

Turn off the Centrifuge

Romans 12: 18 *Do all that you can to live in peace with everyone.*

Have you ever seen a centrifuge? It is a piece of lab equipment that is used to separate liquids of different densities. (Think of how cream separates from milk.) A centrifuge spins around and around and the different particles are pulled apart. Lately I feel like my country has become a centrifuge.

Pretty much everyone in America is stressed right now because of the COVID Pandemic and its impact. Long existing racial bias and injustices are being brought to light by the ability to film video on our phones. This stress is bringing out the worst in us.



Cancel culture (writing someone off and ejecting them from your life because of an opinion or mistake) is rampant. People are being destroyed (sometimes with mere accusations and no proof). And many political leaders seem to be encouraging this separation. America feels like it is breaking like hollandaise sauce kept at the wrong temperature. It makes my heart hurt.

Social media can be a force for good (I love being able to share and receive prayer instantly) but it can also be a source for harm. As I scroll through Facebook I see people I care about irritating each other, sniping at each other, or even ending life-long relationships.

The other day I posted a picture of a guy holding up a sign that said “We can disagree and be friends.” This produced a long, tense discussion by my diverse Facebook friends on why they just can’t be friends with some people who disagree with them. I didn’t know whether

to laugh or cry. A clergy colleague in Florida, Jay Therrell, watched all this and wrote a blog which you can read here:

<https://jaytherrell.com/disagree-without-being-disagreeable/?fbclid=IwAR0sJD2Q4Mz-l6exu-45Y3c7L3ISx1wYNXGilmNPYVYGKI1XlFfn35XshY>

The experience was as surreal as a Salvador Dali painting!

I recently read an article from the Cato Institute showing that a sizable percentage of Americans would support firing people who disagree with them because they donated to the opposing party’s presidential candidate. What?! Are you kidding me?! We not only disagree, we want people fired from their jobs?

One area of deep disagreement that makes me sad is over COVID and masks. Every day on social media I see so much venom spewed about this issue. I’ve even had someone call me in tears because of what a long-time friend has said about this topic. *We seem incapable of empathy and looking at other perspectives.*

On one hand, I know a woman who was gagged when she was raped. Wearing a mask triggers her PTSD. There are others who struggle because they rely on lip reading because of hearing loss. Saying that all who refuse to wear a mask or oppose mask mandates are selfish and want vulnerable people to die is unfair. On the other hand, I know some people who are perfectly capable of wearing a mask but are obstinately saying “You can’t make me!” They are boycotting places where masks are expected. They say COVID-19 is hype, fake or politically motivated. Some just don’t think masks are effective at stopping COVID- 19.

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Turn off the Centrifuge continued

To medically vulnerable people and those who love them, these comments can feel like a slap in the face. They hear this as if they have walked up to them and said, “You don’t matter. I’d rather you die (or allow your loved one die) than be inconvenienced.” I long for all of us to stop and put ourselves in the shoes of those who disagree with us.

I am pretty sure Jesus is weeping. All of this animosity is the antithesis of the Gospel.

Please get out your Bible and look up these verses:

- **Luke 9:23**
- **Matthew 5:41**
- **Ephesians 4:32**
- **Philippians 2:1-11**
- **Romans 14: 10-13**
- **Romans 15**



No—literally go back. Get out your Bible and look up those verses! I’ll wait.

Welcome back. I believe that “Cancel Culture,” hatred, and selfishness we are seeing in our country is literally demonic. Our increasing polarization and cultural outrage is not just toxic it is empowering evil. (Yes I believe Satan and demons are actually real not merely metaphorical.) After reading those verses do you see what I see? The evil one seeks to divide and devour. Right now he is doing a fabulous job of it. So how can we overcome this spiritual warfare?

First, we overcome by the blood of the Lamb. We acknowledge that we are all sinful, broken, biased, and step on each other’s rights. We repent for our part—and we all play a part. We also forgive one another in the name of Jesus for the sake of Jesus.

Second, we choose to die to ourselves and live for Christ alone. (Galatians 2:20) I remember a line in Oswald Chambers great devotional, My Utmost for His Highest, where he maintained that the only right that Christians retain is the right to lay down our rights. When we accept Jesus as Lord we belong to him. His great sacrifice on the cross means that everything we are, everything we do, and everything we say belongs to him. We willingly walk the second mile. We put others first.

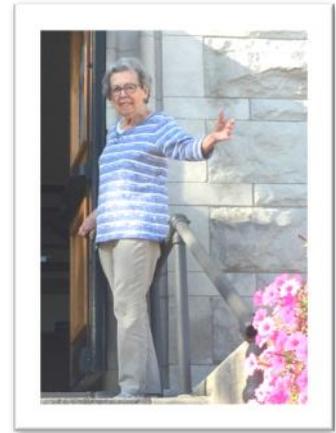
Finally we intercede for our nation and one another. This battle must be won on our knees. Oh, God raise up the intercessors! America needs them! Amen.

Blessings and peace,
Beth Ann

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Pastor Beth Ann: 812-550-4736 * Revbethanncook@gmail.com

Penny Schaefer is saying good-bye to the position of Financial Secretary after serving faithfully for over three years. She has enjoyed the challenge of learning the Church Windows program, loved hearing the LCM children in the chapel on Monday mornings, appreciated the organization of Pastor Beth Ann and Finance Chairman Jerry Miller, and was always happy to balance the account!

Penny also gives credit to Elaine Hall for her support and encouragement while in this position. While Penny is moving to the Zionsville area, she plans to continue her membership at FUMC and attend on Sunday mornings in good weather.



Thank you, Penny, for a job “Well done, thou good and faithful servant”. Matthew 25:21

A replacement for Penny has been found. Beginning August 3, 2020, Nancy Hamilton will officially take over the duties of Financial Secretary. Welcome aboard, Nancy!

Dear friends,

Thank you for your continued prayers for my granddaughter, Lauren Hanawalt. Her counts were better and she was able to receive treatments.

Sonja Hanawalt



Dear Friends in Christ,

Your gift brings hope to those in our community who are struggling their most basic needs like shelter, food and medicine. Please know your generosity is a blessing to us and we thank you dearly, God Bless, Emmaus Mission Center

Dear Logansport UMC,

Thanks for much for your support of Operation Classroom. Especially at tough times such as we are all experiencing today. These funds mean even more. We are able to help with teacher pay when schools shut down for COVID-19.

Thank for being there, Bonnie Albert

Dear Logan First UMC,

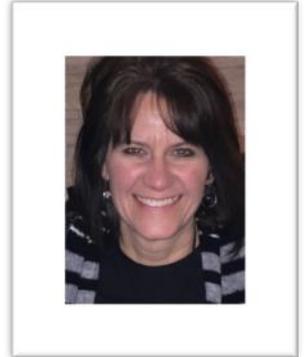
Thank you so much for your recent gift to help support the ongoing relief work in Nairobi, Kenya. I am so grateful for your generosity and it will have immediate and life-saving impact with our partners there. God is continuing to reveal himself in powerful ways through our brothers and sisters in Africa. In the midst of really difficult days, the church is displaying incredible perseverance and offering the hope of Christ to their community. This picture is from a water and food distribution outreach that happened this past week. Hundreds of people are receiving clean water, food, and the hope of Jesus Christ through these outreaches that are funded by donations like yours. Thanks for all your ongoing partnership in this important work! We are so grateful! In Christ, Matt Reynolds



Self-care for the family caregiver

Caring for loved ones is noble but it also comes with emotional and physical exhaustion. Pressures such as sadness, worry, financial strain and the additional physical requirements often cause the caregiver to have sleep deprivation, poor eating habits, dehydration, and the delay of self-care including exercising, rest breaks and medical appointments.

As the caregiver, whether you were suddenly placed in this role or this was a more gradual process, the same principles apply because these added responsibilities affect your life. Seek guidance from medical professionals, support groups and legal counsel to help answer your questions and address your concerns before you become completely overwhelmed. It's critically important as the caregiver that you express your feelings and concerns so others can support you and help with the hard decisions that will have to be made.



In the caregiving role, you need to honestly ask yourself questions such as what can I change and what can I not change? What are sources of stress for me? Can I tell others no and be at peace with that? How much of a difference will it make if I do not do something or delay it?



Do your best to identify the problems and seek solutions to your stressors. Ask for help from others, accept help from others, take a break from caregiving, and get help with meal preparation. Engage in activities that will make you feel healthier and socially connected.

Focus on solid communication so you are understood and others can support you. Use "I" instead of "you" messages. For example, say, "I feel hurt" rather than "You hurt me." Be clear and specific and speak directly to the person. Do not hint or make subtle suggestions because others may not understand.

Have self-compassion and do not forget to focus on your own needs. Learn to use stress reduction techniques such as prayer and slow deep breathing. Attend to your own healthcare needs, get proper rest and nutrition, take time away without feeling guilty to recharge your batteries, nurture yourself by reading a book or taking a warm bath. Acknowledge your feelings and share them aloud with others who are there to love and support you.

Take care of yourself caregivers!

Heather





1 Isaiah 43-47
 2 Isaiah 48-51
 3 Isaiah 52-56
 4 Isaiah 57-59
 5 Isaiah 60-63
 6 Isaiah 64-66
 7 Jeremiah 1-3
 8 Jeremiah 4-6
 9 Jeremiah 7-9
 10 Jeremiah 10-12
 11 Jeremiah 13-15
 12 Jeremiah 16-18
 13 Jeremiah 19-22
 14 Jeremiah 23-25
 15 Jeremiah 26-27
 16 Jeremiah 28-30

17 Jeremiah 31-32
 18 Jeremiah 33-35
 19 Jeremiah 36-38
 20 Jeremiah 39-41
 21 Jeremiah 42-44
 22 Jeremiah 45-48
 23 Jeremiah 49-50
 24 Jeremiah 51-52
 25 Lamentations 1-2
 26 Lamentations 3-5
 27 Ezekiel 1-4
 28 Ezekiel 5-8
 29 Ezekiel 9-12
 30 Ezekiel 13-15
 31 Ezekiel 16



Nursing Homes

McKinney Place Woodbridge
 Beverly Hess
 Mike Doering,
 Ruby Palmer-Hinkle

Military Service

Braxton Baker Jacob Kaley
 Alex Karnafel Matt Karnafel
 Oakley Lewellen Joshua Lyons
 Tim Strubell

PRAYER CONCERNS

- Camden Shea
- Lauren Hanawalt
- Sharon Barr
- Frances Shelhart
- Dotti Gerhart
- Walter (Junior) Smith,
- Larry Merritt
- Mike Finnegan
- School administrators, teachers, staff, students and families
- College Students
- Those new to our community
- Those with COVID-19, cancer and other serious illnesses
- Essential workers
- Hospital staff and patients
- A COVID-19 vaccine
- Peace and reconciliation in our nation
- Government and Church leaders

BIRTHDAYS

- Aug 1** Brad Deane, Peggy Long
- Aug 3** Jim Harris
- Aug 5** Mitzi Rogers
- Aug 8** Donna Lou Smith
- Aug 9** Natalie Graham
- Aug 10** Kathy Adair
- Aug 13** Tanner Hess
- Aug 17** Helen Gray, Megan Martin, Angie Minglin, Joseph Schafer
- Aug 19** Timothy Padfield
- Aug 20** Noreen Provo
- Aug 22** Karen Starkey, Gabriella Weese
- Aug 26** Cindy DeHaven, Max Waltz
- Aug 28** Jay Byers, Luann Hamilton
- Aug 30** Julia Glaser



ANNIVERSARIES

- Aug 12** Don & Cindy Collins
- Aug 21** Jerry & Ann Miller



Little Children's Ministry

Little Children's Ministry had a wonderful preschool graduation on Friday, July 24th. The families were very understanding regarding the policies and procedures in place due to the pandemic and seemed very grateful to have a graduation ceremony for their little ones. We congratulate all of our preschoolers and wish them the best in Kindergarten. We will miss them!



LCM is preparing for the start of another school year. We have begun purchasing school supplies, filling spots in our preschool rooms, and creating our lesson plans for 2020-2021. It seems that the schools are reopening, so as long as the schools are open, we will only do Before/After school age care. Should the schools close, the LCM Board will discuss providing all day care for school age children.

We are also busy renovating rooms with our *Come Back Stronger* Grant. The goal is to open another infant room as soon as possible. We have a definite need in the community, and it will help us to secure our finances throughout this pandemic. The plans are to create a new infant room in the classroom next to the Fellowship Hall. This class will be for ages 1- 1 ½. A sink and counter will be installed in the room to meet the state guidelines. We have also ordered new baby beds, new changing table, cubbies, and other furniture to meet the PTQ standards. Creating a new infant room creates a chain reaction for classes involving the room across from the nursery, the education wing elevator room, the classroom across from the LCM library, and the youth room in the basement. We are also having a bathroom stall and sink installed in the education wing elevator room to meet the state requirements for that age group. After the remodel the state will inspect it, then set an opening date for the new infant room. Our goal is to open the 1st or 2nd week in August.

As an update on COVID procedures, we are continuing to have guidelines in place for both the staff and the families.

- Masks are mandatory for families and children over the age 3 while in the hallways
- No one is allowed in the classrooms except staff and children
- Temperature checks of children and staff are performed daily upon arrival
- Preschool classes are continuing to eat in their classrooms
- Chapel is being held in the classrooms
- Indoor play area is still closed until further notice.
- We ask for prayers that everyone who attends and works at LCM stays healthy and that our facility remains COVID-19 free!

LCM is asking for Kleenex or donations to purchase school supplies. Any donations would be greatly appreciated!

Sincerely,

Belinda Jordan, Director

LCM STAFF

Director - Belinda Jordan

Administrative Assistant– Stormie Rivera

Treasurer - Julie Slater



Contact Us:

Phone: 574.753.3491

Email: loganfirst@comcast.net

Web: www.loganfirst.org

SUNDAY SERVICES:

Open Sanctuary Worship– 9:30 AM

We practice safe distancing and require everyone to wear face masks when entering the building

Live Streaming

9:30 AM: FaceBook Live @ LoganFirstUMC

Church Staff

- ◆ **Pastor:** Beth Ann Cook
- ◆ **Administrative Assistant:** Lori Shewman
Email: loganfirst@comcast.net
- ◆ **LCM Director:** Belinda Jordan
Email: fumlcm@gmail.com
- ◆ **LCM Administrative Assistant:** Stormie Riveria
Email: lcmsec@comcast.net
- ◆ **Treasurer:** Elaine Hall
Email: loganfirsttreasurer@comcast.net
- ◆ **Financial Secretary:** Nancy Hamilton
- ◆ **Worship Leader:** Ali Williams
- ◆ **Media Coordinator:** Luann Hamilton
- ◆ **Pianists:** Deb Binford, Jeff Smith, Elaine Hall

Our Mission

The mission of the church is to make disciples of Jesus Christ for the transformation of the world.

Our Vision

REACH • EQUIP • SEND

Church Leaders

Our Bishop

Bishop Julius Trimble

First UMC

Pastor Beth Ann Cook

Conference

Superintendent

Rev. Lori Blinn

Main Street UMC

Pastor Doug Thomas

Wheatland Ave UMC

Bert Stover

Associate

Superintendents

Rev. Rob Seewald

Rev. John Randall

Church Cluster

Crosswind UMC

Pastor Nick Robinson

