

## **THE CRUSADER**

Web Site: [christchurchhome.com](http://christchurchhome.com)

CHRIST UNITED METHODIST CHURCH NOVEMBER, 2020  
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### **What's in Your Hand?**

**written by Rev. Parks**

God asked Moses an important question while Moses was in the desert. The question is this, "Moses, what is in your hand (Exodus 4:2)?" Moses replied a shepherd's staff. In this same manner, the church building is like Moses' staff. It is a gathering place, a symbol, a tool in which God uses to speak and to lead people into closer relationship to Him.

We believe at Decatur Christ UMC that the things in which God has done and continues to do in us through His Holy Spirit should be reflected in

how we live our lives and care for the things we have been blessed with. The church building is one way in which we have sought to follow Jesus faithfully in how we live. We join the Disciples in Jesus' call to faithfully make disciples of all people which we spoke at the closing of the Gospel of Matthew.

In saying all of this, the church building is a symbol of the gathering place of the faithful in God. Therefore, we have decided to take measures to make the building a place of shelter, safety,

newness and in one word...Home. We are the church and as the church we are called to journey with others, inside and outside of Sunday service, towards the heart of God. Therefore, this article is detailing the specific transformations that we have done to welcome people home.

God has allowed us to continue to be good stewards of the gathering place He has given our church family. In relation to this, the leadership of Decatur Christ UMC decided that we needed to update the facilities here. In the last month we have had the opportunity to make improvements to the facilities through the generosity of individuals that support Christ United Methodist Church. These improvements were completed to provide a space where visitors, friends, and

members alike can feel welcomed and safe.

One of the issues church leadership identified was the concrete walkway in the front of the church being uneven. Unfortunately, this has resulted in difficulties navigating the walkway safely. Through the generous donation of Karen Rivera, our church was able to have the concrete walkway evened out. I am very thankful and celebrate with the entire church in having a walkway that is much easier for all to safely navigate.

Christ UMC also wanted to improve the safety of the church building itself. This was accomplished by having the exterior doors rekeyed. Through the generosity of Karen Rivera, we were able to ac-

comply with this. As the church continues to be utilized by the church family and the community, everyone will benefit from the increased safety of the church facility.

When walking through the physical church building, dim lighting was noted. Through the generous donation of the church family, new light fixtures and lighting were donated. An individual in our church family donated their time installing all of the new light fixtures. We all will enjoy the improved lighting as we gather together.

Hallway carpet was noted to have a buildup of stains. In order to create a more welcoming atmosphere for all, an individual in our church family paid for the carpet to be cleaned. When you walk through the church hallway now you will see clean and bright carpet.

I am thankful to see the improvements that we as a church have been able to accomplish over this past month. It has been wonderful to see how God has used individuals to partner with the church to create a space that is inviting to all who walk through the doors. You too are welcome to partner with the church to improve the facilities. We have online giving available and you can also give in person. I also want to acknowledge and thank the many individuals who give of their time to help further the ministry and mission of God through Christ UMC.

As we gather together, we are reminded that we are also called to go out and reach out to those around us. We are the church; the hands, feet and mouthpiece of God Himself. We are those who are the

answering God's call to make Disciples of all people and to lead people to the heart of God. The church building, like Moses' staff, is only a tool in which God has given us so that we can join Him in the transformational work that He is already doing in our midst.

SO I leave y'all these questions:

What is in your hand? What has God given you to join Him in ministry to the world around you?

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Rev. Parks has shared how the building is being improved , and Bonnie Matthews has several ideas about how we can reach out to our members or future members.

Hello.....

Part of being on the PPR committee means that the member (s) will be supportive of the Pastor and the Church, and to encourage others to do so as well.

This positive behavior is very contagious!

Reverend Parks is very supportive of new ideas and approaches to make us grow and be better Christians to others. At last Sunday's sermon, the top 2 commandments were to 1 – love the Lord God

himself etc. and 2 – to love thy neighbor as thyself.

I was raised to send cards to show appreciation, care, and prayers of support for life's many challenges.

Some people don't care to send cards as they feel they are a "waste of time" as the recipient reads them then throws them away. But when you are on the receiving end, it can make your whole day.

Some people prefer to call on the telephone as it may be more personal, while others feel only a in-person visit touches the recipient.

Whatever is your preference to deliver a kind word, share your concern, just provide some human contact etc. means so much.

Therefore, I would like to propose forming a **Christ Church Hospitality Committee**.

This group of people would choose the method best suited to their comfort and would include communication such as;

- Calling visitors to our church as a follow-up and invite them to return
- Calling members who have missed more than 2 Sundays to assure their well being
- Sending birthday cards, anniversary cards, get well cards, etc
- Making phone calls to shut-ins, and 

- sending thinking of you cards
- Visiting in person (after Covid) monthly.
- In the future, picking up shut-ins to bring them to church.
- Possibly having “Care Packages” for visitors and shut-ins.
- This would include things such as The Crusader, The Upper Room, some form of edible treat, etc.

Other ideas are encouraged as well

So I’m putting this suggestion out there to see who might be interested in being a part of Christ Church Hospitality Committee.

If you are interested, or have suggestions please let Bonnie Matthews know. Just be aware, I might approach you too!!

Thank you so much!  
Bonnie Matthews  
SPPRC Chair

## HANDLING STRESS 5-4-3-2-1

During the Covid 19 sheltering in place and quarantine, many of us had moments of anxiety. We were able to snap out of it, but imagine the people who were living alone and just waiting for a phone call or even a political flyer as a way to see what was happening in the world.

To prevent anxiety from increasing and interfering with daily life, grounding exercises are recommended. These help us manage the symptoms of anxiety. As you feel your body becoming anxious, you can do these

exercises to reduce the “spacey” feelings and prevent the spiral downward to a panic attack. One of the most common grounding techniques is the “5-4-3-2-1” exercise.

### How it works

Start with conscious breathing. Breathe in for 5 seconds, hold the breath for 5 seconds, and breathe out for 5 seconds. Continue this pattern until you find your thoughts slowing down.

- **5** things you can see: Your hands, the sky, a plant on your colleague’s desk
- **4** things you can physically feel: Your feet on the ground, a ball, your friend’s hand
- **3** things you can hear: The wind blowing, children’s laughter, your breath
- **2** things you can smell: Fresh-cut grass, coffee, soap
- 1** thing you can taste: A mint, gum, the fresh air

This exercise helps you shift your focus to your surroundings in the present moment and away from what is causing you to feel anxious.” KR

<https://www.mayoclinichealthsystem.org/>

The Finance Committee asks everyone to give your tithes and offering. We have missed a few Sundays due to Covid restrictions, but our budget needs continue, especially winter utilities, insurance, and taxes.

October was Pastor Appreciation Month, and we were able to celebrate two of the four Sundays with in person worship. The other two Sundays were online worship due to pandemic restrictions.

On the first Sunday, Bonnie Matthews, PPR chair person, presented Rev. Parks with a poster filled with candy and messages. Here is what the poster stated:

**We just want you to know—we hit Payday when they assigned you to us. Hope you didn't Snicker after you met us Hot Tamales. We Flipz over a Mr. Goodbar pastor! Although we don't have Mounds of ideas or Whoppers of Sugar Babies to do the work of God, we have Good & Plenty of people who would Rolo for you with Kisses. So now that you know we aren't Milk Duds or Butterfingers, let us work with you to Rip this assignment up!**

During worship service on October 25, Bonnie gave Rev. Parks a decorative box filled with gift cards and certificates from the congregation. We appreciate Rev. Parks and Michelle so much and look forward to many years of service together. written by KR

The Lost Coin  
written by Bonnie Matthews

In September, 2020. Christ United Methodist Church held a rummage sale. I love antiques and old things. I found a lapel stick pin in a pin cushion, and I am sure it belonged to Lois Murrell. I stuck

it in my bag and thus began the research to find out what it meant.

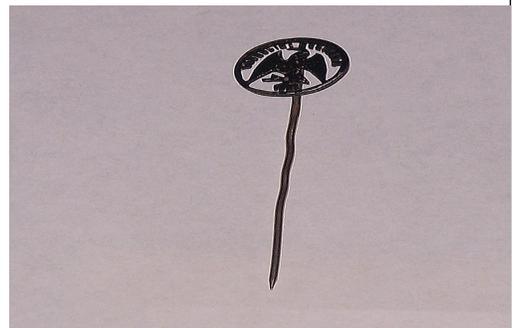
I showed Rev. Parks and Michelle, and they were interested. I showed my granddaughter, and she started looking. Finally, I took it to Decatur Jewelry and Coin shop, and they knew right away what it was.

Turns out, in WWII, the men had to be kept awake and stimulated, so they made jewelry out of coins (because they didn't have much money to buy jewelry). They used a jig saw to cut out around the structures in the coin.

The one I found is a 5 centavos (90% silver) of which 80,000 were made. In the reference catalog, it was listed as worth \$2.15. The man at the shop told me it could be sold on eBay for approximately \$20.

The words above the eagle are "Republica Mexicana" and the words under the eagle's feet are 1898. In the eagle's mouth is a snake which is symbolic of the eagle standing on a cactus.

It was so fun looking into the history of this stick pin. If only Richard Murrell were here to tell his side!



## NOVEMBER BIRTHDAYS

8	CHUCK PARKS
10	CAITLYN DAVIS
25	HEATHER ALBERT
28	BLAIZE THOMAS



## HAPPY ANNIVERSARY

4	BRIAN & KAREY KELLER
8	HENRY & LEA CARLS

PRAY DAILY FOR Sharon Coleman and the Carr family. Loraine Osborne, Barbara Boyd, Virginia Humphrey, Don & Harriett Wall, Malvia Sherwood, Joanne Austin, our church, Rev. Braden, Michelle, and Luke Parks

For years, I was an important part of the family. I had one job, and that was to protect my family. I did my job faithfully for ten years, and then I was no longer useful. What happened? Did the family no longer need me? Had I lost that special twinkle?

On the morning of October 28, I heard the footsteps of my owner approaching me. I had dreaded this day, but I knew it was inevitable. She tried to revive me with new batteries, but my LCD screen read **END**. Since this message had never appeared before, my owner had to read the instructions. **END** meant the end of the life of the unit. My life as a carbon monoxide detector had ended, but I had saved my owner for ten years.

On the same day, a new carbon monoxide detector was purchased and activated. Now I can leave the house permanently and know that my owner is safe.

Although this is a story with all the twists and turns of a soap opera, I hope it will encourage everyone to change the batteries in your carbon monoxide detector and fire/smoke detector when you change your clocks.

FALL BACK for the time change on November 1. It doesn't take very long to change those batteries, and it can save the lives of all of your loved ones. K Rivera