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Our Thursday morning Bible study group (which is meeting via Zoom right now) began reading the Psalms together after the first of the year. On the day we began, the attack on our U.S. Capitol occurred. With our country shaken by this event, we read Psalm 4 that next morning. Here are verses 3-8:

“But know that the LORD has set apart the faithful for himself; the LORD hears when I call to him. When you are disturbed, do not sin; ponder it on your beds, and be silent. Offer right sacrifices, and put your trust in the LORD. There are many who say, “O that we might see some good! Let the light of your face shine on us, O LORD!” You have put gladness in my heart more than when their grain and wine abound. I will both lie down and sleep in peace; for you alone, O LORD, make me lie down in safety.”

Those are beautiful verses were soothing to us as we reflected on the state of our nation at that moment in its history.

This psalm is good to remember when we are facing adversity – of any kind. “Put your trust in the Lord,” the psalmist reminds us. Whether it is adversity because of health concerns (so much on our mind these days) or financial concerns or worries about family members or perhaps a decision we must make that is weighing so heavily upon us that it feels adverse, whatever the circumstances are, the psalmist reminds us to put our trust in the Lord.

When we feel overwhelmed by the events of the world or the events of our lives, we need to remember that God is in control. Perhaps it doesn't feel like that in the moment. We are often tempted to deal with our concerns all on our own – you know that old “pull yourself up by your bootstraps” mentality – but that is not God's desire for us. God seeks to put gladness in our hearts, as the psalmist says; God wants us to have the peace of mind that we, as God's beloved children, can receive because we have turned everything over to God in prayer and faith.

So, when you read this newsletter article, please pause for a moment and reflect on your life at present. What is on your heart and mind? Perhaps this prayer will help: *Dear God, I am wrestling with \_\_\_\_\_ right now. Help me to turn it over to you, knowing that you are in control of all things. As I put my trust in you, O Lord, bless me with gladness and peace as together you and I work on this concern. Amen.*

May God's love and grace guide you through the upcoming season of Lent.

God's blessings,

*Pastor Elizabeth*



## L A C O

The LACO food pantry is open Wednesday night from 4:30-7:00 and Saturday morning from 7:30-10:00. The building is only open to a few people filling boxes that are handed out to the people as they drive through. We have not had to pay for food from Good Shepherd or Feeding America in Augusta because of coronavirus government grants both organizations have received. We do pay for the food ordered through Food City, and they have a big collection bin to take donated food. We must serve people from anywhere because of the grant money and only have to ask the number of people in their family. We have served 2100 to 2600 people a month since April 2020. This is triple the number of people we served before the pandemic hit.

The clothing bank is still closed, and we are not accepting clothing at this time. Because we have to pick up the food on pallets, we have purchased a larger used truck that is also refrigerated. There is a great need for grocery store bags to sort produce and other foods for the boxes. Families have to take what is in their boxes instead of choosing what they want. Kids cereal, soup, crackers, vegetables are the most needed items at the moment.

Pastor Elizabeth, Carol Day

## THE LENTEN SEASON: ASH WEDNESDAY

Our service of worship for Ash Wednesday, February 17<sup>th</sup>, will follow our “at home” worship format for the last eleven months. A service will be mailed on February 15 via USPS for those individuals who receive the weekly mailing and on February 16 for those individuals who receive the worship items via email. Please use this service at any time throughout the day on Ash Wednesday as you spend a few minutes considering the Lenten season upon which we are embarking.

Containers with a small amount of ashes will be available at the church on Tuesday, February 16 from 1:00 to 2:00 pm; please stop into the parking lot and pick one up from Pastor Elizabeth if you wish to use them during your “at home” service.



### *LUMC Mission Statement:*

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

## LOVE

*Bears all things,  
Believes all things,  
Hopes all things,  
Endures all things.*

*1Cortinthians 13:7*

## LENTEN STUDY: MOUNTAINTOP MOMENTS

The season of Lent is soon to begin and it is a perfect time in the Christian year to grow in our faith as we journey toward the Day of Resurrection. This year we will be using a study book entitled *Mountaintop Moments*. Here is a description of the study:

*“God is inviting you to a mountaintop moment. We’re sometimes told that “mountaintop moments”—those times when we experience the power, love, and grace of God in a way that’s difficult to put into words—are not the stuff of every day. In Mountaintop Moments, Dr. Ed Robb associates these personal spiritual mountaintop moments with the mountains in the Old and New Testaments and the events related to these sacred places, showing us how their lessons can be woven into our everyday lives. Perfect for Christians at any stage of their spiritual journey.”*

You can also check out a two-minute video by the author as he describes this study at: <https://www.cokesbury.com/mountaintop-moments?pagenumber=1>

We will gather via Zoom on six Tuesday evenings in the Lenten season: February 23, March 2, 9, 16, 23, and 30. Please contact Pastor Elizabeth if you would like to join our study. *No in-depth knowledge of the Bible is necessary; we are going to study and learn together.* Please give prayerful thought to participating as a spiritual discipline for Lent.

Books are available in paperback (\$8.99) and in an e-edition (\$11.99) so please specify which you prefer. The deadline for requesting a book is February 10<sup>th</sup>.

## NURTURE NEWS

We want to take this time to thank Peg Cherry for her many years of doing our card ministry. She has done an excellent job of remembering everyone's birthdays & other special occasions. I only hope I can do as well. It will help if any of you know of someone who needs a card you let me know. (353-8990) Also if anyone has cards they'd like to donate I'd be glad to take them off your hands. Thank you Peg, now I've got some big shoes to fill. If I mess up, someone let me know!

Peace be with you,

Margaret Logan



## BIRTHDAY WISHES



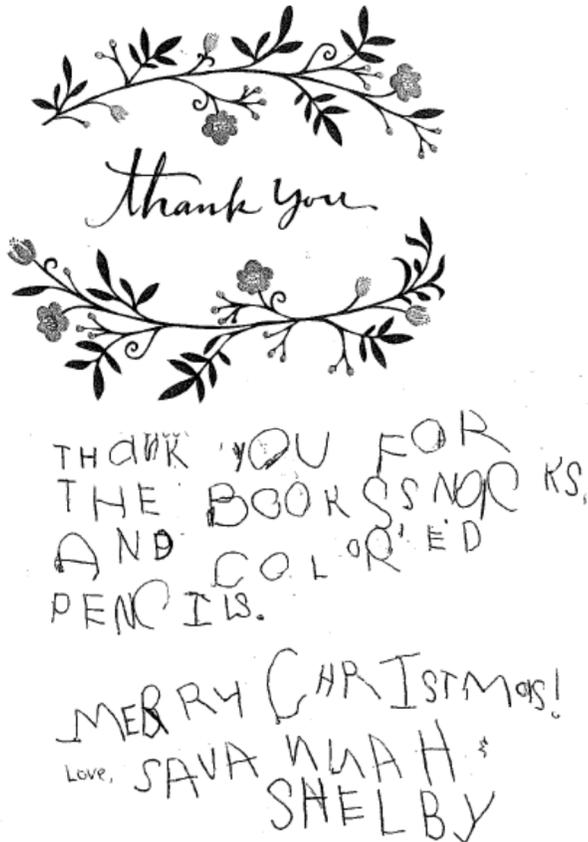
Happy Birthday to the following church members celebrating a birthday in February!

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

4-	Kadie Palmer	16-	Brenda Rogers
8-	Lola Carlson	17-	Karli Rogers
	Mark A. Stambach	18-	Pat Cavender
			Martha Palmer
	Cathy Strople	20-	Shane Soiett
9-	Ruth Upham		Rosalie White
12-	Peter Dudar	21-	Caroline White
15-	Win Smith	22-	Dot Brooks
		23	Joan Stambach

## THANK YOU (Submitted by Gwen Rioux)

This was a thank you note I received for the Breakfast Without Santa gift bag:



## **OUTREACH**

2020 Outreach Recap-

We partnered with the Lisbon School Department and supplied 20 5lb bags of potatoes (donated by Bell Farms), 19 1lb bags of carrots and 15 turkeys to families in need.

We collected 32 gift cards in the amount of \$350. that were donated to New Beginnings. They were given to at risk youth at Christmas time.

We thank everyone who donated gift cards and turkeys.

We also gave out 11 fruit baskets around the holidays.

This coming year Ginny Barden is stepping down from the committee. We thank Ginny for her years of service. We are excited to welcome Edra Nelson as a new member.

Due to Covid-19 we have not scheduled any meetings for 2021 yet.

Connie Earle,  
Chairperson

## **SCRUBBIE MAKERS WANTED**

Dot and I were the primary scrubbie makers with Lois willing in. I don't really crochet but Dot showed me to to make them and I would be happy to show anyone else. They are one of our best selling items at the Christmas Fair and other fundraisers throughout the year. Because Dot was fast in constructing them we always had a good supply. I'm not as fast, so our supply in the future will be scares. We also need someone willing to help cut the netting into strips. I have the directions for anyone interested. Netting is frequently on sale at JoAnn's Fabrics. Any help is welcomed!

Connie Earle

## **CARD MINISTRY**

Since May we have been collecting greeting cards and have distributed them to nursing homes and assisted living centers which have been closed to visitors since March. The isolation that the residents face is real. Studies have shown a decline in many patients' health due to this isolation. The cards are truly appreciated by the residents of these facilities

In December we collected 200 Christmas cards and this month we collected 84 cards for the residents of these facilities.

Along with the cards for the residents, this month we collected 97 cards for the caregivers; those who have worked tirelessly caring for the residents of these facilities.

Thank you for supporting this mission.

Trudy Duval

## BREAKFAST WITHOUT SANTA

Many children, as well as adults, were disappointed last April when we were unable to enjoy pancakes and sausage with the Easter bunny. Eight months later, still dealing with a pandemic, we realized that we would not be able to have Breakfast with Mr. and Mrs. Santa, which has become a family favorite Christmas activity.

Every year WPOR 101.9, part of the Portland Radio Group, holds various fundraisers to support their "Christmas is for kids" mission. For the past two years, LUMC has received generous gifts through this program which has enabled us to gift each child attending the breakfast with two age appropriate books. Once again, this year the radio station wanted to continue to support our efforts in promoting literacy.

So many of the families that have attended the breakfast, come back year after year; with new babies, infants that are now toddlers, toddlers that are now preschoolers, and preschoolers who have become school age kids, proudly showing the gap where they have lost their first tooth. It's such an exciting and fun time.

While we were disappointed in not being able to gather together, we received a gift of \$400 from the radio station, which was used to fill 40 gift bags with books, crafts, snacks, a tree ornament and other goodies and delivered to some very happy recipients.

I received a Christmas card from Mr. and Mrs. Santa who were also disappointed in not being able to have this fun event but am looking forward to next year.

Trudy Duval

Mr. and Mrs. Santa Claus  
from a past "Breakfast with  
Santa" event



## FROM YOUR LAY LEADER

Hello from your Lay Leader. It's winter! Bundle up! Happy Valentine's Day! Remember to spread God's love to all those you meet.

Here's some **Covid vaccine info** I got off the Maine CDC website. There is a list of sites that will be offering vaccines.

CMMC-They are not currently scheduling appointments. Please do not call. That being said, Harvey got his first dose because he volunteers there. They had some Pfizer doses available and called him.

Maine General in Augusta-They are preparing to begin scheduling.

Maine Health vaccine clinic in Brunswick-call 877-780-7545, or text 877-780-7545

Northern Light Health Vaccine Clinic in Portland-visit [covid.northernlighthealth.org/publicvaccine](https://covid.northernlighthealth.org/publicvaccine) I went to the site and it said That registration is currently full and to check back Monday for updated Availability. (I am writing this on Sat, Jan 23)

St Mary's in Lewiston-Preparing to schedule appointments. Call 207-755-3100 for more information.

Mid Coast Medical Group-I got an email from them saying that they are working with Maine Health and will be standing up a clinic with an anticipated opening on Jan 25th. I haven't heard any more, so they may not have vaccines yet. Eligible patients with email will receive invitations. The Web address is [MidCoastVaccine@mainehealth.org](mailto:MidCoastVaccine@mainehealth.org) . This link took me to the Maine Health Website. I found this number to register for an appointment. 877-780-7545. You will note that this is the same as above. It looks like Maine Health is taking the lead on setting up clinics. You may have seen the one coming to Scarborough Downs in the news.

So, if you don't have internet access there are some numbers that you can call. I would recommend that you try the numbers above before calling your provider. I would think that the offices will be swamped since there are 193,000 people in the over 70 group. If you get an appointment and need transportation, I'm sure we can help each other out. I am more than happy to drive anyone who needs help getting to their appointment. My number is 577-8921.

Continued on page 8

## FROM YOUR LAY LEADER, CONT.

As you may have noticed, I have been reading a lot recently. Here are some reports from my most recent reads:

### *Caste by Isabel Wilkerson*

This is a book about racism from the perspective of a black woman, well educated and in the journalism profession. She compares our lived out racism with the caste system in India and the Holocaust in Germany.

According to Wilkerson, black people in America don't have the luxury of moving from one socio-economic status to another. Black people need to "know their place" and not get too "uppity". (Perhaps you have heard someone use those terms. I know I have.)

We have lived with this caste system so long that we don't even notice what we are doing. We, as Americans, are protecting our power, resources, respect, authority, and Competence. We also are given the benefit of the doubt in situations of conflict. Our fear is that that can be taken away from us. Note that God has not made distinctions that separate us by the color of our skin. (Here's a challenge for you who like to study the Bible. See how many interracial interactions you can find. Hints: Cush is an African civilization. Ethiopia is also in Africa.)

Wilkerson urges us to have racial empathy. We need to educate ourselves, find a connection of knowing, act when we see something unfair, search for commonality, love your neighbor (not just tolerate), take responsibility for harmful decisions and policies, recognize the past, take responsibility for our own wisdom, and *look at all humanity with wonderment*.

### *Across That Bridge by John Lewis*

After reading many books full of pain, this book came as a breath of fresh air. Lewis describes painful events, but his book is filled with love and peace, tempering the reality that is sometimes hard to hear. If you want to begin learning about racism in America I think this is a good book to start with.

Lewis begins by noting the divine presence in all human life. As a preacher, he infuses his book with God's role in his life. He talks about the beloved community and how transformation begins inside the heart and mind. He talks about how faith brought him through the trials of his life. When he was jailed and beaten he relied on the power of God to keep him from harm. And, as with Dr. Martin Luther King, Jr., he was ready to die if necessary. He was ready to meet his maker. He believed in the divine plan; that the love of God has already overcome hate. If we are all children of God, then discrimination is an error based on faulty logic.

Lewis also speaks of the power of patience; the power of restraint. It has taken many years to eliminate segregation (in the formal sense) and to impact legislation. Lewis talks about introducing the same legislation every year he was in the house. It took 100 years to finally approve a National Museum of African American History and Culture.

## FROM YOUR LAY LEADER, CONT.

Lewis quotes MLK on truth: "I believe that unarmed truth and unconditional love will have the final word in reality. This is why right, temporarily defeated, is stronger than evil triumphant." Lewis wrote that all people have the capacity for good; that hate and abuse are taught. He said that peace is not the absence of tension but the presence of justice. Reconciliation, love, and forgiveness will have the final say.

On the lighter side, here is a story of true loyalty:

When Cemal Senturk of Turkey has hospitalized with covid 19, his dog, Boncuk waited every day by the hospital entrance. The family would bring the dog home, But Boncuk returned to the hospital every time. The hospital staff fed and cared for the dog, and Senturk visited through a window. When Senturk left the hospital the dog was there waiting for him.

I also saw an article about how the children are playing teeter totter on seesaws slotted through the border wall that separates Texas and Mexico. And a little child will lead!

Peace, Love, and Hope,  
Sue White  
207-577-8921  
sdwhite0071154@gmail.com



### Office Hours:

Monday 9:00 a.m.-12:00 noon

Friday is the Pastor's Sabbath Day

Thursday 9:00 to 11:00 a.m.

Other times available by appointment

**Lisbon United  
Methodist Church**

14 School Street  
Lisbon Falls, Maine 04252  
(207)353-4982

**Sunday Worship Service**

Sunday Worship  
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 9:00 a.m. to 11:00 a.m.*

*Other times available by appointment*

*Friday is the Pastor's Sabbath day*

*Office Phone Number: 353-4982*

*Parsonage Phone Number: 407-4406*

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