

MT ZION UMC

JUNE 2011 NEWSLETTER

Dear Mt. Zion Friends,

Life is largely how you perceive it. One of the critical teachings of the Bible is that we need to cultivate a right disposition toward life.

Proverbs 4:23, New Living Version, states,

Guard your heart above all else,
for it determines the course of your life.

But what exactly are we guarding our hearts from? In short, we are guarding them from bad attitudes. One of the most important attitudes to cultivate is *gratefulness*. In the Old Testament Book of Deuteronomy, God told the children of Israel,

Do not despise an Egyptian, because you resided
as foreigners in their country. (Deut. 23:7, NIV)

Remember, the Egyptians held the Israelites captive for 400 years during which they suffered as slaves. Yet in Deuteronomy, God tells them to **not** despise the Egyptians. Why is this? The reason is given in the statement, “because you resided as foreigners in their land.” This points to the time when the Israelites first arrived in Egypt. During the time of Joseph the Israelites received help from a good Pharaoh which kept them alive during a famine. It was not until later that another Pharaoh arose who caused them to be put into slavery. In other words, God wants the Israelites to remember the good part of their time in Egypt.

A few years ago, Winifred Gallagher wrote a book called *Rapt: Attention and the Focused Life*. In this book Gallagher explains that our lives are largely determined by what we focus on. According to the Bible, Gallagher is right. God wants to focus on things that build us up, that encourage us to go on. Lets make extra effort to do just that this month—and all the months that follow.

Blessings and Peace,
Pastor Craig

CHILDREN’S CHURCH CELEBRATES ITS FIRST YEAR!

Mt. Zion Children’s Church is now a year old—and what a great year it has been! Halfway through each worship service, our children gather for a blessing and are dismissed by Pastor Craig to attend Children's Church in the Fellowship Hall. There, they learn about God and have fun at the same time! Thanks for Debbie de la Cruz, Eve Miller, and all the other adult teachers who help make this ministry a big success!

Congregation Appreciation Spaghetti Lunch

Sunday, June 5



Immediately following the worship service on Sunday, June 5. The lunch is being prepared by the younger people of our church to honor our senior members. Everyone is welcome!

bon appétite!

Do you have an event or article for our next newsletter? Please contact Heather Ulrich at (336) 996-7745 or ulrich_heather@hotmail.com