



The Chimes

of Westminster Presbyterian Church

A newsletter of events and opportunities for the members of Westminster

Loving God and Neighbor Convocation Sunday, September 12

Convocation Sunday is an exciting day to invite your friends and neighbors to Westminster. On this special Sunday, September 12, our full programming resumes. We have a great fall planned with excellent preaching, inspirational music, and spiritual growth classes for all ages. Best of all, we will be kicking off the all-church spiritual growth program, "Unbinding Your Heart" (see page 3 for all the details). Every Sunday is great at Westminster, but Convocation Sunday is especially exciting as we put our best foot forward in inviting and welcoming folks to all that God has to offer through Westminster.



Convocation Sunday Schedule

Start	Event	Location			
8:30	Childcare (birth-age 2)	Nursery	11:00	Childcare (age 2 - Pre-K)	102
9:00	Confirmation Class (grades 9-12)	209	11:20	Coffee Hour	Fellowship Hall
9:15	Lectio Divina	206	11:30	Unbinding Your Heart Groups	
10:00	Westminster Choir Rehearsal	100		Genesis Singers (ages 4 and 5)	104
	Worship	Sanctuary		Kinder Choir (Kindergarten)	103
	First Lessons in Faith for Toddlers	102A		Cherub Choir (grades 1-3)	Theater
	First Lessons in Faith for Two's	108A		Calvin Choir (grades 4-6)	100
10:20	Come and See (grades 1-3)	104		Junior High Bell Choir (grades 7-8)	301
	Children and Worship (Pre-K - K)	106		Senior High Bell Choir (grades 9-12)	300
10:55	CrossRoads: Education for the Journey	101/103/105/Theater	4:00	Youth Band	Fellowship Hall
	Junior High Class (grades 7-8)	301	5:00	Knox Choir (grades 7-12)	100
				Youth Parent Meeting	Chapel
			6:00	Youth Dinner	Fellowship Hall
			6:30	Youth Fellowship	Fellowship Hall

Where Loving God and Neighbor Is Transforming Lives

Among Our People...



Ben Manuel has completed his year as a Young Adult Volunteer with the Presbyterian Church (U.S.A.). Ben served as the warehouse manager for Project Homecoming in New Orleans, LA. He enjoyed his work so much that he will spend the next year working in the same position, this time as an Americorp Volunteer.

Alan Dyer has come under care of Westminster Presbyterian Church and has begun his theological education at Columbia Theological Seminary in Atlanta, GA.

Deaths

July 29, 2010
Helen Elizabeth Calihan

August 9, 2010
Matthew Francis Melko

A letter from Kay Davis-Dudding

You gave me an amazing send-off to retirement. In so many places and in so many ways you have let me know how much you have appreciated my ministry. And for that I cannot thank you enough. I will always remember special times I have had with you, and the special people you are.

The Te Deum window picture you gave me is opaque, and, when hung in my window, the light shines through on the brilliant colors. It is beautiful. I thank you, too, for the extremely generous check with which I was presented at the luncheon. Your attendance at my luncheon and program was overwhelming.

I was astonished by your many notes and cards. I counted over 140 (a trait learned from my mother). They will allow me to continue to remember your good wishes for a happy retirement.

It is my prayer that you have been equipped for the ministry of doing pastoral care for each other, your ministers, and those outside the church, and through that, have deepened your commitment to God and to Jesus Christ. Westminster will continue to benefit from all you do.

And now, I'm looking at the future with all of its possibilities. So far I have made a short trip to the Ann Arbor Art Fair, made three calls with a Hospice of Dayton Chaplain, in preparation for doing volunteer chaplaincy, and soon after Fred returns from the National Boy Scout Jamboree, we will spend a week in "Revs RV" (our motor home) in Cincinnati, camping next to the Ohio River.

*Grace and peace,
Kay*

September 2010

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Adult Education Opportunities

Let's Learn and Grow Together

Unbinding Your Heart

**All-Congregation Six-Week
Spiritual Growth Opportunity**

Sundays September 12 through October 17

On September 12, Westminster as a whole church body will embark on a unique six-week spiritual growth opportunity we are calling, *Unbinding Your Heart*. This is a unique chance for all of us to grow closer to God by practicing new, life-giving habits of prayer and connecting more significantly with each other. Together, in small groups, we will begin to find ways to talk authentically about our faith.

Small Groups form the core of where this learning will take place. Our goal is to engage 80% of our worshipping congregation in this experience. In order to maximize participation, multiple *Unbinding Your Heart* Small Groups, led by the pastors and lay leaders, will meet from 8:45-9:45 a.m. and from 11:20 a.m. - 12:20 p.m. on Sundays. Other Small Groups will be meeting throughout the week. Therefore, we are taking a six-week sabbatical from our usual Adult Education classes, which will resume on October 24.

Signing Up for an *Unbinding* Small Group is easy and convenient. You can sign up anytime by going to our Web site home page and clicking on the link to the survey that collects your meeting preferences. If you have no internet access, please call Carol Porter at 223-7285 to sign up by phone.

We are using the book *Unbinding Your Heart*, which can be purchased for \$12.00 in the Church Office throughout the week and in Fellowship Hall on Sundays. The book includes the 40-Day Prayer Journal that we will begin on September 13.

Never done anything like this before? That's okay. You are not alone. This spiritual growth program was designed for churches just like Westminster and folks just like you.

Every Sunday

9:15 – 9:45 a.m.

Lectio Divina: Sunday Morning Meditation and Prayer

Room 206

This class experiences the ancient practice of “sacred reading” of the day’s scriptures, seeking a personal word from God through the biblical text. Experienced class members lead the group.

Parish

Labyrinth Open Walk

Come walk the Labyrinth, noon-7:00 p.m., Tuesday, September 7, in Fellowship Hall. Invite a friend or two to come along for the journey. All are welcome.

Be a part of one of our Interest Groups

All Interest Groups are open to everyone and provide a great place to bring a guest or two or three! Singles, beginners and all walk-ins are welcome.

- Bridge Interest Group #1 on Tuesday, September 14, at 6:30 p.m., in the West Parlor
- Bridge Interest Group #2 on Monday, September 27, at 6:30 p.m., in the West Parlor

Just Friends to tour Jungle Jim's Market

On Friday, September 17, join the Just Friends fellowship group in a unique experience on a guided tour of Jungle Jim's International Market. This is a 300,000 square foot store with 150,000 grocery items from around the world. The bus will leave the church at 9:00 a.m. for our 10:00 a.m. tour. The cost is \$6.00, which covers \$1.00 for gas, the 1-1/2 hour tour that will include food samples, and a \$2.00 certificate for the store. Following the tour we will have lunch at the store's sandwich and soup shop (cost not included). We plan to leave Jungle Jim's by 1:00 p.m. and return to the church by 2:00 p.m. Contact Jerry Shell (937-902-5214) with questions or to make your reservation.

Presbytery event for Older Adults

The Older Adult Ministry Network of the Presbytery of the Miami Valley is hosting Dr. Jane Brown, Ph.D., on **Tuesday, September 28**, at the Kirkmont Center in Zanesfield. Dr. Brown, a Quaker minister and professor at Antioch University in Yellow Springs, will present "Adding Quality to Your Life: Finding Joy in the Moment." The workshop is from 9:30 a.m. until 2:00 p.m. Call Annette May at 937-258-0014 or e-mail her at annette@maygourmet.com for additional information and to register (\$10.00). Registration deadline is September 21. Join in! Kirkmont in the fall is a beautiful place.

Join the Westminster Choir

Are you interested in becoming a part of the Westminster Choir (college age and up)? Rehearsals are on Thursday evenings at 7:30 p.m. beginning September 9. Now is the time to contact John Neely (223-7285 or john@westminsterdayton.org). Join us for great music making and fellowship.

Last call for Bell Choir registration for youth

Registration forms for the Junior High Bell Choir (grades 7 and 8) and the Senior High Bell Choir (grades 9-12) are now due. Rehearsals are on Sundays, 11:30 a.m. - 12:15 p.m., beginning September 12. **In order to participate in a youth bell choir, registration is necessary.** Contact John Neely (223-7285 or john@westminsterdayton.org) for more information. A great year has been planned.

Choirs for children and youth resume on Sunday, September 12

Children's Choirs and Youth Handbells — Sundays, 11:30-12:15

Genesis Singers (4 and 5 year olds, pre-kindergarten) – Room 104 - Holly Martin, Director

Kinder Choir (kindergarten), Room 103 – Rachael Boezi, Director

Cherub Choir (grades 1-3), Theater – Marcia Wood, Director

Calvin Choir (grades 4-6), Room 100 (Choir Room) – John Neely, Director

Junior High Bell Choir (grades 7 and 8) Room 301 – Brent Manley, Director

Senior High Bell Choir (grades 9-12), Room 300 – Jerry Taylor, Director

Youth Choir — Sundays, 5:00-6:00

Knox Choir (grades 7-12), Room 100 (Choir Room) – John Neely, Director

Supper and youth fellowships follow.

Please contact John Neely (223-7285 or john@westminsterdayton.org) for details.

Notes

Piano Recital

September 26, 4:00 p.m.

Elizabeth Vandevander and Jennifer Shoup, Pianists

A program of solo and 4-hand works by Haydn, Bach-Busoni, Bizet and Satie

Jennifer Shoup teaches in her private piano studio in Beavercreek.

Elizabeth Vandevander is adjunct faculty in the University of Dayton and a member of Westminster Church.

This recital is open to the public at no charge.

Noonday Organ Recitals are back!

Every Thursday in October, 12:10-12:35 p.m. A quick, delectable lunch is served following each recital.

Memorial Organ Recital



Members and friends of Westminster will once again be given the opportunity to memorialize a loved one by contributing to the Memorial Organ Recital Fund.

Frederick Swann returns to Dayton to perform this year's recital on Sunday, October 10, at 4:00 p.m. Mr. Swann, who served for many years as Organist-Director of Music at The Riverside Church in New York City, is Organist Emeritus of the Crystal Cathedral and of the First Congregational Church of Los Angeles, and Organ Artist-in-Residence at St. Margaret's Episcopal Church in Palm Desert, California. He is also University Organist and Artist Teacher of Organ at the University of Redlands in California.

The organ console will be visible by way of a large screen projection system. Those wishing to contribute to the Memorial Recital Fund are asked to use the form below.

2010 MEMORIAL ORGAN RECITAL

Please indicate how you wish the names to appear in the program:

In Memory of _____

Given by _____

Amount given: \$ _____

Please make checks payable to Westminster Presbyterian Church
marked "Memorial Organ Recital."

Thank you for this special gift.

CHILDREN'S MINISTRY CORNER

CHILDREN'S MINISTRY CORNER



September is start-up month for two year olds and up Beginning September 12

Two – Four Year Olds hear stories and rhymes and engage in activities that help them learn about God and how much Jesus loves us, using original curriculum written by member Ande Han, taught by volunteer parent teachers and assisted by our teens, every Sunday from 10:00 to 11:00 a.m. This year we will offer two sections of this class: one for the Two Year Olds in Room 108 (the Nursery) and one for the Three-Four Year Olds in Room 102.

Pre-Kindergarteners and Kindergarteners start their year of **Children and Worship** with lessons on The Light, The Good Shepherd and The Good Shepherd and Lost Sheep. They will be invited to engage with these stories through visual story telling and have plenty of time to wonder and to respond creatively as they choose. We have a team of five trained volunteer Storytellers and Greeters: Katie Brennaman, Elyn Thomas, Ruth Price, Linda Kohl, Stella Assink, and Nursery Staff Supervisor, Sarah Richison. 10:20-11:30 a.m. in Room 106.

1st – 3rd Grade Children begin a new year of **Come and See**, a worship experience designed for this age group, during the second half of Sunday morning worship. **Come and See/Godly Play** builds on the curriculum and learning process begun in Children and Worship. Led by the Reverend Laurie Davis, volunteer parents and teens. 10:20 – 10:55 a.m. in Room 104.

1st – 6th Grade Children embark once again on our **CrossRoads: Education for the Journey** Sunday School program utilizing the workshop rotation method. Through art, story telling, games and puzzles, drama, computers, and movies, they will hear and participate in the stories and practice of our faith beginning with an original six-week workshop entitled, *“Hi, God”: Unbinding Your Heart Through Prayer.”* This workshop is designed to coordinate with the all-congregation opportunity, *Unbinding Your Heart*.

We are pleased to welcome four new (and returning) members to the ministry teams working with the children: Ande Han and Rochonda Nenonene have joined the Young Children’s Ministry Team; Rachael Boezi and Steve Staub have joined the Children’s Ministry Team. Continuing this year as Workshop Coordinators are Melissa Keller (Stargazer Square/Movies), Cheryl Paquette (Parable Place/Drama), Ryan Thomas (Memory Lane/Computers), Linda Lane (Creation Station/Crafts), Jennifer Vicarel (Courtyard Quest/Games and Puzzles) and Linda Kohl (Caravan Chronicles) who is also the Children’s Ministry Team and CrossRoads Coordinator.

One generation shall laud your works to another.

Psalm 145:4a

E.J. Brown News

Special offering to be received September 19

On Sunday, September 19, we will receive a special offering to augment our budget for our partnership with E. J. Brown Elementary, a school with which we have partnered since 1996. We view this collaboration as a mission endeavor right here in Dayton and have, among other things, tutored, mentored, held “student-of-the-month” pizza parties, offered books for summer reading, and provided educationally sound summer field trips. With a reduced budget, we are trying our best to maintain the partnership quality we have always provided. The students are considered some of the poorest in the city, and your contribution will directly impact a student’s life. See Jim Henry or Nancy Hodgkins if you have any questions.

Put your faith into action



Our partnership with E.J. Brown Elementary School continues to grow, and we will soon resume our after-school tutoring program. Tutoring begins Wednesday, September 22, and Thursday, September 23, from 4:00 p.m. until 5:00 p.m., in Fellowship Hall. How can you help? We need tutors, a bus driver, and a computer room assistant. Also, if you have a knack for teaching crafts, chess/checkers, songs, magic tricks, baking or anything else the children might enjoy, we could use you in the 3:30-4:00 p.m. time slot for a four-to-six week period (or more or less—we are flexible). To volunteer or to find out more, please contact Mission Associate Jim Henry (223-7285 or jim@westminsterdayton.org).

A picture is worth a thousand words

New Church Family Album planned

Sign ups are well under way for the **2010 Church Family Album**. If you have not signed up for your photo session, please do so today! Simply go to the Westminster Web site and click on the Lifetouch link, or call 1-866-752-8903, ext. 59432. Photos will be taken September 28 through October 9—Tuesdays through Fridays, 3:00-9:00 p.m., and Saturdays, 10:00 a.m.-4:00 p.m.



Lifetouch has an outreach project called Feed the Need, **so don't forget your non-perishable food item** to receive your \$5.00 off coupon. Please check out the Web site and/or phone number, then if you have any questions, please call Marcia Dungan (937-431-5004). If you would like to be a host for one of the photo sessions, please contact one of the committee members (Marcia Dungan, Linda Hargis, Judy Barnett, Ginny Barber, Alice Lockrem) by September 12.

The Presbyterian Church (U.S.A.) By the Numbers

- ✓ The Presbyterian Church (U.S.A.) consists of **2.1 million** members in **10,700** congregations, found in every state plus the District of Columbia and Puerto Rico.
- ✓ **50%** of the congregations have **100** or fewer members.
- ✓ **13** congregations have **4,000** or more members, including Peachtree in Atlanta, the largest with **8,806**.
- ✓ There are **215,379** members in Pennsylvania.
- ✓ Maine has the lowest number of members at **576**.
- ✓ **59%** of Presbyterians grew up in another denomination.
- ✓ **74%** of members, **80%** of Elders, and **86%** of pastors are married.
- ✓ **64%** of members and **66%** of Elders are college graduates.
- ✓ All ministers (**100%**) have a master's degree, and more than **25%** have a doctoral degree.
- ✓ **60** years is the median age of both members and Elders; **53** years for pastors.
- ✓ **1 in 3** active ministers are women (**32%**), up from **7%** over the last **25** years.
- ✓ Among Elders, **52 %** are women; among members, **64%**.

Data compiled by the Presbyterian Church (U.S.A.)'s Research Services office from denominational reports and surveys.

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AND, AS ALWAYS, I WANT TO REMIND THOSE
OF YOU WHO HAVE NOT YET FANNED OUR
CHURCH ON FACEBOOK TO DO SO

Westminster dramatically reduces energy consumption by 43%!

The Building and Grounds Committee has been actively reducing Westminster's energy needs. Using the Energy Star Web site, Jim Latham has been recording our energy usage over the last four years. What we have learned is that since October 2006, our overall energy usage is down 42.8% from our first 12 month baseline. We have also increased our Energy Star rating from 7 to 28 out of 100.



How did we do this? The biggest change was installing the new HVAC control system and being able to more closely regulate when rooms get heated or air conditioned. The second biggest change has been the on-going conversion of all the light bulbs in our building to higher energy efficiency. But, this does not complete the list. There are many subtle changes. We have enforced a policy of keeping interior doors closed, and a policy of when we switch over into the heating and cooling cycles. We have also replaced the two big motors circulating the air in the Sanctuary and Fellowship Hall.

This wonderful news has captured the attention of Ohio Interfaith Power and Light, which invited us to host a media event to showcase our work and to inspire other churches to work at energy conservation. Ours was scheduled as the first of three events that Ohio Interfaith Power and Light hopes to conduct around the state this year.



Did you know?

- ❓ Interim Associate Pastor **John Shonle's** e-mail address is johnshonle@westminsterdayton.org.
- ❓ The **Deacons** try to visit every member and friend of the church who is in the hospital. This month's Deacon of the Month, Tom Best, specializes in the metro north hospitals. Miami Valley, Wright-Patterson, and Children's are some of the hospitals he visits. In an average month, Tom will visit half a dozen or more patients. Hospital visitation is another way that the Deacons are part of the direct-care ministries of our congregation.
- ❓ The beautiful professional-looking "Unbinding Your Heart" brochure that was included in your worship bulletin of August 8 and recently mailed to local Westminster members, was designed, formatted, and printed by staff member, **Amanda Newhart**. Through her gifts and talents, and the availability of new printing equipment, we are able to do more printing jobs "in house," saving on printing and labor costs from an outside vendor.
- ❓ Our new **Web site is up!** But we haven't moved; you can still find us at our same Web address: www.westminsterdayton.org. We now are in the process of updating all information. You will find some pages are "under construction." We thank you for your patience as we open our doors a little wider to all God has in store for us. If you have questions or comments about the Web site, please contact Kate Stephenson through her e-mail address, kate@westminsterdayton.org.

Unbinding What?

by The Reverend Dr. George H. McConnel

As preached on August 8, 2010



Sandy McConnel

Matthew 16:24-26

Several years ago, in preparation for our current strategic plan for Westminster, roughly a hundred church leaders took an inventory. The inventory was sponsored by an organization called Natural Church Development and it helped us discern our strengths and our weaknesses as a congregation.

The theory behind Natural Church Development is that there are eight quality characteristics that churches do well when they are thriving. As you might expect

Westminster scored high in the inventory exercise. We were above average or outstanding in six of the eight characteristics: loving relationships, small groups, governance, leadership, gift-oriented ministry, and inspirational worship. However, we didn't score well in two of the eight characteristics: spirituality and evangelism.

Here's the kicker. The Natural Church Development theory envisions each of these characteristics to be staves in a barrel. Any church, they say, will prosper only to the extent of the lowest of the staves. Imagine, if you will, the barrel being filled with water. The water will leak at the lowest staff.

So...in essence what they told us about Westminster was that we could have the greatest lay leaders in all of Dayton, a beautiful TeDeum window, a terrific music program, inspiring worship, a lovely gothic cathedral, a wonderful loving youth group, great mission programs, functional government, uplifting small groups and outstanding pastoral care—we can have all these wonderful ministries, but we will only get so far as a healthy church without adding spirituality and evangelism as strengths, too. As caring as our Stephen Ministers are or as fantastic as our Knox Choir is, we won't progress as a congregation until we tackle our weaknesses in spirituality and evangelism.

So, with increased spirituality and better evangelism as our goals, we've tried to complement our already high standards in many other areas. We've added faith stories as a regular part of our worship. We've highlighted a particular spiritual discipline during Lent with sermons, books to be read and special education opportunities. During Advent and Lent, we take sabbaticals for spiritual study for our committees and governing boards. Each of our committees and boards take ample time for sharing joys and concerns, praying for the life of the church and sharing statements of faith. We've increased the participation of members in small group ministry. Our youth group and mission trips have a more obvious

spiritual tone. We even called our first Associate Pastor for Spiritual Growth, Laurie Brubaker Davis. Sometimes it feels like trying to change the direction of an aircraft carrier, but I think we are making some progress.

The evangelism component has even been more difficult. The Session has studied the topic. We have reorganized our former Evangelism Committee to become the Evangelism, Hospitality and Membership Committee. We've preached about evangelism many Sundays and held numerous adult education classes. Still, just the word "evangelism" brings shudders to many of us. We've let others in the Christian community define the word for us and, believe me, not many of us like their definition. Westminster and Evangelism mix about as well as the oil in the Gulf mixes with its environment. We have an impossible time even agreeing on an appropriate definition of evangelism—one that makes sense and can be endorsed by most of the congregation.

The sad truth, however, is that if we don't come to terms with evangelism, our future is threatened. It's as simple as that. The day when we could depend on members with 50 plus years of tenure at Westminster is coming to an abrupt close. We can't assume folks will flock to fill the seats just because we open the doors. That mantra from the movie *Field of Dreams* – "Build it and they will come" – doesn't apply to us anymore.

Interestingly, everything I've just said about Westminster could be said of the Presbyterian Church as a denomination. It could also be said of every other mainline denomination: the Episcopalians, the Lutherans, the Congregationalists, the Methodists, and the Disciples of Christ.

Also, interestingly, nothing I've said so far about Westminster or these mainline denominations is news to those in the church business. Thirty-two years ago the president of Princeton Theological Seminary told our graduating class that we were the first graduates he had sent off with the certain knowledge that we go to serve a dying church.

Now, one of the bright spots for Christian ministry in the last three or four decades has been the Lilly Endowment in Indianapolis. Their generosity has funded numerous studies, supported seminaries, paid for pastor sabbaticals, and challenged the church with its progressive ideas for tackling the issues of spirituality and evangelism. One of the most successful projects they have sponsored is called *Unbinding Your Heart*.

The Lilly Endowment hired a woman by the name of Martha Grace Reese, who incidentally was a seminary classmate of our new interim, John Shonle. Martha Reese led four years of Lilly Endowment-funded research. She found out that most people in churches like ours would rather get a root canal than even think about evangelism. She also found out that there were some churches who did these ministries of spirituality and evangelism well. She conducted over 1200 interviews and visited 50 mainline congregations who are doing the

best job of reaching unchurched people. Her research and the program it has spawned has sparked a transformation in understanding, thinking, habits and practices of prayer and evangelism in churches of all sizes, cultures and geographic settings and theological understandings. Her program, *Unbinding Your Heart*, has been endorsed by the heads of seven mainline denominations. It has changed the lives of hundreds of congregations. More importantly, it has been adopted by our Session as the main focus of Westminster's ministry as we begin the new academic year in September.

In the days between now and convocation Sunday on September 12, I hope all of you will sign up to participate in *Unbinding Your Heart!* The program is detailed in the brochure which we included in today's bulletin. Here's what it's about. Using the book *Unbinding Your Heart*, each week, for 40 days, people will:

- Pray each day's scripture and prayer exercise;
- Meet weekly with their small group for discussion and prayer;
- Worship together with sermon, music and prayers centered on the week's chapter.

Many of our church leaders (including the entire Session) have already participated in groups in preparation for the fall *Unbinding Your Heart* opportunity. They, along with each of the ministers, will lead the group studies. All church governance and many programs will take a sabbatical during these 40 days to give us room to center on this spiritual growth opportunity. All education times from children through adults will focus on *Unbinding Your Heart*.

Like many of you I enjoy playing golf. I'd like to share with you a brief paragraph from a golf instructional book I read recently.

"It may be that the single greatest cause of poor golf shots is the player's mental image of the club head striking the ball. This image, coupled with our intent to hit the ball, forces us to attack the ball and thereby destroys the ideal sequence of body motion. Helping you overcome this hit instinct, and creating and maintaining the ideal sequence of motion in your swing, is the major theme and objective of this book."

The golf swing is a motion that feels unnatural and "all wrong" when first tried. As any golfer will tell you the overwhelming impulse is to hit the ball, but the more you try, the worse the results. The order of the day is: "Swing easy." "Don't try to kill it." "Let the club head do the work."

And so it is with the swing of life. Our impulses are all wrong. Our impulse is to play it safe, secure, and never to risk. We work hard to make money, protect our loved ones, provide for the future, and Jesus says the game of life isn't played that way at all.

Listen again to what he says, "Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?'"

Helping you overcome the impulse to play it safe and secure, and instead follow Jesus' priorities, is the major objective of this faith we call Christianity. The *Unbinding*

Your Heart opportunity will help you improve your relationship with God. I'm asking you to go outside your comfort zone. I'm asking you to lose a small part of your life - less than an hour a day for 40 days - so that you may find your life.

A psychological therapist I know has a short piece displayed prominently on her wall in her waiting room. It's authored by Portia Nelson. It has helped me understand and reframe all kinds of issues. It is titled *There's a Hole in My Sidewalk: Autobiography in Five Short Chapters*. It goes like this:

Chapter One

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost I am helpless.
It isn't my fault.
It takes forever to find a way out.

Chapter Two

I walk down the street.
There is a deep hole in the sidewalk.
I pretend that I don't see it.
I fall in again.
I can't believe I am in this same place.
But, it isn't *my* fault.
It still takes a long time to get out.

Chapter Three

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in ... it's a habit ... but, my eyes are open.
I know where I am.
It is my fault.
I get out immediately.

Chapter Four

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter Five

I walk down another street.

Unbinding Your Heart is a way for us to walk down another street.

You may purchase the book *Unbinding Your Heart* for \$12.00 in the Church Office during the week or in Fellowship Hall on Sundays. Sign up for small groups on our Web site. If you do not have internet access, please call Carol Porter in the Church Office.

Don't Just Drive Your Car to Church

Join the fun and figure out a "greener" way to get to church.
Alternative Transportation Sunday is September 5.

Here are a couple of ideas:

- Drive to Carillon Park or Eastwood Metro Park by 9:00 a.m., park your car and walk.
- Ride your bicycle from home, or from Carillon or Eastwood parks.
- Carpool with a friend.
- Ride the city bus.

Let's see how many miles of driving we can save!

- Casual dress to worship that day will be appropriate.
- Healthy snacks await you in Fellowship Hall before worship.
- Questions and signups: betty.hoevel@gmail.com.



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