



ST. PAUL'S
United Methodist Church

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Happy
Father's
Day

How To Create More Joy In Your Life



Pastor David Gardner

Hopefully, your father wanted the very best for you. Even before you were born, he had dreams for your happiness. The website www.virtuesforlife.com has an article entitled, "How to Create Joy in Life by Being Grateful." This article is greatly condensed below:

"How can we feel more unbridled joy in life? The kind of joy kids experience when playing. Or that intense happiness that comes from seeing our baby or grandbaby for the first time. The breathtaking awe of nature. Indulging in a passionate hobby. What if by opening our eyes and hearts to the abundance around us, we could find more joy? One way to do this is by being grateful. It's not always easy though.

Challenges to Our Gratitude

With any practice that we begin, more than likely, we'll experience obstacles to its success. Here are three:

1. Focusing on what's wrong or lacking

We tend to focus on what's wrong rather than on what's right. But the beauty of gratitude is that it's an effective tool for turning the negative into the positive. For example, when you wake up, don't start your to-do list! Instead, think about all the blessings in your life.

2. Losing the luster

Dr. David Brandt in his book, *Is That All There Is?: Balancing Expectation and Disappointment in Your Life*, writes about how we lose our enthusiasm for things that once excited us: 'Human beings have a curious capacity to take things for granted... Miracles like the daily sunrise fail to astonish because they're commonplace! Repetition and time dull our sense of wonder.'

When we can linger longer at the beauty of nature, on our child's happy face, or on the smell of our favorite food, it helps us connect more deeply with the world.

3. Difficult times

When going through tough times, it's harder to see the good that exists amidst our troubles. But by being more grateful, we can increase our happiness by 25% according to University of California Psychology Professor Dr. Robert Emmons and author of the book, [Thanks! How Practicing Gratitude Can Make You Happier.](#)

Even the bad experiences, can lead to something good, maybe not right away, but over time.

Creating More Joy

Here are some ways to help create those happy moments we can all use more of:

- Notice the pleasures around you – Think about the people and things that you may not be appreciating. A job, spouse or friend? A warm bed, hot shower, the miracle of breathing? The benefit of not taking things for granted is that it pulls you into the moment. You become present and feel more alive.
- Show your gratitude – You can write someone a gratitude letter, or simply say thank you in person – for their friendship, their love, helping you with a big project, etc.
- Nurture your gratitude – Start a gratitude journal, create gratitude affirmations, post gratitude quotes, and even complain less. Vow to choose a gratitude practice that you can do daily.
- Celebrate your potential – We all have talents and skills that are unique to us. We seldom think about them. Focus on your gifts and, if you're not using them, think about ways you can. This will surely bring more joy to your life.

With these few practices above, you'll begin to notice that you'll experience more joy, peace and contentment in life.”

It might be this side of Easter, but this is a common Advent text - and it is FULL of JOY:

Isaiah 9:2-4 (Voice)

The people who had been living in darkness
have seen a great light.
The light of life has shined on those who dwelt
in the shadowy darkness *of death.*

And You, God, will make it happen. You bolstered the nation,
making it great again. You have saturated it with joy.
Everyone in it is full of delight in Your presence,
like the joy they experience at the harvest,
like the thrill of dividing up the spoils *of war.*

For as You did back in the day when Midian *oppressed us,*
You will shatter the yoke that burdens them,
You will lift the load that weighs them down,
You will break the rod of their oppressor.

Lord, when we say, “thank you”, we are not only showing respect and gratitude, we make a little more room in our heart, for You to fill with Joy. Thank You! We pray in the name of Jesus Christ and in the power of the Holy Spirit, O Mighty Creator. Amen



The Leadership Table will meet tonight at 6:30 pm.

Volunteers are needed to ride in the van on Sunday Mornings to pick up the kids. Contact Heather Bowles or Joe Pierce if you can help.

Men's Breakfast will be July 7th at 8 am.



From Steeple to Street
ST. PAUL'S UNITED METHODIST CHURCH
Children's & Youth Celebration
Ages 3-18 (Parents, too)
At the Greens Apartments
(421 S. 27th in Duncan)
Tuesday, June 18, 2019
5:30 PM-7:00 PM



Bringing the Love of Jesus from the pews of St. Paul's United Methodist Church to our neighborhood and community.

Free hot dogs, hamburgers, games, songs and Jesus loving fun right where you live and play. Join Us!

Faithweavers Presents...



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

June 19 – Splash Pad

July 3 – Fireworks

July 10 – Pickle Ball at Pirkle Pavilion

July 17 – Simmons Center Pool or Kiddieland

July 24 – Water Balloon Volleyball



Book Study – Sundays 6 pm
Bible Study – Mondays 6 pm
Ladies Night –
Mondays 7 pm
Keno Group –
2nd Tuesdays 5:30 pm

APPORTIONMENTS

2019 Apportionments

	Conference	District
Total:	\$16,560.00	\$1,155.00
Paid to Date:	\$3,119.00	\$418.25
Still Due:	\$12,441.00	\$673.75



9 – Cheryl Johnson
12 – John Freese
12 – Amy Blevins
21 – Kathy Allred



Father's Day

Parker Bowles 7-year project comes to fruition.

The Golden's are having a great granddaughter in October

Prayer walks by the Sunday School Class

FITS Summer Program



Gardner's neighbor having Hip Replacement
Bill Gossett – Cancer Scare
Trish Lister – Nerve pain in left foot
Family of Robby Fithen
Family of Beth Horn
Reames Family
Mason Teakell and Family
Sara Riggs – Safety
James Clifton – Kidney Cancer
Lakyn Anderson – Newborn with Breathing Issues
Keith Crain – Surgery
Parker Bowles – Renewed Faith
Lisa Berscheidt's Friend's Son in a serious motorcycle accident
Lisa Berscheidt's Cousin had a premature baby
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.
James Crow – Cancer
Kay Martin – Dementia and Fell and Broke a Bone
Marcia Haskins – On going foot sores
Drew Cole - Cancer
Connie Green – Cancer
Stacy Mettler – Cancer
Jason Poorman – Cancer
Karen Gibson – Cancer
Gary Gibson – Cancer
Kathy Bridges – Cancer
Margaret Averre – Throat cancer
Daniel Whittney – Cancer
Jennifer Allred – Spinal pain and fibromyalgia
Melinda Douglas – Lung Cancer