



Christ United Methodist Church - Amherst, NY  
"Making Connections & Offering Opportunities  
for Faith, Love & Service"

## Weekly Update – September 9



### *Shifting Sands*

I reached over into the pile of back-logged magazines, stumbling onto these words in an article entitled 'Journey of Remdemption' by Amy Clark in the Dec 2017/Jan 2018 issue of Ultrarunning Magazine. "The world has felt unmoored lately ... loosed from its tethers, drifting, unrecognizable at times. We seek to understand events we cannot fathom, to find the meaning behind natural and man-made chaos, to go through the closed plated-glass windows of friends who are suffering too much to reach out for help."

How could something from two years past feel like it was written exactly for now? Her lines reached into the heart of this current experience and the challenge of finding our place when everything beneath us seems constantly shifting. Jesus advises us in parable not to set up / base our homes (lives) on that which can be moved so easily - sand. When the storms come, it will wash them away. Everything right now feels so permeable and eroding. How will our homes / lives fair against these storms and currents?

Perhaps in our darkest moments when the storm is raging, we need this reminder from Jesus of where to take the next step, where to build, and what can provide us a strong foundation that cannot be moved. It is just the guidance we need or reassurance we seek in such times. As we face the storms, maybe they ultimately show us how to be well and truly alive.

-Pastor Daven

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*Worship is now available on Sunday mornings at 10am, both in person and online!*

*Live-streamed worship will be available beginning at 10am each Sunday, with a direct link posted on our website and Facebook page to our livestream: [www.youtube.com/CUMCAmherst/live](http://www.youtube.com/CUMCAmherst/live)*

*Recordings of each service will also be available on our YouTube channel for viewing once the service has ended.*

Please be advised of new guidelines for those wishing to worship together in person at Christ Church:

- All will be required to wear a mask. We will have a limited supply of masks on hand for those who come without one.
- Enter through one door at the main entrance.
- Use hand sanitizer at the provided station before entering the Sanctuary.
- Maintain social distancing (6 feet apart) from those not within your immediate family.
- Please do not enter the building if you are experiencing any symptoms (fever, cough, shortness of breath, loss of taste or smell, sore throat, chills, diarrhea).

*We will continue to provide online opportunities for worship and connection. Our [YouTube channel](#) is the best way to find new content and worship services. We encourage you to 'Subscribe' to our channel! You'll be notified each time new content is uploaded, and the more subscribers we have, the less ads will appear!*

[Click here to check out our YouTube channel](#)

[Click here to be connected to our website](#)

[Click here to be directed to our Facebook page](#)

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## *This Week at Christ Church*

*Church Office Hours: Mon., Wed., Fri. – 9 am to 2 pm*

***Please call the office (839-2460) or Pastor Daven (903-6024) with any questions or concerns.***

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### *Daily Bible Reading – 2020 Shaping Our Life Experience*

Excerpts from both the Old and New Testament are included each day. This is a great way to support your ongoing growth in faith and the Christ Church community as well.

September 9: Proverbs 15-16; 2 Corinthians 1

September 10: Proverbs 17-18; 2 Corinthians 2

September 11: Proverbs 19-20; 2 Corinthians 3

September 12: Proverbs 21-22; 2 Corinthians 4

September 13: Proverbs 23-24; 2 Corinthians 5

September 14: Proverbs 25-27; 2 Corinthians 6

September 15: Proverbs 28-29; 2 Corinthians 7

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### *In Our Healing Prayers*

-**Dave Wolf** - at Weinberg Rehab for 1-2 weeks, infection has cleared, receiving physical therapy

**The Klenk Family, Family of Patty Keller's best friend, Dave Mitchell, Jim Pollard, Bill Swenson, Debbie Laberta & Chrissy Merrill, Kevin Cetola, Paul Staley, Nancy & Frank Annunziata, Helen Peacock, Joe & Carolyn Day, Sissie Mooney, Barbara Burr, Scott Smith, Dick Ball, Barbara Weaver, Inez Beachley, Bob Varian, John Ladowski, Janet Hill, Mary Jane Shanley, Sue Estee, Jean Ericson**

\*All educators and students dealing with new school realities

\*Those affected with COVID-19, those working on the front lines, and all impacted by the suspension of work and activities.

\*Those who are **care partners** with others

\*Pray for Chris Maliken, Lindsey Darling & Ian Johnson, serving in the US Navy

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## *Fund for Dave Wolf*

*Please keep our Christ Church custodian, Dave Wolf, in your prayers. Dave was hospitalized for several weeks and is now in rehab and faces costly medical expenses. If you would like to help, Christ Church has a fund that is ready to receive your financial gifts. Please make checks payable to **Christ UMC** with "Dave Wolf Fund" on the memo line. Thank you for your prayers and generosity!*

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## ***AOL (Adult Opportunities for Learning) "Happiness and Mental Health"***

**Sundays following worship**

In the Family Room and on YouTube: CUMCAmherst

**September 13<sup>th</sup> – October 4<sup>th</sup>**

Facilitator: Dr. David Pliss

Happiness and Mental Health is designed as a four-part study. It looks at how happy people tend to be healthier, have better relationships, do good or meaningful work more often, and are more successful and abundant in life. This study looks at how peoples' mindsets (how one person sees a problem where another sees an opportunity---as well as the possible genetic causes of these mindsets,) combined with their life situation, and their voluntary actions and choices, can make all the difference in feelings of well-being. This study includes an examination of how prayer, mindfulness and meditation can be used to create beneficial change in our biological mindset. In addition to introducing techniques from cognitive behavioral therapy, the study will discuss wisdom literature from the Bible, and from traditions around the world, including scientific insights to describe 10 basic keys for increasing happiness in life.

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The flowers on the Lord's Table for Sunday, September 13 are given by Kay Barber in memory of her parents and with gratitude to all the people of Christ Church who have kept our spirits up during this difficult time of pandemic.

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A great big **THANK YOU** to all who participated in the "Shower of Love" for me and my fiancé this past weekend! The bridal shower was just lovely and it was great to see so many of you after so many months apart! We are incredibly grateful for everyone's generosity and look forward to putting the funds to good use to purchase a new couch!!

With love,  
Janelle & Jeremiah