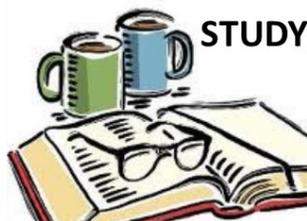


The Messenger

Pastor Kevin Cochran

Friendship United Methodist Church, 5222 NC 150 East, Browns Summit, NC 27214 (336-656-7151) October 2020

PASTOR'S STUDY



From the Pastor's Study . . .

“I love the beauty of your house, Lord; I love the place where your glory resides.” Psalm 26:8 (CEB)

There is something different about an empty sanctuary, a “sacred emptiness” that doesn’t exist in any other rooms. I like to sit in the darkness, facing the altar, and listen. Getting past the sounds of birds and traffic outside, the click of the ventilation system coming on, the creaks of an old structure trying to settle down, I start listening with my heart. I soon get the sense that I’m not alone. Sometimes I pray. Sometimes I speak out loud. Sometimes I just soak in the Presence of the One who calls me son. It is so much more than relaxing or meditating or reflection. It’s as if I’m visiting someone who knows me better than I know myself. Someone who doesn’t judge or complain or listen half-heartedly, but a Presence that cherishes every moment, every word shared. A place just to “be.”

The only thing better than this sacred emptiness is the gathering of all God’s people to celebrate the One True God. Gathering for worship, we have a common bond, a need to not only worship God, but

also worship as a church family. The sanctuary is thick with God’s glory. The sick of heart and body receive compassion. The joyous, mutual happiness. All giving prayer and praise for a God that is ever-present, ever-involved, ever-loving.

Our gathering has been interrupted though. We went six months without gathering in our beautiful sanctuaries for worship. I think that is the most “church” I have ever missed in my life, including before I became a pastor. I did recorded messages during that time, but it’s just not the same.

We are, once again, conducting worship services in our sanctuaries. We are following guidelines given by the Center for Disease Control, the North Carolina State Department of Health and the United Methodist Church. It is different, but it is wonderful to fill that sacred emptiness with blessed believers.

We are still in a dangerous time that demands caution. We not only must consider our own health, but also the health of others. Wear a mask. Wash your hands. Wait 6 feet apart and, I will add, worship God.

I love the beauty of the sanctuary barren of or bursting with God’s children. It is different, a place where “God’s glory resides.”

If you’re ready, I’ll see you on Sundays.

Pastor Kevin

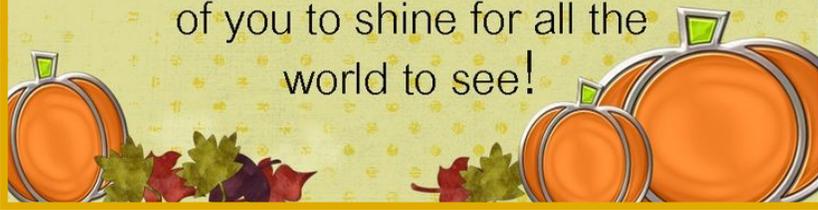


Lord, I love the house where You dwell, the place where Your
glory resides. Psalm 26:8



Friendship and Brown Summit prayerfully and carefully resumed in-person worship services on Sunday, September 13, following a six-month closure due to COVID-19. We are following the CDC's coronavirus guidelines. We have overflow available in the Fellowship Hall. For those who prefer not to attend in person at this time, the service is being live-streamed through our website (friendship-um.com) or our Facebook page. We welcome you back – our doors are open.

Being a Christian is like being a **pumpkin**. God **picks you** from the patch, brings you in, and **washes off** all the dirt. Then He cuts the top and **scoops out** all the yucky stuff. He **removes the seeds** of doubt, hate, and greed. Last, He **carves you** a new smiling face and **puts His light inside** of you to shine for all the world to see!



PASTOR APPRECIATION

Preacher • Teacher

Counselor
Friend
Leader



Father in the Lord



October is Pastor Appreciation month, and **Sunday, October 11**, is Pastor Appreciation Sunday. The United Methodist Church says that while the congregation or the laypeople are the hands and the feet of the church, the pastor is the heart of the body. And while their pastoral responsibilities may include administrative duties, they are also on the job 24/7, preaching, teaching, visiting the sick and most importantly, praying. We wish to express our gratitude and appreciation for Pastor Kevin's ministry at both Friendship and Brown Summit Churches for all that he does to minister to our church family and our local community. Thank you, Pastor Kevin!



Grayson Boyd - Grayson is with the United States Army, stationed at Fort Myer, Arlington, Virginia, assigned to the Continental Color Guard, 3rd Infantry Regiment (The Old Guard). Grayson participates in ceremonies in the National Capital Region, in particular, the White House, the Pentagon, and the Tomb of the Unknown Soldier. Other duties include presenting the colors at sporting events, including the Super Bowl and MLB opening day and other special events around the country. The 3rd Infantry Regiment is also tasked with defense in support of civil authorities in the National Capitol Region. Grayson is the son of Scott & Kim Boyd and the grandson of Alice and the late Donnie Simpson.



Wade Lynch - Wade, a 0311 Rifleman with the United States Marine Corps, graduated from the School of Infantry at Camp Geiger on September 6 and was then transferred to the main Marine Barracks in Washington, D.C. (better known as 8th and I, which is the oldest post in the Corps). He is assigned to do transportation and security for the Marine Corps Band and will be stationed at the Marine Barracks for two years. Wade is the son of Pam Lambeth Lough and the grandson of Henry & Sue Lambeth.

Friendship is so proud of these two young men. God bless you!

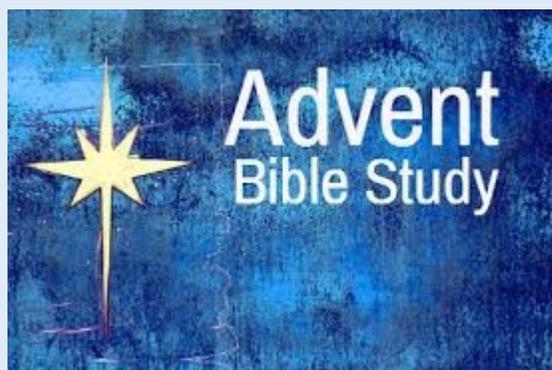


Our next food collection for the Fairgrove Food Panty will be on **Sunday, October 11**. Please bring your items to church and place them in the boxes on the front porch of the sanctuary. We will also have a drive thru collection for the Food Pantry in the parking lot in the afternoon from 2 p.m. to 3 p.m. at Brown Summit and 3 p.m. to 4 p.m. at Friendship. For October, we need: instant pudding (small size), canned pasta (spaghetti O's, Ravioli), Jiffy cornbread mix, Manwich, canned green beans and canned fruit. Please remember, no glass containers! Also, regular size cans of fruit and veggies are best. We are also collecting new personal items, such as, toothbrushes, toothpaste, dental floss, soap, shampoo,

lotion, nail polish, baby or adult diapers, toilet paper. We will accept travel sizes of these items as well. We will accept any paper grocery bags and egg cartons. If you wish to make a monetary donation, cash is acceptable, and checks can be made out to the Fairgrove Food Pantry. If you wish to mail a check for future monetary donations, please send it to Betty Jones, 321 Van Hook Road, Reidsville, NC 27320. Pastor Kevin will have Communion available to share in both parking lots. Thank you so much for your generosity! You are making a difference for many families!

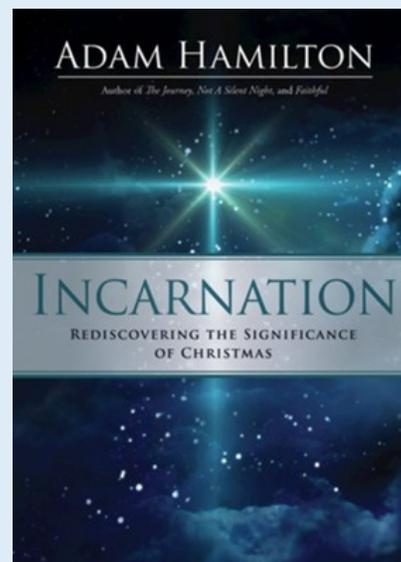
Although the first Sunday in October is the time when United Methodists join Christians globally to celebrate World Communion Sunday, Friendship and Brown Summit will celebrate World Communion Sunday on **Sunday, October 11**. The sacrament of communion symbolizes our unity, regardless of denomination. On that day, we will celebrate the Holy Sacrament of Communion during in-person worship and as we remember that we are part of the whole body of believers. Also, Friendship and Brown Summit will celebrate World Communion with a "Drive Through Communion" that Sunday afternoon from 2 p.m. to 3 p.m. in the Brown Summit parking lot and from 3 p.m. to 4 p.m. at Friendship's parking lot. It will be a beautiful, and meaningful, way to celebrate Communion.





Pastor Kevin will lead a four-week Advent Study beginning **Monday, November 30, at 10 a.m. at Friendship UMC and Tuesday, December 1, at 6:30 p.m. at Brown Summit UMC.** We will be using Adam Hamilton's "Incarnation," as we rediscover the significance of Christmas. Jesus' parents gave Him the name, Jesus. But the prophets, the shepherds, the wise men, and the angels addressed him by other names. They called him Lord, Messiah, Savior, Emmanuel, Light of the World, and Word

Made Flesh. In "Incarnation: Rediscovering the Significance of Christmas," Mr. Hamilton examines the names of Christ. In doing so, he also explores the historical and personal significance of his birth. This Advent season, church families will come together to remember what's important. In the face of uncertainty and conflict, Advent is a time to reclaim the Christ Child who brings us together, heals our hearts, and calls us to bring light into the darkness. Now more than ever, we invite you to reflect upon the significance of the Christ-child for our lives and world today! We will plan to meet in person, but if not, we will come together via Zoom. All are welcome to join in the Bible Study. The book is available through [amazon.com](https://www.amazon.com), [cokesbury.com](https://www.cokesbury.com), [christianbook.com](https://www.christianbook.com) or the Reidsville Bible Book Store (336-342-9633).



★ Missional Network ★

Friendship was originally one of the churches that made up the Guilford/Rockingham/Caswell Missional Network. We are now the "Guilford Northeast" Missional Network comprised of Friendship, Brown Summit, Jackson, St. James, Garrett's Grove, Camp Springs, Fairgrove and Gethsemane churches. Please contact Pastor Kevin (336-552-8130) if you have any ideas as to how we may minister to our community.

Cancellations due to COVID-19 Outbreak

One of our more meaningful services each year is the **All Saints Sunday** celebration held the first Sunday of November when we take time to remember the saints of Friendship UMC who have gone to be with the Lord. Due to the COVID-19 pandemic, this year's service will be postponed to a later date or combined with next year's service.

Our annual **Country Ham Supper** and **Crafty Christmas Bazaar** normally held in November have also been cancelled due to COVID-19.

Positive Emotions in a Pandemic



POSITIVE
EMOTIONS

**Dawn Hall, RN, BSN
Faith Community Nurse**

It is hard to fathom that we have been dealing with a pandemic for seven months, interspersed with hurricanes, earthquakes, riots and political upheaval. Not to mention daily stressors of caregiving, chronic illness and home schooling. It has taken an emotional toll on all of us.

I recently participated in a webinar for continuing education. The course was called, "How We Heal Ourselves and Others," by Paula Butterfield, PhD, PCC. The webinar focused on positive psychology to reduce anxiety, fear, and anger. Wow - there is a list that looks all too familiar.

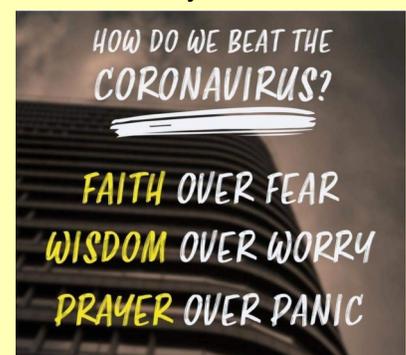
All of these negative emotions are necessary in life, they protect us - they are part of our "Fight or Flight" response - a wonderfully designed reaction to danger that may save our lives when it is activated in the brain. Unfortunately, we are experiencing many of these emotions all day, everyday. Not only is the constant stress bad for our physical bodies, but it is also making us react poorly to our loved ones, co-workers, and strangers.

When the body is in a constant state of stress, our responses to situations are abrupt, without thought and often hurtful. Negative emotions are easy so to speak - they come naturally to our brain and narrow our focus so that we may fight or flee. Positive emotions must be cultivated or practiced in times of prolonged stress because they only arise when we feel safe and secure.

I don't know about the rest of you, but I need to cultivate some positive emotions, but how do we do that? It actually takes daily attention but can become a habit after some practice - and if you are interested in calming your brain, I am sure there are one or two choices in the practices below to help you on your way.

First, begin cultivating your positive emotions for just a few minutes a day. Sort out the positive parts to your day, a beautiful blue sky, the cool breeze of autumn, the joy a pet or child brings, and linger on that positive emotion for several seconds or a minute. When you concentrate on the positive, your brain changes to a creative mode, you will be more productive in your day, the negative puts you in reactive mode, and your productivity is decreased because you have narrowed your focus.

According to the positive psychology movement started by Marty Seligman, positive emotions help us rise to the occasion or learn to "deal with it," and help us develop resilience in tough times.



One exercise Dr. Seligman recommends is called Character Strengths. God gave us all strengths that are part of our personality. You may know what your strengths are, but if you are not sure, you can take a test given by University of Pennsylvania at www.authentichappiness.sas.upenn.edu. The survey you will choose on this site is the VIA survey for character strengths. Pay attention to your first 5 strengths on the survey. They are your signature strengths and feel natural, positive and energizing when you use them. Try to use at least one of these each day especially on days that you are experiencing a challenging situation. Reflect on how you feel after you use this strength. If you do not feel more positive, move to another strength.

For example, spirituality is one gift on the survey. A daily prayer practice, reading your Bible or telling God out loud how you are feeling may brighten your day. If you enjoy humor, find something that makes you laugh. If your strength is curiosity, learn something new by exploring a new topic. Savor these feelings for a few minutes each day.

Another practice called "Flow" is the complete absorption into an activity. Have you ever been doing something you love, and you look up at the clock and wonder where the time went? Whether it is putting together a jigsaw puzzle, playing basketball with your children or working at the food bank, it should be an activity that takes your mind away from daily worries, energizes you and recharges your batteries. Oftentimes, the activity may not seem that enjoyable at the time (volunteering, exercising), but it gives you a sense of satisfaction when you are done.

Gratification practices can also help recharge our batteries. Try the activity "Count your Blessings" - write down 3 things that went well in your day and why they went well, or write down 3 things in your life you are grateful for and why.

Meditation is another suggested practice. It is a mental discipline to quiet the mind and help with relaxation. Note the word discipline, it takes practice to shut down the circle of thoughts that are continually running around our brains. You may only be able to remove those thoughts for a few seconds at first. Concentrate on the breath when your mind wanders, or go to a place that is peaceful in your mind such as a leaf flowing down a river, or clouds changing shapes, lying on the beach, etc. If you need help getting started: Google meditation and there are free sites to talk you through meditation and how to develop focus.

Admittedly, we would all just like our negative emotions to magically go away, but after waiting seven months with no end in sight, it may be time to take charge of your emotions, it will require daily work, but your physical body, your mind and your family will be happier! And you will be more productive.

ADDRESS CORRECTION

Clarence and Diane Hilliard recently moved to Oak Island. Their correct address is:

102 NE 20th Street
Oak Island, NC 28465





Church Family - Larry & Lovetta Bailey, LaVerne Brande, Wendell Brande, Wayne Brann, Sarah Childress, Dwight Chrismon, Pastor Kevin & Malisa Cochran, Ruth Hopkins, Shirley Huffines, Sue Lambeth, Jewel Lewis, Mike Linnane, Pat McLamb, Buddy Mullis, Bobbie Papoulias, Melvin & Margie Roberson, Pastor Nick & Libby Scandale

Other Friends & Family - Sandy Black, Sherry Chaney, Jane Hall, Lou Jolly, Steve & Ruby Morris, Tessa Murphy

In Sympathy - the families of Wayne Barham, Leo Calhoun, the Connelly family, Betty Gray, Pauline Holt, Don Michael, Burton Pegram, Barry Pilkenton, Orba Smith, Bobby Ray Summers

In Our Military - Pvt. Grayson Boyd and PFC Wade Lynch

Pastor Kevin's Office Hours

Friendship

Monday and Tuesday — 9 a.m. — 12 noon

Brown Summit

Wednesday and Thursday — 9 a.m.—12 noon

Friday – Day off

Other hours by appointment
(336-552-8130)

If you have a pastoral need, Pastor Kevin can be reached at his cell phone number:
(336) 552-8130.

Pastor Cochran requests that only emergency calls be made between 9 p.m. and 8 a.m.

His email address is:
kcochran@wnccumc.net

During the coronavirus pandemic, Pastor Kevin maintains his office at his home

FUMC Contacts

Bulletin Items: Renee Troxler 336-656-9809
renee.troxler@yahoo.com

Prayer Chain Requests: LaVerne Brande 336-656-3212 (lbrande@triad.rr.com) or Frances Cable 336-656-3089
fcable@triad.rr.com

Fellowship Hall Reservations:
Daniese Smith 336-375-3845
sibbyswims@aol.com

Messenger: LaVerne Brande 336-656-3212
lbrande@triad.rr.com or
Frances Cable 336-656-3089
fcable@triad.rr.com



Our **homebound members** can't come to church due to health or other reasons. Please pray for them or take a moment to send a note or card to let them know that they are missed. It will brighten their day!

Alice Hilliard

Whitestone, Apt. 310
908 Scottish Rite Drive
Greensboro, NC 27407

Ruth Hopkins

7160 Brown Summit Road
Browns Summit, NC 27214

Melvin & Margie Roberson

8015 Benaja Road
Browns Summit, NC 27214





2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Ham Supper and Crafty Christmas Bazaar in November have been cancelled</p>				1	2 Happy Birthday! Dwight Chrismon	3 Happy Birthday! Jacob Cable
4	5	6 Happy Birthday! Grayson Boyd	7	8 Happy Birthday! Brock Cable	9 Happy Anniversary! Jon & Christie Brande	10
<p>11 Pastor Appreciation Sunday</p> <p>Happy Birthday! Braden Hoopingarner</p>	12	13	14	15 Happy Birthday! Pastor Drew Hellams	16	17 Happy Birthday! Hannah Cable Frankie Wagoner
18 Happy Birthday! Matthew Parenteau Margie Roberson	19 Happy Birthday! Lindsay Collins	20	21 Happy Birthday! Caleb Law	22 Happy Birthday! Thomas Jones	23 Happy Birthday! Jim Gunn	24
25 Happy Birthday! Manny McMillan Mitch Strader	26 Happy Anniversary! Trey & Taylor Johnson	27 Happy Birthday! Jennifer Watkins	28 Happy Birthday! Jeff Chrismon Michael Payne John Lucas Woodson	29 Happy Birthday! Henry Lambeth Happy Anniversary! Bi & Misha Lambeth	30 Happy Birthday! Alice Hilliard	31 Happy Birthday! LaVerne Brande Aydan Cable HAPPY HALLOWEEN!