



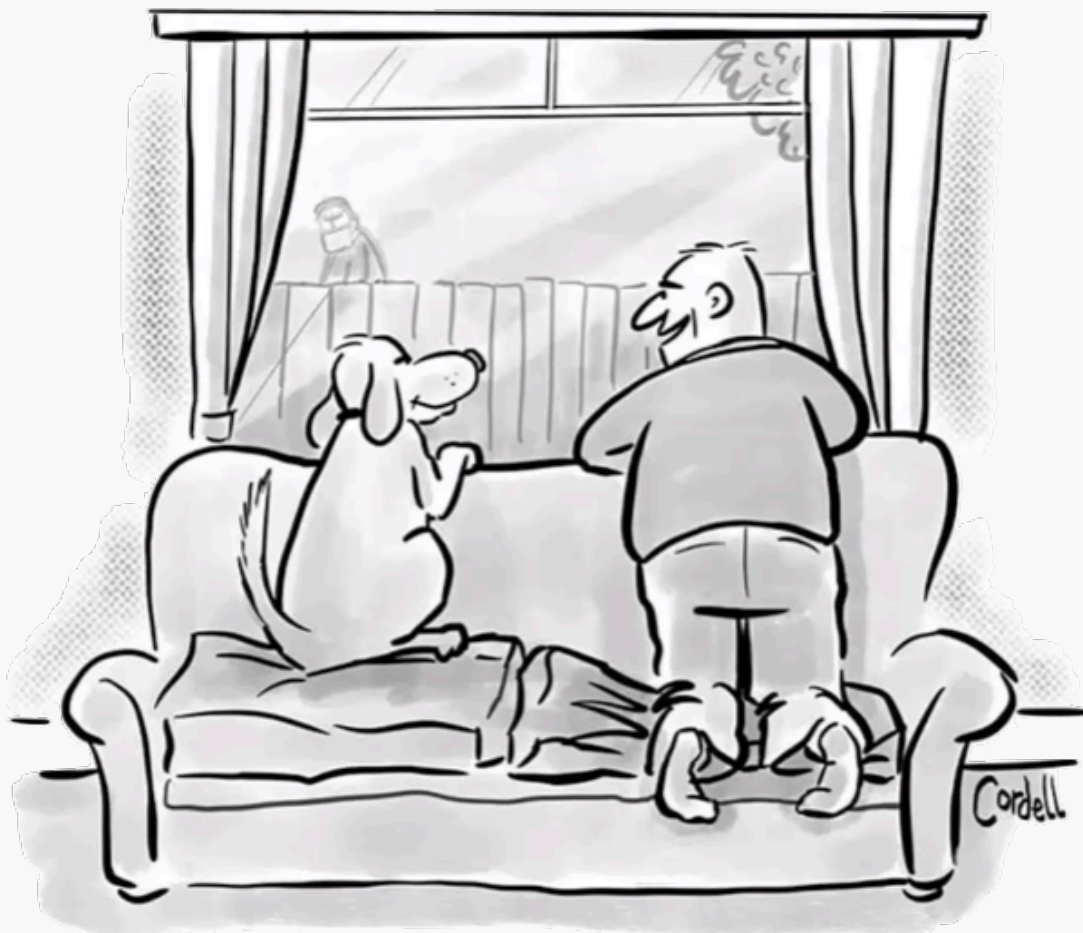
FIND
HOPE
HERE

SEDGEFIELD
UNITED METHODIST CHURCH

Let's Stay Connected!

***A cheerful heart brings a smile to your face;
a sad heart makes it hard to get through the day.***

Proverbs 15:13 (MSG)



***“Until now, I never understood why you got so excited
when someone walked past the house.”***

Through the Eyes of Jesus - The Gift of Sabbath

Most of us are consumed with activity to a point where our schedules have little to no breathing room. Our days are filled with things that must be done...things that if we don't do them, won't get done. And, oh by the way, other people are counting on us! But what if it didn't have to be that way? What if God said, "I want you to take a day off. And if you do, I'll give you 7 days of provision in exchange for 6 days of effort. I just need you to *trust me!*" That's exactly what God did with the 4th Commandment. The question is, will you trust Him enough to try it?



Join us in
Worship

Sunday, May 17, 2020

Message:

*Through the Eyes of Jesus:
The Gift of Sabbath*

Exodus 20:1, 8-11

Mark 2:23-28

Name three things you enjoy doing that renew you.

1) _____ 2) _____ 3) _____

Are you intentional about finding relaxation and refreshment every week? If so, how? If not, why not?

What are the dangers of being busy all the time? Have you experienced (or are you currently experiencing) the consequences of being too busy?

The Fourth Commandment (Exodus 20:8-11) is the longest commandment. Read it carefully. What is confusing? What feels relevant? What seems outdated?

God says that we are to keep the Sabbath day "holy" (Exodus 20:5). What does "holy" mean to you, and - other than worship - what are other ways you could keep the Sabbath day holy?

In Genesis 2:1-3 God set an example for us when He rested after the creation of the world. Why did God rest? Was God tired? And why is it important to God that we take time to rest?

When you hear the word "Sabbath", what thoughts and images does it trigger?

Daily Prayer: Loving God, thank you for the gift of Sabbath. Guide me into a pace of life that accomplishes what is most important, including rest, renewal and time spent with you. Amen.

Prayer Requests

Jimmie Foster



Jaime Garcia

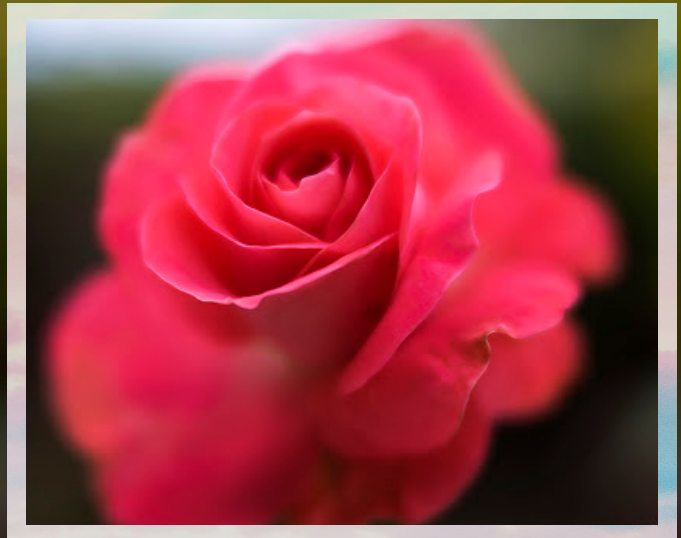
Ruby Gardiner

Tommy Reep

Sue Van Vynckt

I sought the LORD, and
he answered me, and
delivered me from all
my fears. Look to him,
and be radiant...

Psalm 34:4-5a (NRSV)



If you have a request or concern that you would like us to add
to our prayer list, please send the request to:

prayerrequest@sedgefieldchurch.org

Each one should have his gift in hand, in precise measure with the blessing the LORD your God gives you.

Deuteronomy 16:17



Ways to Give Your Offerings:



Online Through

sedgefieldchurch.org

Make a credit card or electronic contribution.



Bank Draft

Set up automatic contributions through your bank's Online Bill Pay.



Church

Mail your check to:

Sedgefield UMC
2830 Dorchester Pl
Charlotte, NC
28209



Online Through

wnccumc.org

Make a credit card or electronic contribution.

News from the Board of Trustees

Despite sheltering-at-home, the Board of Trustees has continued to meet virtually each month, provide oversight to current projects and continue investigating a lengthy list of to-do items. Some of the current tasks/considerations underway include:



- installation of HVAC system in the Education Building (top floor) continues
- a resolution to the drainage problem in the courtyard and the partial flooding that occurs on the ground floor of the Education Building
- replacement of the grease trap in the kitchen to comply with city regulations
- feasibility of restroom renovations in the Sanctuary Building
- janitorial needs when the time comes to reopen the buildings
- repairs being made to the outdoor sign
- discussions with insurance adjuster regarding previous hail and wind damage to the Education Building
- repairs to the steeple to stop leakage
- field assessment of a recently completed acoustical study has been referred to the Finance Committee
- an Eagle Scout project to be completed by Cameron Wilcox

The members of the 2020 Board of Trustees and their assignments are:



Judy Harris,
Chair,
Keystone
Liaison



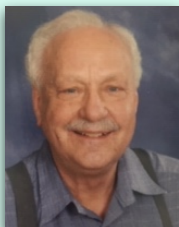
Logan Smith,
Vice-Chair,
Yards &
Grounds



Luis Tochiki,
Secretary,
Insurance &
Capital
Improvement



Marshall Bain,
Technology &
Electrical



Terry
Blackwell,
HVAC &
Plumbing



Bruce
Lankford,
Technology
& Electrical



Sara Kidd,
Custodian
& Esthetics



Carol
Little,
Building &
Repairs



Kip Wilcox,
Technology &
Electrical and
Capital
Improvements

People Flock to Yale's Most Popular Course Ever on How to Be Happy*

More than 2.2 million people, including more than 500,000 since April 1, have enrolled in Yale cognitive psychology professor Laurie Santos' free 10-week online class, "[The Science of Well-Being](#)," making it the most popular course in the university's 316-year history. On campus, the course is titled "Psychology and the Good Life," aka "The Happiness Course."



The course questions conventional wisdom that one needs certain things in order to be happy: things such as a good job, plenty of money, a perfect love relationship, physical beauty, strength, skills or possessions.

Any of those things may give pleasure for a time, but it tends to be short-lived. Such measuring sticks can lead to comparing oneself to others, which may result in pride, envy, competitiveness, insecurity and discontent.

That said, living in extreme poverty is no fun, either, and often contributes to misery. A minimum income is generally required for basic subsistence, if not for a life in which people can thrive. But once basic needs are met, the perennial drive to acquire more doesn't necessarily lead to more joy.

Santos encourages students to take time to evaluate what really contributes to happiness in life, assigning homework such as making a regular effort to connect in a meaningful way socially; savoring an experience, large or small; writing down five things for which they are grateful at the end of each day; expressing appreciation to people who have impacted them in big or small ways; performing a daily act of kindness; or paying attention to (being mindful of) the present moment.

Many recent enrollees in the course say they are using the time when they are sheltering at home to take stock of their approach to life and to develop tools to enhance their happiness.

(continued on page 8)

(continued from page 7)

Confronting the News with Scripture and Hope:

Happy is the person who trusts the LORD, who doesn't turn to those who are proud or to those who worship false gods... My God, I want to do what you want. Your teachings are in my heart.

Psalm 40:4,8 (EXB)

To Think About:

The psalmist describes the joy of finding a home in the house of the Lord, who welcomes even the humblest sparrow and swallow to make their nests there. Just to be in the vicinity of God brought the psalmist joy.

But happiness doesn't come merely from being physically near to God's house. Rather, happiness comes from placing one's trust in the Lord and not in false gods. Happiness comes from fulfilling God's purpose for one's life and from doing God's will.

Questions:

- If you could ask God for one thing to make you happy, what would you request? Would you have answered that question differently when you were younger?
- What practical steps do you take that enhance your feelings of happiness? Which of these steps, if any, might be described as spiritual in nature?
- How can we nurture joy when our life is full of pain?

Responding to the News:

Whenever you encounter something this week that doesn't fit with your idea of a positive event, ask God what is good about it. While not denying the unpleasantness or pain of the experience, ask yourself what lesson or meaning you can glean from it, so that you don't waste the experience.

*"People Flock to Yale's Most Popular Course Ever on How to Be Happy", May 10, 2020, thewiredword.com.

Weekly Zoom Meetings



Each Wednesday Pastor Jim and Ms. Mary Jo are hosting times for our church family to gather for fellowship and prayer. The adults meet at 1 o'clock and the children meet at 7 o'clock. Please join us!

Children's ZOOM Meeting



Every Wednesday
7:00 p.m.

Meet Ms. Mary Jo on Zoom!

Meeting ID: [991-0371-7498](#)

Every Wednesday
1:00 p.m.

Let's Connect!

Join Pastor Jim & Friends
on Zoom!

Meeting ID:
[954-3442-7851](#)





The altar flowers on Sunday, May 17, will be given to honor and show appreciation to **all healthcare workers**.

Loving God,
we place into your care
all our doctors, nurses, EMTs and healthcare workers.

Give them courage of heart
and strength of mind and body.

Keep them safe from harm.

May they know our deep gratitude for all they are doing
to heal and help those affected by the coronavirus.

God of all consolation
may they know your protection and peace.

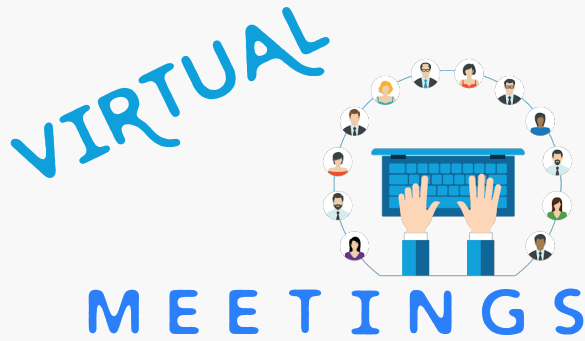
Bless them in these challenging days and bless their families.

Amen.



Although we are not meeting in person, you can still place flowers on the altar in memory of a loved one or to honor someone who is special to you. The cost of the altar flowers is \$40.00. And, during this shelter-in-place time period, the flowers will be delivered to you at the conclusion of the service!

To donate flowers, you can contact the [church office](#) or call Clara Hedberg (704-375-9588) to check available dates or to order flowers.



▶ **Staff-Parish Committee** ◀

Sunday, May 17 - 12:15 p.m.

▶ **Let's Connect!** ◀

Wednesday, May 20 - 1:00 p.m.

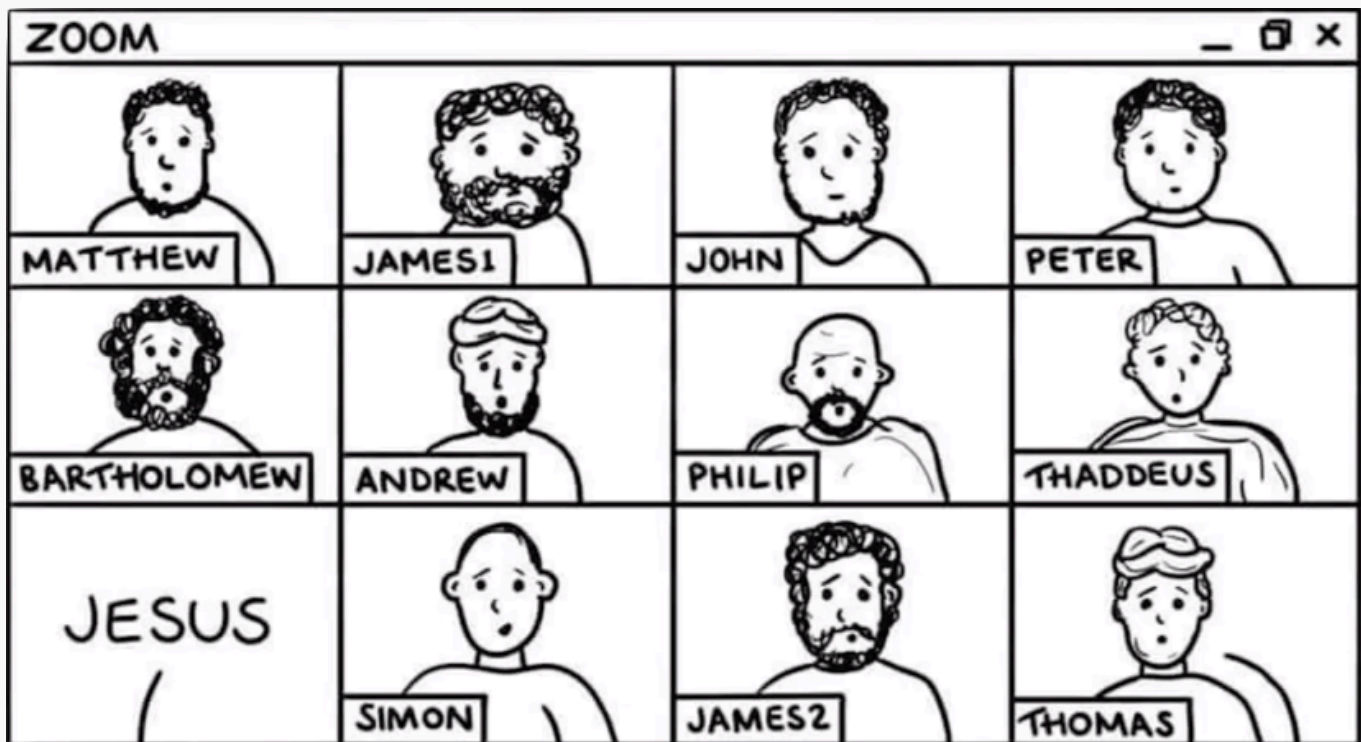
▶ **Church Council** ◀

Thursday, May 21 - 6:30 p.m.

zoom



If you need assistance connecting to a Zoom meeting or need a meeting link, please notify the **church office**.



HEY.

HOW ON EARTH IS HE IN THE MEETING?

UNLESS HE TURNS ON HIS CAMERA, I WILL NOT BELIEVE IT

Tina Wakeling



Sedgefield United Methodist Church

2830 Dorchester Place

Charlotte, NC 28209

704-523-0077

office@SedgefieldChurch.org

SedgefieldChurch.org



Pastor

Rev. Jim Brookshire

PastorJim@SedgefieldChurch.org

704-232-4878



Director of Children's Ministry

Mary Jo Bridges

marycbridges@yahoo.com

704-617-4056

