularly. This looks differently for everyone! Since I have no children to call my own, I have two cute members of my family, Kayley and Kara, (8-year-old twins) that I enjoy spend time with when I am feeling overwhelmed or tired. Children have a way of making you laugh by bringing out the natural wonder of life, if you let them. However this is probably not the way that a children's pastor would feel refreshed, so find something that suits you. Go on a date with your spouse, meet up with a friend for a planned activity, or just be alone and enjoy the quietness.

This week make plans to enjoy your life! Do something fun! Ride a roller coaster, plan a vacation, sleep without setting an alarm clock... Or dare I say it...turn off your phone. Whatever you need to do, take time for refreshing your soul and breathe deeply in this life that God has given you!





# On the Journey

## with Pastor Gordy

*I read an article this week called 5 Necessities of Soul Care. In it, the author defines five characteristics that should be present in our lives in order to take care of our soul and remain healthy spiritually. How do we care for our soul – is it really that important?*

As I was reading, a paragraph stuck out to me:

*“Soul care involves those deeper, God-designed aspects of ourselves that contribute to our overall well-being: our life with God, relationship with others, our emotional life, and physical well-being. Because we are culturally conditioned to speed and efficiency, we might not pay attention to our soul care until there is a problem. But healthy soul care requires continual attention in small ways over time. Some things are important, but don’t feel urgent – that’s where we get in trouble. We never feel compelled to pay attention until there is a problem...” Dave Hagle, 5 Necessities of Soul Care*

Why is it that we “never feel compelled to pay attention” to our soul, or other means in life for that matter, until there is a problem?

A couple of weeks ago, our oil light in our truck came on and on our dashboard a message flashed. – “Oil Life at less than 10%”. What I took as a general suggestion was instead a bigger problem – one that later we found was due to a part we had never heard of – yet caused so much issue in our truck. After tending to, and replacing the part, our truck runs great.

Our soul is also like that – it needs some caring and attention. Here are a few ways in which to care for your soul:

**1 – Solitude:** *This is a condition of the heart, not just “being alone.” Carve out some time to listen to God’s voice... How?*

-Find a place where you will not be disturbed without an

AGENDA... use those small moments in the day (coffee, daily commute, step outside?)

**2 – Friendship:** *This is the opposite of solitude – yet it keeps us balanced, helping us avoid the extremes that solitude can bring..How?*

- Meet someone for coffee... Do something together with someone (walk, eat, attend a concert)...and learn to ask questions

**3 – Scripture:** *It is necessary to not just study the Bible for information, but for transformation... How?*

- Slow down your reading... Read with your heart, not just your head... Place yourself in the text with your imagination... Reflect on the key words, phrases, or ideas.

**4 – Prayer:** *This is where we learn to cultivate an intimate friendship with God... How?*

- Listen for God’s voice, don’t just speak... Journal... Write prayers to God

**5 – Self-care:** *This is the stewardship of the body and mind that God gave us. It relates to our emotional, mental, and physical lives.*

- What are the activities that bring you to life...What hobbies do you have (or dream to have)... What do you find entertaining... If we don’t care for our own mental, emotional, and physical lives, we jeopardize being able to help others. Take time to spend to care for you.

*“God provides all we need, but invites us to be part of the process to care for ourselves. It is your responsibility to tend to the conditions of your soul. God always does the transformation. Your role is merely to position yourself to receive God’s grace.” Dave Hagle 5 Necessities of Soul Care*

# Announcements

- **Family Fun Night**  
*Wednesday, Nov. 1<sup>st</sup> beginning at 6:00pm*  
Bring your favorite board game and come play as we come together for some fun and share some food. Please bring a dish to pass and be prepared to have some fun!
- **Open Gym Night**  
*Saturday, Nov 4<sup>th</sup> beginning at 7:00pm*  
Come out to the Family Life Center and play some street hockey – have some fun, get to know some new people, and get to know some people you already think you know. This open gym is for adults only (18+)(don't worry, we'll have some that are for the whole family too) – as we'll be playing Street Hockey. There will be equipment (sticks) available for use!
- **Art of Marriage**  
*Friday, Nov. 10<sup>th</sup> – Saturday, Nov 11<sup>th</sup>*  
*COST: \$60/Couple – Includes materials for the weekend*  
**REGISTRATION DUE: Sunday, November 5<sup>th</sup>**  
The Art of Marriage weaves together expert teaching, real-life stories, humorous vignettes, and more to portray both the challenges and the beauty of God's design." Registration is open now, please call the church office or look on our website!
- **Men's Breakfast**  
*Saturday, Nov 18<sup>th</sup> at 7:30am @ Big Boy (Mission Rd.)*  
Men, you are invited to come out to breakfast at Big Boy for fellowship, male bonding, and Bible Study as we dive in to God's call for us to be Godly men. We will be going through the **Courageous** book study – all who attend will receive **The Resolution for Men** book.
- **Alex Zsolt – Special Guest/Special Worship Service**  
*Sunday, Nov. 19<sup>th</sup> at 10:45am*  
"Alex-Zsolt has a sincere passion to present the gospel through inspirational music...With his God-given talent at the piano, Alex presents music that ministers to people of all ages." Come join us as we celebrate in worshipping God together through music and take a love offering for Alex.
- **ICRH Homeless Shelter**  
*Sunday, Nov. 19<sup>th</sup> – Sunday, Nov 26<sup>th</sup>*  
Make sure to sign up to serve this week – whether to cook and serve food, or to spend the night and fellowship with guests – come serve our community in love. Please contact the church office or sign up in the church foyer.
- **Christmas Outreach**  
*Friday, Dec 8<sup>th</sup> – Saturday, Dec 9<sup>th</sup>*  
*Friday (9am-4:30pm), Saturday (9am-2:30pm)*  
*Finch Fieldhouse at Central Michigan University Campus*  
Come serve our community as we hand out clothing and other items to those in need this Christmas season!
- **KMotion Christmas Program**  
*Sunday, Dec 10<sup>th</sup> at 10:45am*  
Come join us on this Sunday as KMotion (Children's Ministry) performs their Christmas Program during the morning Worship Service.
- **Society Meeting**  
*Sunday, Dec 17<sup>th</sup> at 11:45am*  
Immediately after service – we will be having an All-church society meeting.

## Upcoming Events

### Sunday, December 24<sup>th</sup>

Make sure to invite friends and family to our Christmas Eve morning service at 10:45am. This will be something for everyone – from children to adults.

Then come back in the evening for our Traditional Christmas Eve Candlelight Service which begins at 6pm. Make sure to pick up your invite cards at the Welcome Center beginning in December.

### January 2018

We are looking to hold a membership class beginning mid-January for those that are interested. Please see Pastor Gordy for more details!

