



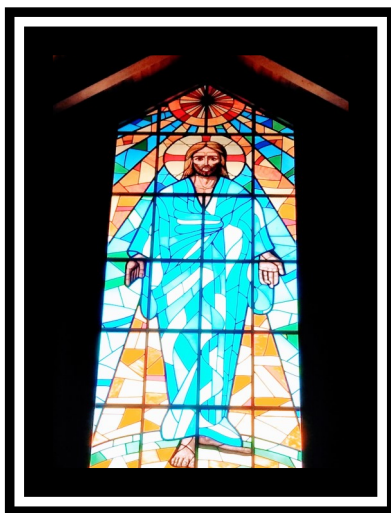
St. John UMC Satellite

Invite * Relate * Nurture * Send forth

The Good Life Sondra Jones

October 2024

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I once read a story about a fisherman living the good life in a small coastal village. He rose early, found the best fishing waters, sold his catch, and returned home to play with his kids and take a nap with his wife.

Life was simple, family life sweet.

A businessman met him one morning and said he should catch more fish. With the earnings, he could buy a bigger boat and hire fishermen. Then he could buy a whole fleet. Then he'd be a millionaire.

"But what then?" asked the fisherman.

"Then you could retire, move to a small coastal village, and have time to play with your kids and take naps with your wife," the businessman replied.

The fisherman just smiled. He knew something the businessman didn't know.

He already had that life.

The Good Life. Winning at Life. Living My Best Life. I would say that my definition and idea of what that is has changed with each decade of my life.

In my twenties, I wanted a "cool" car, great hair, skinny body, and nice career. **A fool is right in his own eyes, as stated in Proverbs 12:15.** I was ready to embark on my enchanting marriage and play house the way I thought it should look. Obviously I was completely wrong about that! I attended church on Sunday and worshipped appropriately.

My thirties brought a reality check to the enchantment and now I was a working, single mom. I had the career I wanted but the blinders were off and no marriage. Parenting was really hard.

Devotion (cont.)

Church and prayer was vital to my parenting routine. I found out what it meant to REALLY have a relationship with God. It was more than just going to church on Sunday. I had to spend time in scripture and prayer during the week to nurture the relationship. I was really busy so it was difficult making time for everything and everyone. For some reason, I felt like I had to wear so many hats and I couldn't say No to people. Stress sometimes made me crankier than I should have been and I didn't always enjoy the "moment" because I was worried about all the things that had to be done to get ready for the next day, week or month. **As James 1: 2-4 states, "2 My brothers and sisters, think of the various tests you encounter as occasions for joy. 3 After all, you know that the testing of your faith produces endurance. 4 Let this endurance complete its work so that you may be fully mature, complete, and lacking in nothing."** I have many regrets about time in my thirties.

Then came my forties! **According to Galatians 6:9, "And let us not grow weary of doing good, for in due season we will reap, if we do not give up."** The girls were older and I want to say I was wiser but that is probably not true. I will say I was much calmer and figured out a little more of what to value. Let's just say, I learned to "stop and smell the roses". I started saying NO to things I didn't value as much and stopped feeling guilty about it. I lost Daddy in my early 40's and I think it was a wake-up call. Life is very short.... too short. Someone you love can be gone in a blink. I realized the girls were going to be gone way too soon. I tried to enjoy them more although they were at an age they sometimes didn't want that. I tried a Beth Moore bible study and am sad to say I am a drop-

out. Even in my 40's, I didn't have enough time to do that much work during the week on a Bible study. She is intense! Many of the realizations I had in my forties, I wish I had gotten to sooner. I would have spent much less time "sweating the small stuff" as they say.

My fifties were just nifty! I retired, sort of. Traveled some. I stayed with my baby sister and her family to help with school and the house for weeks at a time. What a joy it was getting to know my nephews and nieces! I would not trade this time! I also got to stay with my mom and stepdad when they needed me. Emily got married and I got a son. She and Sarah settled into adult life well and both seem happy and are successful AND I have a grandbaby! My relationship with God is strong. I have wonderful friends who enhance my walk with Christ and I started my job at church and GCA.

This year, in June, I turned sixty. So now I am beginning this decade and my views are much different from when I was 20-something. The things I value are very different. A lifelong friendship, beautiful flower, gorgeous sunset, time in prayer, answered prayer, good health, family-time, laughter, world peace, coupons, full-bright moon, Piper's laugh, perfect fall day, etc. these are some of the things I value now. Long gone are thoughts of the cool car, enchanting marriage, slim figure, Farrah Fawcett hair, or any other "glory" seeking I might hope for or want. I spend much more time in prayer now. I stop and pray for someone who asks for it immediately. I pray for time, mostly. Time to spend with those I love. I want to see my granddaughter grow up. I am so blessed and thankful for the life I have. When I was 26, I had no idea what wonderful plans God had for me. As I enter the second half of

of my sixtieth year, I just ask that God use me for His continued plans. **As Isaiah 64: 8 says, "But now, Lord, you are our father. We are the clay, and you are our potter. All of us are the work of your hand."**

I am so excited to see what this decade holds. Big things are coming for St. John UMC and for me. I truly believe that! Our church is growing and we are listening to what God has planned for us. Let's keep

praying for guidance and keep giving our tithes to build this church for the kingdom of God. Pastor Chris and our loving congregation can do great things to bring people to Christ. Let's work together for the Glory of God! May God bless you and your family through this fall season.

Blessings
Sondra

Stella, Elijah and Isaiah in Children's Moment.



ST Benedict's and Help Office News

Everything is going great at St. Benedict's. We have a great group of regular servers and the meal is very much appreciated. Thank for all of the donations to the outreach.

Help Office is seeing an increase in need for food assistance. You can be thinking about our Harvest Home donations. Some of our most pressing needs are: canned spaghetti, crackers, and cereal. We also need hardy soups, pork-n-beans, and foil envelopes of tuna.

Thank you for your years of generous

support to the Owensboro Help Office!
Vicki

The dates we serve at St. Benedict's are
Oct. 7
Nov. 4
Dec. 2

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



RECIPES

Asparagus Stuffed Chicken Breast

Ingredients

4 Boneless Skinless Chicken breasts

1 tsp Italian Seasoning

1 tsp Garlic powder

1 tsp Smoked Paprika

Sea salt and pepper

12 Asparagus stalks with ends trimmed

1 oz. Sun-dried Tomatoes chopped

4 slices of Mozzarella Cheese

1 tbsp. Olive Oil

Preheat oven to 400 degrees.

Place the chicken on a clean chopping board and sprinkle with Italian seasoning, garlic powder, paprika, salt,

and pepper. Cutting each breast lengthwise to create a pocket.

Add 3 sprigs of asparagus and a couple of pieces of sun-dried tomatoes to a mozzarella slice, then roll it to hold them inside. Stuff the chicken breasts with it. Close the pocket with a toothpick.

Heat oil in a cast iron skillet over medium-high heat. Add in chicken and sear it until nicely golden brown. About 3-5 minutes on each side.

Bake the chicken for 20-25 minutes, until cooked through and no longer pink.

Note: I also use provolone cheese. You can also use broccoli.



St. John Singles Group

The St. John UMC Singles Ministry met for lunch at Red Lobster on September 18th. The group decided to meet again on Wednesday October 16th at 11:30 am for lunch at O'Charley's. And for those interested, that is FREE pie day. So we hope you'll come join us for good food and fellowship.

Wednesday, October 16th 11:30 am - Singles Ministry luncheon at O'Charley's.

"Wednesday is FREE pie day"

Food & Fellowship

Supper Club meets once a month for dinner at a local restaurant. Food and fellowship is had by those who attend! Here is the schedule for 2024. You will also find the restaurant choices in our bulletins and on the calendar on our website

stjohnumc.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.

Oct 22 Cracker Barrel

Nov 26 Moonlite

Dec 24 no dinner



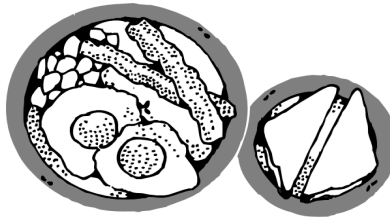
October is

Pastor Appreciation
Month



Methodist Men's News

Methodist Men's breakfast gave up their time on Saturday, September 21st for our Craft fair and Car show. The men will meet again on October 19th at 8:30 am for the normal



time of fellowship and wonderful food. So come out and enjoy the time with others here on a Saturday morning! See you then.

Family Life

The weather is such a tease—a slight taste of Fall and then summer again. Ugh. Personally, I look forward to autumn and all it brings with it.

Family Life has three great events planned for the coming months. Please mark your calendars:

October 20, 2024 at 4 pm is Movie Night. (Movie TBA) Hotdogs and popcorn are provided. Please bring your favorite movie snack to share.

November 17, 2024 is our traditional Harvest Dinner at 5 pm. Join us as we celebrate

God's bounty. Of course, there are brown bags available for food shopping. Each year, you so generously fill them with food for the Help Office; they are blessed during the morning church service and delivered on the following Monday.

And in December, after the hanging of the Greens service, we celebrate the beginning of the Christmas season with a church-wide party. Should be loads of fun!

Have a fantastic fall season. See you in church!

Dorothy Koepplinger



CRAFT FAIR AND CAR SHOW A CHURCH-WIDE EVENT!!

WOW!! Every year, I think how can we top what we did last year? BUT, somehow we do! We have more items to bid for in the silent auction. We have more vendors selling their items. We have more cars to see in the Car Show. We have more people volunteering and helping. Somehow we have more food both to sell and left over. I believe we still have bean soup available!

Who knew it was going to be 95 degrees and bean soup might be the last thing on people's minds? Normally a big seller we might have gotten away with ½ a pot this year! BUT great stuff and a good time of fellowship was had by those who tore hams, cut vegetables, and sorted beans.

Did you see the cool items we had for the silent auction? You could do some serious Christmas shopping if you stayed on top of the bidding! There was great music happening in the sanctuary and outside. Everywhere I walked, people were talking, smiling and laughing as they enjoyed a wonderful time of fellowship and getting to know new people

while seeing some familiar faces, as well. It was a great day to be at St. John UMC. I know Jenny Brumley was smiling from her spot in Heaven as she watched the day! It was exactly as she envisioned it being 20 years ago, I believe. Her hope of outreach and loving on our community lives on and, I think, is even better with the gifts we give to our community.

This year we gave \$250 to St. Benedict's, \$750 to the Help Office and \$200 to Friends of Sinners with the outside events. Wonderful gifts to our community with the hard work of our congregation. Thanks so much to everyone!! Also, thanks to everyone inside and outside for their time working. Greeting people, running errands, cleaning up, working tables, etc. Truly a church-wide effort!! It is a huge undertaking with months of planning a working ahead to make it go smoothly. Terry and Beverly do so much to make the day go so well. They really are rock stars behind the scenes but it takes all of us to make it work that day!



**Star Ralph, Peggy Cox,
& Monica Toney Sept.
21, Car Show.**

Autumn Word Search

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Pumpkin Patch	Thanksgiving	Hot Cocoa	Corn maze	Scarecrow
Halloween	Pilgrims	Football	Hayrides	Sweaters
Dessert	Indians	Bonfire	Harvest	Pumpkin
S'mores	Family	Turkey	Apples	Leaves
Autumn	Boots	Feast	Scarf	Candy
Quilt	Acorn	Corn	Fall	

October Choir Notes



BOOOO! It is scary to think we are entering the month of October and that means November and December are right around the corner!! Stores

have Christmas decorations out. People are planning their Thanksgiving meals and holiday schedules. I heard on the news, if you are traveling for Christmas, Oct. 1st is the time to buy your plane ticket! Oh me!! I guess you have to plan that far ahead in that circumstance.

Now these poor areas have been hit by the hurricane and flooding, so that is another situation to think about during this season.

Watching their houses float out into the ocean was very difficult. Then seeing the ones completely covered by water was even more so, I think. I knew many of those people had no warning or ability to leave. What if people were inside? With no power and no cell service, many families still don't know if their loved ones are safe!! That has to be devastating. The waiting and not knowing....

The hurricane storm path was plotted and the people had a chance to evacuate but the flood victims really had no warning and there was no way to predict that was going to happen

or where it would happen. Many people in our area remember all the water from 1997. Water is just so invasive and destructive for such a long period of time. You have to wait for it to go down before you can start the clean-up process. I pray for those people and the families. I know they will deal with this for years.....

Our fearless leader is in the process of selecting some Christmas music!! So if you have been thinking about singing through the season, now is the time to jump on with us! We will be working in some practices for our Christmas cantata between now and December so come join us in the fun. We are also enjoying some new music we haven't sung or haven't sung in a long time. Come sing and fellowship with us on Sunday mornings and start your week in worship with some great people and song. Sunday mornings with the worship music sets your heart on track with God and the message Pastor Chris is going to share.

Won't you join us? We'd love to have you!!

Blessings,

Sondra Jones





Open hearts.
Open minds.
Open doors.

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*Oct. 3, Nom. Comm. Mtg. @
5pm*

*Oct. 7, Serving @ St. Benedict's
@ 7:45pm*

*Oct. 15, Fin./Ad. Bd. Comm.
Mtgs. @ 4pm/5pm*

*Oct. 16, St. John Singles @
O'Charley's @ 11:30am*

*Oct. 19, MMen's Breakfast @
8:30 am*

Oct. 20, Movie Night @ 4 pm

Oct. 21, Fam. Life Mtg. @ 4 pm

*Oct. 22, Supper Club @ Crack-
er Barrel @ 5pm*

James in a jiffy

A quick summary of JAMES 4:13-5:20

JAMES 4:13-17

ALIGN
YOUR PLANS
WITH GOD'S AND
TRUST HIM



JAMES 5:12

Keeping
your word
MATTERS;
mean what you say



JAMES 5:1-6

**USE WEALTH FOR GOD'S
PURPOSES,**
and not your own



JAMES 5:13-18

PRAY
IN FAITH,
trusting that God
fulfills what He promises

JAMES 5:7-11

PERSEVERE
IN SUFFERING;
your patience
WILL PAY OFF



JAMES 5:19-20

BE PATIENT
IN LOVE;
God will forgive and
restore the wandering