



July 1, 2019

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*Pastor David Gardner*

Brene' Brown writes about Joy and Gratitude:

"The relationship between joy and gratitude was one of the important things I found in my research. I wasn't expecting it. In my 12 years of research on 11,000 pieces of data, I did not interview one person who had described themselves as joyful, who also did not actively practice gratitude.

For me it was very counterintuitive because I went into the research thinking that the relationship between joy and gratitude was: if you are joyful, you should be grateful. But it wasn't that way at all.

**Instead, practicing gratitude invites joy into our lives.**

Practice is the part that really changed my life, that really changed my family and the way we live every day. When I say practice gratitude, don't mean 'the-attitude-of-gratitude' or feeling grateful, I mean practicing gratitude.

These folks shared in common a tangible gratitude practice. Some of them kept gratitude journals. Some of them did interesting things like at 1,2,3,4 or 12:34 every day they said something out loud that they were grateful for in their lives.

One of things we do as a family is say grace at dinner. And so now, after learning about practicing gratitude, after grace we go around and everyone says something that they are all thankful for.

What's interesting is, when we first started, I thought my children were going to say, 'Oh, mom, are you experimenting on us?' There was a little bit of that. But after we had done this for a couple weeks, even on those crazy, busy nights, when we were trying to get to soccer, piano and homework, if Steve and I said a quick prayer and start eating, my kids were like, 'Woah...what are you grateful for?'

It's been extraordinary because not only does it invite more joy into our house, it also is such a soulful window into what is going on in my kids' lives. There are some days when my eighth grader will say, 'I'm joyful that there is a huge thick wall between my room and my brother's room.' She'll say something very honest. But recently she had a friend whose mother died. For a month she would say, 'I'm just so grateful you all are healthy right now.'

Not only did it make us all more aware of what we had and more willing to slow down and really be thankful for the joyful moments we had, but it also let me know where she was emotionally in her life.

My son often says, 'I'm grateful for bugs.' 'I'm grateful for frogs.' But sometimes he'll say, 'I'm grateful that you picked me up early.' Or 'I'm grateful that I finally understand adjectives.'

There is a great quote by a Jesuit priest that says, '*It's not joy that makes us grateful, it's gratitude that makes us joyful.*' I guess I was just amazed to see that bubble up in my research so quickly. It's life changing."

Psalm 27:6 (Voice)

*God lifts me high above those with thoughts  
of death and deceit that call for my life.  
I will enter His presence, offering sacrifices and praise.  
In His house, I am overcome with joy  
As I sing, yes, and play music for the Eternal alone.*

**Too often, Awesome Creator, I hang onto my petty feelings. Shamefully, I feel like I'm not good enough to do the things that need to get done. I'm so fearful of failure, I want to run away...and then You move close again. You never actually left me...I realized I had turned away. Now, with Your love and grace, I find myself thanking You...even for things that are hard for me. And in the moment of true praise, Your joy floods my soul once again. Thank You. Amen**



Tarah Frye got engaged at the top of the Eiffel Tower

Visitors

Edith Suitors nephew that has Lymphoma rang the bell for last chemo treatment.

*July* 



- 1 - Sandy Howard
- 19 - James Benkley
- 22 - Trish Lister
- 23 - Lisa Berscheidt
- 24 - Dorrie Pipkin
- 26 - Kathy Henson
- 30 - Winnie Pipkin
- 31 - Ron Gibson

Faithweavers Presents...



June 18 - From Steeple to Street at the Greens Apts.

June 19 - Splash Pad

July 3 - Fireworks

July 10 - Pickle Ball at Pickle Pavilion

July 17 - Simmons Center Pool or Kiddieland

July 24 - Water Balloon Volleyball

For the Love of Lutie



July 21<sup>st</sup> at Noon



Book Study – Sundays 6 pm  
Bible Study – Mondays 6 pm  
Men’s Breakfast – 1<sup>st</sup> Sundays 8:00 am  
Ladies Night – Mondays 7 pm  
Keno Group – 2nd Tuesdays 5:30 pm



Men’s Breakfast will be this Sunday July 7<sup>th</sup> at 8:00 am.  
The Leadership Table will meet July 11<sup>th</sup> at 6:30 pm.  
The Fellowship Meal will be July 21<sup>st</sup> at Noon. Burgers are on the Menu.



Saint Paul’s is seeking a Part time Administrative Assistant. Hours are Monday through Friday 9 am to 1 pm. Computer Skills Required. Please send Resume to [stpaulsduncan@gmail.com](mailto:stpaulsduncan@gmail.com) or mail to Saint Paul’s UMC, 1705 West Beech, Duncan, OK 73533.

The Toy Shop of Duncan is seeking a full time Coordinator to serve as the point of contact for all Toy Shop Programs, with the major emphasis on fundraising activities and our Christmas Season. For more information, please look at their Facebook page. Submit resumes by July 15, 2019 to Toy Shop of Duncan, PO Box 206, Duncan, OK 73534.



IN OUR



# Thoughts and Prayers

Pat Weber – Continued healing  
Family of Dorothy Kolher (Carla Johnson's grandma)– Passed away  
Louise Golden – Under the Weather  
James Crow – Cancer  
Jason Poorman - Lymphoma  
Matt Roberts mom in ICU with Cancer  
Gardner's neighbor recovering from hip surgery  
Trish Listers mom Ann and her son John  
Transition as Denise and Noel move to Arkansas  
Bill Gossett – Cancer Scare  
Family of Beth Horn  
Mason Teakell and Family  
Sara Riggs – Serenity and travel mercies  
James Clifton – Kidney Cancer  
Lakyn Anderson – Newborn with Breathing Issues  
Keith Crain – Surgery  
Parker Bowles – Prosperity  
Lisa Berscheidt's Friend's Son in a serious motorcycle accident  
Addie McMurrin  
Tarah Frye – Travel Mercies as she goes to Italy to study for a Month  
Ann Starrett – Dementia and broken Hip. In Memory Care.  
Kay Martin – Dementia and Fell and Broke a Bone  
Marcia Haskins – On going foot sores  
Drew Cole - Cancer  
Connie Green – Cancer  
Stacy Mettler – Cancer  
Karen Gibson – Cancer  
Gary Gibson – Cancer  
Kathy Bridges – Cancer  
Margaret Averre – Throat cancer  
Daniel Whitney – Cancer  
Jennifer Allred – Spinal pain and fibromyalgia  
Melinda Douglas – Lung Cancer