

Valley Views



VOLUME 30, NUMBER 10

OCTOBER 2023



Pastor Dave Shultz

Greetings to all and welcome to October. The hot summer is behind us and autumn has arrived. I must say that autumn is one of my favorite times of the year, especially with the changing leaves, the smells of harvest, and walks in the woods, usually looking for a squirrel or something. For me though, there is another event that marks the arrival of autumn. This is my yearly pilgrimage to The Apprentice Gathering at Friends University in Wichita, Kansas, where people who are seeking to go deeper in becoming like Jesus, gather for a two-and-a-half-day conference. I actually had a bonus day with workshops.

This year's theme was "Practices of the Beloved." Each speaker and workshop focused on a different spiritual practices that can aid us in releasing our tight grip on the world and connect more fully with the God who loves us and continually gives of himself for God.

I try to go to this event every year because it truly helps followers of Jesus Christ like me, to live more deeply in the Kingdom of God. I want to share with you part of one of the presentations in the hopes that you too, may come to live more deeply in the Kingdom of God. Speaker, author, and founder of the Transforming Center, Ruth Haley Barton opened her talk with the question, "What is saving your life these days?" She followed that with this statement, "For me, it is the practice of Sabbath. I find that when we don't make time for Sabbath in our busy lives, illness will make Sabbath for us."

She was talking about a lot more than going to church. She was talking about literally taking a day off from work and learning to trust God, that what you got done for the week is enough.

This can be a difficult practice to incorporate into your lives. It was for the Israelites in the wilderness when God instructed them to gather only enough manna for the day and to eat it all. Some, who did not trust and tried to save some, found out that it rotted overnight. But the day before the Sabbath, they were instructed to gather twice as much, and it lasted for two days.

How might your life be blessed if you would truly rest for a day? Do you think your body would thank you. One morning many years ago, my father awoke and began his normal routine by going downstairs to make coffee. As he stood there at the coffee pot, he blacked out and fell over backwards and had to be taken to Geisinger by ambulance. The doctor told him that his body was telling him that it was taking a break from all the stress and busyness. It was shutting down and taking him with it. "When we don't make time for Sabbath in our busy lives, illness will make Sabbath for us."

I like this instruction for Sabbath keeping that I heard someone once say, "Take a walk and kick the leaves, just don't rake any leaves." It invites us to become children again and play. Imagine that. What would that be like?

The busyness that we surround ourselves with is actually conformity to the world. In it we lift up what is perceived as important to society, all the while pushing aside what is of true and eternal value. It is no wonder that God told the people to "Remember the Sabbath day and keep it holy." Guard it and protect it because it was given to each of us as a blessing.

But often we don't guard it. We use it as a day to catch up and when we do that day after day, week after week, life wears us out. Ruth said that "Sabbath keeping helps us to live within our limits, because on the Sabbath ... we allow ourselves to be the creature in the presence of our Creator. We touch something more real in ourselves and others than what any of us is able to produce. We touch our very being in God."

There was a lot more I could share, but I think I will save that for a sermon. In the meantime, ponder on Sabbath. How could you take a little time on one day a week and play a little? Perhaps find a way to enjoy others, to relax and take in the beauty around you, give thanks and offer a prayer.

Blessings,
Pastor Dave

Various means to keep updated:

website: evpumc.org

Face book: Elimsport United

Methodist Parish

Electronic sign at Elimsport church

email Pastor Dave: dshultz@susumc.org

email church: elimsportumc@gmail.com

Call Pastor Dave: 570-547-1162

Text Pastor Dave: 570-439-0004 (please identify yourself when texting)

Be pro-active in getting the word out to others in the church.

Please be sure to check the church website evpumc.org and Elimsport United Methodist Parish face book for up to date church news.

If you would like to have the monthly newsletter emailed to you, please let us know by putting your name and email address on the sheet on the table at the back of the Sanctuary.

Church News

- Items for November's newsletter are due October **20th**.
- Items for the weekly bulletin's need to be to the church office by **Wednesday morning** each week.

(Items received after these dates are not guaranteed to be printed.)

Wednesday morning breakfast at the Elimsport church is Wednesday mornings, from 7:30 am to 9:30 am.



St. John's is in need of an outside custodian. Please contact Steve Burrows at 570-337-8520 for details.



Elimsport Ad Council meets the second Monday of the month at 6:30.



St. John's Ad Council meets the second Thursday of the month at 6:30.

Sojourner Truth Ministries in Williamsport is asking churches and ministry partners to pass along this need. Many of us are feeling the effects of an unstable economy. Sojourner Truth Ministries are feeling it as well as they listen to and respond daily to the stories of people struggling with food insecurity. Over the past 23 years they have been operating a Soup Kitchen to serve the poor and needy in the area. During those years, with the blessings of God and the help of people like you, they have expanded far beyond their original vision for this ministry.

Last year they served just over 20,000 meals and by the beginning of August of this year, they have already served over 15,000 and expect the need to rise to over 30,000 meals. The increase in number of meals, the increase in the cost of purchasing and preparing those meals has placed a heavy burden on their limited feeding program budget. They thank you for your continued support.

They are asking for you to consider your financial support for the remainder of this year and into the coming year. Know that whatever donation you can make will go directly to the food ministry. They purchase most of the food from the Lycoming County Food Bank, but even their prices have had to increase.

To give to Sojourner Truth Ministries, please send your donation payable to Sojourner Truth Ministries, 501 High St. Williamsport, PA 17701.

Website – stmwilliamsport.org Facebook – facebook.com/stmwilliamsport

St. John's will be selling apple dumplings again this fall.

The first sale will be Wednesday, October 11th and pick up will be from 1-3pm. Sign-up sheets will be available at the back of both churches. The apple dumplings are 4.50.

Anyone willing to help with making them or helping with supplies let Gloria Burrows know. All help is appreciated.

Some of the prep work will be done on Tuesday. Thank you!

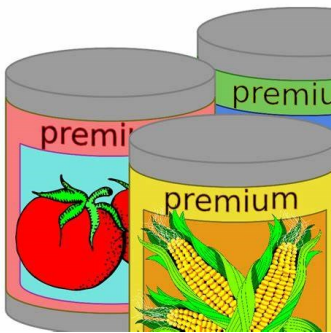


PPRC Committee Meeting Scheduled for **Monday, October 2nd at 6:30pm** at the Elimsport Church PPRC Committee members are Lauren Bryson, Christa McCormick, Retta Moore, Jeremey Kennedy, Fred Kennedy and Donna Satteson.

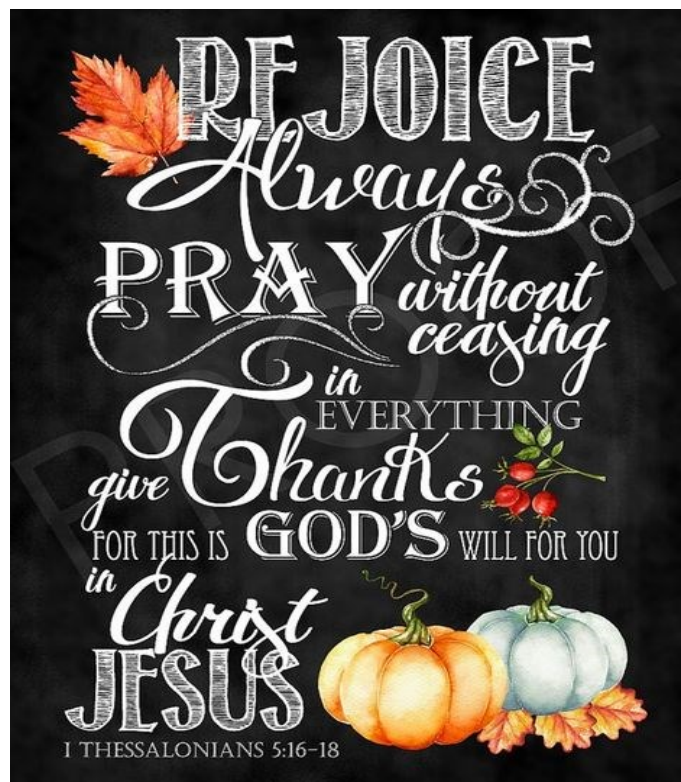


Acolyte Schedule

10/1/23 Elizabeth & Jack
10/8/23 Mitchell & Garrett
10/15/23 Sam & Elizabeth
10/22/23 Jack & Mitchell
10/29/23 Garrett & Sam



Our parish will once again be collecting canned goods for the Footprints Food Pantry. You may bring items to your church and put them in the box marked Footprints beginning September 24- October 22, 2023. We will also be at the Elmsport UMC pavilion on October 22nd from 1:00-3:00 to take collections. Some suggestions and needs this year are as follows: Bath and hand soap, laundry detergent, and toothpaste. Canned potatoes, peas, beets, carrots, pork and beans, peanut butter, jelly, applesauce, tuna or chicken, or any canned meat meals. Oatmeal, instant potatoes, stuffing, and gravy. Thank you for always being so generous in your giving! The needs are great this year.



Kid's Corner

Count your
BLESSINGS



ELIMSPORT VALLEY UNITED METHODIST PARISH

Worship Schedule:

Elimsport UMC

Worship 9:00 am
Sunday School 10:30 am

St. John's UMC

Sunday School 9:15 am
Worship 10:30 am

Parish Youth Group

Check weekly Bulletin for current schedule and events
(at Elimsport)

Parish Bible Study

Varies according to the season.

Parish Office:

16145S. RT 44 HWY
Allenwood, PA 17810

Parsonage Phone:

(570) 547-1162

Pastor Dave's Cell:

(570) 439-0004

Parish Website:

www.evpumc.org

Parish email:

elimsportumc@gmail.com

www.evpumc.org



Our Mission Statement at Elimsport UMC



We gather together as a community of Christian believers to worship, fellowship, and to learn more about God. By the unity of the Spirit and the support of each other, we are able to reach out to the community and the world.

Our Mission Statement at St. John's UMC



The purpose of St. John's is to both evangelize and nurture. We are called to show God's love in our world by giving aid and by spreading the Good News of Christ. We in turn provide an atmosphere for nurturing where Biblical truths are shared enabling people to become spiritually enriched. By providing this, people will learn and through learning, become more effective witnesses.