



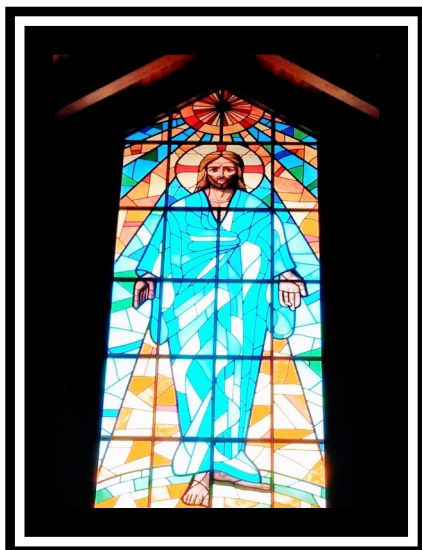
St. John UMC Satellite

Invite * Relate * Nurture * Send forth

Trusting God and Letting Go of Control By Kasie Padilla

April 2026

Trusting God.....	2-4
Help Office	3
Recipes	4
Choir Notes	5-6
Thank You	7
Singles	7
Methodist Men	7
Food & Fellowship	8
Family Life	8
Word Search	9
Dates	10



I'm no stranger to the word "control." Years ago, I had an "I once was blind, but now I see" moment with the concept. But it took time, and a few hard conversations, for that realization to take shape.

Control is a master illusionist. It promises safety, certainty, comfort, and peace, but trying to stay in control is a never-ending battle. You always just find yourself grasping for more control as it slips through your fingers. It's an exhausting cycle. If you've found yourself in this place, don't worry—there is a better way.

What Are You Trying to Control?

In 2018, I was sitting in my (third) counselor's office, sharing about the eating disorders that were taking over my life and my desperation to be free. She paused and asked a question that caught me completely off guard: "Have you ever considered what it is you're trying to control?"

The question felt audacious. Up to that point, my life had been one challenging circumstance after another, none of which I had chosen or had control of. I had simply endured, doing my best to persevere and holding on to hope that eventually things would be different. Over time, that endurance convinced me I was "chill." And to me, being chill seemed like the opposite of being controlling.

A few months later, I found myself in my (fourth) counselor's office, this time with my husband, and that pesky word surfaced again. Still trapped in disordered patterns and grasping for certainty, my self-doubt and inner criticism had begun to spill over into my relationships. That's when this counselor said it plainly: "Kasie, what are you trying to control?"

Trust in the Lord with all your heart and lean not on your own understanding ... Proverbs 3:5 NIV

Subconsciously, I was using behaviors as a way to compensate for the lack of control I felt in my life.

I didn't understand why this word kept following me, but I prayed and asked God to show me. Soon afterward, He placed an article in my path that finally gave language to what I had been unwilling to see. Subconsciously, I was using behaviors as a way to compensate for the lack of control I felt in my life. I wanted to control situations, others, and most of all, myself. Once I saw it, I couldn't unsee it, and I knew something had to change.

As I said, control is a master illusionist. It promises safety, certainty, and comfort but leaves you feeling exhausted. The Bible points us somewhere better:

... in all your ways submit to him, and he will make your paths straight. Proverbs 3:6

Devotion (cont.)

How to Trust God

Trust is a tricky topic.

Whoa, whoa, wait a minute—aren't we talking about control?

Yes! But to understand our desire to control, we have to understand the role that trust plays in that desire. My pastor, Craig Groeschel, explains it like this: "What you fear the most reveals where you trust God the least."

When I think about the areas that I've tried to control, I can clearly identify an underlying fear. The fear that I wouldn't be enough. The fear that something wouldn't go as expected. The fear that I would be left. The fear that I wouldn't be loved as I am. And when I'm truly honest with myself, I can also name one other reality: I didn't trust God with my fears.

God, Your Will Be Done

Do we really believe that God's way is better than ours?

"Submitting all our ways to God" is another way of saying, "God, Your will be done." To submit to Him, we have to test our own beliefs. Do we really believe that God's way is better than ours? Do we really trust Him?

"For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts." Isaiah 55:8-9 NIV

Before Jesus was arrested, tried, and executed on the cross, He prayed. He fell with His face to the

ground, knowing that suffering, pain, and death were ahead of Him. I can only imagine His emotions as He knelt—feeling the weight of the burdens He would soon carry, yet full of reverence for His holy Father, the Lord of all. He chose to surrender all control, praying, *"My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will"* (Matthew 26:39 NIV).

Surrendering control means that we trust God and His will. We believe His Word is true, even if it costs us. Even if we will suffer, face ridicule, or be stripped of all pride.

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6 NIV

How to Let Go of Control as a Christian

If you find yourself grasping for control—whether it be over circumstances, outcomes, environments, or people, ask yourself these questions:

What am I afraid of?

Do I trust God with this fear?

What Scripture do I need to meditate on to remind me that He's in control?

You may find yourself submitting your desire to control one minute, just to turn and grasp for it again the next. That's okay. It's natural for us to feel that control is where our comfort rests, but remember that the Lord is "the Father of compassion and the God of all comfort" (2 Corinthians 1:3 NIV).

More on trusting God for everything.

Devotion (cont.)

Bible Verses About Trusting God

If you find yourself caught in a cycle of submitting and grasping, memorize one or more of these verses to help you cling to His truth:

Many are the plans in a person's heart, but it is the Lord's purpose that prevails. Proverbs 19:21 NIV

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 2 Corinthians 1:3-4 NIV

For we live by faith, not by sight. 2 Corinthians 5:7 NIV

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10 NIV

"For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heav-

ens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts." Isaiah 55:8-9 NIV

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4 NIV

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 NIV

Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Matthew 26:39 NIV

ST Benedict's and Help Office News

The Help Office continues to serve the homeless and hungry in the city of Owensboro. The need is great. I work in the food bank each Monday.

We feed 50-60 men for about \$125. Serving starts at 7:45 pm on the first Monday night of each month.

Thank you to the Methodist Men for their generous donation to St. Benedict's and the Help Office. Both are greatly appreciated. All donations will help feed the hungry!!

Come join us. You will be blessed. Vicki Hast

The dates we serve at St. Benedict's are:

Apr.6	May 4	June 1	July 6
Aug. 3	Sept. 7	Oct. 5	Nov. 2
Dec. 7			

Not sure about the dates, check out the calendar feature on our website,

stjohnnum.org .



RECIPES

Cheeseburger Pie

Ingredients:

1 lb. ground beef
1 small onion, diced
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup shredded cheddar cheese
1/2 cup Bisquick
1 cup milk
2 eggs

Directions:

Preheat your oven to 400°F (200°C). Preparing the oven in advance ensures even baking and proper rising of the topping.

Grease a 9-inch pie dish lightly with cooking spray or a small amount of oil. This prevents sticking and makes slicing easier.

Place a large skillet over medium heat. Add the ground beef and diced onion. Cook, breaking the meat apart with a wooden spoon, until the beef is browned and the onion is softened. This should take about 7 to 10 minutes.

Drain any excess grease from the skillet. Removing excess fat prevents the pie from becoming overly greasy and helps maintain structure.

Stir in the salt and black pepper. Mix well to distribute seasoning evenly.

Transfer the cooked beef and onion mixture into the prepared pie dish. Spread it evenly to form the base layer.

Sprinkle the shredded cheddar cheese evenly over the beef mixture. Make sure the cheese is well distributed for consistent melting throughout the pie.

In a medium mixing bowl, combine the baking mix, milk, and eggs. Whisk until smooth and free of lumps. The mixture should resemble a thin pancake batter.

Pour the batter evenly over the beef and cheese layer. It may look thin, but it will rise and set during baking.

Place the pie dish in the preheated oven. Bake for 20 to 25 minutes, or until the top is golden brown and a knife inserted into the center comes out clean.

The edges should be lightly browned, and the center should be firm but not dry.

Allow the pie to cool for 5 to 10 minutes before slicing. This resting time helps the structure set and makes serving easier.

Serve with ketchup, mustard, and pickle if desired.

CHOIR NOTES

Good by Matthew West

I used to think grace was a ladder
 Every sinner had to climb
 If only I could just do better
 I could earn it over time
 Tried to work my way to good
 Trouble is I never could
 But then You showed me
 Just exactly how grace works

[Chorus]

I'm good at always falling down
 You're good at never giving up
 I'm good at getting turned around
 You're good at saying I'm still loved
 And I was wrecked by mercy
 The day I understood
 I'm not loved because I'm worthy
 I'm loved because You're good

[Verse 2]

I think Paul wrote the book of Romans
 For people just like me
 For all the beat up and the broken
 Who need to know that grace is free
 Why do I do the things I shouldn't
 And I don't do the things I should
 That's just the proof
 You're the only part of me
 That's good

(Chorus, again)

[Bridge]

Loved because You're God
 I'm loved because You're faithful to me even
 when I'm not
 Oh God You are so good
 When there's nothing good in me

Just a grateful sinner saved by You
 Is all I have to be

(Chorus, again)

(Bridge, again)

[Outro]

And I was wrecked by mercy
 The day I understood
 I'm not loved because I'm worthy
 I'm loved because You're good

My thoughts:

GRACE will give you strength through
 adversity

We all go through tough days and tough
 times. They don't seem to end. They drag
 on for weeks, months.

"My grace is sufficient" (2 Cor. 12:9). Jesus
 said those simple words to Paul when he
 asked God about all the hardships he went
 through.

GRACE will give you a confident of total
 forgiveness.

"Grace" is not "goodness." We all try to
 be good. We all try to impress God. None
 of it really counts.

The only thing that God recognizes is His
 grace demonstrated on the cross. On the
 cross, Jesus carried 100% of my sin. I'm
 either altogether forgiven or not forgiven at
 all.

CHOIR NOTES, CONT

GRACE is God’s deposit of HIS special abilities in you.

Some people call them “talents, gifts.” It is something special you can do that others struggle to do.

That’s your “grace.” It’s easy, relaxed, second-nature about what others consider hard. Like public speaking. Like public singing. Like organization or administration. Like caring for the poor or working with children....

God’s gifts are many and varied. You’ve got some of them. Find out what they are and be confident to execute those things with “grace.”

GRACE will keep you from arrogance.

“God opposes the proud but GIVES GRACE to the humble” (James 4:6). There is one thing that puts you on God’s “list of things to judge”: PRIDE.

Just ask Satan. Self-righteous, holier-than-thou, got swifter justice from God through out the Bible than anything else.

When I humble myself, when I apologize, when I ask for forgiveness, when I give God all the credit, God “gives me more grace.”

GRACE will help you forgive.

If I could total the sum of my forgiven sins, it would break the fancy TI calculator I use at school!

Why are we so prone to keep such impeccable records of the slightest infractions others make toward us?

Ask God for grace to forgive.

Ask Him to give you just a little flicker of the light of grace that shines upon you. You will quickly let go of other’s failures the moment you reflect upon how God for gave your own.

Some have distorted grace to be a blank check to live an unaccountable life and still make it to heaven.

That’s weak. Grace is not weak. It’s strong stuff.

Ask God for “more grace.”

Spread out your arms like a funnel wherever you are right now and ask God to pour out His abundant grace upon and through you!



Sincere Thank You

I would like to say thank you to so many who have helped me out the last several months as I have tried my best to juggle a full-time job and this part-time job as secretary. Many have come in to the office and answered the phone or ordered items or done some extra stuff to help keep things going. Others have forgiven my forgetfulness and let me do "it" a little late. Many have filled in on Sunday at Children's church for me when my back and neck flared in an ugly way and I couldn't move. Others have done budget items or financial things that couldn't get done otherwise. If I mention specific names, I will leave someone out, I know. I appreciate each and every one of you and am so thankful for the grace granted me and the helping hands offered, even if I didn't say it at the time. It has been a very tough few months with work, my mom and losing Sherlock. I am so grateful for a loving church family. May God bless each of you during this 2026 year as you have blessed me, Sondra.

Methodist Men's News

A nice day brought out a good crowd to our March breakfast meeting. We were again blessed with great fellowship and wonderful food from our cooking team. Our next meeting will be April

18th, at 8:30 am. We would love to



have you with us.

Blessings

Jim

ST. JOHN SINGLES

St. John Singles will meet in March at Pizza Hut for food and fellowship. Please plan to

join us on April 15th at 11:30 am for some good fun and good food! See you there!

Food & Fellowship

Come join us for Supper Club. We meet once a month for dinner at a local restaurant. Food and fellowship is had by those who attend! Here are the dates and locations for this year. You will also find the restaurant choices in our bulletins and on the calendar on our website stjohnnum.org.

See you soon!!

Make sure to get these on your calendar and be ready to have some FUN! All times are 5:00 pm.

Apr. 28 Cracker Barrel

May 26 Olive Garden

June 23 O'Charley's

July 28 New China

Aug. 25 Briarpatch

Sept. 22 Old Hickory

Oct. 27 Cracker Barrel

Nov. 24 Moonlite

No meeting in December



FAMILY LIFE

Whew—winter is almost over! We are looking ahead to some exciting family activities geared to food and fellowship. Also, a great opportunity to ask others to join us.

Save the dates for:

March 15—A “green” potluck in the spirit of St. Patrick’s Day. Wonder how many green foods we can come up with that are not vegetables? Bring your Irish appetite after church. I bet someone is going to bring some Irish stew or corned beef and cabbage.

April 19—Movie Night (but in the afternoon) 4-6 pm in the Fellowship Hall. The church is providing hotdogs and popcorn. Bring a snack to share.

May 3—Pastor is having a “Blessing of the Pets” with an outdoor picnic to follow. What a great opportunity to meet the other special members of our church families. Watch for details.

TBA—Put on your thinking caps and try to get out of the “Escape Room”. Kids—ask a friend to help.

Happy, Healthy Spring

Dorothy

HE HAS RISEN! OUR LORD HAS RISEN! HAPPY EASTER!!

G O D J Z R J N J X J S N D T R I S E N B M V Z
 U S M F E Q Z H F R P Z O P R A B B I T H C S N
 X R D J F L U X O R H P O F W I W W P L A I N O
 Y E I A T Y L K V L N H O L I D A Y S H P A A I
 V W H F J S N Y I B Y O B A S K E T B T P G L T
 X O H I T K L N B X J T I R U H P L Q I Y S I C
 E L Z O D H A B U E H S H X E M S W T A E E V E
 X F P C L E B L S B A U A U I N S A C F A L E R
 J G H R N Y X U B N M N P S R F E G W M S R A R
 V O U O V O S X J Y A Q S B D S I D I Y T B N U
 D O S S Z A I P V U R T A A N A D C R E E M O S
 J D E S J N S S I X C E L C U S N A U A R T I E
 S F L S I G P J S R H Q M Y F H A G Y R G R T R
 R R P A I E R G T A I U S D J W V T F F C I A H
 I I I E H L I B D P P T U N Y E F M O W C T V B
 B D C B V S N O S F O R N A O D J D N A H U L N
 M A S C M E G Y R A O Q D C T N L L R V U A A S
 A Y I Q S O I B N E C H A N H E N J E Y R L S T
 R H D S J W T L W J H R Y F C S O Z T A C K N F
 Y W A K E A S T E R L T I L E D E I E P H E R P
 P R T Y S W N M D B K U A F R A N H P M L E O R
 G P H T W F O N Q H I T S F I Y S H V J L A M B
 M G M I R A C L E R K L K V P C U N O R E G N X
 D T B S I X I M A H T O R R A C E I M J I N S I

HOLY THURSDAY	ASH WEDNESDAY	PSALM SUNDAY	HAPPY EASTER	RESURRECTION
GOOD FRIDAY	CRUCIFIXION	JELLY BEANS	HOLY SPIRIT	SALVATION
SACRIFICE	DISCIPLES	GARDENER	PASSION	MIRACLE
BELIEVE	HOLIDAY	FLOWERS	RITUAL	CHURCH
SPRING	RABBIT	CARROT	BASKET	FATHER
EASTER	ANGELS	RISEN	FAITH	GRASS
CANDY	BUNNY	MARCH	PETER	JESUS
CROSS	ALIVE	LENT	LAMB	HIDE
TOMB	MARY	JOHN	HAM	GOD



Open hearts.
Open minds.
Open doors.

Chris Toney, Pastor
St. John United Methodist
Church
2160 Griffith Ave
Owensboro, KY 42301
(270)683-6326
E-mail:
office@stjohnum.org
Editor: Sondra Jones
Editor

We're on the Web!
www.stjohnum.org

Check us out on Facebook!

Twitter: stjohnumc1

April 6, Serving @ St. Benedict's @ 7:45 pm

April 7, UWF @ 4 pm

April 8, CEC Potluck @ 5 pm

April 15, St. John Singles @ Pizza Hut @ 11:30 am

April 18th, Meth. Men's Breakfast @ 8:30 am

April 20th, Admin. Bd. Mtg. @ 5 pm

April 28th, Supper Club @ Cracker Barrel @ 5 pm

April 29th Mega Media Com. Mtg. @ 5 pm

