

But later on, when I met Christ, it seemed as though life were rather like a bike ride. And I noticed that Christ was in the back helping me pedal. I don't know just when it was that He suggested that we change places, but life has not been the same since.

When I had control, I knew the way. It was rather boring, but predictable. It was the shortest distance between two points. But when He took the lead, He knew delightfully long cuts up the mountains and through the rocky places at breakneck speeds, and it was all I could do to hang on, and even though it looked like madness, every once-in-a-while He would look back and say,

“Pedal.”

I worried and I was anxious and I asked, “Where are you taking me?” And He laughed and He didn't answer, and I started to learn to trust. I forgot my boring life and entered into the adventure, and when I'd say, “I'm scared,” He'd just lean back and touch my hands and say,

“Pedal.”



He took me to people with gifts that I needed, gifts of healing, acceptance and joy. He gave me gifts to take on my journey and on the journey with the Lord. And we were off again, and He said, “Give the gifts away. They're extra baggage. They're too much weight.” So I did to all the people that I met, and I found that in giving, I received and still the burden was light.

I did not trust Him at first. Life was out of my control. I thought He'd wreck it. But He knows bike's secrets. He knows how to make it bend, to take sharp corners, jump to clear high rocks, fly through short scary passages, and I'm learning to shut up and pedal in the strangest places. And I'm beginning to enjoy the view and the cool breeze on my face with my delightful constant companion, Christ. And when I'm sure that I just can't go any farther, He just smiles and turns around and says,

“Pedal.”

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FROM THE PASTOR

Prayer impacts every fiber of our being. Spiritually it increases our closeness to God and our faith and trust. Mentally prayer clears our minds and influences the healthy decisions we make. Emotionally it helps with depression, anxiety and fear and teaches us how to love. Many scientific studies have shown conclusively that people of faith are healthier, and prayer enhances healing physically, emotionally, and spiritually.

Our church has been focusing on prayer for the month of June - not only learning about it but doing it. We had 43 individuals commit to spending a half-hour every day in prayer for the entire month of June. Our individual prayer times have included prayers for our church members, our congregation, and seeking God's guidance regarding our mission and the future of our church's ministry. This is an exciting time for our church!

For 35 years I was a “pastoral counselor“. This is a specialized ministry, a calling to ministry in the area of counseling. The training includes reaching the Biblical academic requirements for ordination plus a master's degree in counseling. The Christian Church (Disciples of Christ) endorses pastoral counselors, as well as chaplains. Pastoral counseling ministers to the whole person.

My sermons endeavor to bring scripture to bear upon our personal lives including the mental, emotional and physical aspects that are an integral part of our spiritual beings as well. A

“Biblical” sermon brings to light the scriptures as they guide our daily lives in the world in which we live. Therefore ministry is to the whole person where spirituality is not a separate issue. Our soup kitchen and participating in community services are examples of how we carry out this inclusive ministry as Christians and as a church.

Each person is wonderfully complex, created by God, where all the aspects are integrated and work together to serve the will of God.

Myrna

Pastors Myrna and Noel will be in Bend, July 24 for the Cascade Classic Bike Races. They share their favorite bike article.

The Bike Ride on the Road of Life

At first I saw God as my observer, judge, keeping track of the things I did wrong so as to know whether I merited heaven or hell when I die. God was out there sort of like a president. I recognized His picture when I saw it, but I really didn't know God.



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First Christian Church of Lebanon

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97355

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Office Hours: Monday-Thursday 9:30 am-1:30 pm
Church E-Mail: lebanonfcc@comcast.net
Website: www.fcclebanon.org

Church office: 541-258-5911

Martha CWF Group and Spouses Taco Feed at the Gilmore's



**Tuesday, July 12
6:00 PM**

If you plan to attend, contact Marcy as soon as possible. Instead of pot luck, we will contribute money to pay for all the fixings.



Have you noticed how nice the cross looks on top of the church?

LIKE NEW!!

Thank you, Jon West for sanding and painting the cross having to make the climb to the top of the church roof many times. What a difference your hard work has made.



Barbara Tarrant—Thanks for all the Mega Food receipts. Turned in \$5,000 worth of receipts, earning \$50 for Soup Kitchen. Keep those receipts coming!

Thank you, Earl Hunter, for keeping the church grounds looking so nice! And our building in tip-top shape.

Women, Mark Your Calendars

Fall Women's Retreat

October 14-15, 2016

Murray Hills Christian Church

Beaverton, OR

The Theme is *Where Is Home?* and will emphasize how we find our inner spiritual sense of home and how we live in a world where so many people are either homeless or refugees.

\$10 for first time attenders

\$20 for Saturday only

Includes Breakfast and Lunch.

See office for information.

WILD BUNCH FOR LUNCH

Wild Bunch will not be meeting in July and August! Keep watch for the September meeting.

NOTICE: *News from the Pews* is a place to share what is going on in our lives that others might like to know about. Please, email your news to the church or let Mary Lee Howell know. Thank you!!!

News from the Pews

Lauren Christie, daughter of Charlotte and Curt, recently played in two national volleyball tournaments in Orlando, Florida and Indianapolis. She plays on a club team out of Eugene called Webfoots. Lauren, a HS Junior, is the granddaughter of Colene and Bob Macklin.



Lauren is in back row, 3rd from left



Makenna Slavenski, daughter of Lori and Richard, was in Oklahoma City, June 23—28, playing softball in the Hall of Fame Qualifier. She plays ASA softball for the Aloha Breeze. Makenna, a HS Senior, is the granddaughter of Marciel and Kenny Gilmore.

Excitement at the Dart's house—their son Jim, his wife, Jill, 3 of their 4 children, Conner (Grad from U of IL), Magan (Freshman at U of Iowa) and Ryan (HS Junior) are coming to visit from Naperville, IL—about 25 miles from Chicago! Flying in Sunday, July 3rd, they all plan to spend the 4th with extended family at Joyce's sister's in Tangent and then float the Calapooia after dinner. Because the kids haven't been to Lebanon for quite some time, Ed and Joyce will be taking them out to dinner at the 1847 Bar and Grill restaurant and showing them the many changes that have taken place around Lebanon. When Jim & family leave Lebanon, they will be going to visit another son, Cameron, who is a Senior at U of IL and is doing his 2nd internship with Tesla in California. It is such a blessing when our kids and grandkids come to visit!