

# Down by the River

News from the River of Life Christian Church (Disciples of Christ)

## *Pastor's Pen*

Life is full of movement. Movement is not a bad thing. If we are moving, we are living. We are making progress. Movement, though, is also exhausting – physically and mentally.

In some ways, all this movement can be paralyzing. We feel stuck or caught because though we're moving all over the place there is no direction or meaning behind it. We know we're moving, but we wonder if we're really getting anywhere.

God say, "Be still."

The scriptures place an importance on intentional time taken to be still before God. This sermon series and 28-day devotional guide is focused simply on stopping, slowing down so there can be lasting change.

### Week 1: Be Still and Know

Psalm 46 ("Be still and know that I am God.")

Introduction to the series: Our bodies and brains are constantly moving to keep up with our schedules and responsibilities, our goals and our hopes. We must take time to be still and quiet, becoming more attuned to the spirit of God.

### Week 2: Knowing and No-ing

Mark 1:29-39 (Jesus getting up early to pray alone)

Jesus was a busy guy, preaching and healing and traveling all over the place. But even he took time regularly to be alone with the Father, to clarify his mission and priorities. We have to be prepared to say no to some things, to be more intention and aware of what we are doing and why.

### Week 3: Dealing with the Noise

1 Kings 19:9-13 (Elijah, the whirlwind, and the "still, small voice")

Life is noise – metaphorically, in our busyness, if not literally. It can be hard to stop and tough to deal with silence. Like Elijah, we keep running, motivated by fear and anxiety. But God says to stop and listen; God will show up not in the noise, but in the quiet.

I hope you plan to join us during our sermon series in May, especial if you are in need of a gentle reminder to "Be Still"

In Grace and Peace,

*Paula*

## MAY 2018

### TUESDAYS

Bible Study: Book of Daniel, 10:00 a.m. led by Cary Green

### THURSDAYS

Coffee, Conversation & Coloring - 11:00 a.m.  
Choir Practice - 6:00 p.m.

### MONDAY, MAY 14<sup>TH</sup>

Broad Meeting, 6:30 p.m.

## From the Church Events

Annual Church picnic will be:

When: June 24<sup>th</sup> - Noon to 3:00 p.m

Where: Huston Park, 1721 Smith St.

Bring covered dish, lawn chairs and yard games if you have any

Come for a wonderful time of fellowship

# Serving in May

## Elder

### Prayers at the Table

- 6 Connie Kiesling  
Bob Minnick
- 13 Ted Jones  
Ken Uchida
- 20 Julie & Ted Jones
- 27 Melissa Closson  
Betsy Logan

## Deacons

### Offering & Communion

- Martha Brown  
Isabelle Iles  
Marsha Iles  
Jeff Spencer
- Clean-up:  
Marsha Iles

## Worship

### Leaders

- 6 Marsha Iles
- 13 Melissa Closson
- 20 Roslyn Morgan
- 27 Martha Brown

## Offering Mediation

- 6 Cindy Dalton
- 13 Rev. Paula Neibert
- 20 Barb Erickson
- 27 Rev. Paula Neibert

## Coffee Closet

- 6 Melissa Closson
- 13 Barb Erickson
- 20 Yvette Sims
- 27 Bonnie Uchida

## Greeters

- 6 Melissa Closson  
Alice Snider
- 13 Barb & Chuck  
Erickson
- 20 Martha Brown  
Roslyn Morgan
- 27 Bonnie & Ken  
Uchida

**Security Check:** Dennis Kollmar

## May Anniversaries

20 Jonathan & Deloris Brown

## May Birthdays

1 Rayelee Lothar

4 Marjorie Ingmire

5 Linda Garrison

7 Pam Herd  
Jeremy Neibert

8 Luke Neibert

10 Lana Uchida

15 William Hipsher

16 Steve Erickson

20 Toni Lhamon

## April Attendance

April 1: 80

April 8: 68

April 15: 53

April 22: 65

April 29: 70

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