

Bellringer

Sherman Avenue United Methodist Church
2017

February

From the Pastor's Desk

*"Jesus said to them, 'The Sabbath was made for man,
and not man for the Sabbath.
So the Son of Man is Lord even of the Sabbath.'"
Mark 2: 27-28*

Recently, it was reported that Americans are working harder and longer hours than ever before. And it's true, generally true. We are busy. We face countless responsibilities, tremendous pressures – the emails, phone calls and social media never end.

Sometimes this leads to a point of physical exhaustion or burnout. So what do you do to step back, to refocus and to rest?

The Bible calls this 'day of rest' the Sabbath. For some, this term may sound overly religious, or perhaps just a bit impractical when thinking about our hectic lives. Who really has time to take 24 hours to rest? And why should we even bother?

After God created the world, God rested and reflected on all that He had created. If God modeled it, we should follow it (Genesis 2:1-3). The Sabbath is the fourth commandment mentioned in the Ten Commandments given to Moses (Exodus 20:8-11).

God knows life is hectic with obligations and responsibilities pulling us in a million directions. So God gives us an opportunity to be renewed and refreshed. This in turn better equips us to do our jobs and to do them well. A weekly Sabbath is God's gift to us (Mark 3:27-28).

Taking a moment to look up from our busy lives allows God the chance to remind us that God is in control.

For those able to have the Sabbath on a Sunday, you may experience more of the spirit of what God intends: a holy day, a day of rest, worship and fellowship. It's called the Lord's day because it's the day that Jesus rose from the dead. For Jewish disciples, to change the Sabbath from Saturday to

Prayer for Happiness

Father,
Please help me to rest in your happiness,
To allow a smile to linger on my lips,
To dwell within a wonderful memory,
To walk back through sunlit places.

Please help me to awake with hope,
To engage with life in all its variety,
To take in the beauty of others joys,
To touch the souls of those I meet with
thankfulness.

Please help me to sing with faith,
To carry the truth close in my heart always,
To rejoice at new life and
To have peace as I age.

Please help me to indulge in love
To breathe in the sweetness of intimacy,
To taste the kindness of friendship,
To feel the warmth of embrace.

Please help me not to miss
A single drop of heaven,
To catch each moment
And drink in the great joy of life.

Amen

Don't forget to donate to and
shop at the Annual Rummage Sale
Friday and Saturday
February 17 and 18
8:00 am - 4:00 pm
If you have a question, please
call Chuck Litweiler 244-3845

Sunday is a testimony warranted by Jesus' Resurrection (Colossians 2:16-17).

A United World by Veronica Berry

"The darkness is passing away and the true light is already shining." 1 John 2:8

John Lennon's song Imagine inspires us with these words: "Imagine all the people living life in peace". I often wondered how different our world would be if we concentrated all our efforts on visualizing people all over the world coming together in unity. What would happen if we made a conscious choice to actively search for creative solutions to reach mutual understandings in difficult situations? What if world peace became our number one priority. How would our lives change? How would our behavior change?

I pray for peace every day. I also realize that if I truly want a peaceful world, I have to release the anger and fear I hold onto when I see and feel the walls of racism, discrimination, violence, and chaos closing in and pushing us further apart. I know you can't become a beacon of peace with a heart clouded by rage, hopelessness, doubt, and fear. I also know that I can't do this alone. I recognize that I can ask God to help me tune into his infinite peace so I can safely release all the negative hurtful feelings I've used as a protective barrier. With God, there is no need for barriers. He is our ultimate provider and protector.

In order for us to truly visualize a united world, we have to be willing to release our stereotypical beliefs, obstinate opinions, and protective barriers. We have to start with ourselves. With God's help, I am working on removing these blocks from my life because a peaceful and united world is my priority. Speaking words of kindness and treating others with respect whose views are the polar opposite of mine sometimes takes a little more time and thoughtfulness. I am learning to respond calmly or say nothing at all in chaotic situations.

In the end, I realize my opinions don't matter. The only thing that matters is we are all God's children. We are all human beings with a heart that can choose to love and create humane acts of kindness. The color of our skin, texture of our hair, different language, gender, religion, financial status doesn't change the truth of who we are. We don't have to agree on everything. We can calmly agree to disagree. Together we can stand for understanding, love, and harmony and inspire others to do the same. Every problem has a solution and every goal contains a way to achieve it. Together we can envision a creative outcome that builds bridges and removes barriers, takes action and bring it into reality. Together we can see the truth in each other's eyes shining with God's spirit slowly removing the darkness of our fears so we can come together as one.

I imagine a world where all people are united and at peace.

Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." John 20:21

Faith Labor Breakfast 2017

A Way Out of No Way: Women, Labor, and Justice Today

Monday, February 13, 2017 8:00-10:00 a.m.
Bethel Lutheran Church

To reserve tickets for the Breakfast, go to www.workerjustice.org and click on the Donate button. There you can make a donation of \$25 per ticket. To become a member of ICWJ, please add \$5 per person. For questions about the Breakfast, please email events@workerjustice.org.

Professor Nan Enstad
UW Department of History

Professor Rebecca Meier-Rao
Edgewood College Department of Religious Studies

Laura Dresser
Associate Director, UW Center on Wisconsin Strategy (COWS)

SUN	MON	TUE	WED	THU	FRI	SAT
FEBRUARY 2017			1 3:00 ELL 4:30 Bible Study 6:00 Band Practice 6:00 Prayer Group	2 1:00 Girl Scouts 5:30 Food Wise 6:30 Choir	3 5:00 Sewing	4 11:30 MISS
5 8:30 Adult Sunday School 9:30 Worship 10:45 Sunday School 11:30 Worship	6 6:00 Cub Scouts	7 6:00 UM Women	8 3:00 ELL 4:30 Bible Study 6:00 Band Practice 6:00 Prayer Group	9 5:30 Food Wise 6:30 Choir	10 5:00 Sewing 6:00 Hmong Ministry & Youth Bible Study	11 5:00 Men's Group
12 8:30 Adult Sunday School 9:30 Worship 10:30 Blood Pressure Clinic 10:45 Sunday School 11:30 Worship	13 6:00 Cub Scouts	14 5:30 Communications 6:30 Trustees	15 3:00 ELL 4:30 Bible Study 6:00 Craft Night 6:00 Band Practice 6:00 Prayer Group	16 6:30 Choir	17 8:00 Rummage Sale 5:00 Sewing	18 8:00 Rummage Sale MISS
19 8:30 Adult Sunday School 9:30 Worship 10:45 Sunday School 11:30 Worship	20 5:00 Newsletter Deadline 6:00 Cub Scouts	21 6:00 Admin Council	22 3:00 ELL 4:30 Bible Study 6:00 Band Practice 6:00 Prayer Group 6:00 Cub Scouts 7:00 SW04 Circuit	23 9:00 Copy & Fold 5:30 Food Wise 6:30 Choir	24 5:30 Cub Scouts 6:00 Hmong Ministry & Youth Bible Study	25 Cub Scout Pinewood Derby Homeless Shelter
26 Homeless Shelter 8:30 Adult Sunday School 9:30 Worship 10:45 Sunday School 11:30 Worship	27 6:00 Cub Scouts	28 6:30 Outreach & Missions	<i>Happy Valentine's Day</i>			

February Birthdays

PATSY M.	2/1
RYAN M.	2/1
CAROL R.	2/1
LUKE T.	2/15
LEAH B.	2/17
NANCY B.	2/21
CHENG L.	2/21
JOSEPH T.	2/22
MARLENE T.	2/26
MARVEL M.	2/28

February Anniversaries

RALPH & LINDA S.	2/7
PATSY & ED M.	2/23

*These are the dates that are in the database.
If you find that your name is not included with the
Birthdays or Anniversaries,
please call Matt T.*

Please take a moment to remember our homebound members

Linda J.

c/o Avalon Assisted Living
2875 Fish Hatchery Rd, Rm 11
Fitchburg, WI 53713-3177
608-274-4350

Marvel M.

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Madison, WI 53718-2950
608-663-8783

Justin K.

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Madison, WI 53704
608-416-5343