



APRIL 1, 2019

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Men's Breakfast will be this Sunday April 7th at 8:00 am.


Lenten Lunches are every Wednesday at Noon through April 17th. This weeks theme is Everything Country. Chicken Spaghetti is on the Menu.

The Leadership Table will meet April 16th at 6:30 am.

UMW will meet April 25th at 6 pm

The Fellowship Meal will be April 28th at Noon.


Dressed Easter Lilies in honor or memory of a loved one may be purchased for \$35 each. They will be available to take home after Easter Service on April 21st. If interested, please contact the office.



Addie's granddaughter graduating from OU and already has a job.
UMW at Anadarko on Saturday
Lenten Luncheons



APRIL –
1 – Dwight Freese
1 – Sue Pray
12 – Terri Gibson
15 – Denise Tinney-Clark
16 – Mary Jo Randolph
20 – Donna Frye
24 – Michelle Rue
27 – Tierney Rue Hodges
28 – Lauren Frye Merritt



Holy Week Services

Palm Sunday Service –
April 14th @ 11:00 am
Lenten Lunch –
April 17th @ Noon
Maundy Thursday Service –
April 18th @ 6:30 pm
Good Friday Service –
April 19th @ 6:30 pm
Holy Saturday Service –
April 20th @ 10:00 am
Easter Sunday Service –
April 21st @ 11:00 am



Pastor David Gardner

Less is More?

Proverbs 15:16 (Voice)

“It is better to live with less and honor the Eternal
than to have riches and carry the burdens that come with them.”

Here is how it was *EXPLAINED* in Little Orphan Annie:

Oliver Warbucks: STILL, I’VE BEEN RICH AND POOR, AND A POOR MAN SURE HAS A LOT LESS TO WORRY ABOUT-

Annie: YEAH- AND A LOT LESS TO EAT, SOMETIMES- I’D RATHER WORRY ‘BOUT A FEW MILLIONS I HAD THAN ‘BOUT HOW TO GET TWO BITS-

Annie and Warbucks had a difference in perspective, yes? Well, outside of the comic pages, Kerim Hudson writes for Lifehack about 5 Reasons why Less is More:

“The phrases ‘Work smarter, not harder,’ ‘Less is more,’ and ‘Simplicity key’ plague our lives in every aspect, yet no one seems to really apply them. Is there any truth to these notions? Today’s society is all about absorbing information constantly, whether it be consciously or unconsciously, and attempting to remember it all. However, this burden placed upon us often leads to stress, confusion, and burnout. Here are 5 scenarios where doing less is more:

1. Get organized!

Being organized can initially be a very time-consuming and conscious responsibility. If you’re used to throwing paperwork all over your desk and using the excuse that it’s ‘organized chaos,’ then you may also be familiar with the unnecessary time you spend fumbling through it trying to find one sheet. Keeping organized folders can make it easier to find paperwork. Or if you want to go green, keep digital copies in organized folders. If using digital copies, timestamps can also be great for tracking down files.

Other than organizing physical clutter, organize your time as well. Sync your calendars and add in new events and meetings as they pop up. Being aware of what you need to do, and where you need to be, allows for more efficient planning.

2. HIT it!

High-Intensity Training (HIT) has been shown to have some greater long-lasting effects than the average endurance or strength train. A good HIT session can last 20 minutes (5 minutes warm up and cool down, with 10 minutes of high-intensity intervals) and will have fat-burning effects all day, build muscle strength, and give you a shorter but more intense cardio workout. Simply varying the means (rowing, running, or cycling) can help build even muscle strength, and cuts an hour-long workout session out of your day.

3. Eat like our ancestors

Intermittent fasting has caught on with the health fanatics recently and has been shown to be a very effective way of maintaining a good physique. Based on the principles of going long periods without eating as hunter-gatherers, it suggests our bodies are adapted to be able to fast and work at their best in doing so; fat is stored for a reason, so give it a reason to be used.

4. Keep it concise

Twitter has provoked a revolution of the way in which we communicate; being restricted to 140 characters requires creativity and clear thinking to be able to convey what you would like to say within the limit. Thus, opting for emails or texts that are limited to a similar number of characters requires you to clearly think about what it is you want to say, such as how you want to deliver your message, tone of voice, and your key ideas. This is not only beneficial for the receiver in order to truly understand what you want to say, but also allows for the ideas to become vivid and clear within your own mind.

5. Break boundaries

This one is where you get creative. It is no surprise that there are several different aspects of your life that you try and manage simultaneously, and many people stand by the idea of only handling one task at a time. But it is perfect acceptable to break boundaries. Always seek out ways to complete more than one task simultaneously. It could be writing an article whilst commuting or organizing your paperwork whilst researching through for some information. Fluidity is key, and by homing in on your creativity and actively seeking out better alternatives can be rewarding in itself.

Now you have seen some key concepts and examples that adhere to the idea of 'Less is more,' it's time for you to implement them within your own day and free up more time for the memorable moments in life. Especially with summer coming, do little, often, so you can spend more time in the sun!"

Ecclesiastes 1:9 (Voice)

“What has been, that will be;
what has been done, that will be done.
Nothing is new under the sun;
the future only repeats the past.”

God, in the hurry and worry, let us take the time to enjoy the sunrises and sunsets and see them afresh. Grant to us a chance to look deeper into the eyes of a loved one, and smell the sweetness of a flower, and see more glimpses of Jesus, in Whose name we pray. Amen



Jo Ann Pierce – Upcoming Knee Surgery on Wednesday

Allred's – Travel Mercies

Pat Weber – Recovering from Foot Surgery

Jana Gardner – Recovering from eye surgery

Family and Friends of Cookie McCullough

Carla Johnson – hurt shoulder from falling

Marcia Haskins – On going foot sores

Rebecca (Victor Morton's girlfriend)– Broken Wrist

Family of Joan Kuehn

Edith Suiter and Family – Passing of her husband Jim

Parker Bowles – Strengthened Faith

Noel Clark

John Stuever – Recovering from Shoulder Surgery

Ross Pipkin – AF technical training

Dorrie Pipkin – Strength and Confidence

Drew Cole - Cancer

Junior Brown - Cancer

Connie Green – Cancer

Courtney – Continued prayers for the Allred's 11 yr. old grandchild with neurological issues.

Kathy Allred – Continued prayers for healing and to be healthy

Stacy Mettler – Cancer

Ann Johnson – Continued prayers for healing on her hip

Oleta Little – On Hospice. Brain Cancer returned

Addie McMurrin

Jason Poorman – (Edith Suiters nephew) Non-Hodgkin's Lymphoma

Addie's friend and relative on Hospice. Peace in her Family

Karen Gibson – Cancer

Gary Gibson – Cancer

Jan Smith – Cancer

Jennifer Shahan – Heart Problems

Iva Johnson – Hospice

Rebecca's cousin has eating disorder, liver failure and on transplant list

Kathy Bridges – Cancer

Joe Perry – Kidney cancer

Margaret Averre – Throat cancer

Daniel Whittney – Colon cancer; now liver cancer

Jennifer Allred – Spinal pain and fibromyalgia

Melinda Douglas – Lung Cancer



It is time to start thinking about Lilies for the Easter celebration. If you wish to give a Lily in honor or memory of someone special in your life, please use this form to do so. The cost of each dressed plant will be \$35.00. The Lilies will be in place for Worship on Easter Sunday, April 21st and you may take your plant after the Service.

Number of plants: _____

ORDERED BY: _____

IN HONOR OF: _____

IN MEMORY OF: _____

Please attach payment and put in offering plate or return to church office.

SAINT PAUL'S UMC LEADERSHIP TABLE



Joe N. Pierce Lay-leader Chairman

SPRC:

Heather Bowles (Chair)

Addie McMurrin

Brenda Benkley

Trustees:

Mary Branch (Chair)

David Griffin

Bob Randolph

Finance Committee:

Paula Freese (Chair)

Paula McConnell

Michelle Martin

Bob Weber:

Alternate to Conference

Gary Allred:

At Large member

Pastor David Gardner