



Lenten Lunches are every Wednesday at Noon through April 17th.

DHS Student Lunch will be tomorrow March 27th from 11:15 pm – 1:00 pm.

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.

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



MARCH -
29 - Randy Atnip
29 - Sara Riggs

APRIL -
1 - Dwight Freese
1 - Sue Pray
12 - Terri Gibson
16 - Mary Jo Randolph
20 - Donna Frye
24 - Michelle Rue



5th - Ron and Michelle Martin
29th - Bob and Pat Weber

SHARING MY
blessings

Flowers out front

Ron and Terri for taking Jana for her Surgery

Sound Suppression Panels in the Fellowship Hall.

Lenten Lunches!!

A Word from the PASTOR

Pastor David Gardner

Angela Civitella (isn't that a cool name?) writes for Forbes:

“Harriet Braiker is often quoted as having said, ‘Striving for excellence motivates you; striving for perfection is demoralizing.’”

So, which one do you aspire to attain? Some people are foolish in thinking that excellence and perfection are the same, while the truth is that they're opposites. The best way to achieve excellence is not to demand perfection.

Perfectionism has more to do with how things appear to others and whether they think they're done right. Excellence is about having a reason and a purpose for what you're doing and being driven by that purpose to achieve results that will ultimately make you succeed. There's a big difference in meaning and intent.

Let's face it — perfectionism sets you up for failure. It drains you and causes you to think that you'll achieve your goal, all the while being an illusion that's only nurtured by how obsessed you are with the outcome. There's no gain and very little reward, and most certainly, no joy or pleasure is accomplished here. There's only pain and the disillusionment of not being up to par, as well as the ever-present, ‘What will people think and say?’

Excellence, on the other hand, is singularly focused. It involves having a razor-sharp focus to execute and accomplish what matters and what needs to get done in order to achieve the greatness you seek and, in many cases, deserve. It's directly correlated to how you apply yourself, how productive you are, staying the course and never losing sight of the end goal. Now sign me up for that.

Maladaptive perfectionism prevents you from starting or completing things you set out to do. Your head and heart get in the way, and you're left inactive, in perpetual inertia and with a constant drip of self-blame, and in some cases, pointing the finger at anyone and anything because you can't accept the demons inside you that are leaving you paralyzed in the face of getting things done. There isn't much fun there.

Here are some tips to help you navigate and conquer perfectionism and make room for pursuing excellence, which is a much better option all around.

1. Forget the perpetual lie you tell yourself that being perfect will make you successful. It's not true. Hard work, great vision, knowing the right people, asking the right people for help and getting others to believe in your journey make you successful.
2. People don't relate well to perfectionists. Perfectionism makes the rest of us feel like there's no relatability, no common ground and no equitable human exchange. To put it mildly, it's intimidating, and people don't seek out people that intimidate them.
3. There's no power in being perfect. All perfectionism does is show how weak you truly are. Powerful people are comfortable with showing their limitations -- it gives them the pulse to want to do better and better. That's what people respect.
4. Being perfect doesn't increase nor decrease your self-worth. They just aren't connected. You have to value all of you — the good, the bad and the very ugly — in order to function in a healthy, productive and results-oriented way. If you're focused on how it looks, rather than how it is, you'll never get to your destination.
5. Being perfect isn't normal or regular. If you get caught up in being perfect, you set yourself up to think that you're beyond and more than everyone else. A word to the wise: Being perfect is an illusion -- it's not real. Being perfect doesn't give you superpowers that others don't have. All perfectionism does is isolate you from participating in life and from the people around you who, if asked, would gladly help you on your journey to excellence.

People gravitate toward others' strengths, not their weaknesses, and striving for perfection is just that — a sign of weakness. Strong people with conviction is admired and respected. People who think and work alone because they think they're perfect and above all others end up only doing one thing: being alone.”

Our prayer comes right out of Scripture...Ephesians 3:16-19 (Voice)

Father, out of Your honorable and glorious riches, strengthen Your people. Fill their souls with the power of Your Spirit so that through faith the Anointed One will reside in their hearts. May love be the rich soil where their lives take root. May it be the bedrock where their lives are founded so that together with all of Your people, they will have the power to understand that the love of the Anointed is infinitely long, wide, high, and deep, surpassing everything anyone previously experienced. God may Your fullness flood through their entire beings. (And God, thank You for so many excellent folks at St. Paul's) Amen



Family and Friends of Cookie McCullough – passed away last week
Pat Weber – Recovering from Foot Surgery
Jana Gardner – Recovering from eye surgery
Carla Johnson – hurt shoulder from falling
Marcia Haskins – On going foot sores
Rebecca (Victor Mortson’s girlfriend)– Broken Wrist
Family of Joan Kuehn – She passed away
Edith Suiter and Family – Passing of her husband Jim
Parker Bowles – Self-Awareness
Noel Clark
John Stuever – 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

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