

The Lyons Community Church Mid-Week Message

Thursday, February 9, 2017

Greetings Friends,

During this season of Epiphany we have been exploring different ways we can connect with God through a variety of spiritual practices. This is being done through our worship series entitled "SAD: Spiritual Affective Disorder." Thus far we have looked at how our everyday activities and musical playlists can be a part of our spiritual practices, as well as the value of joy and laughter as a spiritual practice. We have also looked at how making a difference in the lives of others and seeing God throughout our world, beyond the church, can aid us in our spiritual journey and bring us closer to God.

This week we will explore ways that we can walk with God and move with God in our everyday lives. Research shows that moving our bodies is one of the most effective mood-boosters we can do. Stretching, walking, hiking, skiing, and dancing can send feel-good vibes through our bodies and therefore change the way we feel and how we face our life circumstances. Throughout the Bible we find a number of verses that instruct us to walk in the ways of God, or to walk with God. These verses remind us of the benefits of moving towards the goodness of God, and the impact movement can have on our spiritual lives. This week we explore the spiritual practice of walking, or any kind of movement, and how it can be seen as a representation God's love and grace in our lives and throughout the world!

I look forward to gathering together this Sunday. I pray that this week you have found time and opportunity to spend some quiet prayerful moments with God!

Blessings,

Pastor Emily



**350 Main Street, PO Box 44
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LCCOffice@LyonsCommunityChurch.org

Office Phone: 303.823.6245

Sunday, Feb. 12, 2017

Message: S.A.D.: Spiritual Affective Disorder: "Walk This Way" - Pastor Emily Kintzel

Scripture: Deuteronomy 30: 15-20 (NRSV) and Psalm 119:1-8 (NRSV)

Reader: Richard Salmon

Refreshments: Deb Tabor, Janet Freeman, Deborah Salmon

Flowers: given by Kim Hughes in celebration of Deborah Salmon's birthday

Children's Ministry:

The Family Dinner and Game Night is **Thursday, Feb. 23** from **6-7:30 pm**. Dinner 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! Also, if you would like to bring veggies/dip or a dessert, let me know.
Pastor Emily

Prayers

Joy: Birthday of Jason Curton (2/17)

Joy: Parents and Grandparents visiting

Joy: for birthdays and birthday celebrations

Joy for the generosity of Savannah Beck and her friends who donated items to the Lyons Food Pantry in honor of her birthday

Joy: for the beautiful music and musical leadership at this church

Joy: Mark Browning's daughter Alyssa is coming for a visit

Joy and Continued Prayers: Cindy Fisher is doing well and recovering from back surgery

Joy and Continued Prayers: for Sonny Smith's knee replacement surgery; it went well and now he is resting and recuperating

Prayers: Geneva's step-mother (Alice Thomas) is not doing well

Continued Prayers: for Nancy Thorwardson

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

Prayer Requests

Contact Vance French, vanzdufranz@gmail.com

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.

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*.

Announcements

Trustees will meet this Sunday, February 12, following worship.

The next **Family Dinner and Game Night** is scheduled for Thursday, February 23 from 6 – 7:30PM.

We will NOT have a **Ministry Council** meeting in February; our March Ministry Council Meeting will be on March 21st.

Lions Club is collecting used eye glasses.

Meal Train for the Brightons: Several people have asked about helping the Brightons with a meal, so if you are interested, copy and paste the link below, and you can sign up for a particular day.

<https://www.mealtrain.com/trains/g0r4el>

Bible Study

The Bible Study book is "Half Truths" by Adam Hamilton.

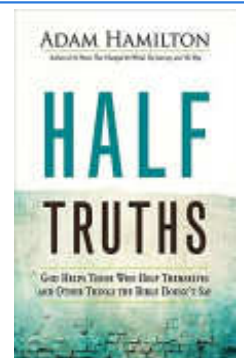
Mark and Christine Boys
529 Goranson Court, Lyons

303-823-5885 (h)
847-691-8067 (Mark cell)
720-357-5691 (Christine cell)

email: mlboys1@yahoo.com;
christineboys@yahoo.com

Wed. 6:30pm, **continuing Feb 15th.**

Please let us know if planning to attend.





BENEFIT CONCERT *for*
Nancy Thorwardson

featuring

**HALDEN WOFFORD &
THE HI BEAMS**

**MOLLIE OBRIEN &
RICH MOORE**

ESPRESSO

SUNDAY, FEBRUARY 12

ALTONA GRANGE

\$35/PERSON

DOORS 4:00 - SHOW 5:00

food and drink for purchase

TICKETS FOR SALE AT THE DOOR