



COALVILLE UNITED METHODIST CHURCH

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October 2026 Newsletter



From the Pen of Bro. Len:

An Achey Breakey Heart Ps 13:1-6

O Lord, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die. Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall. But I trust in your unfailing love. I will rejoice because you have rescued me. I will sing to the Lord because he is good to me.

It's normal to grieve after a significant loss. Grief is the painful process of adjusting to a new set of circumstances. As acceptance takes place, grief subsides, giving way to joy again. Sometimes grief can lead to hopelessness instead of acceptance. That's despondency or utter hopelessness.

When we read Psalm 13 we can detect some despondency in David... the psalmist feels down. Forgotten. It is that age-old "nobody seems to care" syndrome. Despair may be a description of his emotions. David feels miserable. No one knows the reason for certain; the background of many of the psalms remains a mystery. Nevertheless, his words resonate with our own painful feelings when we're struggling with **an Achey Breakey Heart!**

David's struggle with despondency grew very intense, perhaps prompting him to write the song we know today as Psalm 13. We can't be certain of the issue plaguing the poet-king. We do know, however, that some of David's darkest days came before he was

officially promoted to the throne of Israel. God was preparing him for an immense task, and He used the trials to shape him into a man of maturity and inner strength. It may help us to look back into 1 Samuel for what might have been the circumstances that led David to write this song. (See 1 Samuel 18:9–15, 28–29; 20:30–33.)

He had just slain Goliath of Gath. The Philistines, therefore, had become a defeated foe of Israel, and David had become the most famous (though still youthful) hero in the land. As a result, the people sang his praises, which, in the process, aroused King Saul's jealousy. How he hated David's popularity! As a result, Saul fell into such a fit of hostility he became focused on murdering David. Exit harmony. Enter despondency.

Think of it! From that time on, David became the object of Saul's diabolical plan. Though innocent before God and loyal to King Saul, David literally ran for his life and lived as an escaped fugitive in the hills of Judea for more than a dozen years. Think of that!

Hunted and haunted by madman Saul, David must have entertained doubts at times. He often had no one but the Lord to turn to in his despondent moments. There he was, the anointed king-elect, existing like a beast in the wilderness, running for his life. (That would disillusion anyone!) I can imagine David slumped beside several large bushes or hidden beneath a boulder alongside some mountain—dirty and despondent, wondering if the chase would ever end.

With that as a backdrop, Psalm 13 makes a lot of sense. Like many of the "lament psalms," this is a song addressed to God, a prayer consisting of six verses that build toward a climax. It begins in the pit of

despondency and concludes on the mountain peaks of ecstasy. **Here is how I would outline David's song of despondency:**

David is on his face—flat on the ground, focused on his misery and complaints (13:1–2).

David is on his knees—taking his burden to the Lord and admitting his own dependence upon Him (13:3–4).

David is on his feet—rejoicing and singing (13:5–6).

1. David on His Face How long, O LORD? Will You forget me forever? How long will You hide Your face from me? How long shall I take counsel in my soul, Having sorrow in my heart all the day? How long will my enemy be exalted over me? (Psalm 13:1–2)

Swamped by the overwhelming trials of life, David resorts to four common and human ways to handle despondency. In these two verses, he reminds us of ourselves and four mental escape routes we often take under pressure.

1. God has forgotten me—forever. Remember the last time you felt abandoned? Since the testing had continued so long without hope of relief, David finally became emotionally crushed beneath the load. He wondered if God had abandoned him.

2. God doesn't care about me. This is nothing short of gross self-pity. This inevitably accompanies feelings of abandonment, which whisper lies: "God has simply lost interest. He said He would take care of me and bear my burdens and lift my load, but that isn't the case."

3. I'm going to have to work things out for myself. This is doubting God's promises, suggesting He is not trustworthy. "How long shall I take counsel in my soul?" The term translated "**take counsel**" means to "**plan**." David had begun to plan a way out, adjust matters himself.

Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, And He will make your paths straight. (Proverbs 3:5–6)

What happens when we try to work things out in our own flesh? Exactly what happened to David.... "Having sorrow in my heart all the day."

Sorrow, strain, frustration, and worry became his constant companions. Such are the by-products of

do-it-yourself activities. When will we ever learn to leave our burdens with the Lord and let Him work out the details?

4. I resent this trial! It's humiliating to endure being stepped on. Pride has now been wounded, so it retaliates. "How long will my enemy be exalted over me?"

Isn't this a typical complaint? It comes from pride. It says, that I have the right to defend the truth, especially when it comes to some enemy taking advantage of me. How we fight to maintain our pride! How we long to be appreciated and well thought of! David was having to learn that the truth will defend itself. It will emerge as the champion in God's own time.

As I read Psalm 13 and reflect on the section describing David on his face, overwhelmed with grief and hopelessness, I see two practical areas of application:

1. It was the length of the test that began to weary David. "How long" occurs four times in two brief verses. Remember that God not only designs the depth of our trials but also their length.

2. David turns against everyone and everything except himself. What I learn from this is that when I try to handle a test in the flesh, I turn against God, my enemy, or my circumstance rather than first asking the Lord what He is trying to teach me in this situation. What wonderful lessons God wishes to teach us if our proud hearts would only be willing to melt in the furnace of affliction.

In the midst of his grief and sorrow, David makes a critical choice. Rather than continue the downward spiral of sorrow, he changed his posture. This brings us to the second section of the song.

2. David on His Knees Consider and answer me, O LORD, my God; Enlighten my eyes, or I will sleep the sleep of death, and my enemy will say, "I have overcome him," And my adversaries will rejoice when I am shaken. (Psalm 13:3–4)

Something happened to David between stanzas 2 and 3 of his hymn. Perhaps he listened to his own complaints and realized it was self-pity. Maybe he paused in his composition and looked back over what he had just written . . . and became alarmed at the unbelief that began to surface before his eyes. We

observe a genuine and marked difference now. He is up off his face. His despondency is beginning to lift. We find him, at last, on his knees—the place of victory. The martyred missionary, Jim Elliot, once wrote: "The saint who advances on his knees never retreats."

Please observe how closely verses 3 and 4 are connected with verses 1 and 2. David seems to recollect and redirect his complaints as he talks to the Lord about them. **Three changes become apparent.**

First, instead of viewing the Lord as being removed and unconcerned (13:1), David requests that He "consider and answer" him (13:3). And don't miss what he calls the Lord in verse 3—"my God"! The distance is now gone in David's mind. He is embracing an altogether different outlook.

Second, instead of the despondency and distress that had become his heart attitude due to his attempts to work things out (13:2), he now asks the Lord to "enlighten my eyes."

The word translated "enlighten" in verse 3 means "to cause to shine." In **Numbers 6:24–26**, the identical term occurs in a benediction we've heard many times: The LORD bless you and keep you; The LORD make His face shine on you, and be gracious to you; The LORD lift up His countenance on you, and give you peace.

David's countenance had lost its "shine." His face, and especially his eyes, had become hard, flat, and dull. He longed for God's brightness to reflect itself once again from his eyes—his face had fallen. When trials are dealt with in the flesh, the eyes bear the marks of that fact. We cannot hide it. Our entire countenance becomes rigid and inflexible, lacking the "sparkle" and the "light" that once manifested itself from our hearts. When inner joy leaves, so does the "shine" from our eyes.

Third, instead of worrying about his exalted enemy (13:2), David now mentally releases his enemy to the Lord and lets Him take care of the results (13:3–4).

I notice this marked change in David occurred when he decided to lay it all out before God in prayer. Our fervent petition is still the most effective oil to reduce the friction from the daily grind of despondency.

3. David on His Feet But I have trusted in Your lovingkindness; My heart shall rejoice in Your salvation.

I will sing to the LORD, Because He has dealt bountifully with me. (Psalm 13:5–6)

The first word in verse 5 is "but." That little word usually introduces a contrast to the reader. It's as if David is saying, "In contrast to my earlier complaints and fears, my dull eyes and proud heart . . . I have trusted! . . . My heart shall rejoice! . . . I will sing!"

Notice his exclamations of praise? What a delightful difference! We dare not overlook the last part of the final verse: "Because He has dealt bountifully with me." How significant! Read it again, then stop and think. **David's circumstances had not changed.** Saul still hunted him. The barren slopes of Judea were still barren. **His outward circumstances had not changed, yet David's conclusions had spun a 180-degree turn from his original thoughts.** Why? Because David had changed. God had "dealt bountifully" with him.

So, what does this mean for us? What encouragement can we draw from David's song? How can we emulate David and rise above our own sorrowful circumstances?

First, we must recognize that God uses trials to transform us, not our surroundings. God wishes to train us, to mold us. He uses the distressing circumstances brought on by evil to benefit us rather than destroy us. The evils intended by the world become His tools. In doing so, He deals bountifully with us . . . deep within where no one else can see or touch.

We have not learned the most basic and essential lessons God has designed for us in any given trial until we can say, "He has dealt bountifully with me."

In the magnificent Psalm 119, David declares.... **It is good for me that I was afflicted, That I may learn Your statutes . . . I know, O LORD, that Your judgments are righteous, and that in faithfulness You have afflicted me.**

This is what the apostle Paul came to realize from his "thorn in the flesh" as he wrote in 2 Corinthians 12:9: **And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me.**

Weakness is not a symptom of a terminal disease. It is simply tangible proof of our humanity.

Better still, it is the platform upon which God does some of His most magnificent work. If the daily grind of despondency has begun to wrap its clammy fingers around you and drag you under, let me encourage you to get better acquainted with this unique song of new hope. It can be not only a comfort to your soul; very likely, it will lift you off your face and put you back on your feet.

Rev Len McRaney

If you have any events to be placed on the church calendar, in the bulletin or newsletter, please e-mail or call the office. Coalvilleumc@outlook.com

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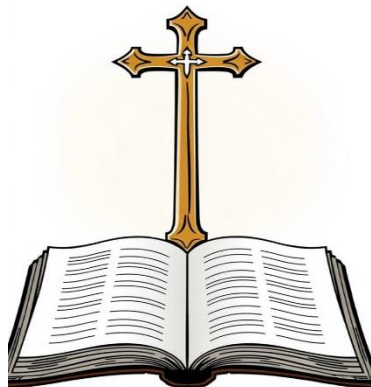
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Brothers and Sisters



Our God is watching over Coalville. May God bless each of those answering the call to serve: our Pastor, secretary, music team, lay leader, video/audio, those who serve communion, all Sunday school leaders, those taking care of the building, mission teams and volunteers, Prayer Ministry, shoebox ministry, nursery, Senior Luncheon, men's groups, Administrative Board, and all committee members. Thank you. 🙌

Life of every citizen is impacted by the decisions of those persons of political influence in our lives. **It is our calling to serve as prayer warriors for these persons. It is important that we be dedicated to pray for them. Ez. 22-30.**

Oct. 4th - 10th - That they be God fearing and recognize they are accountable to **Him** for each decision and act. Prov. 9:10

Oct. 11th - 17th - That they be granted wisdom, knowledge and understanding. Is.1:5

Oct. 18th - 24th - That they be presented with the gospel and loving Christian witness. Rom. 10:14

Oct. 25th - 31st - That they be drawn, if unsaved, to a saving encounter with Christ; if born-again, that they be strengthened and encouraged in their faith.

1 Tim. 2:4; Eph. 1:17-23.

Before beginning the prayers be sure to spend time with the Lord for cleansing, praising, and exercising your faith. 🙏



CORNERSTONE

Hello from Cornerstone. Welcome to October! We are excited for the fellowship meal on October 11 when we celebrate our Bro Len!

From Maranatha Music.....“Whether in oral tradition or in written form, wherever the church has gathered there has been a song book because worship is essential to the people of God. Song, in a way that no other medium of expression does, has a way of organizing our random thoughts and longings, clearing our perceptions and giving us language and voice. So, in a way, a song book functions as a primer for us---pointing us to the truth of Scripture, giving us fresh expressions of prayer, praise and adoration, teaching us again and again the language of response. A song book is a collection of the irrepressible responses of the people of God to His acts of redemption. Musical styles may come and go but the response of worship in song will remain as essential language for people of faith. Our interacting with God in recognition of who He is, and His work will never end. ‘The praise of God is not a passing fancy! It is one of the most elemental, fundamental, and necessary factors of the life of faith in this and any age.’ Ron Allen.”

Psalm 150, NIV...Praise the Lord, Praise God in His sanctuary; praise Him in His mighty heavens..Praise Him...Praise Him...Let everything that has breath praise the Lord.

**All ladies of the church are invited to a
BRIDAL SHOWER**

**To celebrate the bride to be
~~KRYSTEN CURRY~~**

**Saturday, October 3, 2026
10 to 12**

In the fellowship hall

**Registered at Crate&Barrel, Target, Bennington Potters
(Krysten & Kevin Oct 10, 2026)**

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**Sunday, October 11<sup>th</sup> is PASTOR APPRECIATION SUNDAY**

**We will be having potluck after the service**

**AND the Banana Pudding Contest!! There will be judges, but the  
congregation can make a donation and sample each pudding entered!**

**Money raised goes to Shoeboxes.**

**Charge Conference will be October 25, 5:30PM at Poplarville First  
UMC, 708 S Julia St, Poplarville**

## ~~~~~YOUTH/JAM~~~~~

### Youth and Young Adults

October 24th the youth and young adults plan on participating in the Eagle Point Park Trunk or Treat. It starts at 5:00 and we invite all children to come and enjoy it. We will hand out candy with stickers on them that point to Jesus.

JAN

### SHOEBOXES (Operation Christmas Child)

It's all about Jesus!!!! He wants every child to know He loves them and that He is the way to Heaven. We pack shoeboxes with love and prayer. We include WOW items, stuffed animals, clothes, school supplies, and toys. We could add a family picture or note to our box. We pray over our boxes that each child receives Jesus.

**Boxes will be available October 25 and will be due back November 15. If you want boxes earlier, please see me.**

Please mail \$10 for shipping in enclosed brochure. This money covers processing and shipping to foreign locations. Following your box helps you see where your box goes (see brochure).

Thank you for allowing me to be a part of this mission here at Coalville.

It's all about Jesus!!!

**Carolyn McGrew**

## World Communion Sunday

**October 4**

On this Sunday, United Methodists join Christians around the world in celebrating Holy Communion, remembering that we are one in Christ, no matter our background, language, or culture.



**Anniversaries, Birthdays, Monthly Events, Scheduled Meetings, Weekly Events, CLC – Christian Life Center, FH – Fellowship Hall, S – Sanctuary, W – Worship, AB – Administrative Board, BG – BUNCO Group, CB – Cornerstone Band, CC – Cemetery Committee, FISH – Young Adults, JAM – Children’s Ministry, MT – Mission Team, SL – Senior Luncheon, UMYF - Youth**

| October 2026                                                                                                                                                                                                                                    |                                                                     |                                                                                                            |                                                                  |                                                                              |                                                                         |                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Sun                                                                                                                                                                                                                                             | Mon                                                                 | Tue                                                                                                        | Wed                                                              | Thu                                                                          | Fri                                                                     | Sat                                                                                                               |
| <b>Backpack Blessings 10/04 Beanie Weanies</b><br><b>4</b> 9 AM, SS, FH<br>10 AM, W, S<br><b>World Communion Sunday</b><br><b>Carla Grimes, BD</b><br>4:30 PM, JAM, CLC<br>6 PM, UMYF, CLC<br>FISH, CLC                                         | <b>10/11 Ramen Noodles 10/18 Ravioli</b><br><b>5</b>                | <b>10/25 Tuna</b><br><br>No Senior Lunch October<br><br>5 PM, Yoga, CLC<br>6:30 PM, CB, S                  |                                                                  | <b>1</b><br><b>Vernon Peterson, BD</b><br><br><br><b>8</b> 12 – 3 PM, BG, FH | <b>2</b><br><br>7 PM, AA, FH                                            | <b>3</b><br><b>Rhonda Hepler, BD</b><br><br>Bridal Shower<br><b>Krysten Curry</b><br>10to12 FH                    |
| <b>11</b> 9 AM, SS, FH<br>10 AM, W, S<br>Pastor Appreciation Sunday/Potluck, Banana Pudding Contest<br><b>Nancy Willis, BD</b><br>4:30 PM, JAM, CLC<br>6 PM, UMYF, CLC<br>FISH, CLC                                                             | <b>12</b><br>Columbus & Indigenous Peoples' Day<br><br>6 PM, AB, FH | <b>13</b><br><b>Tony Harrison, BD</b><br><br>5 PM, Yoga, CLC<br>6:30 PM, CB, S                             | <b>14</b>                                                        | <b>15</b>                                                                    | <b>16</b><br><br>FH, S, CLC Reserved<br>Wedding Reh 6PM<br>7 PM, AA, FH | <b>17</b><br><b>Brandon Beckstein, BD</b><br><b>Brian Beckstein, BD</b><br><br>FH, S, CLC Reserved<br>Wedding 3PM |
| <b>18</b> 9 AM, SS, FH<br>10 AM, W, S<br><b>Laity Sunday</b><br><br><b>Gabi Phillips, BD</b><br>4:30 PM, JAM, CLC<br>6 PM, UMYF, CLC<br>FISH, CLC                                                                                               | <b>19</b><br><b>Brian Stinson, BD</b>                               | <b>20</b><br><b>Amanda Arnold, BD</b><br><b>Brandy Yennie, BD</b><br><br>5 PM, Yoga, CLC<br>6:30 PM, CB, S | <b>21</b>                                                        | <b>22</b><br><b>Kim King, BD</b>                                             | <b>23</b><br><br>7 PM, AA, FH                                           | <b>24</b>                                                                                                         |
| <b>25</b> 9 AM, SS, FH<br>10 AM, W, S<br>Reformation Sunday<br><b>Jose Ortiz, BD</b><br><b>Taylor Ortiz, BD</b><br><b>Mary Ann Wiginton, BD</b><br>Charge Conference<br>5:30PM Poplarville<br>4:30 PM, JAM, CLC<br>6 PM, UMYF, CLC<br>FISH, CLC | <b>26</b><br>Tim&Tiffany Ludlow, Anniv                              | <b>27</b><br><br>5 PM, Yoga, CLC<br>6:30 PM, CB, S                                                         | <b>28</b><br><b>David Talbot, BD</b><br><b>Kandace Foote, BD</b> | <b>29</b>                                                                    | <b>30</b><br><br><b>Eleanor Ruth Bahm, BD</b><br><br>7 PM, AA, FH       | <b>31</b><br>Halloween                                                                                            |