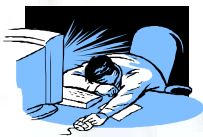




July 2010

Sleepless In South Florida



What keeps you awake at night? I need to give a caveat right away. I'm not a sleep expert, nor a psychologist. What I observe comes from personal experience and watching one movie on sleeplessness. I know that Sam's sleep deprivation in Seattle was caused by grief over the loss of his beloved wife. After a relatively sleepless night thinking about sleeping, I have roughly fashioned sleep problems into four categories.

The first category is caffeine and sin. The solution for both is the same, and can be quickly fixed. Stop doing it! Maybe you won't have to cut out coffee completely, but those late evening cups will have to go. As far as the matter of sin – stop that completely, ask forgiveness, and run the other way.

The second category of sleep deprivation is worry over the things you can't do anything about. The solution for this one is easy to prescribe, but a little more difficult to do. Cut it out! Jesus is very clear that we should not worry about these things. Your heavenly Father takes care of the birds in the air and the flowers in the field. Why wouldn't he take care of you?

The third cause for sleep loss I'll broadly categorize as "doing dumb things." If you wish to catch me on a technicality, categories one and two could be included in category three, but I make a distinction. Maybe you'll see what I mean. For example, "I probably shouldn't have bought a new car right now, but..." or "How is it that I scheduled three things to do tomorrow all at 10:00 AM?" or one more, "What possessed me to eat that sixteen ounce prime rib for dinner last night?" All of these fall into the "dumb things" category. The cure, and I quote a well known Christian Service Brigade leader, "Don't do dumb things!"

The fourth category of sleeplessness is a broken heart. The guideline for this category comes from Bob Pierce, the founder of World Vision, "May my heart be broken by the things that break the heart of God." God grieves for lost loved ones. He grieves for hungry people around the world. He grieves for lost people who haven't yet figured out the importance of his most precious gift, salvation.

God has been leading many people at Hope to grieve over the plight of people around us; the homeless family who came to our door a few weeks ago; the people in our neighborhood who live without hope because they don't know Jesus; the hungry and homeless people of Southwest Florida; the people in Haiti whose lives have been destroyed.

So, I vow that if I'm going to spend sleepless nights, and I will, it will be to plan and listen to God about how we can make a difference in the lives of hurting people all around us.

Now I think I'll have a cappuccino. Hold the espresso!

Pastor Lee



July



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|-----|-----|
|  <p>Happy Anniversary to those celebrating in July!</p> |  <p>Happy Birthday for those celebrating in July!</p> | | | <p>1</p> <p>12 n—Women of Hope Lunch @Olive Garden</p> <p>7 pm Choir</p> | 2 | 3 |
| <p>4</p>  <p>9:00 am Adult S.S.</p> <p>10:30 am Children's program</p> <p>10:30 am Worship Holy Communion</p> | 5 | <p>6</p> <p>6 pm Children's Hand Chimes</p> <p>7 pm Trustee Mtg</p> | <p>7</p> <p>8 am Men's Prayer Group</p> <p>9:30 Women's Bible Study</p> | <p>8</p> <p>NO CHOIR</p> | 9 | 10 |
| <p>11</p> <p>9:00 am Adult S.S.</p> <p>10:30 am Children's program</p> <p>10:30 am Worship</p> | <p>12</p> <p>Hope Day @ Soup Kitchen</p> | <p>13</p> <p>6 pm Children's Hand Chimes</p> <p>7 pm Finance</p> <p>7:30 pm Leadership/Joel Team</p> | <p>14</p> <p>8 am Men's Prayer Group</p> <p>9:30 Women's Bible Study</p> | <p>15</p> <p>7 pm Choir</p> | 16 | 17 |
| <p>18</p> <p>9:00 am Adult S.S.</p> <p>10:30 am Children's program</p> <p>10:30 am Worship</p> | 19 | <p>20</p> <p>5 pm Children's Hand Chimes</p> | <p>21</p> <p>8 am Men's Prayer Group</p> <p>9:30 Women's Bible Study</p> <p>6:30 Fellowship Dinner</p> | <p>22</p> <p>NO CHOIR</p> | 23 | 24 |
| <p>25</p> <p>9:00 am Adult S.S.</p> <p>10:30 am Children's program</p> <p>10:30 am Worship</p> <p>2 pm Coral Trace Sing-a-Long</p> | 26 | <p>27</p> <p>5 pm Children's Hand Chimes</p> | <p>28</p> <p>8 am Men's Prayer Group</p> <p>9:30 Women's Bible Study</p> | <p>29</p> <p>7 pm Choir</p> | 30 | 31 |

WITNESS

HE WHO GIVES TO THE POOR....

At our Leadership meeting last week our main topic was on helping the hungry and the needy in our community. We were in one agreement that God was calling us as a church body to do something about this need right in our own neighborhood here in Cape Coral. This same need was verified at the UMC Convention last week by Pastor Lee. The following article speaks for itself, as does the scripture below :

"Every time we go out to serve others we get the opportunity to fall in love with our city. There is no making up for it - we all need to be moved with compassion each time we venture out.

Outreach can take the starch out of you. Actually no more accurately outreach will take a bit out of you each time you go out.

It is therefore imperative that we are renewed in our love for our community on a very regular basis. At times it seems we have forces conspiring against our best efforts to simply love others. On a regular basis I become convinced all over again that what we are doing is very spiritual stuff. Why else would we get consistent opposition as we step out to serve?

As you go out anticipate God showing up in the margins - look for his presence in the mundane things that happen in your midst. Be thankful for even the seemingly smallish things that take place.

He will renew your strength for more outreaches. He is interested in stirring you and your people up - with his zeal for others.
From Steve Sjogren,

Writer for Outreach Tip of the Week column...

**Proverbs
28: 27**

"He who gives to the poor will never want, but he who shuts his eyes will have many curses " Prov. 28:27...do not shut your eyes to the needs of those around you. It is more than just taking care of those who have little money. We must also not shut our eyes to the poor of spirit . Reach out to those in need. Touch them with the love of Jesus Christ and you will be the one who will never want.

Pray for Hope church as we brainstorm as to the most efficient way to meet this need in our community. Pray as we seek to do God's will concerning the hungry, the needy and those low in spirit.

**Martha Hampel
Witness Team**

Sermon series: "Daring to Draw Near" (July 4th & 11th)

July 4th: "Hannah - Whispers In Pleasure; Shouts In Praise (Pastor Lee)

July 11th: "Moses, Shining Faces" (Pastor Lee)

Beginning July 18th for four weeks, Rev. Dennis Ball from Cape Coral First UMC will be our guest speaker. He earned his MDIV at Southwestern Baptist Theological Seminary. He was an Army Chaplain for 22 years and pastor in churches in Texas, Missouri, and Maryland. His presentations will be:

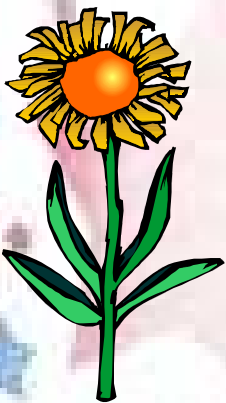
July 18th: "Finding our Greatest Strength" - Gideon

July 25th: Overcoming a Regretful Past" - Jephthah

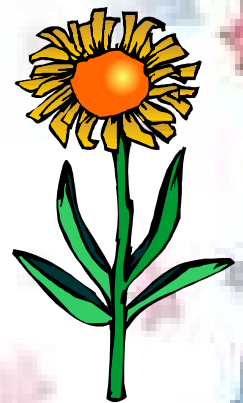
And looking ahead—

August 1st: "Renewing Our Sacred Vows" - Sampson

August 8th: "Challenging the Status Quo" - Deborah



JULY TOPICS



ADULT SUNDAY SCHOOL: Come and enjoy a time of healthy religious discussion. Class is held in the annex at 9:00 a.m. on Sunday mornings. Leader is Gene Pearl who may be contacted at 457-2743.

WOMEN'S BIBLE STUDY: The group meets at the home of Marilyn Carnahan on Wednesday mornings at 9:30. Please call Marilyn if you have questions. Her number is 574-6133

The Hair Cut: A teenage boy had just passed his driving test and inquired of his father as to when they could discuss his use of the car.

His father said he'd make a deal with his son: "You bring your grades up from a C to a B average, study your Bible a little, and get your hair cut. Then we'll talk about the car."

The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it.

After about six weeks his father said, "Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut."

The boy said, "You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair...and there's even strong evidence that Jesus had long hair."

Dad responds: "Did you also notice they all walked everywhere they went?"

GRIEFSHARE

Hope offers GriefShare to those grieving the loss of a loved one. If you or someone you love is interested in participating, please contact the church office, 574-5570.

Every three months, or so, we up-date our computer records. It is that time again and so we ask you check the information in the directory and give Jacki an update, if necessary.

Please do not wait until we print a reminder in the newsletter, if you have a change of address, phone or email address, please let us know A.S.A.P. Thank you!

I recently attended a breakfast meeting that was sponsored through our local United Way. My purpose in attending was to find out more about the agencies in our area that will assist those in immediate need. Understandably, we are receiving a few more calls and visits from people who are in need of food, housing and financial help. Pastor approved my attending the meeting and we both agree that our church (Hope UMC) can better serve our community by being informed as to the services that are available.

The meeting seemed too short but I came away excited about the possibilities of opportunities that are in our future. (That's a nice way of saying, "There's lots more work on the horizon.")

The 4th of July is coming. On the 4th, I used to be right in the thick of things with the sparklers and firecrackers and what fun it was. Now I try to hear the TV above all the noise and wonder, "Don't those kids know it is past 10:00pm?" Go figure... A Happy 4th to all!!!!

**Jacki Work
Office Administrator**



Continuing Opportunities

Sundays:

9:00 a.m.: Adult Education Class

10:30 a.m.: Worship Service & Children's Church

Tuesdays: Children's Hand Chimes (1st & 2nd at 6 p.m.) (3rd, 4th, 5th at 5 p.m.)

Wednesdays:

8 a.m.: Men's Prayer Group

9:30 a.m.: Women's Bible Study

Thursdays:

7 p.m.: Choir Practice

Second Monday: Soup Kitchen

First Tuesday: Children's Hand Chimes—6 p.m.
Trustees—7 p.m.

Second Tuesday: Children's Hand Chimes—6 p.m.
Finance—7 p.m.
Leadership/Joel Team—7:30 p.m.

Third Wednesday: Fellowship Dinner—6:30 p.m.

Third/Fourth/Fifth Tuesday: Children's Hand Chimes—5 p.m.

Fourth Sunday: Coral Trace Sing-A-Long—2 p.m.

► **Holidays and other events may change the schedule—watch the Sunday bulletin for updated information, or check the website interactive calendar.**

Adult volunteers needed to assist the teacher on Sunday mornings in our Children's Church program. No study preparation is needed, you are being asked to assist the teacher.

A clipboard will be circulated on Sunday July 4th and 11th for you to sign up for a MONTH OF SUNDAYS. If you are hesitant about signing up for 4 Sundays in a row but would like to help out from time to time, there will be an area on the sign-up sheet to check.

Think of it this way, if you are planning to come to church every Sunday, why not volunteer a MONTH OF SUNDAYS for our children's program?

To those who are unable to participate in this volunteer program we ask for your prayer support. Any questions? Contact Jacki Work in the office on Tuesday, Thursday or Friday, 9:00am - 1:00pm at 574-5570.

Help Wanted: Occasionally one of our Hope folks needs a ride to Hope for church service, for a meeting, or to a Doctor's appointment. If you have some free time this might be a way you could serve! If you can help in this way, please call Martha Hampel at 239-772-4639.

HOPE CONTACTS

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Lonnie Broyles

Trustee Chair

Martha Hampel

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Marie Jones

Newsletter/Web

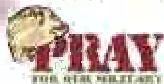
mariejones42@comcast.net

Mission Statement

Growing with others in Christ

Serving others for Christ

Introducing others to Christ



A MONTH OF SUNDAYS

JULY THE FOURTH

*I wonder what those folks would think
(Those, who wrote our Freedom's Declaration)
Would they believe, those happenings
That have, forever changed our Nation.*

*Would they believe, some terrorists
Are, from our Country, homegrown
Spreading hate, death, and destruction
In the Homeland of their own.*

*Would they believe our "open door"
Has ushered in our enemy
Those who believe we're evil
And don't believe in Liberty.*

*What would they think, if they could see
Crime running rampant, in the street
Guns, drugs, and homeless people
And so many more, locked-in, retreat.*

*Would they believe, Freedoms treasured
Have been twisted all around
To where the criminals civil rights
Beat the victims, to the ground.*

*Would they believe, that businesses
Most of them, big and small
Treat their employees as the pawns
To reach, "the bottom line", that's all.*

*Would they believe, those voted to Office
Who we should trust, to guide the way
Can't be trusted, most of the time
To live up to what, they say.*

*What would they think, would they rewrite
And would they take exceptance
To what we did, with what they wrote
In The Declaration Of Independence.*

**By Del "Abe" Jones
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