

OUT OF PRACTICE

Hebrews 12:12-13

Therefore, strengthen your feeble arms and weak knees. "Make level paths for your feet," so that the lame may not be disabled, but rather healed. (NIV)

When we get out of practice on any given skill or activity, it always seems to be a fight to get back to where we were before. I am currently participating in a workshop about how to write grammars for unwritten languages. Even though I've done many grammar write-ups before, I fell out of practice doing other work the last few years, and now I'm struggling to catch up again. Likewise, I injured my knee a month ago, and only now I'm able to start to exercise again. My mother, Jane Brown, fell two weeks ago and they thought she had broken her right wrist. Now the doctors say maybe it wasn't broken, and she has permission use her right hand again. No more cast is required. However, after two weeks of having the arm in a cast, Mom has to learn how to use it all over again. It is a challenge!

In these days of COVID-19, we all have been very restricted for many months. For a time, we couldn't even attend church except by watching the service

over the internet, and some of us still aren't free to be with larger groups of people. For all of us, even now there are many restrictions. We aren't free to do many good things, such as visit people in hospitals and nursing homes.

You could say that most of us have fallen out of practice in reaching out to the church family. Maybe we have also fallen out of practice in spiritual disciplines like prayer. However, there are many things we can do to turn things around - just starting with building ourselves up by spending time with God. We can get back into a routine of Bible study and personal prayer. Prayer and Bible study will strengthen our feeble arms and weak knees. We need to be intentional, to make an effort, to put one foot in front of the other: "make level paths for your feet." We need to start calling people up and just asking how they are doing. So many people are really isolated and alone, especially with the current health concerns. Maybe we should all make a goal of three or more phone calls a week, and also to think of people who might need the call the most. In this way "the lame may not be disabled, but rather healed."

-- Dan Duke

Just the Same Today

When Moses and his people
From Egypt's land did flee,
Their enemies behind them,
And in front of them the sea,
God raised the waters like a wall
And opened up the way,
And the God that lived in Moses' time
Is just the same to-day.

When David and Goliath met,
The wrong against the right —
The giant armed with human power
And David with God's might;
God's power with David's sling and stone
The giant low did lay,
And the God that lived in David's time
Is just the same to-day.

When Pentecost had fully come,
And the fire from Heaven did fall,
As a mighty wind the Holy Ghost
Baptized them one and all;
Three thousand got converted,
And were workers right away
And the God that lived at Pentecost,
Is just the same to-day.

- Anonymous

PRAISE:

- Praise the Lord, for the presence of the Lord Sunday through the music and message! There were a few people praying at the end of the service to get back close to the Lord... Thank you Lord!
- Praise the Lord, Jane Brown's wrist was not broken after all, only sprained! She continues to get physical therapy on it and is improving.
- Praise the Lord for those who helped with the parsonage landscaping! It's looking great!

PRAYER:

• Schools – Administrators, teachers, and students.



VOLUNTEER NEEDS:

ANNOUNCEMENTS:

- 1. Ushers and Greeters for Sunday **Mornings**, to either rotate with someone or fill a position helping people (especially new people) with seating, location of our offering box, dismissal and exit doors etc.
- have a meeting soon with everyone who is interested. This includes security, and/or emergency situations such as tornados, health emergencies etc. Jim Hanavan is our lead person, and we hope to develop a policy manual for our church, have a time for training, as well as ongoing training. See Pastor Scott or Jim Hanavan if you are interested.

2. Safety Team help needed. We want to

R!OT Youth Meetings - starting Sunday, August 2nd, from 5-7pm. We will be outside the entire time. Please wear clothes that can get wet. Also bring a lawn chair and a friend!

Wednesday Prayer - 6:30pm each week in the sanctuary. Everyone is welcome. Bring your cares and concerns to the Lord and pray for one another!





STAFF MEETING

Nazarene Missions INTERNATIONAL

We are collecting School Pal-Paks & Crisis Care Kits to send out to meet the needs of individuals across the world! If you want to provide 1 or several of these items, please bring them to the church and place in the properly labeled boxes in the foyer. It is important that you purchase new items **EXACTLY** as they are listed or they cannot be shipped out to help others. Your contribution is needed and appreciated! Thanks! 💙 We would love to see how many of these bags we can complete by the end of August. Questions: See Lisa Fishburn.

CRISIS CARE KIT

- 1 Shampoo (12 to 18 oz)
- √ 2 Bars of Soap (Bath size or larger)
- √ 1 Toothpaste (4.0 to 6.4 oz)
- √ 3 Toothbrushes (in original packaging)
- \checkmark 1 − Box of Band-Aids (30 or more)
- 1 Fingernail Clippers
- 1 Sturdy Hair Comb
- 2 Hand Towels
- 4 Pocket-sized pkgs. Kleenex
- 1 Beanie Baby-Sized Stuffed Toy





- 2 Composition Notebooks (no larger than 9 ¾ x 7 ½ in.)
- 1 Package of 10 to 12 of #2 Pencils
- √ 1 Package of 10 to 12 Ballpoint Black Pens
- 2 Pink/White Erasers, 2 to 3 inches long
- √ 2 Rulers with Metric Measurements (6" or 12")
- 1 Package of 12 to 15 Colored Pencils
- √ 1 Pair of Blunt Nosed Scissors
- 1 Hand Held Pencil Sharpener (NOT electric/battery powered)

Don't forget about the opportunity to support our church by shopping at Rural King from August 2nd - August 15th. You can submit your receipts online at www.ruralking.com/churchweek (choose our church) or bring to the church office by September 1st. Rural King will donate 10% of your purchase total to Southwest Church! 😥