

Sunday Worship Participants

Sermon: Reverend Judy Rudd; **Director of Music:** Ann Tibbs; **Liturgist:** Tommy Brown
Children's Sermon: Hazel McCauley ; **Choir:** Ann Nixon, Susan Coles, Christian Leus, Donald Warren and Delaney Wells; **Ushers:** Steve Dobbins, Joe Coles, Rob Wyatt, Bobby Wyatt, Roy Whitaker and Ken Kesterson

Sunday, January 23

8:30 Chapel Worship
9:15 Sunday School
10:30 Worship

Monday, January 24

5:30 Single Board meeting

Tuesday, January 25

Wednesday, January 26

3:00 Coffee with the Pastor

Thursday, January 27

10:00-2:30 Finance Office
Shredding

Friday, January 28

Office closed

Saturday, January 29

Sunday, January 30

8:30 Chapel Worship
9:15 Sunday School
10:30 Worship

Wednesday Evening activities are temporarily suspended until the Covid case numbers improve.



We are still requesting volunteers to help with our COVID-19 home test kit distribution. The distribution Monday - Thursday, 9-11 am and 1-3 p.m.

The job consists of answering the front office phone, door and handing out the kits to the public. If you would like to dedicate some time to this community event please email or contact Geraldine at 870-329-5088.

Pastor Judy's contact information
Reverend Judy Rudd
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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, Geraldine Alfaró Mondragon
Mi Casa Ministry Assistant, Vanessa Hernandez-Valdez
Custodian, Ernestina Beltrañ; Security, Humberto Solis

Lakeside United Methodist Church



"How Is It With Your Soul?"

January 23, 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/>

SOUL RESET PRACTICE – EXAMEN

The Prayer of Examen is a spiritual practice introduced by Ignatius of Loyola (1491-1556) that invites a deep inward reflection each day as an exercise in noticing the movement of God, our connectedness to God throughout the day, and learning to discern the will of God. In the practice of *examen*, we seek and find God in all things of daily life. As we examine each day, we look for those moments when we felt close to God, which Ignatius describes as *consolation*. We then look for those moments in which we felt disconnected from God, defined by Ignatius as *desolation*. In both spaces, we can seek God and hear from God about God's will for us, discover the truth about who we are, and be reminded that we are ever held by a good and loving God.

This week, you are invited to close each day with the practice of examen. Find a quiet place and turn off your phone and any other distractions. Light a candle and invite God to be present with you. Take some deep breaths and settle into your body and into the quiet. Begin each practice by reviewing the day in your mind, paying attention to moments of joy, moments of confusion, moments of sadness or moments of peace. Daily prompts for each day:

Day 1: *What brought you the most joy today? Give thanks to God. When did you feel most connected to God? Give thanks to God. Did you feel sad today? Share your raw and unabridged feelings with God. Then, sit in silence and listen for God's voice reminding you that you are loved and held in grace.*

Day 2: *If you could relive a moment from today, which would it be? Where was God in this wonderful moment? What did you experience or discover about the love and grace of God today?*

Day 3: *Jesus invites us to live lightly and freely with him each day. Did you feel light and free today? If yes, what was it like to walk unburdened through the day? If no, what is needed to accept Jesus' invitation to a light and free kind of living? Listen to God in the silence of your heart about what is keeping you from freedom.*

Day 4: *Reflect on your ability to give and receive love today. Was love easy or difficult to give away? Was love easy or difficult to receive? Look for God in these moments of giving and receiving love today, and ask God to teach you more about God's generous ways of loving.*

Day 5: *Rehearse the day in your mind, pausing at each moment of gratitude to give thanks. Invite God to reset your heart, to clear away the clutter of guilt, harsh words, words left unsaid, actions taken or left undone. Let God's grace wash over the desolation and guide you to a place of consolation where you can always begin again.*

Day 6: *How is it with your soul? Listen to your body, to your feelings, and to your thoughts. Share with God how your soul is doing today. Then, listen for God's voice to speak to your heart.*

Day 7: *Reflect on the idea of wholeness. What images come to your mind? Do you feel whole? If not, what is keeping you from wholeness? If yes, how did you come to be whole, and what does it feel like? Give thanks for where you are right now on the journey and invite God to speak to your heart in the quiet.*

From Soul Reset: Breakdown, Breakthrough, and the Journey to Wholeness by Junius B. Dotson p. 109-111.

You may want to journal your reflections in a journal, notepad, computer or phone. Listen to your heart as it guides you to write or type. Write your thoughts freely, without judgment, criticism or fear. You are simply talking to God, who loves you, meets you and accepts you exactly as you are.