

## Let Your Heart Take Courage: Sermon Series

INSIDE THIS  
ISSUE:

The psalmist concludes Psalm 27, entitled a psalm of “triumphant song of confidence,” with these words:

*“I believe that I shall see the goodness of the LORD  
in the land of the living.*

*Wait for the LORD; be strong, and let your heart  
take courage; wait for the LORD!”*

LAY LEADER

OUTREACH

NURTURE

FINANCE

AND MUCH  
MORE!

So often in the entire Book of Psalms we hear of the circumstances and calamities that befall God’s people, Israel. The author of Psalm 27, most likely King David, rises above the problems that the Israelites encounter to witness to God’s loving presence and strength. There is no reason for the people of God to be afraid for the Lord, their God, is with them. Their hearts can take courage.

King David was not the only Biblical character who exhibited great courage in the face of challenges. The Scriptures are filled with women and men who rose to the occasion, we might say, and relied on their God and God’s grace to see them through.

In our sermon series this summer we are looking at four such individuals. So far in our series, we’ve considered an unlikely hero, the disciple Thomas – yes, the one known throughout history as “Doubting Thomas.” He did show himself to be courageous – even in the midst of his questions to the disciples and Jesus.

On August 1<sup>st</sup> we considered the life and faith of the unnamed woman in Luke 7. Out of her great love for Jesus, she courageously anointed his feet with an expensive ointment. Her care and compassion cause Jesus to share a parable about her circumstances and to bless her for her faithfulness. (*Sermons are available from these two weeks if you would like to read them.*)

The third week of our series, August 8, will focus on Simon Peter, the leader of Jesus’ group of disciples. Even with all of his foibles, Peter is the disciple who declared Jesus their Messiah and courageously followed Jesus’ commission to witness to God’s love and grace. Peter’s courage helped establish the church of which we are a part today.



*Let Your Heart  
Take Courage*

Continued on page 8

## FINANCE NEWS

The finance committee is happy to report that the second PPP loan that we had applied for has been forgiven and became a grant. We are extremely grateful for this news. We give thanks to Greg Shaw, for his dedication and timely manner in which paperwork for requesting the loan as well as the forgiveness request paperwork was completed.

As you may recall, a few years ago a power point presentation was prepared as part of our stewardship campaign focusing on the many missions that we are part of. While some missions have had to be “put on hold” due to the pandemic, we have still been able to be the church. The second Sunday of each month has been designated “Mission Sunday” and a finance committee member will speak briefly on a particular mission that is near and dear to them.

A yard sale will be held on August 7<sup>th</sup> from 9-1. We’ve gotten many donations and hope this gives folks a chance get together, look for treasures and just enjoy the day.

*“The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.”*

*Zephaniah 3:17*

## JUST SENIORS

Our first “Just Seniors” gathering was held on July 21<sup>st</sup>. 15 folks enjoyed ice cream, cookies and just socializing. Ideas suggested for future dates included a speaker from the Historical Society or anyone that would speak of Lisbon’s history, a fire fighter, Lisbon Police Departments Canine officer and police dog, someone to help folks with technology issues such as smart phone, tablets, etc. As always we’ll have puzzle books, jig saw puzzles, cards, magazines available for those interested. If anyone has any board games that are just sitting in a closet, we would love to have them to make available at these gatherings. We’ll try our hand at some simple crafts, especially around the holidays.

Dates of future gatherings are:

Aug 4<sup>th</sup> and 18<sup>th</sup>

Sept. 8<sup>th</sup> and 22<sup>nd</sup>

Oct. 13<sup>th</sup> and 27<sup>th</sup>

Dec. 8<sup>th</sup> and 22<sup>nd</sup>

We’d love to have you join us. Should you have any questions, please ask Trudy or give her a call at 353-8579.

## EVENING CIRCLE

Again this year, the Evening Circle will be collecting back to school items. We are asking for help with this project from our congregation. If you would like to purchase items, we will be collecting them in the church narthex during the month of August. After collecting, we will give them to LACO for distribution, as we have done in the past. Thank you in advance for your help with this mission.

Our next Evening Circle meeting will be held September 12, due to the Labor Day weekend being the first weekend in September.

Carolyn Jones  
President

## THANK YOU FROM PEARL ROBERTS

This afternoon I took birthday cards, the balloon and flowers to Pearl Roberts as she continued to celebrate her 100<sup>th</sup> birthday. On Saturday her friends and family surprised her with a party to celebrate her 100 years. She was a bit overwhelmed with all the fanfare, but it's not every day one turns 100!!! She thanks everyone for the cards and well wishes. She says she is blessed to have such loving friends.

Trudy Duval

## OUTDOOR HYMN SING

Last summer our community of faith enjoyed a couple services of worship outdoors. And this summer our first proposed hymn sing date was rained out! So, we're going to try it again on Sunday, August 15. Weather permitting, we'll begin at 4:00 pm; please bring your chairs so that we can be on the lawn between our church building and the MTM where there will be plenty of shade. We'll share some Scripture and be in prayer with one another but, most of all, we'll sing, sing, sing!

## NUTURE COMMITTEE

Nuture has decided it's time to start up the coffee social after service. We will start Aug. 1st. Instead of doing it by committees we will pass around a sign-up sheet just asking for fruit & some other item like donuts, coffee cake or cookies. Just want to keep it simple. If no one signs up for a certain Sun. we'll just have coffee & juice & fellowship. Also we will sponsor a blood drive on October 15th. There will be more details on this in the September newsletter. Let us know if anyone would like a prayer shawl.

Thank you,

Margaret Logan, Chair



## LAY LEADER REPORT

What a beautiful summer this is turning out to be! I hope that you have had a chance to enjoy it. There is so much out there to see, hear, and touch. Just sitting outside is a joyful experience. I have been continuing to work on issues of racism by attending zoom calls from the Rolling Ridge Center and the United Methodist Women Faith Talks.

During the Rolling Ridge calls I learned about contemplative listening. I think it is something we all can practice in our lives. Maybe you have heard the admonition, think before you speak. Contemplative listening is a directed version of that. It is a way of honoring our differences in a safe way. Here are the four steps:

Be present: fully engage with what is being said.

Pause: take a moment before you react.

Pray: talk with God about how you are feeling.

Personally respond: use “I” statements when you give your response.

If we all slow down our reactions to what is being said or what is happening, I think there would be less strife among us.

In June, I attended a call on Juneteenth. It included some facts about slavery, which I am sure you are familiar with. If you are a numbers person, think of this: slavery went on for 400 years and affected 12.4 million people. Two million people died on their way to Brazil, the Caribbean, and America. All this was done to boost the economy and provide free labor. In 1864 Abraham Lincoln issued the emancipation proclamation, freeing the slaves. However, not all the slaves were freed at that time. In Texas, the proclamation was not enforced until June 19, 1865. Some think that it was not communicated to the people in Texas until then. Others say that the Texan slave owners knew about it, but had some work that needed completion, and therefore did not enforce it until later. Galveston was a port from which cotton was shipped and the planters wanted to put in another crop. Finally, the union general Gordon Granger gave a general order to free the slaves. Slaves began to leave the area on what is known as the “trail of emancipation”. In Galveston, Texas Juneteenth is celebrated with prayer, music, and dance. They have lots of food and a parade.

On the zoom call we talked about what we can do about racism. Here are some of the suggestions:

Enhance education so that true history is learned.

Humanize all of God’s people.

Allow people to lament and grieve .

Call out racism when we see it.

Find commonality among people.

Make our world a safe place.

## LAY LEADER REPORT, CONT.

The next Zoom call I attended was “The Murder of Vincent Chin”. I have to say that I had no idea of the extent of racism toward Asian people until I began studying it this summer. This has been eye opening for me.

The murder of Vincent Chin took place in Detroit June 23, 1982. He was at a club celebrating his upcoming marriage. There was an argument with some white people, and Vincent ran away, going into a McDonald’s down the street. The white men found him and hit him in the head with a baseball bat. He died after four days in a coma. The two white men, Ronald Ebens and Michael Nitz, were angry. They thought Asians were taking US jobs. In Detroit people who worked for Chrysler felt threatened by the production of Japanese cars. Ironically, Vincent Chin was Chinese. Ebens and Nitz were charged with second degree murder which was pled down to manslaughter. They served 3 years probation and a \$3,000.00 fine. The judge on the case said, “the punishment should fit the criminal, not the crime.” In other words, these were good guys, union workers, who should not have to serve jail time. Ebens and Nitz were later acquitted on appeal and didn’t have to serve probation or pay a fine. Jesse Jackson and the American Citizens for Justice protested and Asians came together to speak out. Finally, this action led to the Hate Crimes Prevention Act instituted by Obama, years later.

Lawrence Jay, our leader, shared his story as an Asian American. He grew up in San Francisco and attended UCLA, majoring in Asian-American studies. He is Chinese American and talked about living between two worlds, his Chinese Heritage, and his work in campus ministry. He said he was taught to respond to epithets with silence. The Chinese culture led him to feel shame, embarrassment, and fear. He was taught to swallow his emotions and not lose face. Because of this reaction, many Chinese Americans have not spoken out against racism. Larry feels that this silence has led to violence. One of the participants in the group had received bystander training. That is when you recognize someone’s fear in a public situation and extend grace and love to them. What are our solutions? To show empathy and kindness toward all people.

The Faith Talk I attended was on the UMW study, “School Pushout”. This study looks at the path from school to prison, especially for girls. Students are expelled from the classroom, or even arrested at school. The girls are criminalized for minor offenses, like not obeying the dress code, and end up in the prison system. Security officers also known as Resource officers are using this treatment as the norm. There are penalties for students who cannot afford the school uniform, for braided hair, and for “back talk” or speaking out on their own behalf. Some are handcuffed at school. Students with learning disabilities end up with the officer instead of getting the help they need. For me, this is appalling. What can we do?

## LAY MEMBER TO NEW ENGLAND ANNUAL CONFERENCE REPORT, CONT.

- Start with our own biases.
- Engage with people seen as “other”.
- Be non judgemental.
- Lament, cry out, become active.
- Remember that we are the hands and feet of Jesus.
- Remember that you may be the only Jesus people see.
- Vote! Support legislation that provides a living wage.

This has been a lot to process, so I will save the last zoom call for another time. For you fans of the musical Hamilton, keep your eyes out for a discussion of the latest controversy.

As John Wesley would say, we are all moving on to perfection. We are all flawed and are living in a flawed world. Let us continue to pray for each other and for the world as we work to become more loving and accepting of our neighbors.

God’s Peace be with you all,

Sue White

Cell 207-577-8921

## TWO OPPORTUNITIES TO MEET WITH OUR BISHOP

Our New England Conference bishop, Sudarshana Devadhar, will be with us in the Many Waters District twice in the coming weeks.

First, he will be making an informal stop at the waterfront park in Gardiner on Wednesday, August 18 from 4:00 to 7:00 pm. An ice cream truck will be on site for a frozen treat. Come and join with others in our district to visit and relax.

Then on Thursday, September 9, Bishop Devadhar will be close by at the Auburn UMC at 7:00 pm for his annual Bishop’s Day on the District. This is a time for Bible study, the Bishop’s reflections, and conversation with him among the clergy and laity.

If you have thoughts, suggestions, and/or concerns to share with our Bishop or just want to say “Hello,” please mark these dates on your calendar.

### *LUMC Mission Statement:*

*“The Lisbon United Methodist Church welcomes, nurtures, and serves all people with the love of Christ.”*

## OUTREACH NEWS

The Outreach Committee would like to thank everyone for their help and generosity in our project to collect items for New Beginnings. Below is a list of what we collected. Also, thank you to Pastor Elizabeth for delivering these items.

4 packages batteries	4 liquid hand soaps	10 packages of drink mix
2 flashlights	4 tubes of toothpaste	2 sleeping bags
4 large bug sprays	3 tooth brushes	\$50 donation
1 rain poncho	4 bottles of hand sanitizer	
8 deodorants	1 bottle of shower gel	

Outreach did not meet in July due to the holiday. Our next meeting will be August 15th at 1:15 p.m.

Connie Earle, Chairperson

## SUMMER REMINDERS

- Upon vote of the church council, we are printing only the bulletin inserts for worship since the entire service is displayed on the screen. However, if it would be easier for you to worship with a regular bulletin, one can be made available for you each week. Please just speak with the pastor about this.
- As discussed with and approved by the Staff/Parish Relations Committee, the pastor's office hours for July and August will be by appointment; she will be doing the work at home instead where it is cooler than the very warm office. Please do not hesitate to contact Pastor Elizabeth if you would like to or need to chat and would prefer to be in person.

*(From Pastor E: As a rule, I go into the office to print the "at home" worship materials for mailing as well as to prepare the bulletin inserts on Wednesday; office visits/outdoor visits can be arranged for that day.)*



## NEIGHBORS HELPING NEIGHBORS ANNUAL LUMC 5K WALK/RUN

It's hard to believe that LUMC's fifth Neighbors Helping Neighbors 5K run/walk is just around the corner. After a year off because of the Covid pandemic, the members of the planning team are working hard on all of the details which will make for a successful event on Saturday, September 11.

This is an event in which 100 percent of the proceeds are used out in our community. Our previous 5K runs/walks have raised nearly \$7,500! This year the proceeds from the run/walk will be given exclusively to the Tedford Housing *Warm Thy Neighbor* program which helps Lisbon/Lisbon Falls families with heating assistance.

Registration forms are available around the church so please share them with your family and friends. Online registration is now available through our website: [www.lisbonumchurch.org](http://www.lisbonumchurch.org).

Volunteers – especially to be at crucial intersections along the route - are needed for the day of the event; please speak with Monica McCusker or the pastor if you would like to help. Your prayers for good weather and a great event are appreciated.

## FROM YOUR PASTOR, CONT.

Finally, we will share the story of the woman at the well, the woman whose sinful history Jesus knew and yet, he loved and forgave her nonetheless. She was so touched by Jesus' compassion for her that she courageously ran into the village to spread the good news of her newly-found Lord and Savior.

We are called each and every day to make courageous decisions as we faithfully follow our Savior, Jesus Christ. As we gather for worship and hear their stories, perhaps one or more of these individuals will teach us something about our own lives and faith and call us to be courageous disciples of Christ.

God's blessings,

*Pastor Elizabeth*

## BIRTHDAY WISHES



Happy Birthday to the following church members

celebrating a birthday in August!!

- |     |               |     |               |
|-----|---------------|-----|---------------|
| 3-  | Chris Crosman | 12- | Jen Duley     |
| 10- | Clyde Vasel   |     | Liz Sawyer    |
|     | Donald Wile   | 13- | Dean H. Logan |
| 11- | Ginny Barden  | 15- | Norm Palmer   |
|     |               | 25- | Tristan Wile  |

# August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1-Worship in person & virtually w/ Holy Communion, <i>Let Your Heart Take Courage</i> sermon series Evening Circle after worship	2-Widows' fellowship, 11:30 a.m. Outreach Committee, 1:15 p.m.	3-SPRC, 6:30 p.m.	4-Just Seniors, 1:00 p.m.	5-5K team, 6:30 p.m.	6	7-Yard Sale, 9:00 a.m.-1:00 p.m.
8-Worship in person & virtually, 9:30. <i>Let your Heart Take Courage</i> sermon series w/ coffee fellowship	9	10	11	12	13	14
15-Worship in person & virtually, 9:30. <i>Let your Heart Take Courage</i> sermon series w/ coffee fellowship	16	17	18-Just Seniors, 1:00 p.m.	19	20	21
22-Worship in person & virtually, 9:30. <i>Let your Heart Take Courage</i> sermon series w/ coffee fellowship	23	24	25-	26	27	28-Drive through supper, 4:30 p.m.
29-Worship in person & virtually, 9:30. <i>Let your Heart Take Courage</i> sermon series w/ coffee fellowship Nurture Committee, following coffee	30	31				

**NOTE:** All meetings are held in the Hunnewell Room, unless otherwise noted

**Office Hours:** Monday 9:00 a.m.-12:00 noon, Thursday 1:00 p.m.-3:00 p.m., Friday is the Pastor's Sabbath Day

**Other times available by appointment**

LISBON UNITED  
METHODIST CHURCH

14 School Street

Lisbon Falls, Maine 04252

(207)353-4982

### Sunday Worship Service

Sunday Worship

(In Person and Live Stream on Facebook)

9:30 a.m.

*Experienced people are ready to provide nursery  
care for infants.*

*Please speak with a greeter.*

*Office Hours: Monday 9:00 a.m. to 12:00 p.m.*

*Thursday 1:00 p.m. to 3:00 p.m.*

*Other times available by appointment*

*Friday is the Pastor's Sabbath day*

### Important Contacts:

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