

The Lyons Community Church

Mid-Week Message

Wednesday, October 1, 2014

Hi Lyons community (and beyond),

I hope you enjoyed thinking more deeply about kindness and patience last Sunday with my friend Tonya Whaley. We enjoyed our long weekend in Aspen and Glenwood, and boy does the world look different after a few hours of soaking in those healthy minerals!



This week, we'll be moving on to the 3rd of 4 sermons on the Fruits of the Spirit: faithfulness and self-control.

Now don't start rolling your eyes yet! Those of you who know me well, know that I am a passionate person, sometimes speaking or acting in a way that could lead some to believe that I lack restraint or self-control. But in truth, passion and self-control are not and do not have to be opposites or contradictions.

I am not claiming to always be in control (as evidenced by the speeding ticket I was awarded on Sunday afternoon in Carbondale!) But whenever possible, I try to respond, not react - I try to think before I speak (no, seriously... and since you know how fast I speak, can you imagine what it's like inside my brain with every thought whizzing around at light speed?!?)

So I can take a lesson from Exodus and Jesus, as well as many of you, when it comes to self-control... and as for faithfulness, well - we'll challenge different notions of that this Sunday as well. Sticking to your guns is not always a sign of strength (though it sometimes is). Lately we've been hearing a lot about resiliency, and that requires being both strong and flexible - rooted in your truths, and open to other ideas. I love the image of roots and wings - so let's fly away together this week and get caught up in the moment...

See you at the launch pad - 10am, Sunday morning,

Pastor Emily



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Sunday, October 5

Sermon: *Fruits of the Spirit #3 – Self-Control, Faithfulness* - Pastor Emily Flemming

Scripture: Exodus 16:2-15

Reader: Zoe Chase

Refreshments: The Brownings

Flowers: Dana Curton, in honor of her mother's birthday

Children's Time: Pam Browning

Greeter:

Prayers...

Jeff S. (in hospital/ICU again in Denver), Jim R., Matt F., Steve M., Marty H., Vance F., Geneva T., John H., Savannah B., ongoing help needed and received for flood recovery



Announcements

On **Saturday, Oct. 11th** from 9am-1pm we are co-hosting the first-ever **Project: KIDS** with help from Colorado Spirit. This volunteer/creative opportunity for kids aged 3-12 will be held at Rogers Hall and includes lunch (at no cost!) Parents are invited to join their kids and the **Project: KIDS** volunteers to deliver what we create to the hardest-hit neighborhoods in town (Confluence and Apple Valley Road). Food, craft supplies, and volunteers are needed - please talk to Emily, register online (see flyer) or call the CO Spirit number 720-226-8709. We hope to make this a monthly service experience for children! (See following page for flyer.)

Dear Friends at Lyons Community Church

We are happy to announce a special event for the youth of Lyons Community Church.

Mark your calendars for an afternoon **party of pizza and bowling** on **October 26**, with a back-up date of November 2.



- We'll meet at the church after the worship service, about 11:30 or so.
- Then we'll carpool for pizza and bowling and plan to be back at the church by 5:00. We have a couple of people researching bowling alleys.
- The church budget has funds available for youth group gatherings, but plan to bring a \$5 contribution to help pay your way.
- We have room for 12 kids, so be sure to get your name in early. Invite your friends as well.

Questions? Contact us:

Holly Beck	303-823-5837	holly@beck15.com
Chuck and Kitty Keim	303-823-6586	kathkeim@earthlink.net



Community Members CPR/First Aid Class in Lyons

What: CPR/first aid class for lay people/community members;
You can find a class description for the CPR/First Aid training here:
www.redcross.org/take-a-class/program-highlights/cpr-first-aid

When: Sunday, October 5 from 1:30pm – 7:30pm

Where: Roger's Hall

Who: Community leaders from IMA communities

RSVP: Please email mary.steffens@redcross.org with your name, phone number and email. Since our recovery team has to pay for these classes and space is limited, if you RSVP please attend the class and if something happens and you can not attend, please let us know asap so someone else can attend the class.

OCTOBER

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Project: KIDS



Join together for fun and an opportunity to give back to your community!

Rogers Hall 9am-1pm

Come join us for a free day of crafts, fun, and a chance to give back to your community. This month's activities will focus on being a good neighbor, and creating a gift for our Lyons neighbors affected by the flood. The Human Services Commission, together with the support of Colorado Spirit and Lyons Community Church, are excited to announce this opportunity for youth ages 12 and under. Seeking additional support from organizations, groups, or individuals who would like to volunteer or provide resources to make this a success for the youth of Lyons!

REGISTER ONLINE AT: [HTTPS://WWW.EVENTBRITE.COM/E/LYONS-PROJECT-KIDS-TICKETS-13285534391](https://www.eventbrite.com/e/lyons-project-kids-tickets-13285534391) OR BY PHONE AT (720) 228-8709