

# The Lyons Community Church Mid-Week Message

Thursday, January 12, 2017

Greetings Friends,

This past Sunday marked the beginning of the season of Epiphany, which lasts through Ash Wednesday. We also kicked off a sermon and worship series entitled "S.A.D. : Spiritual Affective Disorder." Throughout this season of Epiphany we will be looking at a variety of everyday activities and occurrences that can also be used as spiritual practices.

This week we will look at the impact that music can play in our lives. Indeed, music is known to powerfully affect our moods with its ability to literally "move" us. The Psalmist in Psalm 40 reminds us that God can put "a new song in in our mouth" and bring us out of a "miry bog." For me, music has always fueled my spirit and filled my soul. Through music I have been able to connect with others, convey important messages, and center myself on the task at hand. Music is a powerful tool for life, ministry, and teaching. Music has the ability to spark a variety of emotions, from the joy-filled ones to the sorrow-filled ones. I invite each of you to begin thinking of ways that music has affected or impacted you at various times in your life.

This week let us remember that when we pay attention to our music "playlists" we also offer ourselves a transformative daily spiritual practice. I look forward to gathering together this Sunday and pray that you are having a blessed week!

Blessings,

*Pastor Emily*

## Announcements

**Worship Team**, Tuesday, January 17, 12:30-2:30pm.

**Purchase** a Safeway or King Soopers card to earn money for LCC.

**Lions Club** is collecting used eye glasses.



**350 Main Street, PO Box 44  
Lyons, CO 80540**

To contact Rev. Emily Kintzel:  
[Emily@LyonsCommunityChurch.org](mailto:Emily@LyonsCommunityChurch.org)

To contact the office:  
[LCCOffice@LyonsCommunityChurch.org](mailto:LCCOffice@LyonsCommunityChurch.org)

Office Phone: 303.823.6245

**Sunday, Jan. 15, 2017**

**Message:** S.A.D.: Spiritual Affective Disorder: "Soothe Your Soul" - Pastor Emily Kintzel

**Scripture:** Psalm 40:1-11 (NRSV) and 1 Corinthians 1:1-9 (NRSV)

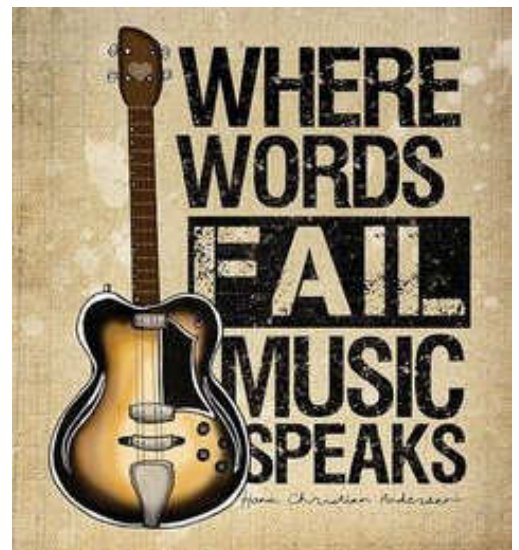
**Greeter:** Ron & Monica McGuckin

**Reader:** Deborah Salmon

**Refreshments:** Monica McGuckin & Ruth Wilson

**Flowers:** Ruth Wilson

**Children:**



## Prayers

Joy: Birthdays of Sarah Hunter (1/18), Lauren Hunter (1/19), Ron McGuckin (1/20), John Hunter (1/21); the anniversary of Richard & Deborah Salmon

Joy: Cindy Fisher's mother, Marie, traveling here for a visit

Joy: Snow Day!

Joy: Sandi with us in worship last Sunday

Joy: Geoffrey got a new set of bagpipes

Joy: Sonny's brother Gil visiting and in worship with us

Joy: The opportunity to join together as women and citizens of this country for the Women's March on January 21st

Prayers: Geoffrey went to the ER, but is home and doing better

Prayers: Geneva who was in the ER, but is home and resting

Prayers for the lives lost at the Ft Lauderdale Airport

Prayers for our nation, our leaders, and for peace in the world


Prayers for friends and family members we have lost and the difficulties the holidays bring

Prayers for friends and family members who are ill and seek healing and comfort

Continued prayers for Nancy Thorwardson.

## Prayer Requests

Contact Kitty Keim, [kathkeim@earthlink.net](mailto:kathkeim@earthlink.net),  
303-823-6586



Music gives a soul to the universe,  
wings to the mind, flight to the  
imagination and life to everything.

## King Soopers & Safeway Charitable Gift Cards

Help us earn FREE MONEY for *Lyons Community Church* simply by purchasing groceries and gas with reloadable gift cards.

**5%** of every dollar loaded onto the cards goes to *Lyons Community Church* to help further the mission and ministry of the church.

The gift cards are currently pre-loaded with \$10.00 on them. They can be loaded and reloaded at the register at each of the respective stores.

**\*\*Be sure to have the cashier reload it, before they start scanning your items!**

Please see Holly Beck or Pastor Emily Kintzel if you would like to purchase one or more of these gift cards. The initial cost is \$10.00 made payable to *Lyons Community Church*.

## “LCC Family” Pizza and Game Night

As we get back into the swing of things this New Year, it is time once again for another **Family Pizza and Game Night**. It will be a week from today on **Thursday, January 19th** from **6-7:30 pm**. Pizza and drinks will be provided. Please bring your favorite game, your family, and your friends! All are invited and welcome to come! Please let me know (either by simply replying to this email or via my cell phone #720-261-8028) if you plan to be there, so that we are sure to have enough pizza! Also, if you would like to bring veggies/dip or a dessert let me know.

It was such a blast last time! Hope to see you there!

Pastor Emily

