

# Bethany United Church of Christ

Embracing the Community

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## SUMMER News 2018



### The Eyes and the Heart, and a Body Refreshed

by Rev. Colleen Samson

As I was reading through Proverbs today, this verse caught my attention. "The light of the eyes rejoices the heart, and good news refreshes the body." (NRSV Proverbs 15: 30) Many of us try to find time to refresh our body, mind, and soul. This verse might just give us a couple ideas that don't cost a fortune and give great results. As we wish we could have a whole summer of vacation time, maybe there are answers for those who continue to volunteer and work through the longest days of the year. Let's look at what this verse offers us.

I have never given a whole lot of conscious thought about what is before my eyes and how it makes my heart feel. I know how looking at pictures from the past can make my heart feel both happy and sad. I also know that when I see my boys, they bring happiness to my heart. It is in everyday life situations that my awareness of the connection between my eyes and my heart escapes me. Whatever it is our eyes see, especially those things of the light (God), will bring joy to our heart. We do not always have control over who or what we see, but we do have some control over who or what comes before our eyes. If we are more conscious of what comes before our eyes, then can our hearts be happier? I think it can make a difference.

The second part of the verse, "good news refreshes the body," is also something that can make a difference. There are a couple ways to look at the term "good news." If we think of it literally, we find ourselves thinking about the news on television, in the newspaper, or wherever you get your daily dose of worldly news. If that is the only news we feed ourselves, then our diet becomes toxic, and definitely does not refresh our body. If "good news" is the Good News of Jesus Christ, then we have an excellent opportunity daily to refresh our mind, body, and soul. Investing our time in scripture and prayer can be as refreshing as the most expensive trip. Refreshing our body with God's Word can be as revitalizing and energizing as a walk on the beach.

Vacation time is refreshing, and if you can afford a vacation, then go and enjoy time away. If you want to always feel refreshed, then feed your body, mind, and soul with the things of God. Looking forward to hearing about your exciting vacations and your time spent with God.

*Bethany is a community of justice and peace serving the needs of people on their spiritual journey.*

*NO MATTER WHO YOU ARE OR WHERE YOU ARE ON LIFE'S JOURNEY, YOU ARE WELCOME HERE.*

### Every Sunday Morning

Sunday School 9:30  
Adult Faith Formation 9:30  
Worship Service 10:30



### Scriptures

#### June

June 3 Deut. 5: 12-15  
June 10 Psalm 130  
June 17 1 Samuel 15:  
34--16: 13  
June 24 Psalm 9: 9-20

#### July

July 1 2 Samuel 1: 1,  
17-27  
July 8 Psalm 48  
July 15 Psalm 24  
July 22 2 Samuel 7:  
1-14a  
July 29 Psalm 14

#### August

August 5 Psalm 78: 23-29  
August 12 Psalm 130  
August 19 Psalm 111  
August 26 Psalm 84

#### September

Sept 2 Psalm 45:1-2, 6-9



### Did You Know?

We will have our second quarterly Fellowship Birthday/Anniversary Celebration for April, May and June on Sunday, June 24, in the fellowship hall following the worship service.



#### June

15 Margie Witherspoon  
19 Hughleen Murray  
21 Rick Swanson  
25 Cindy Smith-Canipe

#### July

4 Eddie Ervin  
18 Sharon Pope

#### August

3 Jessica Laney  
10 Darlene Conklin

## SERMON SERIES BEGINNING JUNE 3

June 3	Re-Creating the Sabbath	Mark 2: 23-3:6
June 10	Expanding Kinship	Mark 3: 20-35
June 17	Planting with Care	Mark 4: 26-34
June 24	Living Out Loud	Mark 4: 35-41
July 1	Healing Old Wounds	Mark 5: 21-43
July 8	Sharing the New Creation	Mark 6: 1-13
July 15	God's Economy	Mark 6: 14-29
July 22	Creating a New World	Mark 6: 30-34, & 53-56



*TENDING THE NEW CREATION*

## SERMON SERIES BEGINNING JULY 29-SEPT 16

### INVESTING YOUR LIFE IN THE KINGDOM OF GOD

Living in the Kingdom of God	Mark 12: 38-34
A Great Dinner	Luke 14: 15-24
A Good Neighbor	Luke 10: 25-37
Always Being Ready	Matthew 25: 1-13
Going to Work	Matthew 20:1-16
A Great Inheritance	Luke 18: 18-30
Hidden Treasure	Matthew 13: 44-50
Here, There, Everywhere	Luke 17: 20-37



## THE KINGDOM OF GOD IS LIKE...



### MEET AND EAT

Our next Meet and Eat will be on  
Thursday, June 14, at 6:00 p.m.  
Captain's Galley  
In Hickory, NC

**Join us! Everyone is welcome!  
Bring your family and friends  
to this time of fun and fellowship!**



Join us in fellowship for Ice Cream  
and Desserts on  
August 11 at 4:00 p.m.

### Thank You!

Many thanks to everyone who is on our Board of Christian Education/ Missions Committee. With the leadership of Sarah Bostian and the help of many, we have begun a youth Sunday School class. It meets at 9:30 a.m. on Sunday mornings. We are able to have two adults with the children, a leader and a helper, to help them grow in their faith and become the light of the world!

Thank you so much to all those who are volunteering their time, talents and energy to help our young people become disciples of Christ.

Below you will find a synopsis of the *Shine* curriculum. Ask our young people how they like their new class which is located downstairs.

**Faith experienced at an early age is the foundation for all other growth. The good news we share with our children has the power to transform lives and revitalize communities. So, let's prepare the ground for a new tomorrow, send down roots anchored in love. Let's sow in them seeds of mercy and plant them by the river of life.**

*Let's teach our kids to shine in this world.*

**Shine: Living in God's Light is a dynamic Sunday school curriculum that engages Christian communities and families in their life together by**

- ◆ calling children to experience the transforming power of God's love
- ◆ nurturing trust in God and inviting children to follow Jesus
- ◆ encouraging imaginative, interactive biblical storytelling
- ◆ exploring the meaning of the Bible within the gathered community
- ◆ cultivating the inner life of the Spirit through spiritual practices
- ◆ expressing faith through lives of compassionate peacemaking and service

