



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

Pastor's Path - Reciprocal Thoughts

By: Rev. Chuck Cram

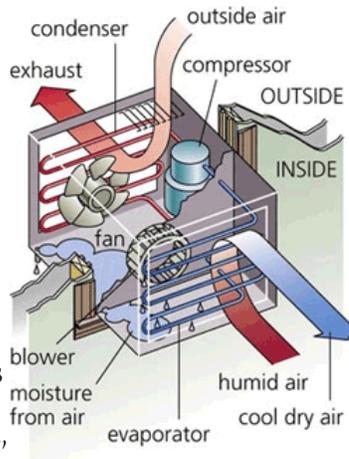
Volume 2, Issue 7 - The Messenger
July 2015

Boy, is it hot! This is the time of year when we become very thankful for the air conditioners in our cars and in our homes, without them, life would be pretty unpleasant. It seems that air conditioning has the capacity to transform certain situations which would otherwise be most unpleasant, into something much more pleasing. This started me thinking...

Most of us learned in 7th or 8th grade science about the property of expansion-that is that when something heats up, it expands. I remember as a kid riding my bike around in the summer, when I crossed a bridge, I knew how hot it was by the amount of tar that was squeezed up through the expansion joint where the bridge met the highway. When things heat up, they expand.

The reciprocal of this rule is also true, although you may never have thought about it in this way, but if you force something to expand; it will get hot, or it will absorb heat. This is how air conditioning works.

The refrigerant in your A/C unit is compressed outside your home into a liquid; then it is circulated back inside your house and forced to expand. When it does, it absorbs heat like crazy, and it expands by turning into a gas. This forced expansion takes place right above the fan that circulates the air in your house, so the expansion absorbs a bunch of heat out of the air, and the cool, air-conditioned air flows out of your vents. The refrigerant, which is now a gas, flows back to the outside of your house and is re-compressed into a liquid, and is cooled, so the whole process can begin again. This is a bit over-simplified, but you get the idea.



This is an interesting concept; the idea that the law of expansion could also be considered the law of heat absorption. It works both ways, even though most of us never think about the reciprocal of something expanding when it gets hot, it is still true, that when something expands, it absorbs heat. That may be because it seems easier to imagine something getting hot, or we can physically heat something up much easier than we can force something to expand.

I'm thinking that love and compassion may share the same qualities. Allow me to explain.

Remember when I mentioned that air conditioning has the capacity to transform something which might be unpleasant into something much more pleasing? That capacity of air conditioning relies upon the reciprocal of the rule of expansion.

SPECIAL DATES TO REMEMBER

- **JULY 7** - SPRC MEETING - 6:30PM
- **JULY 8** - SALVATION ARMY DINNER - 3PM
- **JULY 14** - COMMUNICATIONS COMMITTEE MEETING - 5PM
- **JULY 16** - TRUSTEE MEETING - 6PM
- **JUNE 20** - MEN'S BREAKFAST - 9AM
- **JULY 23** - WORSHIP COMMISSION - 5:30PM
- **JULY 23** - CHURCH COUNCIL MEETING - 7PM

WEEKLY MEETINGS

SUNDAYS

- BELL CHOIR REHEARSAL 8:30AM
- WORSHIP - 10:30AM
- COFFEE SHOP - 11:30AM
- YOUTH GROUP BIBLE STUDY - 4PM
- DISCIPLESHIP GROUP - 6:30PM

MONDAYS

- PREACHER'S PUB - 10AM
(RED LION HOTEL -MERIWETHER'S)

TUESDAYS

- BIBLE DISCUSSION - 10AM

WEDNESDAYS

- DISCIPLESHIP GROUP - 11AM

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The LFMUC Messenger

Pastor's Path - (continued)

How can we love someone that is generally unpleasant? The Gospels tell us that Jesus asks us to love our neighbors; but what happens when our neighbors are not all that loveable? What happens when the other is not desirable in the slightest? It is difficult to truly love someone when they don't look like you, or talk like you, or smell like you, or are as clean as you, or speak the same language as you or even have the same faith tradition as you-it is hard to love that person or that neighbor. But we can show compassion; and I think that compassion and love have the same reciprocal arrangement as heat and expansion.

Simple acts of compassion can teach us how to love when love seems too difficult.

For example, when love comes first, compassion is the natural result. When someone we love gets hurt, we feel bad for them and show our support in the form of compassion. If my granddaughter scrapes her knee and I will show compassion; I will pick her up and comfort until the pain goes away. We might need to wash it off with a cool cloth and put a band-aid on it that has colorful cartoon characters on it; soon she will be playing again and will have forgotten about the skinned knee. That is how compassion works when you love someone.

But isn't it also true that if we can show compassion first, that love may follow? If our neighbor is unlovable, and it seems too hard to think about loving that person, is it easier to simply think about what is compassionate? Can we serve a meal or donate to the food bank? Can we help provide shelter for the homeless or health care for the sick? Can we visit someone who is lonely or in prison? Simple acts of compassion can teach us how to love when love seems too difficult.

The next time you enjoy the cool comfort of air conditioning, remember that what makes it possible is the reverse of the way we normally think; and the next time you see or meet someone who seems unlovable, remember that compassion first can help us to love next.

May kindness return to you the same beautiful way that it was given.

To all the wonderful women who provided the incredible lunch following Ken's Memorial service. The food, service, and calming presence were appreciated by everyone. I enjoyed visiting with you but wished I could have thanked each and every one of you.

My family and I thank your all for the reception - it was a great conclusion to Ken's memorial.

Our love to you,
Janet Anderson & Family

M&M's Report

The M&M's thank all who supported our Heifer Project. We took in \$480. And this will purchase three pigs and two rabbit trios. These will provide food and livelihoods for people in Third World Countries. In 2012 a total of \$587.60 was given to Mosquito Nets for Africa, Heifer Project and Found Money. In 2014 \$764.81 was given to UNICEF and Dogs for the Deaf (Found Money) and in 2015 \$480. was given to Heifer Project. The Grand Total for these three years is \$1,832.41. A Big Thank You to Bob Morton for his generous gift to Dogs for the Deaf in 2014.

It is with much sadness that I plan to end the M&M Program this year. I have worked with the children and youth of this church for 36+ years. With Kiera Chesnut, Grace Bringman, and Rahel Butts getting too old for the M&M's, I just do not have enough children to work with for this type of program. Thank you to my church for allowing me the opportunity to write scripts and music and teach our children and youth about mission and the importance of caring for people worldwide.

Thank You!
To my First United Methodist Family,
There are not words to express my gratitude for all you have done for me over the last 12 years. This church has always shown me love & support. I have loved being a member of the church and cherish the times I have spent here! Thank you for supporting me in my graduation & my future to come!
*Lots of love forever & always,
Kailey Druffel*

Tweeners
The next Tweener's get together will be hosted by Larry & Gayla Ballantyne (830 Cypress St. Lewiston) July 18th at 6pm. Larry and Gayla will provide chicken and guests are asked to bring side dishes and desserts. This will be a good time to catch up with your church friends and, of course, EAT.
Everyone is welcome. See you there!

Thank You and God Bless You All, Patricia L. Butts

4KFor Cancer Riders Coming to Lewiston First

On Monday, July 27th, a group of about 30 bicycle riders will arrive in Lewiston and will be spending the night in the church. The groups is riding to raise funds for cancer research and awareness and is riding the 4,000 miles from Baltimore, Maryland to Portland Oregon and are passing through Lewiston on their journey. We are hosting them for the evening of July 27th with a "potluck" dinner and a program of "Why We Ride" offered by the participants.

The potluck will begin around 6 pm if all goes well, with the program beginning in the Sanctuary around 7PM. This is another way that Lewiston First will connect with the community and perhaps gain some local publicity for the riders and for ourselves.

A huge component of the 4K for Cancer is interacting with the community. the participants not only see the country, give support and spread awareness, but they also meet the people and hear the stories. Some of the most memorable stories and experiences being those we get from the communities we serve and the communities in which we stay.



Throughout the summer in order to ensure that a majority of what our participants fundraise goes back to those we are supporting we rely on hosts to house and possibly feed the riders. Without the generous support of the hosts the trip would not be possible, as it not only cuts down on cost but also ensures our participants have a safe and secure place to spend the night after a long day of riding or running.

What do you look for in a host?

Each of our participants bring a sleeping bag with them, all we ask is for some floor space and a roof over our head, however food is always greatly appreciated (: If you are able to provide breakfast and/or dinner, we encourage you to stay and eat with our riders/runners as they love sharing their connection to cancer and love getting a chance to hear other people's stories. Every morning before heading out we have a dedication circle where we dedicate our day's mileage to someone we know who has battled or is still battling cancer, we would love if you joined us and would be honored to even dedicate our day to someone you know. Join us on July 27th and bring a dish to share! You will meet some fascinating people and be helping a great cause all at the same time.



Church Financial Update - June 2015

Expenses:	<u>Paid</u>
Staff Pay Checks:	<u>Paid</u>
Utilities:	<u>Paid</u>
Common Ministries:	<u>Not Paid</u>
Pastor Pay 1st Check:	<u>Paid</u>
Pastor Benefits:	<u>Paid</u>
Pastor Pay 2nd Check:	<u>Paid</u>
End Month:	
Unpaid Bills:	\$ <u>2,004.86</u>
Check Book Balance:	\$ <u>1,962.34</u>
Investment Balance	\$ <u>app. 11,000</u>
Memorial Balance	\$ <u>6,257.36</u>

May - Common Ministries \$ Paid

Church Financial Update - 2015

Budget:	
Staff Pay Checks:	\$ <u>1,500</u>
Utilities:	\$ <u>2,000</u>
Common Ministries:	\$ <u>2,000</u>
Pastor Pay 1st Check:	\$ <u>2,000</u>
Pastor Benefits:	\$ <u>1,500</u>
Pastor Pay 2nd Check:	\$ <u>2,000</u>

Summary:
Weekly Expenses - Total \$ 2,540

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

Special Purchase from designated gift of:
Music - Hymnal Plus \$ 2,500

NEW MEMBER CLASSES

Beginning in mid-July, Pastor Chuck will begin to offer a series of new membership classes; these classes will be held in Wesley Hall on Sunday mornings after worship. The approximate time will be from 11:45 AM until 12:45 PM. The classes are open to anyone interested in learning more about Methodism and what it means to be a Methodist, our core beliefs and structures, some of our history, a light theological overview and what is involved in church membership. Joining the church is not a necessary part of the class and those who have already joined are welcome to attend as well.

The classes will begin on Sunday, July 19th and run for 4 consecutive Sundays; July 19, 26 and August 2 and 9th. On Sunday, August 16th those who are interested will be welcomed into church membership during the worship service. If at all possible, it is recommended that all four classes are attended, but the classes will be repeated this fall, so if you want to make up a class that will be possible. Check with Pastor Chuck if you have any questions or concerns.

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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!

July Birthdays

- | | | |
|----------------------|--------------------|----------------------|
| 02 - Robin Stewart | 13 - Jim Stutzman | 21 - Meuriel Nystrom |
| 04 - Bob Sitton | 18 - John Stalter | 23 - Bill Dugger |
| 05 - Bob Morton | 19 - Jan Sullivan | 28 - Barb Maple |
| 06 - Juanita Langley | 20 - Ray Sullivan | 28 - Kathy Forge |
| 06 - Sally Davies | 21 - Heidi Cram | |
| 08 - Camille Lame | 21 - Sheila Hewett | |

Happy Birthday To All Of You From LFUMC!

The
Memorial
Fund
needs your help!

If you are looking for a place to donate please consider giving to the memorial fund. Contact Rita Mills with any questions.

Thank You,

for all the cards and well wishes after the passing of Heidi's mother. All of your love and support is appreciated.

Blessings
Chuck & Heidi

July Service Schedule

Greeters:

- 05 - Leonard & Barbara O'Brien
- 12 - Colleen Mahoney & Barb Maple
- 19 - Doris Ann Winschell & Frankie Anderson
- 26 - Connie Alford & Lois Woelfel

Liturgists:

- 05 - Kathy Bostrom
- 12 - Doug Crook
- 19 - Susie Paulson
- 26 - Jim Stutzman

Accompanists:

- 05 - Becky Riendeau
- 12 - Lauren Trail
- 19 - Lauren Trail
- 26 -

Ushers:

- 05 - Donna Weaver & Bob Sitton
- 12 - Jim Bostrom & Herb Hobbs
- 19 - Larry Butts & David Walker
- 26 - Carl & Susie Paulson

Counters:

- 05 - Larry Ballantyne & Carl Paulson
- 12 - Cottie Hood & Barbara O'Brien
- 19 - Larry Butts & Ed Statham
- 26 - Lois Woelfel & Larry Nystrom

Coffee Shop:

- 05 - Potluck
- 12 -
- 19 -
- 26 -