

Volunteer Reminders

GREETERS

July 2 Carole Barron
July 9 Betty Kiep
July 16 Steve Turner
July 23 Emily Johnson
July 30 Sandra McDonald
August 6 Paulette Turner

CONTACT VISITORS

July 2 Steve & Paulette Turner
July 9 Betty Kiep
July 16 Jean Moore
July 23 Carole Barron
July 30 Steve & Paulette Turner
August 6 Betty Kiep

WORSHIP ASSISTANT

July 2 Stan Crockett
July 9 Carol Barron
July 16 Anita Raby
July 23 Sandra McDonald
July 30 Brenda Gilmore
August 6 Stan Crockett

Volunteer Reminders

TIME FOR YOUNG DISCIPLES

July 2 Betty Kiep
July 9 Anita Raby
July 16 Tom Lewis
July 23 Sandra McDonald
July 30 Betty Kiep
August 6 Anita Raby

ANNOUNCEMENTS

If you can't worship with us in person, you can view Pastor Tom's sermon on the website at cpc-Athens.com.

Tuesday, July 11, Ladies Luncheon at 12:00 at D&L Seafood, Athens.

Sunday, July 16th Session Meeting at 12:30

Sunday, July 23rd Potluck Luncheon after worship, bring your favorite dishes to share.

The Copeland Chimes

Seeking, Serving, Sharing Christ
July 2023

Copeland Presbyterian Church
27085 Copeland Rd.
Athens, AL 35613

FROM TOM'S DESK

Just yesterday, I returned from two weeks on vacation. One of the places we went was Glacier National Park. We did a bus tour of the park. The bus tour was led by a Native American- a member of the Blackfeet nation to be exact. The tour guide's name was Kevin Kicking Woman. He told us that his grandmother was very tall, with very long legs- thus the name "Kicking Woman".

Kevin some insight into the Blackfeet Culture while he was leading the tour. He said something that stuck with me. He said that Blackfeet will ask themselves four questions every day: 1. Have I been humble today? 2. Have I been generous today? 3. Did I laugh today? 4. Did I cry today?

As I listened to him saying these things, I recognized some parallels with our own faith. First, the practice of a person reexamining their day has a storied history in the Christian tradition going back at least 500 years. Ignatius Loyola created a prayer discipline known as the examen for the Jesuit order he created. *(continued next*

(Tom's desk Continued)

In this practice, they do exactly the same thing that Kevin suggested. They reflect on their day. They ask themselves how their faith has impacted their day- what they did that was good, what they did that was bad.

Secondly, the questions that Kevin asked are ones that we could all stand to ask. The bible says that we should be humble like Jesus. So, asking ourselves if we've been humble is a good question for us to ask ourselves. The bible says that we should give all that we have. So, asking ourselves if we've been generous is a good question to ask ourselves.

I can think of a few other questions we should ask ourselves. Have I been loving? Have I been faithful? Have I been forgiving? Have I been accepting of others. Have I been gracious? Have I been peaceful and joyful? Have I been kind and gentle? Have I acted with self-control? The bible calls these things the fruits of the spirit. Asking these questions helps keep us aligned with the will of God?

Let me encourage you to consider making the examen a part of your prayer regimen. If you want some help with it, let me know.

Tom

MISSIONS

Limestone County Churches Involved - LCCI

The demand for food distribution at LCCI is great, so please continue to donate as you can, whether it be food items or monetary, everything is welcome. Some items needed: pancakes mix and syrup, mac and cheese, laundry soap, and bar soap. Also, need small size personal care items for homeless, chap stick, capri sun or a similar drink and bottled water.

Monetary donations can be placed in the offering plate and designated to go to LCCI.

If you have questions about LCCI, please see Carol Barts.

Backpack Project

Please continue to donate for the gift cards for next school year. Also, you may bring weekend backpack food items as long as the expiration date is at least past October of this year. We can keep them in the fellowship room closet and we will have a good supply to start off with when school resumes.

If you'd like to donate to this, please indicate the amount on your check and put a note for Mission/Backpacks. Thanks to all who have and continue to give. See Carole Barron or Mae Todd.

YOUNG DISCIPLIES

PRAYER OF TURSTING IN GOD

God of Victory, I thank You because I know that I can do all things through You. It is You who strengthens me and You are my greatest weapon against the adversary. Therefore, I will prosper, and I will be of good cheer because You have overcome the world. For this reason, I pray to You for what You will do through me in the future. Lord, I lean not on myself and I trust solely in You. Amen.

Connect US

Pastor

Rev. Tom Lewis

Session

Class of 2023

Susanne Slaten
Ed Taylor

Class of 2024

Anita Raby
Sandra McDonald

Class of 2025

Carol Barts
Bill Johnson
Clerk of Session

**Ministry Team/
Committee Leaders**

Building and Grounds

Ed Taylor

Children's Mission

Susanne Slaten

Christian Education

Sandra McDonald

Missions

Carol Barts

Outreach/Fellowship

Susanne Slaten/

Presbyterian Women

Susanne Slaten

Scholarship

Susanne Slaten

Security Team

Bill Johnson

Stephen Ministry

Cindy Saseen

Worship

Anita Raby

Birthdays



- July 3 Dawn Kiep**
- July 4 Colin Barts**
- July 6 Jeff Barts**
- July 7 Lavon Fogg**
- July 19 Lauren Fagan**

Anniversaries



- July 1 Erline & Bob Phillips**
- July 29 Lynn & Glenn Johnson**

STEPHEN MINISTERS

Empathy is something we all need-- and it's something we all can give. We all have our own experiences with life's challenges, from everyday bumps and bruises to major struggles and tragedies. In the midst of that, it's both healing and comforting when someone offers us the gift of empathy--when they take a moment to listen, feel our hurt, and show that they truly get it and care about what were going through. Each of us has opportunities every day to offer that gift to others. Recognizing those opportunities and giving people the empathy they need is a sure way to brighten their day and ours.

Leaders: *Mae Todd or Cindy Saseen*