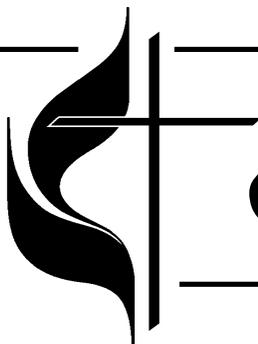




the



chimes

*Drawing People Into A Relationship With God Through Jesus Christ*

### From the Pastor...

#### Listening for the Song in your heart

Again I give you and Christ thanks for the honor of beginning to hear each others "Song in our hearts". As I have been listening and learning about you and the work of God that has been placed in our hands together I have been singing a song of great joy and gratitude to God! You have already done a great job in God's Kingdom work so far and it is my honor to move into it alongside you. As we continue along the path of living into these present days of God's work together I find myself thinking of all the places in Scripture that speak of the "songs" of life that God calls us to offer. This morning I was directed to Ephesians 5:18-21 in which the Apostle Paul encouraged believers to "be filled with the Spirit". The Greek word for "filled" is translated as "a continuous action". In The Message translation it says "Sing songs from your heart to Christ. Sing praises over everything, any excuse for a song to God the Father in the name of our Master, Jesus Christ." Whether we know it or not we always have some kind of song in our heart. It is a song of joy, hope, gratitude, thanksgiving, or a song of sorrow, pain, confusion, or it could be a song of anger, resentment, self-focus. Every day you have some sort of song in your heart. Scripture tells us how important it is to sing a song of gratitude and praise to God even when life is taking a turn, even when cha, cha, cha, changes rule the day.

In our baptism we became "filled with the Holy Spirit" and from that day forward hopefully we have been moving in the direction of letting the world know that the deepest song in our heart is the one that Christ alone placed there and it is a Song of Trust in the ONE who reminds us of the importance of "singing" the song of salvation every day.

Other people should be able to visibly see the "song in your heart" and gain from it. Sometimes they will gain strength and wisdom, joy and comfort. Other times they will gain a deep understanding that the "song of life" can be difficult and heartbreaking but still God is with us.

May you find strength in the Body of Christ to face all the things that come your way and may you "be strong and very courageous" knowing that Christ is "always with you." I am so honored to be your pastor and to see all the places God will take us on this faith journey together.

Keep Singing and I will also,  
*Pastor Cathy*

#### **Welcome New Members**

Last Sunday we welcomed Chuck Myers & Megan Myers as new members of Adrian UMC. They transfer their membership from Cameron UMC.

#### **UMC at Adrian Manor for Worship**

This Sunday (7/24/16) we will offer the worship service at Adrian Manor Health and Rehabilitation Center at 2:30 pm. Come join us and offer your prayers and joyful presence. Our next time of worship offering at The Manor will be Sunday, October 9, 2016.

#### **Cha, Cha, Cha, Changes in Newsletter & Bulletin**

Beginning in September our bulletin will begin to look different and will hold more information than in the past. We will also move to a monthly newsletter at that time. We are working on getting more information on our church Facebook page and our website. Communication is the key to forward movement in ministry and our prayer is that you find this helpful and informative as you prayerfully decide the ways you will be involved in Christ's ministry work.

*Upcoming Acolytes*  
July 24 – Paige C. & Bo P.  
July 31 – VBS kids  
Aug. 7 – Marlee H. & Daisy F.



#### *Lord, Hear Our Prayers...*

Jeremy Maus	Aaron Pearson	Alta Jackson
Lynn Saathoff	Brad Miller	Cheryl Enos
Sharon Findley	Jack Rabourn	Ava Sutton
Jack Willerton	Gwayne Arney	Sam Weeks
Justin Sneed	Brent Fletcher	Shirley Smith
Beverly Cornelious	Andy Tyhurst	Rick Lawson
Beverly Manning	John Morris	Scott Collier
Don Amos	Briar Corbin	Wendell Eason
Anna Lee James	Gale Eason	Jamie Bise

#### *Peace...*

#### *Remember Our Military Personnel...*

Dustin Delmont, Randy Hubbard, Kaylee Tindle  
*Please continue to pray for all of our elected officials; our military and their families.*

#### **WEDNESDAY LUNCH BUNCH**

Our Wednesday Lunch Bunch is going great! We have averaged approximately 50 people each week and have had many thank you's for offering this to the community. Through your donations we have received about \$400 to use towards this ministry with additional donations in the form of food and volunteer hours! Our last scheduled Lunch Bunch is Aug. 4<sup>th</sup> with plans to evaluate and possibly continue this in some format beyond that date. Donations are still being accepted and appreciated as we come to the conclusion of the first round of Lunch Bunch!

**First United Methodist Church**  
**Cathy Myers, Pastor**  
**“When Change is Resented”**  
**July 17, 2016**

Continuing the message series on change, the scripture was from Jonah 3:1-5.

It is not always easy to remember that God tells us to be strong and courageous and He is always with us.

According to the scripture, Jonah was reluctant to follow God’s instructions even to the point of negotiating with God. As Jonah discovered, God does not negotiate. He has a plan for all of us and we must follow it willingly or not willingly. Jonah was angry and ran from God. He was swallowed by a whale where he contemplated his predicament. We do not like to step out of our comfort zone and Jonah resented being told he must obey.

Are you stuck in your comfort zone? When was the last time you ran from God’s instructions?

Please join us on Sunday and we ask God to help us abandon our resentments and become obedient Christian servants.

*Submitted by Linda Casey*



## VBS 2016 - Surf Shack!

Vacation Bible School begins this week and it’s not too late to sign up to attend or volunteer to help!

Go to this link to sign up participating children and adult volunteers for our fun VBS week!

<http://2016.cokesburyvbs.com/adrianmoumc>

### Upcoming Meetings and Studies

**Sunday, July 24:** Worship at Passaic UMC, 9 am  
 ...Worship at Adrian, 10:45 am VBS Family Night, 6 pm

**Monday, July 25:** VBS, 6-8:30 p.m.

**Tuesday, July 26:** VBS, 6-8:30 p.m.

**Wednesday, July 27:** Passaic Bible Study, 9

...Lunch Bunch, 11 am-1 pm

...VBS, 6-8:30 p.m.

**Thursday, July 28:** VBS, 6-8:30 p.m.

**Saturday, July 30:** FREE Clothing Give-away

**Sunday, July 31:** Worship at Passaic UMC, 9 am

...Worship at Adrian, 10:45 am, Communion

**Wednesday, Aug. 3:** Lunch Bunch and FREE

Clothing Giveaway, 11 – 1:00

...Leadership Team Meeting, 7:00 p.m.

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Sunday School . . . Children, 9:45 am Adults, 9:45 am

Worship . . . 10:45 am

# Left side only

Have any of you ever heard that sleeping on your left side is the healthful way of sleeping?

Somewhere I heard this or read it somewhere—however I really can’t remember where or when.

So not understanding why, I decided to do some research and here’s what I found.

Here’s the way one person put it. “The word on the sleeping street is that we should be thinking a little more about the position in which we rest our bodies when we are resting our eyes.

Rumor has it we should ALWAYS be sleeping on our left side. It’s all to do with gravity and how your digestive system operates when leaning on one side or the other.”

Truthfully, I really don’t know which side I sleep on. I think it is on the right side mostly, but I guess I need to make a conscious effort to check when I go to bed tonight.

Well, now to some of the details I found out from different sites online.

It not only helps with digestion but sets you up for what one doctor calls a ‘big evacuation’ in the morning.

It also helps the heart pump downhill and circulates blood effectively throughout the body.

It helps the lymphatic system cleanse itself, strengthening the immune system.

And for those who have heartburn or acid reflux, sleeping on the left side tends to calm these.

Here’s the explanation. Lying on your left side aids the stomach emptying by putting the outflow of the stomach downstream, reducing the likelihood that you’ll experience reflux symptoms.

I don’t know how valid all of this is, but I thought it was interesting. I may start sleeping on my left side just to see.

I do know though when I read something from God’s Word—something He has said—that it is valid and I can go by it, knowing it is the truth.

“For the word of God is living and active, sharper than any two-edged sword,... discerning the thoughts and intents of the heart.” (Hebrews 4:12 ESV)

God In  
The  
Everyday

Love in Jesus,  
 God’s “left-side sleeping” servant,  
 Liz Ray

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