

THE MESSENGER

Inspiring people to KNOW, GROW & GO in God's love!



BROADMOOR
UNITED METHODIST

MAY 7, 2020

BROADMOOR UMC NEWS & HAPPENINGS!

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Pastor's Message

Dr. Greg Davis, Senior Pastor

Dealing with Emotional Upheaval

I've been poking around to see what "experts" are saying about how to deal with all the emotional upheaval many are experiencing these days.

Take emotions.

Emotions can rise in waves, but they will pass. Emotion-based coping strategies help you stay upright through the emotional waves by matching your actions to your feelings.

1. When you are feeling down in the dumps, try something slow and soothing like:
 - ◆ Taking a hot bath while listening to soothing music
 - ◆ Curling up under a blanket with a good book
 - ◆ Practicing yoga
 - ◆ Calling a friend to just talk about things you like
2. When you start feeling restless, frustrated, or mad, try:
 - ◆ Cleaning your house
 - ◆ Cranking up loud music and dancing
 - ◆ Ripping up a photo or drawing of someone who is making you angry
3. When feeling anxious, you can try:
 - ◆ Calling out your worries by saying them out loud
 - ◆ Breathing and placing your hand on your heart to measure your heartbeat
 - ◆ Discharging your tension with some laughter by watching a funny video
 - ◆ Noticing the unhelpful, lifeless thoughts that do not give you vitality (e.g., What will happen tomorrow?)

Take doing something for someone else.

One psychologist writes there's a "plethora of research [that] has consistently supported the notion that focusing efforts to help other people helps cultivate better emotional health. Given the COVID-19 precautions that limit contact, helping may look a little different, like calling to check in on a friend, sending encouraging texts, or sending uplifting videos to others."

Well, duh – that's one of the big headings under Christian Job Description: love thy neighbor.

Get creative!

If you have a neighbor that is holed up alone, consider asking if they want to talk with you daily while you're both in your "forts." Perhaps you are financially able to send care packages to other people, tip extra if you order delivery, or donate to [charities](#). Be generous if you can!

Fred Rogers is often quoted saying, "When I was a boy, and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

If you want to help yourself in this mess, don't make it about you. Make it about others.

**LOVE GOD. LOVE YOUR NEIGHBOR.
LOVE YOURSELF.**

God be with you,
Dr. Greg Davis



**Pastor of
Administration**
Rev. Terry Love

Direct Deposit is a Convenient Option for Recurring Giving

Through recurring giving as a direct bank deposit, a donor authorizes an amount for gifts to the General Fund and/or the Building Debt Retirement. Direct deposits, also known as bank drafts or an ACH, are automatically sent to the church once a month from the donor's bank. The electronic donation normally has no fees from the donor's bank and the cost of the draft to the church is the least of fees for electronic giving.

Recurring giving is a convenient way to donate with confidence and consistency. It's faithful assurance that you're investing year-round in life-changing ministry that happens all year long even when you are not able to be present. No more worrying if you have fallen behind in your giving due to a missed Sunday or two. It helps your church by continuing the support of unprecedented opportunities for ministry during unprecedented times of social distancing. Ongoing ministry receives ongoing, dependable funding.

For additional information or to get started email Ashley@broadmoorumc.org, or Terry@broadmoorumc.org or call 861-0586 and they will get a Direct Deposit Authorization Card to you and setup the process with your bank. Direct deposits are made between the 18th and 21st of the month. You can make changes to your draft at any time by contacting the church.

Thanks for your continued support of Broadmoor United Methodist Church.

God bless,

Rev. Terry Love



YOUTH MINISTRIES

FOR MORE INFORMATION CONTACT KYLE BOSTON AT [KYLE@BROADMOORUMC.ORG](mailto:kyle@broadmoorumc.org)

As we continue on, our weekly Youth Schedule looks a little like this from week to week:

- ◆ Sunday- join us for Sunday School via Zoom!
- ◆ Monday-a video from Kyle around different scriptures and topics
- ◆ Tuesday-a video outlining five things a student can try if they're bored or looking for something new to do this week.
- ◆ Wednesday – a challenge, such as a scavenger hunt or photo recreation using materials in your house.
- ◆ Thursday-a scripture suggestion and questions in case you want to go deeper.
- ◆ Friday-a parent email about the upcoming week.

You can sign up via Remind for three different classes:

- ◆ STUDENTS Text @bumy1 to 81010
- ◆ ADULTS Text @bumy2 to 81010
- ◆ If you would like to receive DEVOTIONS text @bumydevo to 81010



CHILDREN'S MINISTRIES

FOR MORE INFORMATION CONTACT KRISTIN NELSON AT [KRISTIN@BROADMOORUMC.ORG](mailto:kristin@broadmoorumc.org)

"You are blessed when you get your inside world - your mind and heart - put right. Then You can see God in the outside world." Matthew 5:8 MSG

After hearing the news that the stay at home order was extended, my mind and heart are not right. I am focused on all the things we are missing because of our current situation. In reality, I know that we encounter God every day but because of what I'm choosing to focus on I'm missing out on God in my world. My prayer for us as we continue walking through these uncertain times is that we change our focus. I ask that God help us to get our minds and hearts right so that our eyes are open to His presence in our everyday world. May we go in His peace and great love knowing that He is always with us.

Many blessings friends, Kristin

Summer Programs

In light of the recent news from Governor Edwards to extend the stay at home order until May 15th, the decision has been made to cancel **Summer Buddies** and **TNT**. This decision was not made lightly and it grieves us to do so, but after much discussion we feel it is the right thing to do. Priority one will always be to keep children, staff, and volunteers safe and healthy. We are still holding onto hope that we will be able to do **VBS** in some sort of fashion come July. We will continue to monitor the situation and will take our lead from state and local officials. We appreciate your continued prayers and patience as we navigate through these ever-changing times. If you have any questions please email me kristin@broadmoorumc.org



"THANK YOU TO EVERYONE THAT DROVE, DELIVERED, SORTED, AND DISINFECTED DONATIONS FOR OUR FOOD DRIVE. THANKS TO YOUR HELP, WE WERE ABLE TO COLLECT AN IMPRESSIVE AMOUNT OF FOOD AND RAISED \$2600.00 FOR NOEL'S FOOD PANTRY!"



Adam Philley

Director of Music & Sanctuary Worship

Permission to Not be Okay

"Always look on the bright side of life (whistle, whistle, whistle)" is one of the most memorable songs from the Monty Python franchise. This phrase has also become a mantra for many people during times of crisis or hardship. I would bet that most of us are guilty of telling a friend or family member to "find the silver lining" or "just stay positive." While there have been studies about the power of positivity I believe that glossing over our wide range of emotions that include those that are not so positive is ultimately limiting our emotional output and thus hurting ourselves as well as our relationships in the process.

Having faith that God is in control and believing that "all things work together for good for those that love God (Romans 8:28)" does not mean that we won't experience times of negativity or trials. We see over and over in the Bible examples of people who have experienced dark times. The book of Psalms is filled with songs about negative times.

We currently find ourselves in a communal trial and dark place. Life as we knew it 6 – 8 weeks ago was ripped out from underneath us with little to no warning. I've found myself having a wide range of emotions. Each day is different and sometimes every hour is different. I've also been inundated with the positivity memes on social media and the positive replies from well-meaning friends when I've expressed my struggles with the new-normal. Some psychologists have defined this desire to remain positive at all costs as *toxic positivity*.

Konstantin Lukin, Ph. D says, "While it may be beneficial to try to look on the bright side of things and find the silver lining in all life experiences, it's important to also acknowledge and listen to our emotions when they aren't as pleasant. No one can be a ray of sunshine 24/7; humans just don't work that way. In fact, paying attention and processing your emotions as they come and go may help you better understand yourself, and those around you." I would encourage you, as a person of faith, to not forget that we just came through Holy Week and in order to get to Easter we have to go through Good Friday. Making a dwelling in the darkness is not God's goal for us. God desires for us to live in the light. What separates us from those who do not have this faith is our promise that God is working all things for good and that God's mercies are new every morning. However, God, through his son Jesus, has given us a guide for healthy emotional living.

This is permission to you and myself to be okay with feeling good and positive one day and upset and negative the next.

Have faith that God is still working and that we will be back together when it's safe for everyone to do so!

Adam Philley

Director of Music & Sanctuary Worship

GIVING • GENEROSITY • TITHES • OFFERINGS • GIFTS

Remember, your continued donations during these difficult times are making it possible for us to keep ministry going at Broadmoor United Methodist Church. There are a number of ways to continue supporting our church ministries during these difficult times.

- ◆ Text GIVEBUMC to 877-570-3715
- ◆ Our website link: broadmoorumc.org/give
- ◆ Direct Deposit - Call office 318.861.0586 & talk to Rev. Terry Love
- ◆ Snail mail to: BUMC, 3715 Youree Drive, Shreveport, LA 71105



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- ♦ John T. Smith from Claude & Jan Bookter

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- ♦ Ann Vise from Claude & Jan Bookter
- ♦ Myra Beeson from Ron & Eneile Mears

KIDS' HOPE FUND

IN MEMORY OF

- ♦ Chandler Bounds from Claude & Jan Bookter

PASSINGS

CHRISTIAN SYMPATHY IS EXTENDED TO:

- ♦ Sandra Bounds for her husband, Charles.
- ♦ Steve, Patsy, & Mary Beth Lavery for aunt, Lettie
- ♦ Roger & Becky Dekay for her father, Horace
- ♦ Kellan & Channing Bethke for his grandfather
- ♦ Heather Anderson for her father, Paul Stallard
- ♦ Bobby Smith for his mother, Joanne Waldron
- ♦ Kathy Thomas for her mother, Mabel May
- ♦ Family of Jackie Rigby



ALL MAY ACTIVITIES - CANCELLED

CONNECTION will continue via EMail Blasts, The Messenger, FaceBook & our website: broadmoorumc.org