

# Paul's Notes

Worship: 11: a.m.

February, 2009

## *Birthdays:*

Kayla Loftin  
Jason Madsen

**Collections in January : \$2,444**

**Expenses in January : \$2,584**

**Movies:** Doubt

**Book Reviews:** *Jesus: The Last Day*,  
*A collection of Essays* Published by the  
biblical Archaeology Society. Good background  
information on the early church.

## Sermons

**February 1:** Carol Loftin

**February 8:** Sam Loftin

**February 15:** Carol Loftin  
(with Norma Petet)

**February 25:** Ash Wednesday  
Service, 7:00 p.m.

**February 22:** Sherry  
Thompson



Bible Study: 10:00 a.m.

Current: Proverbs, Ecclesiastes, Song of Solomon

Next: Gospel According to Mark –Starting February 23rd

**Talents needed:** Volunteers for Food Co-op (see Afton)  
And pie social (See Carol or Rosella)

February 16, 2009: Bring a pie  
to sell, proceeds will go to  
new front doors. Time 5:00 to  
7:00 p.m.

Upcoming  
Events !!!!!



**Food Co-op:**

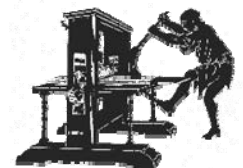
**Order Deadline:**  
February 6th

**Order Pickup:**  
February 21<sup>st</sup>

St Paul: 11:00 am –  
12:00 pm

## *Future Upgrades to Church*

Front doors  
Paint outside  
Ceiling in church  
Sanctuary



## Emmaus dates:

### WALKS:

Men's walk February 26- March 1 at  
Community UMC Washington Terrace,  
163 W. 4800 S

Women's walk March 5-8 at  
Community UMC Washington Terrace,  
163 W. 4800 S, Ogden

### GATHERINGS:

Gathering Sunday, March 15, 3-6pm  
at Community UMC Washington  
Terrace, 163 W. 4800 S, Ogden

## Excess Baggage by Judith Sills, Ph.D

**What is excess baggage?** - All those  
things that we can't see about ourselves that  
keep getting in our way

### Five Ruling Passions:

We need to be right...We feel Superior...We  
dread rejection...We create drama...We  
cherish rage

Any of these sound like you? Here are more  
clues that you may be carry excess baggage:

- -Have to finish every thing; a book etc.,  
even when you know it isn't worth it.
- Hard to be happy with being #2
- Feel you are always the giver to others
- Accused of flirting
- Paralyzed about important decisions
- Still angry about something in your past
- Long for better job, relationship but  
have given up
- Say yes vs. no because you don't want to  
disappoint anyone.
- Live for "Someday", when I'm...?
- Feel boredom, disappointment and  
apathy

## Lay Speaking Classes Scheduled

Lay Speakers are active, supportive members of the United Methodist church who are eager to serve through the church. Local Lay Speakers serve their local churches while Certified Lay Speakers serve in their own churches, in other churches and through district or conference projects and programs. (A Lay Speaker is not required to preach!) Basic and Advanced classes are offered several times each year in Utah. These classes equip Christians to become better leaders. Each course is 10 hours and is held on a Friday and Saturday. There will be two classes offered at Christ United Methodist Church (SLC) on March 20-21, 2009. (Friday 6:30-10pm, Saturday 8:30am – 5pm) The Basic Course will be taught along with an advanced Course – "Lay Speakers Lead Bible Study". Classes are open to Local and Certified Lay Speakers and non-lay speakers who are interested. The cost of the Basic course is \$25 (includes the book). The cost of the Bible Study Class is the cost of the books (\$17) plus \$10 payable on Friday night. Lunch will be provided on Saturday. Persons wishing to take an advanced course must order the books prior to the class. Please call or e-mail Cheryl Elliott at 568-0108 to reserve a place in either class and to get information on how order the advanced class books. PLEASE NOTE!!! All Lay Speakers must take a lay speaking course at least once every three years in order to maintain their standing as a Lay Speaker. Lay Speakers who have not taken a class since 2006 must take a class this year.

## Sound more like you? Its excess baggage if it meets one of the three criteria :

It comes between you and success

It comes between you and satisfaction, peace of  
mind and sense of well being

It makes you harder to love others

(Next month: More on what excess baggage is,  
and what you can do to get rid of it, or at least  
lighten your load.!) 