

Worship Participants

Worship Leaders Reverend Judy Rudd; **Liturgist:** Deborah Whitaker; **Director of Music:** Ann Tibbs; **Children's Moments:** Sandy Bobo; **Offertory Anthem:** Chancel Choir; **Choir:** Susan Coles, Ann Nixon, Delaney Wells, Christian Leus, Donald Warren, and Mike Frye
Ushers: Steve Dobbins, Joe Coles, Rob Wyatt, Bobby Wyatt, Roy Whitaker and Ken Kesterson

Sunday, February 6

Holy Communion Sunday

8:30 Chapel Worship

9:15 Sunday School

10:30 Worship

4:00 Trinity Village Vespers

Monday, February 7

Tuesday, February 8

1:00 PEO meeting/The Center

Wednesday, February 9

9:30 - 12:00 prep for Food

Distribution on Thursday

3:00 Coffee with the Pastor

Thursday, February 10

4:30-6:00 Food Distribution

Friday, February 11

Office closed

Saturday, February 12

Sunday, February 13

8:30 Chapel Worship

9:15 Sunday School

10:30 Worship

After Church



Souper Bowl Sunday

It is that time again - February 13 is Super Bowl Sunday!

Lakeside UMC will be collecting cans of soup and will be selling soup. The cans of soup collected and the profit from the soup sales will be split evenly between Neighbor to Neighbor and the Lakeside Feeding Ministry. The cost of the soup will be \$10.00 for a quart and \$5.00 for a pint. Read the Messenger next week to find out what soups will be sold???

**Pastor Judy's
contact information**
Reverend Judy Rudd
(501) 607-0889
judy.rudd@arumc.org

Ministry Staff—The Baptized Followers of Jesus Christ
Arkansas Conference Bishop, The Reverend Gary Mueller
Southeast District Superintendent, The Reverend Edna Morgan
Senior Pastor, The Reverend Judy Rudd
Administrative Assistant, Linda Schultz
Church Treasurer, Stephanie Hayslip

Coordinator of Congregational Ministries, Rebecca Phillips
Coordinator of Missions and Family Ministries, Geraldin Alfaro Mondragon
Mi Casa Ministry Assistant, Vanessa Hernandez
Custodian, Ernestina Beltran; Security, Humberto Solis

Lakeside United Methodist Church



"It's Not All On Me"

February 6, 2022

1500 South Olive Street 71601

870-534-6241

LakesidePB@arumc.org

<https://Lakesidepb.org>

Worship with us at <https://www.facebook.com/LakesidePB/live/>

Thank you for wearing your mask in worship.
(Blue Headings indicate 8:30 service.)

CHIMES

PRELUDE Let Us Break Bread Together Mark Hayes

WELCOME Reverend Judy Rudd

*CALL TO WORSHIP Deborah Whitaker

Let go of the demands of this day. Rest in the quiet of this sanctuary.

The noise of those demands ring in our ears.

There will always be needs to be met, demands on our time, but now is a time to rest.

Help us to understand the resting time, that it is a time to be at peace and grow in God's love.

*OPENING HYMN Trust & Obey v.1 & 4 UMH 467

LIFE OF THE CHURCH Deborah Whitaker

PRAYERS OF THE PEOPLE Pastor Judy

CHILDREN'S MOMENTS Sandy Bobo

OFFERTORY PRAYER Deborah Whitaker
You may also give electronically at lakesidepb.org/giving or by texting 73256.

OFFERTORY ANTHEM We Remember You Lloyd Larson

We remember you, we remember you; by your sacrifice of love, all glory now is due. At this table here, mercy hovers near. Thanks is offered up; in this bread and cup we remember you.

Precious risen Lamb, Jesus who was slain, now enthroned in glory, forever you will reign.

Gladly we embrace both these signs of grace. Thanks is offered up; in this bread and cup we remember you.

*DOXOLOGY UMH 95
Praise God, from whom all blessings flow; praise him, all creatures here below; praise him above, ye heavenly host; Praise Father, Son, and Holy Ghost. Amen.

(*Indicates a standing posture of praise. Stand as you are able.)

UMH denotes United Methodist Hymnal

*GOSPEL LESSON Luke 10: 38-42
The Word of God for the people of God.
Thanks be to God!

SERMON "It's Not All On Me"

SERMON SERIES Soul Reset: Pause ... Pray ... Be

HOLY COMMUNION UMH 12

RECEIVING OF BREAD AND CUP

PRAYER OF THANKSGIVING UMH 11

HYMN OF RESPONSE Be Thou My Vision v.1, 2, 3 UMH 451

*BENEDICTION

POSTLUDE Rigaudon Gordon Young

*The flowers are given to the glory of God
and in appreciation for the congregation of Lakeside UMC
and their faithfulness in contributing to their accounts with us by
The Methodist Foundation for Arkansas.*

"Thank you for allowing us to be partners in your ministries,
The Methodist Foundation for Arkansas."

(Please maintain social distancing at all times.)

Spiritual Practice – The Practice of Fasting

Fasting can be difficult to understand and to practice. Sometimes it can get misconstrued and confused with dieting, but it has nothing to do with weight loss. Fasting is about self-denial, about saying yes to God by saying no to some other competing desire. This week, you'll do a daily fast from various things that compete for space in your heart and mind, reminding you of your true desire to give God your whole heart.

Day 1: Fast from social media for twenty-four hours. Turn these apps off on your phone, and do your best not to go there on your computer. Notice any impulses you have to check your phone or the way you get on your computer and begin to type “Facebook” before you even realize it. As you sense those impulses, ask God to be the Lord of your life. Ask God for help to make social media a fun, “extra” thing in your life and not a distraction that keeps you from being fully present with God and with your friends and family.

Day 2: Fast from food from sundown to sundown. During your last meal, ask God to be your strength as you sleep and go about your day, relying only on God. Be sure to drink plenty of water. Throughout your fasting day, notice your cravings, your stamina, and your clarity. Lean on God's strength, and ask God to help you depend on God each and every day. When you sit down to eat again, give thanks to God for God's strength in you and God's presence with you always.

Day 3: Fast from words. As much as possible, refrain from speaking for a period of time. You may need to share your practice with family or coworkers ahead of time. This is a practice of being slow to speak and quick to listen. Pay attention to what you hear when you're not forming your own responses constantly.

Day 4: Fast from using plastic. As best you can, refrain from using any quick-and-easy, throwaway products. Notice the extra effort of washing a glass or carrying around a reusable water bottle. Pay attention to what you throw away in a day, and consider how you could cut back on waste by making a few intentional choices.

Day 5: Fast from excess. Super-sizing and going back for second helpings, retail therapy, and stockpiling can be second nature for many of us. Spend twenty-four hours practicing simplicity and moderation. Avoid second helpings. Don't buy anything that you don't need. Spend some time in your closet, purging unnecessary items and donating them to a thrift store. Spend this day taking only what you need from it and nothing more. Notice how it feels to deny yourself something that you want. Ask God to teach you to live simply and to depend on God.

Day 6: Fast from complaining and criticism. Take on a spirit of gentleness and encouragement for a day. What happens to your mood? To your countenance?

Day 7: Fast from technology. Go for a walk, take a nap, write letters, cook a great meal. Let your eyes look at real things right in front of you, and be present where you are.

From Soul Reset: Breakdown, Breakthrough, and the Journey to Wholeness by Junius B. Dotson p. 115-117.