

The Springs



SAND
SPRINGS
UNITED METHODIST
CHURCH

SSUMC Mission Statement

Love God.

Love Others.

Change the World.

Rev. Don Tabberer

*"A joyful heart helps healing,
but a broken spirit dries up the bones."*

(Matthew 28:19-20)



In our early worship service, we've been singing a new song recently called, **"Old Church Choir."** The song includes these lyrics:

*I got an Old Church Choir sing-
ing in my soul*

*I got a sweet salvation and it's beautiful
I've got a heart overflowing 'cause I've been restored
There ain't nothing gonna steal my joy
No, there ain't nothing gonna steal my joy*

What you think about has an effect on your health. This is true of your spiritual health, mental health, and physical health. It is difficult to be sad in the middle of a good belly laugh. Laughter and joy provide amazing medicine that heals the wounded soul and presents a different perspective.

I have had a lot of time lately to consider the ways in which humor helps in healing. Learning how to perform everyday tasks one-handed, and left-handed to boot, has been no end of awkward moments that make me laugh. Typing this article, for example, has taken much longer than usual. It's hard to type fast with one hand and it's really hard to type when you are laughing at your infirmity.

It's OK for me to laugh at these things because they are mine and I'm allowed to laugh at myself. In fact, I highly recommend that you spend some time laughing at yourself on a regular basis. I believe this would help us take ourselves less seriously. This is an important habit to cultivate. When we take ourselves and our opinions too seriously, we tend to hold them up as shining examples for others. *"If those people were just more like me, then they'd be much better people."* That's a little sarcastic, but the point is that we project our views onto others because we sometimes think too highly of them. If we'd

stop and laugh at our image in the mirror and laugh at our sometimes under-informed opinions and laughed at our sense of our own virtue, we might just realize that there are other opinions that also have value and we might just learn to listen better. And that kind of brings me to another thing that I noticed the other day. I was joking about some awkward thing I'd done; having a laugh at my own expense. It suddenly occurred to me that my situation is funny because it is temporary. Someday I will get better, I will get my arm back. But, there are so many people in the world for whom this condition never gets better. Their missing limb will not grow back. Physical therapy will not help. I feel a little ashamed of finding humor in my situation.

Finally, it hit me though: *"There ain't nothing gonna steal my joy."* I've known several people who have varying types of physical differences that challenge them. But they too find humor in their condition, even though it's permanent. They don't take themselves or their situations too seriously. They are able to laugh at their own foibles and they don't mind bringing others in on the joke. These folks are able to live within their situation because they refuse to let it steal their joy. Their joy comes from God and it can't be taken away.

So, whether you have a temporary health issue or a permanently different ability, or you are simply stuck in a serious relationship with your self, the key to navigating your situation is recognizing and clinging to the joy that God offers you through Jesus Christ. Giving voice to this joy brings healing to your heart, body, and soul. I know this because I have experienced it. Throughout Lind's two-year journey, we affirmed our joy in whatever little good we could find each day. It got us through the worst days and brought us out filled with gratitude. This past week, I have refused to give in to the discomfort by laughing at my missteps.

Please, don't anyone or anything steal your joy. Laugh a little more.

Pastor Don



Hey Kids

We had a fun filled Sunday! You were awesome as you sang in both services. We talked about mothers found in the both the Old and New Testament. You were all very creative as you made cards and decorated clay pots filled with chocolate candy for your moms.

Vacation Bible School is coming soon-July 16th- July 19th. Be sure to plan to come and join us for "Rolling River Rampage" as we experience the ride of a lifetime with God.

Have a great week in school. See you next Sunday as we celebrate Pentecost and the birthday of the church.

Miss Debbie and Miss Marty



UMW Memorial Flower Sales

Tuesday, May 15-Saturday, May 26
(Closed Sunday, May 20th)

10:00am-6:00pm

1st Christian Church-5th & Main



Fourth Monday COMMUNITY MEAL

4th Monday of the Month
Fellowship Hall • 5:30-7:00 p.m

Monday, May 28th

What's Going On?

Head Ushers

8:45am-Amanda Honeycutt
11:00am-Eddie David

Children's Church

8:45am-Kingdom Kids
11:00am-Jami Warkentin
5/20-Debbie Schmidt
5/27-Amanda Honeycutt
6/3-Communion
6/10-Marty David
6/17-Amy Miller
6/24-Kat Katzung

Sunday Counters

5/20-Janie Moore & Kent Warkentin
5/27-Diana Pond & Jack Vest
6/3-Betty or Howard Smith & Karen Wilder
6/10-Sondra Allen & Dickford
6/17-Bob Barnes & Jami Warkentin
6/24-Janie Moore & Kent Warkentin

Youth Dinners, Served 6:30, Wednesdays

5/16-CIA/Pathfinders
5/23-Faith Circle
5/30-TNT
6/6-Ruth Esther Circle
6/13-Seniors In Action
6/20-No Youth
6/27-Priscilla Circle

Welcome Center

January & May & September-CIA/Pathfinders
February & June & October-Harmony
March & July & November-Discovery
April & August & December-TNT

Fourth Monday Community Dinner

5/28-5:30pm-Fellowship Hall
6/25-5:30pm-Fellowship Hall
7/23-5:30pm-Fellowship Hall
8/27-5:30pm-Fellowship Hall
9/24-5:30pm-Fellowship Hall

All Church Mission Strategy Team Event

5/25 at 5:00pm
Worship Encounter-5/27-FLC-6:00pm
6/22 at 5:00pm
Worship Encounter-6/24-FLC-6:00pm
7/27 at 5:00pm
Worship Encounter-7/29-FLC-6:00pm
8/24 at 5:00pm
Worship Encounter-8/26-FLC-6:00pm
9/28 at 5:00pm
Worship Encounter-9/30-FLC-6:00pm
10/26 at 5:00pm
Worship Encounter-10/28-FLC-6:00pm

Prayer List

Leonard & Lodema Whisenhunt, Martha Scudder, Linda Tabberer, Andrew Walczak, Charlene Reeves, June Brown, BW Proft, Sue Shaw, Keri Bostwick, Greta Green, Bob & Cathy Hula, Bill & Clare Caldwell, John & Sylvia Johnson, Barbara McClintock, Montie Box, Owen Johnston, Albert Kahl's mom & sister in law, Ruth Weaver, Angy Krebs-Warden, Joey Parrish

If someone needs to be added to the prayer list or someone was taken off too soon, please contact Tracey in the front office to update prayer list.

CALENDAR OF EVENTS FOR SAND SPRINGS UMC

Monday, May 14

10:00am-Al-Anon-Upstairs
10:00am-5:00pm-UMW Memorial Flower Set up-5th & Main
7:00pm-Boy Scouts-FLC

Tuesday, May 15

10:00am-UMW Memorial Flower Sales-5th & Main
6:00pm-Cub Scouts-FLC
7:00pm-Praise Team Practice

Wednesday, May 16

7:30am-Men's Breakfast-Crescent Café
10:00am-UMW Memorial Flower Sales-5th & Main
1:30pm-Mission to Stitch-Parlor
5:45pm-Y4Y
6:30pm-The Awakening—Youth-FLC
7:00pm-Chancel Choir Practice

Thursday, May 17

10:00am-UMW Memorial Flower Sales-5th & Main
6:30pm-Faith Circle Night Out-Colton's Steak House
7:00pm-*Collins Karate-FLC

Friday, May 18

10:00am-UMW Memorial Flower Sales-5th & Main

Saturday, May 19

10:00am-UMW Memorial Flower Sales-5th & Main

Sunday, May 20-Pentecost Sunday

8:45am-Contemporary Worship-Confirmation Sunday
10:00pm-Sunday School
11:00am-Traditional Worship

Monday, May 21

10am-Al-Anon-Upstairs
10:00am-UMW Memorial Flower Sales-5th & Main
7:00pm-Boy Scouts-FLC

Tuesday, May 22

10:00am-UMW Memorial Flower Sales-5th & Main
6:00pm-Cub Scouts-FLC
7:00pm-Praise Team

FLC-Family Life Center

*-Not sponsored by SSUMC but welcome

SSUMC

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74063

Oh Spring, wherefore art thou Spring?

