

The Lyons Community Church

Mid-Week Message

Friday, October 10, 2014

Dear Lyonsites and further,

As the rain falls on this cool Thursday afternoon, I am aware of the lack of gentleness that I permit myself personally. I am usually mindful of others, anticipating their needs or feelings, attempting to be good, kind, and gentle with them... but what about with my own self? I have had dizzy spells since last Sat. and I saw Dr. Brett this week who thinks it's just a (non-contagious) virus... but when I take a whole day to rest, I feel guilty, as if I am doing something wrong. Why? The body needs rest to heal, so I am being good to myself... but somehow I don't have the same kind of joy that I experience when I am good to others.

Perhaps you, like me, sometimes take Paul's word to the church in Philippi too literally: "let each of you look not to your own interests, but to the interests of others" (Phil. 2:4). Paul may have a point at times, but many of us spend so much time and energy caring for others, that we don't take the time that we need to be well, healthy, rested and grounded. So this Sunday, I plan to wrestle with Paul a bit, to pull apart one section of his letter as we look for the fruits of the spirit highlighted this week - goodness, gentleness and joy.

We'll conclude our 4-part sermon series on fruitful living, with the reminder that fruits are produced in our lives. We can't make fruit grow. We can't make our bodies well. We can't control health or death or even the weather. All we can do is cultivate humility, discern when to practice self-care and when to literally pour ourselves out for others (as Jesus did on the cross)... and simply warm up a cup of tea for ourselves or a friend in need in the meantime. That is goodness, that is gentleness, and that could bring us great joy, if only we would allow it.

Step outside and dance in the rain, or at least take in a big whiff of what new life and beginnings smell and feel like,

Pastor Emily



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Sunday, October 12

Sermon: *Fruits of the Spirit #4:*
Pouring Out to Receive Goodness,
Gentleness and Joy - Pastor Emily
Flemming

Scripture: Philippians 2:1-13

Reader: Carol Pranschke

Refreshments: The Becks

Flowers: Given in honor of Holly
Beck's birthday

Children's Time:

Greeters: Deborah and Richard
Salmon

Prayers...

Jeff S. (home from hospital), Geneva T., Bob S. (hand injury), Vance F., Steve M., individuals and families coming to LEAF for basic needs and emergency assistance, Amy's black belt test, Curton family's loss of dog Monk, Steve & Holly B.'s trip (and Ed and Faye home with Savannah)

Ministry Council

will meet on Wednesday,
Oct. 15 at 6:30 pm

Project: KIDS

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!



The flyer for Project: KIDS features a date stamp for October 11th, a central graphic of colorful hands holding a heart, and a call to action to join together for fun and an opportunity to give back. It also lists the location as Rogers Hall from 9am-1pm and provides contact information for registration.

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: WWW.COLORADOSPIRIT.COM/KIDS
PROJECT:KIDS LYONS@COLORADOSPIRIT.COM OR BY PHONE AT 720.226.8709

Pizza and Bowling Party for the Youth

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 at 11:30
- We'll carpool for pizza and bowling and plan to be back at the church by 5:00.
- Please 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:

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