

Paul's Notes

Worship: 11: a.m.

March, 2009

Birthdays:

Glenn Ivie = March 7

Joanie Groves March 31

Collections in February: \$2,444

Expenses in February: \$2,584

Pie Social: \$80.00

Book: Having a Mary Heart, in a Martha World., by Joanna Weaver

Excellent Author, lots of good ideas to balance your life.

Bible Study: 10:00 a.m.



Gospel According to Mark –

Talents needed: Volunteers for Food Co-op (see Afton)

Sermons

March 1: Carol Loftin (with Norma Petet)

March 8: Sam Loftin

March 15: Carol Loftin

March 22: Sam Loftin

March 29: Carol Loftin

Daylight Savings Time begins on March 8thSPRING FORWARD!!!!!!!!!!!!!!



Upcoming Events !!!!

Food Co-op:

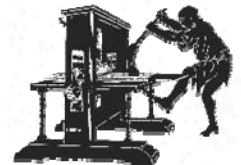
Order Deadline:
March 13th

Order Pickup:
March 28th

St Paul: 10:00 am –
11:00 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,
PhD**

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

More on what excess baggage is, and what you can do to get rid of it, or at least lighten your load!

Everyone has baggage—our greatest weaknesses are always the opposite of our greatest strength.

Excess baggage is normal, self imposed, comes from your strengths.

Causes: Ruling passions, primarily needs

Drive for control, self-esteem, security, attachment, and justice.

Example: Control

Develop take charge skills, and attitudes. Can be viewed as bossy, you exhaust yourself with never ending list of burdens and of responsibilities and decisions.

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.

You can change! Are you willing?!

Three step process:

- 1) Change what you see
- 2) Change what you think
- 3) Change what you do

Benefits: You make room to satisfy other needs, you make room to satisfy other peoples needs, and in doing so you make family, friends, nicer to be around. Set your self free, freedom that comes from knowing that you can change. You might even enjoy life and yourself better!

(Want to learn more, please read the book, it is very worthwhile, and provides good opportunities for self assessment.