



May 4th 2020

One voice

Weekly Newsletter of the United Church of Phelps

58 Main Street

Phelps, NY 14532

315-548-2772

www.unitedchurchofphelps.org

Pastor Emerita— Reverend Shirley H. Filiatreau

Transitional Pastor— Reverend Ellen Donnan

FROM THE TRANSITIONAL PASTOR PART 3

What have we learned from Psalm 139 so far? God knows you better than you know yourself. God watches over you and protects you. God blesses you. You cannot be separated from God, because no matter where you go, God is there.

The next section of Psalm 139 continues these thoughts:

13 You made all the delicate, inner parts of my body and knit me together in my mother's womb.

14 Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.

15 You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb.

16 You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

17 How precious are your thoughts about me, O God. They cannot be numbered!

18 I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me!

God made every part of you, knitting you together in your mother's womb. God made you complex and unique. God knew each day of your life before you were even born. And God thinks about you - so often that God's thoughts cannot be numbered! And the creation story tells us that everything God created God considered very good!

Why, then, is it so difficult for us to think positively about ourselves and how we have been gifted by God? I would guess that if I were to ask you to list 5 positive things about yourself, most of you would have difficulty doing that. Or you might be able to come up with 5 things, like pretty eyes, handsome face, an amazing spouse, a super child, what you do for a living, or nice teeth - all rather superficial things that are important to you but don't define you. Yet if I asked you to list 5 positive things that make someone else uniquely themselves, you would be able to name 10 - and my guess is the list would not include spouses, children, or pets!

We have been taught that it is selfish and egotistic to think about ourselves. However, if we are not aware of the strengths that we have, how can we ever build on those attributes?

Take a moment to consider yourself:

- What are you good at doing?
- What do you enjoy doing?
- Where is your passion?
- What would someone who knows you well say are your strengths?

Were you able to answer those questions about yourself? After all, who knows YOU better than you - other than God?

Now look at your answers to those questions. I hope you wrote them down! I don't want you to forget the answers because the answers to those questions say a lot about how God created you and how God wants to use you. How can you use this time to strengthen your gifts and talents? To sharpen what you are good at? To benefit others right now?

If you have never taken the time to really think about the STRENGTHS God has given you and thank God for them, please do so now while things are slower and you have the time. Ponder how God might be asking you to use your strengths: what you are good at doing; the things you enjoy doing; a passion that you have had for a while or maybe something new; and don't forget those things that others see in you that you may not see in yourself!

Don't let circumstances hold you back from pursuing these things! If God wants you to do something, God will provide everything you need to do so. That's where faith steps in. Be surprised and excited as God opens avenues for you to use your strengths!!

God bless! Ellen

In Loving Memory

Naomi Van Camp

1934 - 2020

**We little knew that day
God was going to call your name –
In life we loved you dearly
In death, we do the same.**

**It broke our hearts to lose you
you did not go alone –
For part of us went with you
the day God called you home.**

**You left us beautiful memories
your love is still our guide –
And although we cannot see you
You are always at our side.**

**Our family chain is broken
and nothing seems the same –
But as God calls us one by one
the chain will link again.**

Mystery of God's Timing

By Kathe Wunnenberg

faithgateway.com

There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace. — Ecclesiastes 3:1-8

Death's timing is a mystery. It intrudes into our lives and snatches away our loved one. Like a detective, we feel a desperate need to solve our case, to understand why. We sift through clues, search for evidence, and examine all of death's possible motives for seizing our loved one. Frustration fuels our investigation. We seek answers to our questions but find none.

"Why now?" we ask. Death came much too soon. It left dreams undone, life unlived, words unspoken. We may never solve the why of "the when." Yet, like Solomon, we may need to consider there is a time and season for everything, and we are to savor every moment.

Lord, Your timing is a mystery to me. I admit I don't understand why You chose to take my loved one away when You did. I wanted to experience so many things with him (her) and say so many things. I've searched for answers to my questions, but I realize there are none. Your Word says there is a time and a season for everything. I'm ready for a time of joy, peace, and healing. Help me to embrace the time You've given me and to make the most of every moment today. Amen.

FREE "GRAB-N-GO"

Area Churches have come together to support the community with a bagged meal.

DISTRIBUTION CENTER:



United Church of Phelps
58 Main Street
Monday-Friday
11am-1pm / 5pm-6pm
(back kitchen door)

Thank You

Thank you to the many community organizations and individuals for the donations and support



**We are all working together
to help our Community**

This is AMAZING!!

Here are the numbers for March 16th thru April 24th that this wonderful ministry has helped. What a blessing! Thank you to all of our kitchen Angels and All who have donated. You all have made such a wonderful difference ❤️

	Kitchen	BlessBox	Total
March 16-20	59	12	71
March 23-27	69	7	76
Mar 30-Apr 3	104	25	129
April 6-10	94	28	122
April 13-17	96	44	140
April 20-24	<u>100</u>	<u>41</u>	<u>141</u>
Totals:	522	157	679



The Lord moves in mysterious ways but you don't have to. Please use your blinker.

If we shouldn't eat at night, why is there a light in the fridge?

So I was riding in an elevator the other day. The doors opened up and a guy walks into the elevator. It was just me and him in there and he says "I love you."

And I'm not rude so I said "I love you too."

He gave me a weird look and pointed at his Bluetooth.

THAT MOMENT...

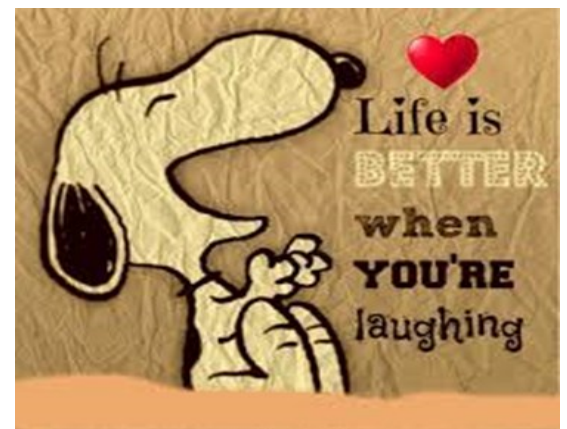
You lower the music when looking for the street address so you can see better.

a laugh
is just a
smile
that lost
control

HAPPINESS IS



...when you're trying to tell something funny but can't stop laughing because you keep thinking about what you're about to say.



WHALE of a SALE



Starting April 11th, you may bring in your gently used items to the fellowship hall stage Monday thru Friday 11:00 a.m. - 1:00 p.m. Please make sure all curtains, clothing, sheets, etc. are *washed*. Please limit one bag/box of clothes and books per family!

If you need a different time than specified you may call or text Frank to set up a time.

585-354-4126



Baby Bottle Fundraiser! (Begins Mother's Day and ends Father's Day)

Baby bottles will be available for you to take home on Mother's Day and fill it up with your change and bring it back on Father's Day. All funds raised will go to the Family Hope Center of the Finger Lakes for the work and ministry they do in our area.

The Family Hope Center is committed to providing compassion, information and support to anyone facing an unplanned pregnancy. We are here to listen and help you face challenges with confidence and hope. We are committed to providing you with accurate information about pregnancy, fetal development, abortion procedures and risks, lifestyle issues, and any related concerns all at no cost.

Happy Mother's Day



May 10th, 2020

Loving God, as a mother gives life and nourishment to her children, so you watch over your Church. Bless these women, that they may be strengthened as Christian mothers. Let the example of their faith and love shine forth. Grant that we, their sons and daughters, may honor them always with a spirit of profound respect. Grant this through Christ our Lord. Amen.

The United Church of Phelps

May 10, 2020

10:50 AM

Boldface text is said in unison

PRAISE SONGS

I Will Rise by Chris Tomlin

There's a peace I've come to know
Though my heart and flesh may fail
There's an anchor for my soul
I can say "It is well"
Jesus has overcome
And the grave is overwhelmed
The victory is won
He is risen from the dead
And I will rise when He calls my name
No more sorrow, no more pain
I will rise on eagles' wings
Before my God fall on my knees
And rise
I will rise
There's a day that's drawing near
When this darkness breaks to light
And the shadows disappear
And my faith shall be my eyes
Jesus has overcome
And the grave is overwhelmed
The victory is won
He is risen from the dead
And I will rise when He calls my name
No more sorrow, no more pain
I will rise on eagles' wings
Before my God fall on my knees
And rise
I will rise
And I hear the voice of many angels sing,
"Worthy is the Lamb"
And I hear the cry of every longing heart,
"Worthy is the Lamb"
And I hear the voice of many angels sing,
"Worthy is the Lamb"
And I hear the cry of every longing heart,
"Worthy is the Lamb"
And I will rise when He calls my name
No more sorrow, no more pain
I will rise on eagles' wings
Before my God fall on my knees
And rise
I will rise

Who You Say I Am by Hillsong

VERSE 1

Who am I that the highest King
Would welcome me
I was lost but He brought me in
Oh His love for me
Oh His love for me

CHORUS

Who the Son sets free
Oh is free indeed
I'm a child of God
Yes I am

VERSE 2

Free at last
He has ransomed me
His grace runs deep
While I was a slave to sin
Jesus died for me
Yes He died for me

CHORUS 2

Who the Son sets free
Oh is free indeed
I'm a child of God
Yes I am
In my Father's house
There's a place for me
I'm a child of God
Yes I am

BRIDGE

I am chosen
Not forsaken
I am who You say I am
You are for me
Not against me
I am who You say I am

WELCOME

CENTERING MUSIC

CALL TO WORSHIP

O God, who created us in love, create us anew in love as we worship you.

O Jesus Christ, who redeemed this world in love, reclaim our hearts as we worship you.

O Holy Spirit, who moves this world toward its God-appointed purpose, move within us as we worship you.

* SONG **How Lovely, Lord**

How lovely, Lord, how lovely Is Your abiding place; My soul is longing, fainting, To feast upon Your grace.
The sparrow finds a shelter, A place to build her nest; And so Your temple calls us Within its walls to rest.

In Your blest courts to worship, O God, a single day Is better than a thousand If I from You should stray.
I'd rather keep the entrance And claim You as my Lord Than revel in the riches The ways of sin afford.

A sun and shield forever Are You, O Lord Most High; You shower us with blessings; No good will You deny.
The saints, Your grace receiving, From strength to strength shall go, And from their life shall rivers Of blessing overflow.

CONFESSION

Almighty God, we confess how hard it is to be your people. You have called us to be the church, to continue the mission of Jesus Christ to our lonely and confused world. Yet we acknowledge we are more apathetic than active, isolated than involved, callous than compassionate, obstinate than obedient, legalistic than loving. Gracious Lord, have mercy upon us and forgive our sins. Remove the obstacles preventing us from being your representative to a broken world. Awaken our hearts to the promised gift of your indwelling Spirit. This we pray in Jesus' powerful name. Amen.

SILENT PRAYER

WORDS OF ASSURANCE

Through the blood of Christ Jesus, our Lord, we have redemption and forgiveness of sins. The riches of God's grace have been poured out upon us. God has chosen and made us his own. God forgives and cleanses us. Praise be to our God, who blesses us beyond our imagination!

GOD'S WORD Romans 12

MESSAGE **Are You Part of the One Body of Christ?**

PASTORAL PRAYER AND LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. Forgive us our sins, as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory, forever. Amen.

* SONG **I Sing a Song of the Saints of God**

I sing a song of the saints of God, Patient and brave and true, Who toiled and fought and lived and died For the Lord they loved and knew. And one was a doctor, and one was a queen, And one was a shepherdess on the green: They were all of them saints of God, and I mean, God helping, to be one too.

They loved their Lord so dear, so dear, And God's love made them strong: And they followed the right, for Jesus' sake, The whole of their good lives long. And one was a soldier, and one was a priest, And one was slain by a fierce wild beast: And there's not any reason, no, not the least, Why I shouldn't be one too.

They lived not only in ages past, There are hundreds of thousands still; The world is bright with the joyous saints Who love to do Jesus' will. You can meet them in school, or in lanes, or at sea, In church, or in trains, or in shops, or at tea; For the saints of God are just folk like me, And I mean to be one too.

***** **BLESSING*******