

the

February 2019

Danby Church News



"Forgiveness - It's a New Season" by Lynne Hudson
<http://www.lynnehudson.com> used with permission

**17 so that Christ may dwell in your hearts through faith.
And I pray that you, being rooted and established in love,
18 may have power, together with all the saints, to grasp
how wide and long and high and deep is the love of
Christ,
19 and to know this love that surpasses knowledge--that
you may be filled to the measure of all the fullness of
God. *Ephesians 17-19***



Danby Community Church

*Adding to and Building up
the Kingdom of God*



DANBY COMMUNITY CHURCH
Serving GOD & Community

1859 Danby Rd.
Ithaca, NY 14850

Worship Services:

Sunday – 10am
Music Service, Wed. 7pm
Prayer Hour, Saturday 8am

Office Hours

Tues, Wed, Thurs 10-2pm
607.272.1687

Pastor Ed Enstine
607.592.8276
eenstine@aol.com

www.danbychurch.org
office@danbychurch.org
www.facebook.com/danbychurch



Declutter Your Soul

1. Leave Behind the Past - Practice letting go. When you notice another thought about the past popping up in your mind, stop, remember that it's already in the past, come back to this moment, breathe deeply, and let go of it.
2. Stop Overthinking - Overthinking means constantly trying to figure out how things will turn out, what people think about you, what might go wrong, whether or not what you want to do is worth it, etc. Daily prayer or meditation is one way to calm your mind.
3. Limit the Information You Consume – set time limits on Facebook, email, newsletters, newspapers and other media.
4. Replace Expectations with Acceptance - accept every person in your life as an individual, and don't wait for them to react in a certain way, not judging or blaming them. Simply be there for them, accepting their lifestyle and qualities, and appreciating having people who love you. Try to understand their point of view for a change. As Pope Francis says, "Who am I to judge?"

Our tendency to surround ourselves with only those who share the same political or social opinions only serves to narrow one's world.

Finally, there is a disturbing trend popular now. That is, to label someone "toxic" and kick them out of your life. This often includes the parents of an adult child because of past wrongs or personal disapproval.

Little Tricks Towards Peace

- Prayer.
- Try forgiveness.
- Suspend judgement.
- Try blindfold meditation (supposed to heighten the experience).
- Go outside.
- Exercise.
- Reframe things that upset you.
- Think of them from another point of view.



About our cover: Lynne Hudson, contemporary Australian artist

"Holding a grudge is like taking poison and expecting the other person to die."

Untitled Story

Before he gave his sermon for the evening, the pastor introduced a guest minister. He told the congregation that the guest minister was one of his dearest childhood friends.

With that, an elderly man stepped up and began to speak. "A father, his son, and a friend of his son were sailing off the Pacific Coast," he began, "when a fast approaching storm blocked any attempt to get back to shore. The waves were so high that, even though the father was an experienced sailor, he could not keep the boat upright, and the three were swept into the ocean as the boat capsized."

The old man hesitated for a moment, making eye contact with two teenagers who were, for the first time since the service began, looking somewhat interested. The aged minister continued. "Grabbing a rescue line, the father had to make the most excruciating decision of his life: to which boy he would throw the other end of the life line. He only had seconds to make the decision. The father knew that his son was a Christian, and he also knew that his son's friend was not. As the father yelled out, 'I love you, son!', he threw out the life line to the son's friend. By the time the father had pulled the friend back to the capsized boat, his son had disappeared beneath the waves into the black of night."

By this time, the two teens were sitting up straight in the pew, anxiously waiting for the next words to come out of the old minister's mouth. "The father," he continued, "knew his son would step into eternity with Jesus, and he could not bear the thought of his son's friend stepping into an eternity without Jesus. Therefore, he sacrificed his son to save the son's friend. How great is the love of God that He could do the same for us. Our heavenly Father sacrificed His only begotten Son that we could be saved. I urge you to accept His offer to rescue you and take hold of the life line."

With that, the old man sat back down. The pastor then delivered a brief sermon with an invitation at the end. However, no one responded to the appeal.

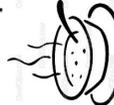
Within minutes after the service, the two teens were at the old man's side. "That was a nice story," politely said one of the boys, "but I don't think it was very realistic for a father to give up his only son's life in hopes that the other boy would become a Christian."

"Well, you've got a point there," the old man replied, glancing down at his worn Bible. Sorrow began to overtake the old man's smiling face as he once again looked up at the boys and said, "It sure isn't very realistic, is it? But I'm here today to tell you that I understand more than most, the pain God must have felt to give up His only Son. For you see, I'm the man who lost his son to the ocean that day, and my son's friend that I chose to save is your pastor."

- Author Unknown – from Godslittleacre.net

Danby Community Church FEBRUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1p Wm's Bible Study	2 8:00 Hour of Prayer
3 8:45 Adult Sun. School 10 Worship Service 11:30 Coffee Hour	4 9 Strength Grp. 11 Tai Chi 7p Trustees Mtg.	5 5p Pastors Hr. @ Sanctuary 7p Pastor's Bible Study	6 11 Tai Chi 7p AA Meeting 7p Music Service	7 9 Strength Grp. 12p Sr. Citizens Mtg. 5p Pastors Hr. @ Sanctuary	8 1p Wm's Bible Study 5p Chicken & Biscuits 	9 8:00 Hour of Prayer
10 8:45 Adult Sun. School 10 Worship Service 11:30 Coffee Hour	11 9 Strength Grp. 11 Tai Chi 7p Admin Council	12 5p Pastors Hr. @ Sanctuary 7p Pastor's Bible Study	13 11 Tai Chi 7p AA Meeting 7p Music Service	14 9 Strength Grp. 5p Pastors Hr. @ Sanctuary 	15 1p Wm's Bible Study	16 8:00 Hour of Prayer
17 8:45 Adult Sun. School 10 Worship Service 11:30 Coffee Hour	18 9 Strength Grp. 11 Tai Chi 12p Soup & Fun 	19 5p Pastors Hr. @ Sanctuary 7p Pastor's Bible Study	20 11 Tai Chi 7p AA Meeting 7p Music Service	21 9 Strength Grp. 3p Food Pantry 5p Pastors Hr. @ Sanctuary	22 1p Wm's Bible Study	23 8:00 Hour of Prayer
24 8:45 Adult Sun. School 10 Worship Service 11:30 Brunch 	25 9 Strength Grp. 11 Tai Chi 12p Food Truck  7p SAP	26 5p Pastors Hr. @ Sanctuary 7p Pastor's Bible Study	27 11 Tai Chi 7p AA Meeting 7p Music Service	28 9 Strength Grp. 5p Pastors Hr. @ Sanctuary		



Chicken & Biscuits

February 8, 5pm

With potatoes, green beans, corn, squash and beets, desserts and drinks for a donation!

NEW!

Pastor's Bible Study
Tuesday nights at 7pm

There will be two separate small groups, meeting every other week on Tuesday.

One group will be concentrating on applying Biblical direction to real life.

The other group will be for people interested in evangelism and assimilation into the life of our church.

Soup, Games & Fellowship

Mondays, once a month at 12:15

February 18 & March 18

All are invited!



Women's Bible Study

Fridays at 1pm

Adult Sunday School

Sundays at 8:45am

On Wings of Love

The priceless gift of life is love,
For with the help of God above
Love can change the human race
And make this world a better place.
For love dissolves all hate and fear
And makes our vision bright and clear
So we can see and rise above
Our pettiness on wings of love.

– Helen Steiner Rice



Next Chicken & Biscuits

March 8, 5pm



Blood Drive

March 15, 1 – 6pm

Walk-ins encouraged



Continuing Events:

Seniors Exercise Group: M & Th 9am

Tai Chi: M & W, 11am

Blood Drives: every other month, 3rd Fri.