



...a monthly newsletter publication of the Lewiston First Methodist Church

Pastor's Path

By: Rev. Chuck Cram

Several weeks ago I did something to my elbow that has been a little bothersome ever since. As I look back on my activity over the weeks, my best guess is that I may have hyper-extended the elbow just a bit, perhaps while carrying a sheet of plywood. It was just a slight annoyance until one day I was carrying a box on my shoulder and it started to slip off. Because I had something in the other hand, I tried to "catch" the box as it fell, without thinking about my elbow. Boy did that get my attention!

After a few days of being quite uncomfortable I finally went to the store and purchased an elbow wrap that seemed to ease the pain a bit. A few days later, Patty Mills, our resident physical therapist, gave me a different kind of wrap that worked even better! Thanks, Patty!

Apparently there is a tendon, or perhaps more than one, that needs to be held still and in place in order for it to heal. With just normal day-to-day movement, you can constantly re-injure the tendon and it will never heal and the pain will continue. I'm not a physician or a physical therapist so my explanation of this process is probably oversimplified, but you get the idea. I still wear my elbow wrap as the pain is still slightly present, but it is much better and I'm confident it will soon be gone.

I mention this process not to seek sympathy for my elbow, (although that is always appreciated) but rather to reflect on this idea of holding something still so it can heal. My thoughts go to the 46th Psalm where in verse 10 we are reminded to "Be still and know that I am God."

Life can be hard. There are things we wish we could control but we cannot. There are opportunities every day for our souls to get bruised and battered, for our Spirits to be tried and deflated. If we go through life and never take the time to be still, our spirits and our souls will never have the chance to heal; we will always be in pain.

There are many ways to "be still and know God" – it doesn't mean you have to be in church all the time. Some of my greatest Divine



connections come in the wilderness taking pictures, or just on a walk along the river, or perhaps on a bike ride or in a worship service. I also try to take a few minutes each day for meditation and prayer and that is effective as well. But if you think about your own spirits as tendons that stretch and respond to your daily trials, eventually, they will become over-stretched, or hyper-extended, just like my elbow. It is important for us to wrap our spirits in the stillness and the presence of the Divine so our spiritual tendons will have a chance to heal.

May you find your place of stillness and heal your spirits daily. Unfortunately they don't sell a "Spiritual Wrap" at the drug store; you have to create it and find it on your own. You can do this throughout the day, even when stopped at a red light. Just focus on your breathing and perhaps repeat a mantra like "be still and know that I am God" or something else that is meaningful to you. Often I use "make me an instrument of thy peace" as a mantra. Even 10 or 15 seconds of that stillness can be refreshing and create some healing for your over-stretched spiritual tendons.

Go in peace and in stillness, Chuck.

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November 2015

SPECIAL DATES TO REMEMBER

- NOV 3 - SPRC MEETING - 6:30PM
- NOV 12 - HARVEST FESTIVAL - 5:30PM
- NOV 12 - TRUSTEE'S MEETING - 6PM
- NOV 10 - COMMUNICATIONS COMMITTEE MEETING - 5PM
- NOV 11 - SALVATION ARMY DINNER - 3PM
- NOV 19 - UMW - 10AM
- NOV 19 - CHURCH COUNCIL MEETING - 7PM
- NOV 21 - MEN'S BREAKFAST - 9AM

WEEKLY MEETINGS

SUNDAYS

- BELL CHOIR REHEARSAL 8:30AM
- ADULT SUNDAY SCHOOL - 9:15AM
- CHOIR WARM-UP - 9:30AM
- WORSHIP - 10:30AM
- COFFEE SHOP - 11:30AM
- YOUTH GROUP BIBLE STUDY - 12PM
- DISCIPLESHIP GROUP - 6:30PM

MONDAYS

- PREACHER'S PUB - 10AM
(WESLEY ROOM)

TUESDAYS

- BIBLE DISCUSSION - 10AM

Church Council Meeting Minutes

October 20, 2015

In Attendance: Chuck Cram, Lois Chesnut, Gary Chesnut, Larry Ballantyne, Rita Mills, Kathy Bostrom, Cottie Hood

Opening/Devotional: from Isaiah 43; opening prayer by Cottie.

Pastor's Report: Since Phase One of the Revitalization Plan for a \$35,000 line of credit was approved by Charge Conference, held on Oct. 11, 2015, Chuck suggested setting one of these three areas as our first priority.

Entrance

- Replace main entrances soffits
- Add more handicapped parking spots
- Re-landscape
- Sanctuary doors

Exterior

- Replace concrete entry patio
- Paint exterior
- Replace rain gutters

Fellowship Hall

- Change to energy efficient windows
- Replace carpet & ceiling
- Update '70s look (Wall hangings/graphics; dividers & cozy furniture)

Line of Credit proposals should be sought from 3 banking institutions. Twin Rivers, P1FCU and Zion were selected. Gary volunteered to gather information from them.

Committee Reports:

Finance/Treasurer- No Report

Lay Leader: Rita reported about the District Lay Leader workshop she attended in Spokane.

SPR: No Report

Trustees: Five people showed up for the Fall Work Day. Donations covered the cost of the hot dogs (cooked by Jim Hood). Monte cut 4 trees down and trimmed trees in the back. The berry tree in the island is on the chopping block for the next work day. Of the \$600 withdrawn from WesPath investment Fund, \$529.11 was used for flooring. Paint and baseboards still must be purchased. \$1,070.00 still remains in the WesPath account.

Montessori contract has been signed.

UMW: Kathy reported that the group will re-form from 2 circles to a single unit which will meet monthly beginning Jan 1, 2016.

Worship: The committee is planning small, experimental changes.

Old Business: Discussed ways to maximize charitable giving.

New Business: Council gave its blessing & appreciation to the cookbook committee, The cookbook will be available December 1 for \$25.

The Chili Cook-off and Harvest Fest is on November 6th. Raffle items are still welcome.

Pumpkin Patch sales have reached the minimum to request a 2nd truck which is scheduled to arrive on Sunday, Oct. 25th at 2pm.

Prayers: Betty Smith (fractured hip) and Ed & Marylene Statham (traveling mercies for their move to Lacey, Washington)

Meeting was closed with prayer by Chuck.

Respectfully Submitted

Cottie Hood

Secretary ProTem

Church Financial Update - October 2015

Expenses:	Paid
Staff Pay Checks:	Paid
Utilities:	Paid
Common Ministries:	Not Paid
Pastor Pay 1st Check:	Paid
Pastor Benefits:	Paid
Pastor Pay 2nd Check:	Paid

End Month:

Unpaid Bills: \$ _____

Check Book Balance: \$ 8448

Investment Balance \$ 10,000

Memorial Balance \$ 6,000

Unpaid Apportionments: Common Ministries:

July, Aug, Sept, Oct. \$ 10,000

Church Financial Update - 2015

Budget:

Staff Pay Checks: \$ 1,500

Utilities: \$ 2,000

Common Ministries: \$ 2,000

Pastor Pay 1st Check: \$ 2,000

Pastor Benefits: \$ 1,500

Pastor Pay 2nd Check: \$ 2,000

Summary:

Weekly Expenses - Total \$ 2,540

Note: This is a simplified budget that does not include any unusual expenses or repair bills.

2nd Annual Pumpkin Patch

We would like to thank everyone who helped with the Pumpkin Patch this year, because of you it was a great success. As of Friday, October 29th we made over \$5,000 in gross sales and gathered a grocery cart filled with canned food for the food bank. We had numerous community outreach opportunities including 165 kids from various schools and youth groups join us and about 20 residents from the Idaho Veteran's Home and Life Care for a bingo day. Great job everyone and thank you!!

Sound System Move Almost Complete

If you have been noticing a new structure popping up in the back corner of the sanctuary it is a new sound booth (really more of a desk). We are moving the control of the sound system to the rear of the sanctuary where an operator will be able to adjust volume levels as needed, run the PowerPoint from the computer, start movies or film clips and operate an electronic accompanist device called Hymnal Plus. We have also added another monitor which has been installed on the back wall of the sanctuary to keep the pastor, the accompanists, the choir and the liturgists all on the same "page" while facing the congregation.

For ease of operation and seamless transitions it is important for an operator to be in the sanctuary and have



the ability to adjust volume levels in "real time" or while it is happening. Not every liturgist, for example, speaks at the same volume or chooses to speak the same distance from the microphone. This causes fluctuations in being able to easily hear the call to worship clearly from week to week. The current

volume control for all the microphones is hidden behind the Chancel area and even if an operator were back there, they wouldn't have any idea if the volume was too loud or too soft. The same is true of prayer requests for the wireless mic, announcements and even volume of short videos or film clips we may utilize during worship. Special music is another challenge; while we do not currently mic the choir, for some other softer instruments a microphone may be beneficial. This move will allow us greater flexibility and enhance the worship experience.

Of course improvements of this nature are not free. While hard costs for the project have been kept to an absolute minimum through lots of donated material and labor, there have been considerable equipment expenses. The Memorials Committee has funded this project. These funds have been designated to be used for worship related expenses at the time the Memorials Committee was formed, so the funding seems appropriate. If you know of anyone who has donated to the Memorials fund, be sure to offer a comment of gratitude for their generosity; if you have contributed personally, take a moment to consider how important your gift has been in allowing us to enhance the worship experience. A special thanks to the Memorial Committee for their vision, trust and leadership in supporting this project. We are moving forward and the new sound desk is another example of that progress.



Amen! Let's Eat!

A Cookbook Committee has been gathering recipes and Arrie is helping and advising us as we prepare the all church cookbook. We are planning to have it ready to sell very early in December.

Mary McNish, Galya Ballantyne,
Sally Davies & Sue Driskill

2015 FALL UMW RUMMAGE SALE

We want to thank everyone who helped set up, contributed, worked, shopped and took down the fall rummage sale. From moving tables, to baking cookies and working the sale, it takes many hours and many hands to put together such a successful sale! We are thankful for our wonderful helpers! What an amazing group of people.



Doris Ann Winschell
Barb Marie.

5TH ANNUAL HARVEST FEST AND CHILI COOK-OFF

5th Annual Harvest Fest and Chili Cook-Off is coming up soon. We hope you are getting ready for an evening of fun and food. Friday, November 6, 2015 is the date and the doors will open at 5:30PM. Chili tasting, judging and voting will begin at 5:30PM. We hope your chili entry is in and the chili is simmering. At that time you can also browse the items for the silent and dollar auction and listen to the entertainment. Bidding on the silent auction items can begin and raffle tickets for the beautiful baby quilt made by Barbara O'Brien will be on sale.

Dinner will be served at 6:00PM Baked potato bar with all the trimmings, including chili, will be served as well as tossed green salad. For dessert warm apple crisp with ice cream will be served during the auctions.

We hope you will enjoy the evening!
Sue, Susie, Gayla, Barbara, Sally & Mary

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Church Office Hours for 2015
Monday - Friday
10am-2:00pm

We welcome you to Lewiston First United Methodist Church! Our church is always open to all the children of God in all our wondrous diversity.

Our Services are lively, informative, thought provoking and relevant to the challenges of living in the 21st Century. It is our view the warmth of the Spirit will be evident every time we gather for worship, Bible discussion or a small group Discipleship gathering. We hope the love of the Divine will bring you comfort and serenity in our sometimes stressful and chaotic lives. Thank you for taking a minute to look over this newsletter and we hope to see you again in the near future, so you can *share our view!*



MARK YOUR CALENDARS!

NOVEMBER BIRTHDAYS

01 - Todd Hewett
01 - Lisa Stoddard
03 - Stan McNish
06 - Barbara Dunaway

07 - Ray Heimgartner
09 - Tom Dechert
11 - Sue Stutzman
15 - Deb Snyder

17 - Susan Butts
17 - Kyle Wensman
18 - Michelle Stedman
28 - Liz Chavez

HAPPY BIRTHDAY TO ALL OF YOU FROM LFUMC!

Thank You

To Everyone,
Thank you for all the beautiful cards, prayers, calls and caring. I am getting better each day and hope to be back to church soon.

Blessings,
Barb Maple

Ed & Marylene's
New Address

Ed & Marylene Statham
8760 Wallingford Lane NE
Lacey, WA 98516-5804
(360) 584-9994

NEWSLETTER MAILING!

Returning to bulk mailing to send the newsletter to home addressees is being evaluated. In the meantime, if you know of anyone who is unable to get to worship on Sunday or does not have an email address, please let Arrie know and she will put a copy in the mail.

November Service Schedule

Greeters:

01 - Bill & Pat Schrupp
08 - Connie Alford & Irene Roth
15 - Barbara & Leonard O'Brien
22 - Lisa & Troy Stoddard
29 - Gayla & Larry Ballantyne

Ushers:

01 - Carl & Susie Paulson
08 - Larry Ballantyne & Lois Woelfel
15 - Patty Mills & Bob Sitton
22 - The Forge Family
29 - Bill & Pat Schrupp

Liturgists:

01 - Patty Mills
08 - Robbin Stewart
15 - Liz Chavez
22 - Susie Paulson
29 - Doug Crook

Counters:

01 - Carl Paulson & Donna Weaver
08 - Monte Boardman & Larry Ballantyne
15 - Stan McNish & Leonard O'Brien
22 -
29 -

Accompanists:

01 - Lauren Trail
08 -
15 - Lauren Trail
22 -
29 -

Coffee Shop:

01 - Potluck
08 -
15 - Billie Wensman
22 - Leonard & Barbara O'Brien
29 -