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From the Pastor- Let's Normalize Mental Health Care for Christians



Psalm 42 *A psalm of the descendants of Korah. As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God. When can I go and stand before him? Day and night I have only tears for food, while my enemies continually taunt me, saying, "Where is this God of yours? My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God! Now I am deeply discouraged, but I will remember you— even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar. I hear the tumult of the raging seas as your waves and surging tides sweep over me. But each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life. "O God my rock," I cry, "Why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?" Their taunts break my bones. They scoff, "Where is this God of yours?" Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God!*

Every four years Americans binge watch the Olympics because we love the drama. Remember the old tv commercial from my childhood? It featured the voice of Jim McKay, "the thrill of victory and the agony of defeat!" This week we've been spectators to some unexpected agony involving the outstanding gymnast, Simone Biles.

The world was shocked when Biles dropped out of competition during the team finals after an uncharacteristically bad vault. Was she injured? People were stunned when she described her problem as a "mental issue." One politician called her a "national embarrassment." A variety of other people accused her on social media of letting down her team and her country.

Fortunately other people, including famous former gymnasts, stepped up to defend Biles and explain the unique dangers of her sport. Olympic great Michael Phelps also shared about the pressures of Olympic spotlight and the toll they can take on your psyche. What Biles described as a "case of the twisties" is a mental loss of concentration and positional awareness in the air. Striking out, throwing interceptions, or missing 3 pointers doesn't result in paralysis. I'm glad that she had the strength to say she wasn't up to competition.

According to an interview with Michael Phelps, Biles isn't the only athlete in the Olympic village struggling with mental health issues and pressure. The pandemic has isolated people and added unique challenges.

Continued on page 2

Pastor Beth Ann Continued

I've seen statistics that say around 1 in 4 Americans will struggle with an emotional health issue at some point. Simone Biles just let us all in on the reality that this is true for even the strongest and most accomplished among us.



I know that churches are filled with struggling people, too. Pastors have unique access into people's lives. We experience their joys, sorrows, and struggles with them. People in the pews often think they are the only ones in the church in their situation. But I can pretty much guarantee you that you are not alone— depression, anxiety, miscarriage/infertility, relationship issues, grief or family members in legal trouble and so much more have been part of my ministry.

This whole episode has led me to think about how many people look at mental health challenges. Too many Christians see mental health issues as something to try to press through, shake off, be ashamed of, or hide.

Perhaps this is a good opportunity for Christians to reevaluate how we look at depression, grief, anxiety, suicidal thoughts, substance abuse, and mental illness. Some see these experiences not as part of being human but as a sign of lacking faith or being a bad person. I've even known people to suddenly stop taking prescribed medications without consulting their doctor because they viewed stopping a prescription as a step of faith. (These same people would never imagine a diabetic throwing away insulin as a step of faith!)

Scripture is filled with people who struggled with depression, anxiety and emotional health issues. They wrestled with the dark night of the soul but ultimately put their hope in God. During their dark times they were supported by God, the community of faith and occasionally even angels. Our Savior Jesus struggled in the Garden of Gethsemane and on the cross. He fully understands our pain and suffering. He is with us and will bring us through our hardest times.

If you are currently struggling please reach out to me. I will come along side of you with prayer and support. I will also refer you to a qualified professional who can assist you. You can find additional help at Rick and Kay Warren's website, <https://hope4mentalhealth.com>. Their son, Matthew, died by suicide and they are seeking to help others who struggle.

Pastor Beth Ann Cook email: Revbethanncook@gmail.com • Phone 812-550-4736

Nursing Homes:

McKinney Place: Beverly Hess & Beverly Vietti

Millers Merry Manor: Sally Mauck

Milner Community Healthcare: Bev Bartunek

Woodbridge: Mike Doering & Charlotte Sibley

Military Service:

Braxton Baker

Jacob Kaley

Alex Karnafel

Mickey Karnafel

Oakley Lewellen

Joshua Lyons

Tim Strubell



Finance Corner- Jerry Miller, Chair: No report this month



Trustee Report- Steve Longenecker, Chair

We replaced two doors, one in the Education building and one in the Prayer Room. A broken tree limb was moved and the garbage disposal was replaced at the parsonage.

Thank you

Dear First UMC Family- We can't thank you enough for your prayers, cards, kind words, and thinking of our family at this time of loss.

Thank you for the beautiful soft and comforting prayer shawl.

Adam and Rebecca Gray, Mike and Helen Gray, Kristi Eenigenburg family

Dear First United Members and Friends-

Thank you from the bottom of my heart for your loving prayers, cards and calls from the last five years which my beloved granddaughter, Lauren, has endured the dreaded cancer. You all have been so faithful to me and my family. We thank you all for your blessed dedication to us. She always asked me to "thank you all"- it meant so much to her. She is now whole and in heaven with Jesus and her 2 grandfathers. God Bless you all.

Much love, Sonja Hanawalt



New Prayer Requests

- Family of Lauren Hanawalt
- Family of Jaxson Fox
- Family of Tom McRae
- Family of Stacie Collins
- Marc Dorill
- Bishop Frank Beard
- Susan Saunders
- Beth Samuels

Continued Prayer

- Herb & Mary Ann Bowman
- Ed & Becky Hanawalt
- Tim Taylor

*Donations in memory of Lauren Hanawalt

Lauren's grandmother Sonja asks that donations be made to missions in honor of Lauren. Her prayer is that many would know Jesus because of Lauren.

Birthdays

Aug 1 Brad Deane
Aug 3 Jim Harris
Aug 5 Mitzi Rogers
Aug 7 Marley Peterson
Aug 8 Donna Lou Smith
Aug 9 Natalie Graham
Aug 10 Kathy Adair McGinty
Aug 13 Tanner Hess
Aug 17 Helen Gray, Megan Martin,
Angie Minglin, Joseph Schafer
Aug 19 Timothy Padfield
Aug 20 Noreen Provo
Aug 22 Gabriella Weese, Karen Starkey
Aug 26 Cindy DeHaven, Max Waltz
Aug 27 Don Storey
Aug 28 Jay Byers, Luann Hamilton
Aug 30 Julia Glazier



Anniversaries

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

Weekly Schedule:

Monday: Staff Meeting, 10 AM, Parlor

Tuesday: Bible Study, 9:30 AM, Parlor, Prayer, 11 AM, Sanctuary

Wednesday: Dial-up Devotion & Prayer, 2 PM, Call 605-313-5919, Code 635572



Holy Communion

First UMC will offer Holy Communion on Sunday, August 1.

Choir/Bell Choir Kick-off Picnic- Are you interested in learning more about choir/bell choir? Join us on Wednesday, September 7, 6 PM at Deb Binford's home for a fun evening of information, fellowship and food.

Homecoming Celebration- Sunday, September 26, 2021

August Daily Bible Reading

1 Isaiah 43-47	10 Jeremiah 10-12	19 Jeremiah 36-38	28 Ezekiel 5-8
2 Isaiah 48-51	11 Jeremiah 13-15	20 Jeremiah 39-41	29 Ezekiel 9-12
3 Isaiah 52-56	12 Jeremiah 16-18	21 Jeremiah 42-44	30 Ezekiel 13-15
4 Isaiah 57-59	13 Jeremiah 19-22	22 Jeremiah 45-48	31 Ezekiel 16
5 Isaiah 60-63	14 Jeremiah 23-25	23 Jeremiah 49-50	
6 Isaiah 64-66	15 Jeremiah 26-27	24 Jeremiah 51-52	
7 Jeremiah 1-3	16 Jeremiah 28-30	25 Lamentations 1-2	
8 Jeremiah 4-6	17 Jeremiah 31-32	26 Lamentations 3-5	
9 Jeremiah 7-9	18 Jeremiah 33-35	27 Ezekiel 1-4	



Take Care— Heather Platt



Gout is a form of arthritis that can cause inflammation and extreme pain and joints. It is typically caused by a build-up of uric acid in the blood. The excess of uric acid will cause crystals of uric acid to form and deposit into joints causing inflammation, pain and swelling.

Uric acid is a byproduct of the breakdown of purines in your body. Purines are found naturally in food. By doing certain things, we can help our kidneys breakdown and excrete uric acid and maintain lower levels within our blood stream.

1. Eat foods low in purines
2. Limit sugary foods
3. Stay well hydrated
4. Don't smoke
5. Limit or eliminate alcohol consumption
6. Get plenty of exercise
7. Obtain/ maintain a healthy weight

Focus on a healthy diet with a strong plant base. Emphasize vegetables, fruits, nuts, legumes and whole grains. Eat low-fat dairy products such as low fat cheese, milk and unsweetened yogurt. Choose whole grain bread and pastas that are high in fiber. Consume foods with essential fatty acids such as seeds, nuts, flaxseed, olives, and olive oil. Select fruits, vegetables and foods that are high in vitamin B, C and magnesium. Examples of these foods are berries, tart cherries, kiwi, red cabbage, red bell peppers, broccoli, brussels sprouts and dark green leafy vegetables. Also consider foods such as sweet potatoes, potatoes, beets, turnips, radishes, bran, herbs and almonds.

It's important to limit sugary foods, drinks and snacks because they often contain fructose which increases the risk of high uric acid in the blood. Fructose, a sugar, increases insulin resistance and this reduces the amount of uric acid that is cleared in urine. Foods such as biscuits, cakes, bread, fruit juice and sugary drinks are high in fructose.

Animal proteins have high levels of purine and convert into uric acid. Foods to avoid are fatty red meats, organ meat, lamb, veal, pork and game. Keep your intake of fish, poultry and lean meats to 4 to 6 ounces per day and try to have one to two meat free days per week. Certain vegetables should be eaten in moderation as well including mushrooms, asparagus, cauliflower and spinach.

If you have gout, it's important to stay well hydrated. Try to drink 2 to 3 L of water daily. Water promotes the excretion of uric acid and makes it more difficult for uric acid crystals to form.

Recurring gout can be a serious medical concern so it's important to take medication if prescribed, maintain a healthy diet and lifestyle for long-term wellness.



Little Childrens Ministry: Belinda Jordan, Director



Summer is coming to a close. Zoo crew, preschool, and toddlers enjoyed fun outdoor activities throughout July. School age and preschool had fun at the Splash Pad while toddlers had water days on the playground. The older groups visited the Cass County Fair. They really enjoyed visiting the animals and tromping through the mud!

The LCM preschool year will coincide with the Logansport school schedule which begins on August 11. A facility wide lesson plan will be implemented. Prior to the beginning of school, LCM classes will be rearranged and placed with their current age group and curriculum. Ms. Nicole will continue planning our Christian Education for each age group.

With the beginning of school comes the need for school supplies! LCM is accepting donations for the following items: Dry Erase Markers, Glue Sticks, Playdough, Water Color Paints, Pens, and Kleenex. Donations can be placed in the red wagon in the Narthex. All donations are greatly appreciated.

State regulations now permit preschool facilities to make their own decisions and regulations regarding COVID. LCM is permitting children to eat in the dining room once again. We are also going to allow groups of the same age to have Chapel Time together. However, we still ask that parents do not enter the classrooms. Children's temperatures will continue to be taken every morning.

LCM has participated in the *Build, Learn, and Grow* Scholarship offered by the state. This scholarship helps to pay 20%-80% of eligible family's childcare costs. We have approximately 15 families that have been accepted. Initially, this scholarship was intended to last through July 31, however, they have extended it through October 1, with the hope of extending it again to March 2022. We are so grateful to be able to offer these scholarships to our families.

Please continue to pray for LCM as we continue looking for quality help and recover from the pandemic.



Contact Us:

Phone: 574.753.3491 **Email:** loganfirst@comcast.net **Web:** www.loganfirst.org

Sunday Services: 800 E Broadway, Logansport IN, 46947

Open Sanctuary Worship: 8:15 AM & 10 AM

Face masks are optional

Live Streaming: 10 AM: FaceBook Live @ Logansport First United Methodist Church

Church Staff

- ◆ **Pastor:** Beth Ann Cook, revbethanncook@gmail.com
- ◆ **Treasurer:** Elaine Hall, Email: loganfirsttreasurer@comcast.net
- ◆ **Administrative Assistant:** Lori Shewman, Email: loganfirst@comcast.net
- ◆ **Financial Secretary:** Nancy Hamilton
- ◆ **Worship Leader:** Ali Williams
- ◆ **Media Coordinator:** Luann Hamilton



Little Children's Ministry

- ◆ **Director:** Belinda Jordan, Email: fumlcm@gmail.com
- ◆ **Administrative Assistant:** Stormie Riveria, Email: lcmsec@comcast.net

Church Leaders:

Our Bishop: Bishop Julius Trimble

Conference Superintendent: Rev. Lori Blinn

Associate Superintendents: Rev. Rob Seewald & Rev. John Randall

Church Cluster: **Crosswind UMC,** Pastor Tim Powers
Main Street UMC, Pastor Doug Thomas

First UMC, Pastor Beth Ann Cook
Wheatland Ave UMC, Bert Stover



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