



The LUMinary

LAINGSBURG UNITED METHODIST CHURCH • PASTOR ELBERT DULWORTH • 210 N. CRUM ST.
LAINGSBURG, MI 48848 • (517) 651-5531 • e-mail: dulworth@cablespeed.com • MAY 2011

May, 2011 birthdays and anniversaries

- May 1 Myra Fraidenburg
- May 1 John Peck
- May 5 Jessica LaFountain
- May 8 Edwin & Norma Parker (56)
- May 10 Laura Wagner
- May 12 Duane Smith
- May 12 Natalie Angst
- May 12 Norma Parker
- May 15 Brady Hawks
- May 16 Marty Divine
- May 17 Sandra Warner
- May 18 Karen McDonald
- May 19 Edwin Parker
- May 19 Gary & Martha West (38)
- May 21 Allison Wagner
- May 21 Lisa Jelenek
- May 22 Phyllis Gee
- May 24 Emilee Hunt
- May 24 Don Wagner
- May 29 Marilyn Baumgras
- May 29 Sandy Turek

LUMC Work Area helping in \$\$\$ missions thru Heifer International



The LUMC Mission Work Area is sponsoring a “Noisy Offering” again this May. Each Sunday during May, the children will take their buckets through the aisles in search of spare change and folding money. Your change can make a difference in the lives of others. Start saving your quarters, dimes, nickels, and pennies.

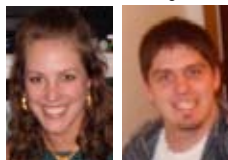
The offering will be used for Heifer International, a non-profit organization whose mission is to work with communities to end hunger and poverty and care for the earth. By giving families a hand-up, not just a hand-out, they empower them to turn lives of hunger and poverty into self-reliance and hope. Through gifts of livestock and training, Heifer International helps families improve their nutrition and generate income in sustainable ways.

The Mission Work Area will convert your donations into a variety of livestock. The gift of a heifer costs \$500, a sheep or goat costs \$120, a llama \$150, three rabbits are \$60, starter flock of chicks \$20, a pig \$120, honeybees and hive is \$30, a water buffalo costs \$250, and a camel \$850. Different livestock are used in different parts of our world.

-- Thank you, JOHN PECK



Eric Wehner Abby Wagner



Christine Holyfield Josh LaFountain

Congratulations, Collegians!

Congratulations go out to our college graduates from the congregation. All are graduating on Saturday, May 7, 2011:

- **Abby Wagner, MSU.** She plans to go to vet school.
- **Eric Wehner, MSU.** He is going to grad school at CMU and has future plans to go to medical school.
- **Christine Holyfield, CMU.** She is going to grad school at Univ. of Kansas in Speech, Language Pathology.
- **Josh LaFountain,** finishing up at CMU with majors in two subjects and minors in three other subjects.

Your help is needed at the May chicken dinner

We would like to say a big thank you to those who have come forward and volunteered to help cover the shifts where we were in most need. We have such a great group of volunteers, and these new additions should enable us to continue going forward for the foreseeable future. If you were around for the April dinner, you saw that our attendance was back up to around 150 people. Since we had cut back on the amount of food we prepared, we were cutting it pretty close. We plan to boost our levels back up in anticipation of warmer weather and bigger crowds. Having said that, the first Saturday in May is a very busy time, with Mother's Day, college graduations and a dance recital to name a few. Because of everything falling on the same weekend, we will be missing several of our regular helpers. If you are available to help out serving in the dining room or in the kitchen washing dishes or after the dinner with cleanup, the church could really use your help. Please let the church office know or contact Jeff or Jan Holyfield at 651-2904 if you can help.

Heaven Is For Real

A new book has been donated to our library, entitled "Heaven Is For Real."

It's a little boy's astounding story of his trip to Heaven and back. A written glimpse into Heaven that will encourage those who doubt and thrill those who believe. This young boy was interviewed on The Today Show recently.

Please return this book within two weeks as several people are already waiting to read it.

The UMW has donated another book entitled "Christians In Conflict." It deals with conflict and how we handle it, providing the tools needed to resolve issues in a "Christ-like" manner. A must read for everyone.

A room without books is like a body without a soul.

-- CORALIE GEORGE, Librarian

Thank you, parishioners

LUMC thank you's go out to:

- Dorothy Bancroft for cleaning the refrigerator in the kitchen and meeting with the Health Dept. inspector in order to renew our food serving permit
 - Leo Canning who made two pews wheelchair accessible, and built and installed the hand rails for the steps to the Altar.
 - Ed Parker thanks the Trustees who faithfully help him keep the church property repaired.
 - Coralie George for recruiting a committee to work in our flower beds, and also to those who agreed to work on that committee.
 - Stacey Brewer is serving as chairman of a "new church directory" committee, and also Tammy Wagner who has been her faithful assistant.
 - To those who provide refreshments for fellowship after church services
 - And, to everyone who helps in any way with our monthly chicken dinners We could not do it without your help!
 - Also to Jean Leonard who has retired from making the calls to solicit pies, and schedule potato peelers.
- Job well done, Jean.

Projects from the congregation

The Building Committee is delighted to report that Nancy (Baker) Goeckel donated a big load of scrap iron, some antiques, and returnable beverage containers this past month when they were getting rid of things in her parents home. There is more to be sold, but the Building committee is grateful for the \$519.00 that the Goeckels have turned in to the building fund. Also a big thanks to Don and Karen McDonald for helping the Goeckels with this project.

The building committee also thanks Tony and Jean Austin for donating an old paper shredder, which was heavy and was added to one of the recent loads.

Now that May has arrived Ed Parker will be "scrapping out" donated iron to benefit the building fund. Let him know if you have something to contribute ... but remember he may need help with lifting and loading.

Norma Parker is also willing to take your beverage cans and bottles to be recycled for the building fund. Bring them to the church and let her know they are there. She prefers "rinsed out" containers.

Please get your rummage to the church, as the Men's rummage sale will be May 19-21. This project will also benefit the Building Fund. Please see Tom Turek to donate your rummage sale items.

Havemans' welcome new baby boy



Mark and Nancy Haveman wish to announce the birth of their first grandchild. Their daughter, Colleen Hughes, with her husband, Ian, welcomed a wonderful new baby boy born on April 21, 2011 at 10:41 p.m. in Naperville, Illinois. His name is Dylan Thomas Hughes and he weighed 8 lbs. 3 oz. and was 20 inches long. Mother and son are doing terrific and the grandparents couldn't be happier. Mark and Nancy were able to be there for two days and experience the joy.

Spring Salad Luncheon

The United Methodist Women will be hosting their Spring Salad Luncheon on Thursday, May 12 at 12:00 noon.

There will be a guest speaker, with a presentation about staying active. And, of course, there will be lots of "yummy" food.

All women of the church are welcome. Please join the fun!

Call Dorothy Bancroft for more information at (517) 282-3923.

Church rummage sale returns

The Men's Fellowship at the Laingsburg United Methodist Church is continuing a springtime tradition at LUMC:

The church's annual Rummage Sale.

The dates this year will be May 19-20-21, daytime hours during the annual Laingsburg Springtime Festival. The sale will be held indoors in the church's Fellowship Hall at 210 N. Crum St. There will be special 25 cent, 50 cent, \$1, \$5 tables, etc. set up for easy shopping and checkout.

Those wishing to donate items can do so by calling Tom Turek at 282-1528, or Jeff Holyfield at 651-2904, or by dropping items at the church on Sunday mornings following the 10 a.m. worship service. No clothing or shoes, please. Donated items are asked to be in clean, gently used condition.

Prayer Group is there for you

A prayer group has been formed.

Prayer partners are Ed Wehner, Norma Parker, Nancy Baker, Dave Goeckel, Kelly Timmer, Susan Dodge and Bill Dodge. This group will be praying each week before Sunday services, believing that the Word of God will deepen our thoughts and actions not just one hour a week but every day of our lives.

After services, there will be prayer group members available in the sanctuary to pray with individuals, one-on-one. Your prayer requests are kept in the confidence of the prayer group and pastor.

As a church, we will continue to strive to attend to four basic areas:

1. Love one another
2. Pray for one another
3. Lift each other up
4. Bear one another's burdens

Be not worried



Dear Counselor Bill,

I have been worrying about most everything for most of my life. It gets so bad I sometimes am not able to sleep good at night and I'm grouchy and angry a lot of the times also. My husband keeps saying don't worry about it and this makes me more mad. What can I do?

Worry is described as: To cause or feel anxious, distressed, or troubled. Worry itself is concern over the future. Worry is concern about something that one can do nothing about.

Anxiety describes the effect of worry, what worry does to us. Anxiety is a sense of dread that something not really determined, but terrible is going to happen. Anxiety often accompanies depression. Phobias or fears about specific situations may manifest themselves as panic attacks or obsessive compulsive disorders. The loss of appetite, weight gain or loss, sleeping difficulties, fatigue, or rapid heartbeat are some of the forms anxiety is externalized.

It has been my experience that worry is a learned behavior, handed down like a treasure, usually from our father or mother. I believe if we can learn a behavior that is uncomfortable or destructive, it is also possible to unlearn this behavior. You can redirect your concerns, your efforts, your energy into living today, in the present. *"So don't worry about tomorrow, God will take care of your tomorrow too. Live one day at a time"* (Matthew 6:25).

It is certainly right to plan and prepare for tomorrow. Planning and worry are two different things. Why worry if you place your plans into God's hands? *"Let Him have all your worries and cares for He is always thinking about you and watching everything that concerns you."* (1 Peter 5:7).






Taking care of those concerns, one day at a time, those concerns you have input and control over is key to eliminating worry. So you may ask "How can I turn off my anxiety emotions?" You can if you redirect your concerns, your efforts, your energy into living today, in the present. It may be helpful to you to write down on a sheet of paper, (1)What is my problem (s)? (2) What does God's word say to do about this? (3) When, where and how should I start? *"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus"* (Philippians 4:6)

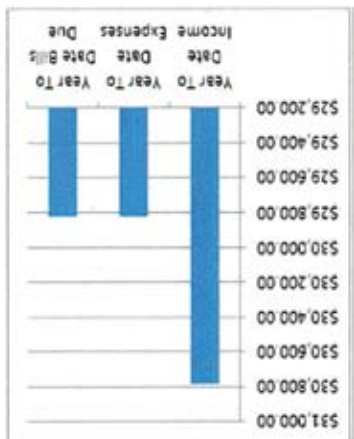
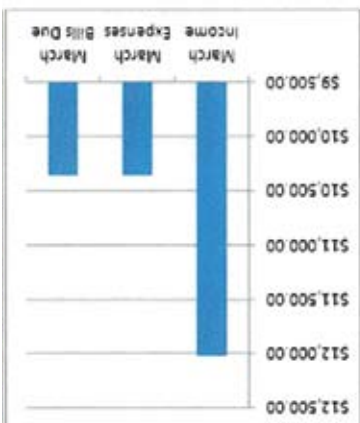
Not to diminish the reality of many clients that exhibit anxiety disorders, but as an intervention in some cases, I have the client write down on a sheet of paper all the concerns / worries they currently feel. When the list is completed, I seal this list in an envelope, write outside the envelope "Do not open until six months from this date." When opened six months later, 95% of their worries have not occurred! *"And we know that all things work together for good to those that who are called according to His purpose"* (Romans 8:28).

I also recommend having a complete physical by your primary care physician to rule out any medical problems, develop an exercise routine (walking is a great exercise), be around positive people (negative people can be draining), consider counseling therapy, and most of all, *"Trust in the Lord with all your heart, lean not unto your own understanding, but in all ways acknowledge Him and He will direct your steps."* (Proverbs 3:5)

Counselor, Bill

Laingsburg United Methodist Church May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Worship 10am Noisy Offering Food Bank Collection Trustees Meet 11:15 Disciple Bible Study 4pm	UMW 10:30am Food Bank 1-3 Care Group 1:30 Weight Watch 5-7	Quilter's 10am	Bells 7pm Choir 7:30pm	Food Bank 6-8pm	Clothesline 9-1  DINNER 5-7pm	
<i>Mother's Day</i> Worship 10am Noisy Offering S.S. Spa Day Native Am. Ministries	Food Bank 1-3 Care Group 1:30 Weight Watch 5-7 <i>Finance 7pm</i> <i>Council 8pm</i>	Scrapbookers 6:30pm	<i>LBCA 8am</i> BUILDING COM. 7PM  Bells 7pm Choir 7:30pm	<i>UMW Salad Luncheon Noon</i>  Food Bank 6-8pm	Clothesline 9-1 <i>District UMW Brunch here 9:30am</i>	
Men's B-fast 8:30am Worship 10am Noisy Offering Disciple Bible Study 4pm <i>Scrapbookers 1-4pm</i>	Food Bank 1-3 Care Group 1:30 Weight Watch 5-7 <i>Hall in use 15-22nd Rummage Sale set up</i> <i>Work Areas 7pm</i>	Quilter's 10am	Bells 7pm Choir 7:30pm	Rummage Sale 10am Carnival B-fast Food Bank 6-8pm	Rummage Sale	Clothesline 9-1 Rummage Sale
Worship 10am Noisy Offering Disciple Bible Study 4pm	Food Bank 1-3 Care Group 1:30 Weight Watch 5-7	OFFICE OPEN	Bells 7pm Choir 7:30pm 	Food Bank 6-8pm		Clothesline 9-1
Worship 10am Noisy Offering Disciple Bible Study 4pm	Office Closed: Memorial Day NO Food Bank Care Group 1:30 Weight Watch 5-7 	Scrapbookers 6:30pm				



**POSTAGE
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REQUIRED**

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 METHODIST CHURCH
 210 N. COLUM ST.
 LAINGSBURG, MI 48848**
