



Pastor's Peace



April 2024

Remember Your Armor

Recently I encouraged someone to read Ephesians and get acquainted with the Armor of God. This person's story wasn't new. Bullies are rarely confronted for their action. Kids are afraid to tell their parents that they are being bullied because they fear that if a parent speaks to the bullies' parents, that the already-tough-stuff behind the school will just get worse. So, they don't say anything. It's easier to tell their big brother, the linebacker on the football team. All that kid has to do is walk towards the bully with his linebacker brother and the bullying stops.

There are adults in our world today that are being bullied by other adults. The Workplace Bullying Institute found that 30% of workers have been bullied and 43% dealt with bullying while working remotely. I find it absurd that some kid bullies grow up to be adult bullies. What makes a bully? Often, people that intentionally seek to intimidate others are hurting due to their own difficult life experiences, and they lack the coping skills to manage their pain in a healthy way so they externalize their hurt onto others. People with bullying tendencies taunt others for social gain. Sometimes people bully because they themselves have been bullied. Bullying can be a learned behavior for those who have poor social skills. And lastly some bullies simply lack the ability to care. They have no problem dominating, blaming, intimidating or taking advantage of others.

Ephesians starts with this attire. God wants us to see our warrior God, who powerfully fights "against the spiritual forces of evil in the heavenly places" The **focus** of spiritual warfare isn't Satan or any bully; it's our Savior. put on the Lord's *belt of truth* by "[putting] away falsehood" and "[speaking] the truth" to one another (Ephesians 4:25). We don't hatefully deceive like the devil, but "[speak] the truth in love". We resist him by putting on the *breast plate of righteousness* the *helmet of salvation*. We "put off [our] old self . . . [and] put on the new self . . . in true righteousness" (Ephesians 4:22–24). We stand confidently in Christ's imputed righteousness rather than adopt worldly identities (Ephesians 1–3). We lace up *shoes of gospel peace* sow gospel seed (Romans 10:15). Inspired by his grace, we "[bear] with one another in love" and are "eager to maintain the unity of the Spirit in the bond of peace" (Ephesians 4:1–3). But rather than retreat, we take up the *shield of faith*. We draw near to Jesus, and hide without shame under his cover. And lastly, when the enemy seduces and accuses us with lies. We take up the *sword of the Spirit* and strike down his lofty arguments.

We have all experienced someone who just isn't ever going to be happy. I've recently had to let someone go because their determination to be unhappy was something I just didn't want to experience anymore. It didn't matter how I tried to help or pray with them. They needed to roll around in self-pity and never use the power they had to step out of it. Bullying was this person's way of coping.

The last time I sat with this person I came armed with my Bible. As the coffee went from cooling off to cold, I read Ephesians to them. When I finished, I closed the bible and wished them well and went home. To be honest, it was the first time, in a long time, where this person was concerned, that I could actually feel a sense of freedom.

When we consider the life of Christ, especially His final week and the passion played out on Golgotha, we should feel a sense of freedom. It's easy to get bogged down in the guilt of it all but God opens His Word and pleads with us to drape ourselves in the Good News of Easter. Easter is your armor as a Christian. Ours is to share with others who don't understand the blessing of Easter.

Steve and I recently donated three prints to the church. The first depicts a lost lamb standing in muck. In the background you can make out the image of the Shepherd running to the rescue. The second print shows the Shepherd kneeling in the muck with the lamb, working to clean it up. The third print shows the Shepherd carrying the lamb away and, in the background, stands a wolf (the world).

For me, the first print shows you and me lost in the muck. The second print shows Jesus cleaning us up (the cross). The third print shows Jesus saving us from the world and promising us a better one (Easter).

I pray you are not being bullied. I pray that if you are, tell someone (I'll help you find a linebacker... his name is Jesus). This old world can be cantankerous.


I worry about our children and the ease others have available to squash the tender spirits of our kids. I'd like to encourage you to read Ephesians over them if they are little. Read it to them and if they can read, each of you take a passage to read. Give our children the armor to fend off the muck that lurks in our world.

We have made some significant changes in our church. On Sunday, April 21st we are having Consecration Sunday to bless these changes to God's glory. I hope you will come and join us in celebrating what God is doing around here.

A Simple Servant,
Pastor Kristie

Prayer Chain Information:

Contact Pastor Kristie
@ 970-520-6359



Consecration Sunday
April 21, 2024

Save the Date
VBS
July, 16,17, & 18



April Birthdays

- 1: Steve Frime
- 2: Cindy Smart
Janae Skeels
- 3: Bina Earnhart
- 4: Sandy Underwood
- 7: Jonathon Jones
Shelby Kuntz
- 8: Clay Prall
- 17: Anita Griebel
Cecil Souders
- 18: Gloria Cortez
- 23: Emily Rutherford
- 26: Michelle Anderson
- 27: Cheryl McKelvey
- 30: Ruth Prall



Coming Soon!

Are you going through a separation or divorce and feeling overwhelmed? You're not alone. Join us for our upcoming DivorceCare group at CUMC! Our weekly meetings are designed to provide support, guidance, and a safe space to navigate this challenging time. Let's rebuild together.

For more information or if you have questions, Carol Wisdom-Silvey at 970-522-3279. We're here for you every step of the way.

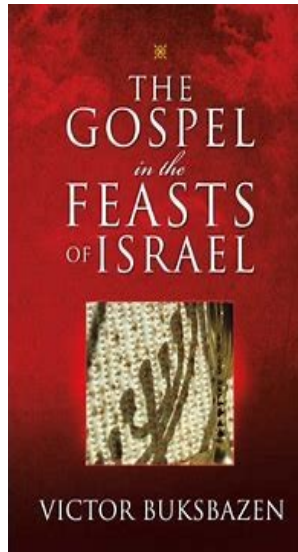


Save the date!

Vacation Bible school, Hometown Nazareth, will be held on July 16 through July 18th. Right now we are planning to do it in the mornings. We are going to need at least six shopkeepers, other staff to help with the physical activities and help setting up, and tearing down.

If this is something you would be interested in helping with, please call me at 970-520-4754.

Betty Zimmerman



Wednesday Bible Study we will be studying the book "The Gospel of the Feasts of Israel" by Victor Buksbazen.

We will start April 3rd at 10:30. If you are interested in joining us let me know.

We start with coffee and fellowship at 10am. Betty Zimmerman 970-520-4754.

Mouse April 2024

House mice are light brown or gray, and their coats are a solid color. On the other hand, deer mice have brown or tan fur with white bellies, legs, and feet. Deer mouse tails are also dark on top and light underneath, while house mice have almost hairless tails. But there is a mouse-deer, Chevrotains, that are found in many patches of forests in Southeast Asia. At first glance, these animals look like a weird mash-up of a deer, a mouse, and a pig. *The mouse-deer is a small unique mammal that lives in tropical forests. Their small size, short legs, hoofed feet, and long tail characterize them. They are generally brown or reddish, with white spots on their backs and sides, and resemble miniature deer. The animal has a pointed snout with small ears that protrude up on the sides of its head. They also have abnormally long, thin legs with hoofs.* It is neither a deer or a mouse, it is a Ruminant and bovids. They are largely solitary creatures, and are herbivores that **diet** exclusively on plants.

They're living fossils, They're much closer to the prehistoric ancestor of modern ruminants than any other species alive today tracing roots back 34 million years; they have four toes on their feet. Today, most ruminants have two-toed feet. They also have one fewer fermentation chamber whereas the modern ruminants have four. They never evolved horns but they have tusks which are upper canines, some are curved backwards, some are straight and pointed, leading to another nickname for the chevrotain: the vampire deer. They're the smallest hoofed mammal in the world. 're rarely more than a foot tall, and can be as little as a rabbit weighting 2-4 pounds. While they don't have a lot in the way of physical intimidation tactics, they aren't opposed to giving it a try once in a while.

When they're not behaving with their characteristic timidity, or frozen in place entirely, their tiny **rear** hooves are able to stamp on the ground up to seven times a second, creating a warning sound. surprised, they're able to disappear with very little warning. And at least one variety can make a very wet getaway. Some Deer mice species such as the water chevrotain have evolved to retreat to the aquatic environment as a defense and are capable of staying under the water for four minutes until the threat is gone. (I only do that when someone has left the cover off the baptismal font and water in it.)

The female spends most of her life pregnant, having a gestation period that can range from 4.5 to 6 months, depending on the species. Breeding year-round, and mating within hours of giving birth. Fawns are usually left hidden in a ditch while the mother and around the time they're weaned, at around three months old, they're on their feeds own. A month or two later the female fawn is ready to breed. The lifespan of Mouse Deer is 10 to 14 years.

The mouse-deer's diet consists mainly of fruits, but if fruit is scarce, it will also eat plants, insects, snails, and small vertebrates when required. They can extract nutrients from plants that other animals cannot digest.



Mouse



FOOD CART NEWS: _

The items Cooperating Ministry are in need for the month of April are----cans of Sloppy Joe Sauce

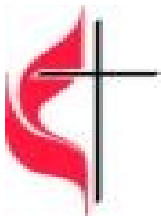
And remember cart # 2. That is the 'other' cart, which holds other things – such as food items that you forgot to bring to church in time, something you got and decided not to use, clothing that is in good shape but doesn't fit, the blanket you really don't need, extra paper goods, etc. Use your imagination And fill the other cart full to the top. C. Mouse



FRAUD PREVENTION PRESENTATION



Presented by
Officer Tanya Mayhew
Sterling Police Dept.



The Messenger



Christ United Methodist Church

Articles for May 2024 Messenger are **due by April 18**. If you have an article, thank you note, recipe or just something everyone would enjoy reading, submit all items to the church by e-mail, or stop by the church office.

Thank you for your support.
Messenger Editor
(970) 522-2910
E-mail: office.sterlingcumc@gmail.com
In God We Trust!!!

Office Hours
Monday - Friday
9:00am - 12:00pm
Closed 12pm- 1pm
1:00pm-3:00pm

Apr 01 Mary & Judy
Apr 08: Lila & Roberta
Apr 15: Howard & Lila
Apr 22: Mary & Roberta
Apr 29: Lila & Roberta
May 06: Mary & Judy

Christ United Methodist Church
104 South Fourth Street
Sterling, CO 80751

