

# MT ZION UMC

SEPTEMBER 2011 NEWSLETTER



God Wants You to Be  
Healthy and Happy

Dear Mt. Zion Friends,

Some of us grew up thinking that church services are supposed to make people feel guilty. That way (the thinking goes) people will be more likely to repent of their sins. While we certainly should repent when we sin, the idea that church services exist to make people feel guilty is one reason some people don't want to go to church! In fact, I've known more than one person who stayed away from church because they felt like people there only judged and condemned them.

The truth is, God wants people to be blessed, and to share their blessings with others. When Jesus was on the earth, he is seen continually going from place to place HEALING people of all kinds of diseases, and SETTING PEOPLE FREE from tormenting demons. In other words, Jesus showed by his actions that God wants people to be healthy and happy!

The problem is, many of us find this hard to believe, and therefore feel conflicted in our faith. On the one hand, we want to be healthy and happy, and on the other hand, we think "good religion" ought to make people feel bad.

The remedy for this is to study the Bible to learn that God has always wanted people to live healthy and happy lives. In the New Testament we find verses such as this: "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" (3 John 1:2, NKJV). This verse reveals an important truth:

God wants all parts of your life—soul and body—to be well (healthy).

This is the reason why we should use our time wisely, to study the Bible and read other good books, to take regular physical exercise, and eat a balanced, healthy diet. And we should always seek to do good in everything we do. Then, we will be cooperating with God, who wants all of us to live healthy, happy lives.

Blessings and Peace,  
Pastor Craig



Each fall, Mt. Zion's members come together to prepare some of the best stews in the area.

To find out how you can help, talk with Noonie Parrish at  
(336) 643-8317

To order stew: (336) 643-8317  
or (336) 427-0602  
or (336) 427-0603

Stew will be ready for pick-up on Saturday, Sept. 17, at 11:00 a.m.

Parents, remember to get ready for the upcoming  
**Children's  
Consignment Sale**  
September 22, 23, 24.

For more information, or if you want to consign items, contact Debbie de la Cruz  
(336) 552-6190 or

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