

The Lyons Community Church

Mid-Week Message

Tuesday, March 15, 2016

Dear sisters and brothers,

Recently, we experienced something dangerous and life-threatening in our own home: we ran out of coffee. Please don't give me with that judgmental look - we all need different things to get us going. For me, coffee belongs in the same category with prayer, yoga, and family dinners; I just can't keep going without them all. A morning without a coffee is like starting a car without gasoline, or like running a marathon without training (so I am told - some of you may have heard me say that I only run if someone is chasing me with a sharp knife). At any rate, I need coffee to clear the sleepy fog and jump-start my day. I've tried teas, shakes, smoothies, water - but nothing does the job like coffee.



Mama used to warn me about burning the candle at both ends. "Don't wear yourself out," she still sometimes reminds me. But what example do I have for self-preservation? My boss is Jesus Christ. Yes, you know - the one who poured out his entire life, breath and self to save a bunch of strangers he had never met. I am not him (not even close!) but I do try to follow his example, obey his teachings, and love and live like him. Sure, during his ministry he took some time to rest, to draw away from the crowds which gathered around him. He woke up early to meet with God (I LOVE to do that - sometimes even in the middle of the night). But in the end, he chose *kenosis* (emptying oneself out) as the way to embody pure, God-inspired love and sacrifice.

We don't like to focus on that part - giving something up, pouring ourselves out. Maybe for our children, we'll make sacrifices deeper than we'd like, but most of us in other relationships like to feel in balance or in control. We don't want to give more than we get. We don't want to exhaust ourselves or run on empty. Me on ministry without coffee is clearly not as effective as me pastoring with java. But sometimes, like Jesus during Holy Week, I am called to stop focusing on self-preservation and my own needs (or ego), and just allow myself to be poured out completely. Take a moment of utter silence and emptiness to make space for whatever God is trying to say or do in my life. Perhaps there is something important in the sleepy fog that I am missing by jump-starting my day? Who knows... but perhaps worth a try...



350 Main Street, PO Box 44
Lyons, CO 80540

To contact Rev. Emily Flemming:
Emily@LyonsCommunityChurch.org

To contact the office:
LCCOffice@LyonsCommunityChurch.org

Office Phone: 303.823.6245

Sunday, March 20, 2016 Palm & Passion Sunday

Sermon: *Are You Running on Empty?* - Pastor Emily Flemming

Scripture: Philippians 2:5-11 (NLT)

Reader: Mark Boys

Greeter: Christine Boys

Refreshments: Christine Boys

Flowers: The Salmons, in honor of Richard's birthday on March 26

Children: Pam Browning

Pastor's Message (continued)

Blessings for this coming Palm and Passion Sunday - from parades to funeral wakes, Holy Week is almost upon us. I challenge us all to start now to think about how we will make time and create emptiness or space for God to speak to us in the coming week.

Pastor Emily

Prayers

Joys: Birthday of Richard Salmon (3/26); those like Terry and the Casey's who finally received their buy-outs, Phyllis's cancer in full remission, Jim Olinger doing well in Loveland, Ray Sr.'s back is better, those who helped Vance in time of moving stress, the Beck's niece's sportsmanship despite state basketball championship defeat, growth of local businesses and new families moving to town, church's new roof, siding and (hopefully coming soon) windows

Concerns: Barbara's recent fall and injury to her ankle, Mark Boys' brother Russell in British ER with abdominal pain, Beck's friends the Remington family in Boulder lost a sister after second heart transplant, Debbie's granddaughter Hannah not yet cleared from her concussion, Marie's granddaughter Michelle who saved a man from a burning house in Nebraska following a tornado, 9-year-old girl killed last week in Estes Park (auto accident in housing complex), global refugees and our political leaders locally, nationally and internationally (esp. the rekindling of neo-Nazism in Germany)

Requests? Kitty Keim, Chair:

kathkeim@earthlink.net, tel. 303-823-6586

Prayer team: Pastor Emily, Holly & Steve Beck, Mark Boys, Pam Browning, Sandi Fikes, Janet Freeman, Vance French, Alyssa Frideres, Ellen Hine, Jani Little, Steve Mikesell, Jerry & Jean Peila, Carol Pranschke, Richard & Deborah Salmon, Debbie Tabor, and Sandra Willis.

Announcements

2nd Senior Night Out will be held this Wed, **March 16th** from 4-6pm at the Ax and Oar restaurant. Come join the "Happy Hour" fun!

Our own bagpiper extraordinaire **Geoffrey Nicosia** will be gracing the Stone Cup with some Irish cheer this St. Patrick's Day.



Come down on Thursday, **March 17th** from 9:30-10:30 and don't forget to wear green!

The Community Meal is Monday, **March 21** at 5:30, at the Walt Self Center. If anyone wants to contribute, please talk to Jani.

Good Friday service at 7:00pm, Friday, **March 25th**.

Easter brunch and annual egg hunt - Sunday, **March 27th** at 12:00noon in Wesleyan Hall, directly following the service. We have plenty of plastic eggs, but could still use some coins, toys and candy to fill them (join the stuffing fun on Good Friday after our service).

The Lyons 9HealthFair will be Saturday **April 16th** at Lyons Middle/High School, beginning,



8:00am-noon. It's time to own your health! Life-saving, professional health screenings, ranging from vision, hearing, and skin, to our popular Blood Chemistry screening are available at this year's fair. For more information contact Pam Browning or go online to www.9Healthfair.org. We could also use lots of non-medical volunteers to make this happen. If you can donate a few hours that Saturday morning, please contact Pam Browning.

Easter Lilies: If you would like to contribute a lily on Easter Sunday (3/27), please fill out the form below and send in with payment by March 23. Cost is \$10/lily.

_____ In memory of.... OR _____ In honor of....

By: _____





March 19, 2016
Longmont High School
Doors open at 10:30
Lunch is served 11-1

A Benefit for



Become an Empty Bowls Sponsor!



- Dinner Sponsor (\$10,000)** - includes 30 tickets, banner at event, logo in all advertising
- Platter Sponsor (\$5,000)** - includes 20 tickets, logo in all advertising
- Serving Sponsor (\$2,500)** - includes 15 tickets, logo on poster, ads, & flyer
- Chowder Sponsor (\$1,000)** - includes 10 tickets and your name on poster, ads & flyer
- Stew Sponsor (\$500)** - Includes 5 tickets and your name on poster & flyer
- I am enclosing a tax-deductible donation of \$_____.
- Please reserve _____ individual tickets @ \$20 ea. (Tickets will be \$25 at the door if available.)

Company _____

Contact Name _____

Address _____

City, State, Zip _____

Phone _____ Fax _____

Email _____

Enclosed is my check. Please invoice me.

Charge my Debit/Credit Card for \$ _____

MC / VISA / Discover (circle one) Exp. Date ____/____/____

Card No. _____

Signature _____

CCV No. (back of card) ____ Date ____/____/____

Send information on other fundraising events.

Send information on OUR Center programs.

Send information on volunteer needs.

Add me to your monthly e-news list.

Send information on "Strengthen Our Community - Invest in OUR Story" Capital Campaign.

Please return form to: OUR Center, 303 Atwood St., Longmont, CO 80501.

How Can I Help? Your ticket purchase for Empty Bowls will provide a hot, nutritious meal for *10 people* at the **OUR Center.**

- * Become an Empty Bowls Sponsor
- * Buy a ticket, or several
- * Provide soup or bread for the meal
- * Volunteer for the event
- * Make a bowl to donate or host a party at Crackpots or your favorite ceramics studio

Get your tickets of \$20 each (any remaining are \$25 at the door):

OUR Center Intake Office * 303 Atwood St., Longmont * weekdays 8:00 to 4:00 * 303-772-5529

Crackpots Studio * 505 Main St., Longmont * 303-776-2211 (call for hours or visit www.ecrackpots.com)

Visit www.ourcenter.org "Events" or phone 303-772-5529 for VISA/MC/Discover orders.