

PRAYERS CAN'T BE ANSWERED UNLESS THEY ARE PRAYED

Life without purpose is barren indeed
There can't be a harvest unless you plant seed,

There can't be attainment unless there's a goal,
And man's but a robot unless there's a soul...

If we send no ships out, no ships will come in,
And unless there's a contest, nobody can win...

For games can't be won unless they are played,
and prayers can't be answered unless they are prayed...

So whatever is wrong with your life today,
You'll find a solution if you kneel down and pray

Not just for pleasure, enjoyment and health,
Not just for honours and prestige and wealth...

But pray for a purpose to make life worth living,
And pray for the joy of unselfish giving

For great is your gladness and rich your reward
When you make your life's purpose
the choice of the Lord.

Helen Steiner Rice

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GRACE
CHURCH

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GRACE
62
YEARS



GRACE NOTES

*"I am the light
of the world. Whoever
follows me will never
walk in darkness, but
will have the light
of life."*

John 8:12

SEPTEMBER'S CALENDAR

SUNDAY

4, 11, 18, 25
Worship 9:00 a.m.
Coffee Hour 10:00 a.m.
Worship 11:00 a.m.

MONDAY

12
Trustees/Council Mtg. 6:00 p.m.

TUESDAY

13
Faith Circle 10:00 a.m.
• All women welcome
6, 13, 20, 27
Prayer Meeting 6:00 to 7:00 p.m.
Led By Grace Men's
• Bible Study 7:00 p.m.

WEDNESDAY

7, 14, 21, 28
Bible Study with Pastor Steve
• 10:00 to 11:00 a.m.
• All are welcome

THURSDAY

1
Worship Committee Mtg. 10:00 a.m.

SATURDAY

3, 10, 17, 24
Men in Mission Bible Study
• 8:00 to 9:00 a.m.
• All men welcome
Every Other Sat. Men's Bible Study
• 8:00 to 10:00 a.m.

COUNCIL

ELECTED CHURCH OFFICERS

Taking into consideration the "times" that we live in, only first names are being used in Grace Notes. That being said, these are the folks that make up the Council and their terms of service:

EXECUTIVE BOARD

Garth	President	2024
Paul	Vice President	2024
Charlotte	Secretary	2024
Barbara	Treasurer	2024
Kathleen	Financial Secretary	2024

TRUSTEES

Bill	Property Chair	2023
Jim	Property	2025
Helen	Memorial Chair	2024
Adrian		2023

DEACONS

Cynthia		2024
Sabrina		2024
Corey		2025

Council Meetings are held on the 2nd Monday of the month at 6:00 p.m. Guests are always welcome to attend. Also, please feel free to contact any one of the Councilmembers with your concerns.

GRACE NOTES

SEPTEMBER 2022

COPING MECHANISMS



A MESSAGE FROM PASTOR STEVE

nostalgia is what the Israelites turned to when faced with their very real fear of starvation and death. In romanticizing the past, the Israelites longed for a time when everything was so much better. It was an illusion of course. In reality they were slaves in Egypt. The Egyptians treated them horribly, even killing their babies. But when faced with the possibility of death, they chose this euphoric spirit of nostalgia. rather than turning to The LORD and trusting in Him. They chose nostalgia over faith, even though they had personally seen all the powerful miracles The LORD had performed on their behalf in Egypt.

The spirit of nostalgia is very seductive. I frequently hear people express (usually out of frustration and exhaustion) that they just want things to get back to normal. It is understandable to allow our minds go there. But nostalgia will not give us what we seek. It never has. Only God is able to see us through our fears and insecurities. Only God is powerful enough, faithful enough and present enough to meet our every need. The blood of Jesus, and only His blood, is able to deliver us from every evil. Only He is the same yesterday, today and forever. Only His Word endures forever. Heaven and earth WILL pass away. But His truth will not. This hope is what Jesus spoke of when teaching about the man who built his house on the rock and not the sand. The waves came, the winds blew, and the storm pummeled the house. But the house withstood the storm because it was built on a rock (the words of Jesus). This is the power and result of being a true disciple and following a mighty and powerful God. Don't look anywhere else for comfort. You won't find it. Look to Jesus and Jesus alone. Only then will you find an enduring strength, peace and hope that overcomes the world. "In this world you will have tribulation. But take heart, I have overcome the world." (John 16:33)

Peace,

Pastor Steve

When times are fearful and full of despair, we often seek comfort in "coping mechanisms". Some coping mechanisms are beneficial - like prayer, fasting, scripture reading and meditation (discipleship tools). Some are not - like over-eating, excessive drinking or "checking out" with various forms of entertainment. Sometimes we even cope by trying to keep so busy that we simply don't have time to think about our problems. These worldly coping mechanisms are easy to fall into and require very little effort. We simply surrender or "give into" them. These carnal vices give us a sense of relief and comfort. They certainly make us feel better. The problem is, they not only are completely inadequate in meeting our actual temporary needs, they end up making our mental and spiritual condition worse. Only God is able to give us true peace, strength and comfort. And only in God can we find refuge and protection.

One common coping mechanism is that of nostalgia. Nostalgia is romanticizing the past. It is idealizing a former time when things were not near as fearful as they appear to be now. As a coping mechanism, nostalgia can give us a peaceful and elated feeling of a simpler life without fear. Nostalgia makes us feel safe and secure. This spirit or enchantment of

SEPTEMBER'S SCRIPTURES

We are still in the "season" of Pentecost which started 50 days after Easter. The "day" of Pentecost was a one-day festival of the Jews mentioned in the Old Testament. The first Christian Pentecost, on the seventh Sunday after the Resurrection, is significant because of the descent of the Holy Spirit upon the Apostles and the birth of the Christian Church. Pentecost "season" will continue through Oct. 23rd.

SEPTEMBER 4th

1st Reading	Deuteronomy 30:15-20
2nd Reading	Philemon 1:21
Gospel	Luke 14:25-33
Psalm	1

SEPTEMBER 11th

1st Reading	Exodus 32:7-14
2nd Reading	1 Timothy 1:12-17
Gospel	Luke 15:1-10
Psalm	51:1-10

SEPTEMBER 18th

1st Reading	Amos 8:4-7
2nd Reading	1 Timothy 2:1-7
Gospel	Luke 16:1-13
Psalm	113

SEPTEMBER 25th

1st Reading	Amos 6:1a, 4-7
2nd Reading	1 Timothy 6:6-19
Gospel	Luke 16:19-31
Psalm	146

"But seek first His kingdom and His righteousness; and all these things will be given to you as well."

Matthew 6:33

JOIN IN!

FAITH CIRCLE - SEPT. 13

Faith Circle meets on the 2nd tuesday of the month at 10:00 a.m. All women are invited to participate in a time of devotions, prayer and friendship.

NOISY MONEY - SEPT. 18th

A collection of coins in a bucket is noisy and therefore the name. It was started a few years ago to help pay for reroofing the church and education building.

"Noisy \$" takes place on the **3rd Sunday** of each month and is held in a savings account to be used when a special need comes up. August's collection was \$131.50. Thank you! Save your coins and make a noise in the bucket. Mark your calendar!

SIGN UP!

FLOWER MINISTRY

Our Sunday flowers are purchased at Safeway. If you would like to honor or remember someone, sign up on the Flower Chart posted in the Narthex (lobby). Reimburse the church for the cost of \$33.00 and please remember to include the reason for the flowers.

The flowers are taken to someone who is shut-in, ill, grieving, etc. This Flower Ministry is not a budgeted item. The recipient does not have to be a member of Grace - perhaps a close friend, a family member, etc. Just tell the Altar Guild servant after the worship service (you will usually see her helping with Communion.)

COFFEE HOUR

The Coffee Hour in the Social Hall is served between 10:00 and 11:00 a.m. every Sunday. So, stay after the first worship or come early before the second worship service, enjoy the goodies and the camaraderie with your fellow worshippers. A sign-up sheet to host the Coffee Hour is posted in the Narthex. Get together with a friend (or two) and sign up on the 2nd, 4th or 5th Sunday to host and provide the goodies. The funds gathered in the donation jar helps pay for items such as coffee, sugar, etc.