

FROM YOUR PASTOR:

From *The Green Bible Devotional: God of the Air*

Once again this month I share Scripture and thoughts from *The Green Bible Devotional* as we continue to celebrate God's gifts of creation. Here are words from the Book of Psalms:

*Bless the Lord, O my soul. O Lord my God, you are very great. You are clothed with honor and majesty, wrapped in light as with a garment. You stretch out the heavens like a tent, you set the beams of your chambers on the waters, you make the clouds your chariot, you ride on the wings of the wind, you make the winds your messengers, fire and flame your ministers.*  
- Psalm 104.1-4

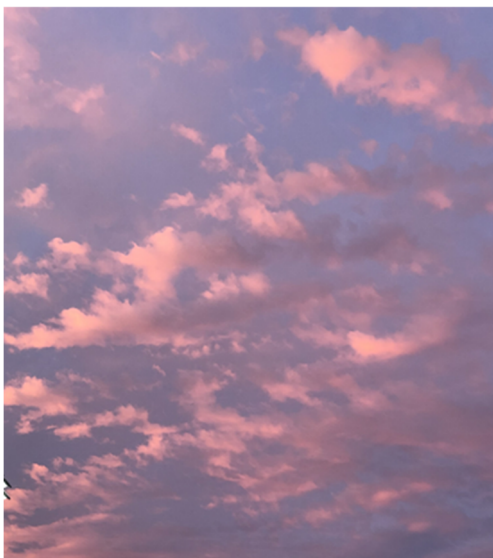
INSIDE THIS  
ISSUE:

CHRISTMAS  
FAIR

NHN 5K  
WALK/RUN

BLOOD  
DRIVE

AND MUCH  
MORE!



The psalmist's beautifully poetic picture of God wrapped in light, riding on a cloud can almost distract us from the earthiness of the language the psalmist employs. Here, God's majesty is connected to the most basic elements—wind, water, fire, light. There is no need for a mansion when there is the wide sea and the expanse of the heavens. There is no gilded chariot for the Almighty, but a cloud carried on the wind. God's creation expresses the glory and goodness of God. When we are seeking God, when we long for God, God's creating turns our eyes toward the One who made it all.

Let us pray.....Mighty God, open our eyes to the majesty of your creation. When we wonder where you are, draw us to you. Turn us from our need for proof and replace it with a vision of your presence in the world around us. Amen.

May you continue to enjoy the beauty of God's creation all around us as September brings us crisp nights and warm days and the leaves begin to show their bright autumn colors.

God's blessings,

*Pastor Elizabeth*

## EVENING CIRCLE

As we have done in the past, Evening Circle is sponsoring another Back to School Supplies drive to help our local school children. We will be collecting at the church until September 11th, they will then be taken to LACO for distribution. Anyone reading this, who is unable to get the donation to the church, just give me a call, and I would be glad to pick them up. 207-353-8691

In other news, our Eat in or Take Out Suppers are going well, and as always, we continue to thank all who help us out by cooking, volunteering your time, or supporting our suppers by attending.

And lastly, until further notice, we will not be accepting anymore plastic containers. We have run out of storage space. I'll be sure to let you know, when our supplies are depleted.

Carolyn Jones  
353-8691

*"You are never too old to set another goal or to dream a new dream."*

*~C.S. Lewis*

## CHRISTMAS FAIR AND SILENT AUCTION

Even though its 83 degrees today with very high humidity it won't be long before we are bringing out the flannel and fleece, turning up the thermostats and getting ourselves ready for the holidays. As we did with the Moxie Festival big changes were made to accommodate the decline in volunteers and high lobster prices. With November fast approaching it's time to start thinking and planning for our annual Christmas Fair and Silent Auction and thinking about what changes we'll have to make to this annual event. You are encouraged to attend the first planning meeting which will take place on Tuesday, Sept. 13<sup>th</sup> at 6:30. If you can't attend or have any suggestions please let me know. Hope to see lots of folks at this meeting.

Trudy Duval, Chairperson

## EMAIL, ANYONE??

If you are receiving our monthly newsletter via the US Postal Service but have an email address, we'd love to send you our newsletter electronically.

As costs for postage and paper increase, receiving the newsletter this way would be a savings for the church. Our bigger editions are costing nearly seventy-five cents each to mail.

If you wish to switch to email, please share your email address with us in one of these ways:

- By sending Pastor Elizabeth an email: [pastor@lisbonumchurch.org](mailto:pastor@lisbonumchurch.org)
- By leaving a voicemail at the church: 353-4982

Thank you for your consideration as we work to be good stewards of our resources!

## BLOOD DRIVE



LUMC Blood Drive

Thursday, October 13<sup>th</sup>

1:00pm - 5:30pm

Lisbon United Methodist Church

14 School Street

Lisbon Falls, ME 04252

Register online: [redcrossblood.org](https://redcrossblood.org)

Sponsor Code: **Lisbon UMC**

or call: **1-800-RED-CROS**

**Please reach out to Gwen Rioux (353-6814) if you'd like to register for this upcoming blood drive.**

### ***LUMC Mission Statement:***

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

## LAY LEADER REPORT

Greetings from you Lay Leader!

It's been a beautiful summer. I hope you all have had a chance to enjoy it. I look forward to fall (my favorite season) and the beauty it will bring.

First, I want to share a wonderful sports story. If you follow baseball, you may have heard it, but I still feel God's work among us at work and at play.

You may know that the Little League World Series has been taking place. If you watched any of it, you may have noticed full stadiums of great kids. They are so well behaved. This certainly is an experience that they will never forget. During one game, the young pitcher hit a batter by accident. The young man was mortified and shed a few tears. When the batter was checked over and was determined ok, he went to first base. As he stood there he looked at the pitcher and noticed how upset he was. The batter walked to the pitcher's mound to reassure the pitcher and gave him a hug. Later, when a major league game was played in Williamsburg with the little leaguers in attendance, the two players were interviewed as they sat together watching the game. Both were humble and didn't really understand the impact of their behavior.

If you are wondering what is happening to the younger generation, this is a good illustration.

Secondly, I have a book report for you. The book is Soul Reset; breakdown, breakthrough, and the journey to wholeness by Junius B. Dotsun. This is published by Upper Room Books in Nashville, 2019.

This is a fairly short book (125 pages) with lots of practical advice about being a disciple of Christ. I recommend that you read just a little at a time to allow Rev. Dotson's words to resonate with you.

If you find yourself burned out, just doing instead of being a person of God, this is the book for you. If you are suffering from anxiety and despair, Dr. Dotsun has words of wisdom for you.

Dr. Dotsun encourages us to be a church that allows its members and leadership to be vulnerable without judgment. Church needs to be a safe space for everyone.

We can find wholeness through practicing means of grace. Some of those practices are prayer, silence, solitude, confession, journaling, physical exercise, small groups, worship, and practicing the presence of God. We need to choose to spend time with God every day in order to find healing. We can then find joy at our core.

Dr. Dotsun writes about mental illness and the church from his personal perspective. We need to understand that people need help and support with issues like depression. This means more than just "thoughts and prayers". The Psalms, especially Psalm 42 describe David's struggle with what Dr. Dotsun calls "spiritual dehydration". Personally, I find the Psalms a good way to find expression for my longings.

By making God a part of our everyday life, we come to worship as a lifestyle, not just a weekly time to go through the motions of the liturgy.

Dr. Dotsun directs us to empower our church and its members to share in worship and leadership positions. It is not just the committee chairs, pastor, and lay leader who should do all the work. We're all guilty of the "it's just easier if I do it myself" mentality. We can work together, staying close to Jesus and his teachings.

Here's a story you might like that illustrates the busyness that we might experience:

## LAY LEADER REPORT, CONT.

This is the story of a retired greyhound dog. The greyhound was sitting, relaxing, chilling under a tree, sipping on some lemonade. The pastor asked the dog, “Why are you just Relaxing over there? Shouldn’t you be running over at the greyhound track?” And the the greyhound began to testify. He said, “I’ve been running for the last three years. I was first out of the box, chasing after that rabbit. I won medal after medal, trophy after trophy, and I expended a whole lot of energy trying to win the race, but I want you to know a couple of days ago I got up before the break of dawn, and I crept out to where the rabbit was kept. And after I peeked into the box, I gave up chasing rabbits. You see although the rabbit *moved*, that rabbit ain’t *real*.”

We cannot avoid difficult circumstances, but we can change how we respond to them. Just like Job, we know that God is with us, restoring us.

Isaiah 43:2 says

When you pass through deep waters, I will be with you;  
Your troubles will not overwhelm you.  
When you pass through fire, you will not be burned,  
The hard trials that come will not hurt you.  
For I am the Lord your God.

The last part of the book gives weekly exercises to help keep close to God. You may find these helpful.

Blessings and Peace be with you,



## BIRTHDAY WISHES



Happy Birthday to the following church members celebrating a birthday in September!!

(f you know someone to be added to our list please Erica Soiett know)

1st- Barbara Grinder	21st- Emily White
7th- Verne Smith	24th- Sylvia Doughty
10th- Mary Duley	25th- Stacey Strople
11th- Barbara Underwood	27th- Jane Wile
19th- Sylvia White	28th- Peggy Shaw

## NEIGHBORS HELPING NEIGHBORS 5K

Don't forget our annual Neighbors Helping Neighbors 5K Run/Walk to be held on Saturday, September 10. Registration will be held from 7:30 to 8:15 am with the run/walk starting promptly at 8:30 am.

Come and help us direct the participants on the course or cheer them on at the start and finish! All of the proceeds will be given to the Tedford Housing program, *Warm Thy Neighbor*, to help heat the homes of our neighbors this winter.

**Saturday,  
Sept. 10,  
2022**

## Neighbors Helping Neighbors



**To Benefit the Tedford Shelter's  
*Warm Thy Neighbor* Heating Assistance Program**

**Registration Fee: \$25 Adults / \$15 Students**

**Check-in / Registration Time: 7:30 am – 8:15 am**

**Race time: 8:30 a.m.**

**14 School Street, Lisbon Falls**

(rain or shine)

Register BY August 30, 2022 to get a tee shirt at Check-in  
Walk-ons are welcome!

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**Registration & information -- [www.lisbonumchurch.org](http://www.lisbonumchurch.org)**

# September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4-Worship in person & virtually w/ Holy Communion, 9:30 a.m.	5-Labor Day Holiday	6-Choir rehearsal, 6:30 p.m.	7	8	9	10-NHN5K Walk/Run, 7:30 a.m.
11-Worship in person & virtually, 9:30 a.m. Evening Circle following coffee hour	12-Widow's Fellowship, 11:30 a.m. Outreach, 1:30 p.m. Finance, 6:30 p.m.	13-Christmas Fair & Silent Auction planning meeting, 6:30 p.m.	14	15	16	17
18-Worship in person & virtually, 9:30 a.m. Silver Sunday/ Mission Moment	19	20	21	22	23	24-Dine In/ Take Out bean supper, 4:30 p.m.
25-Worship in person and virtually, 9:30a.m.	26-Just for Seniors, 1:00 p.m.	27	28	29	30	

**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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[pastor@lisbonumchurch.org](mailto:pastor@lisbonumchurch.org)

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