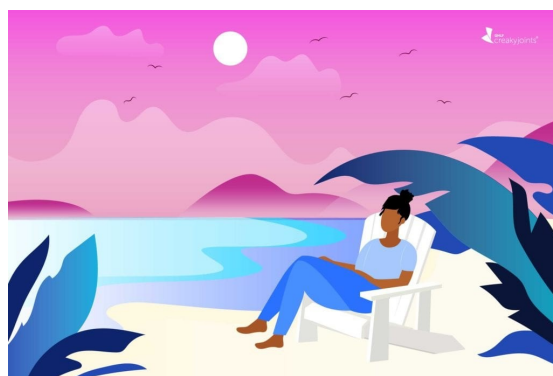


LAKESIDE UNITED METHODIST CHURCH
LAKESIDE LANTERN
SHARING THE GRACE OF GOD IN OUR 62ND YEAR

MAY

Rest, Relax, Renew



During May, Pastor David will be on Clergy Renewal Leave. As he takes some much deserved time for himself to get some rest, relaxation and be renewed, keep him in your prayers.

Concerns still lie ahead in the COVID days. Even as we are waiting for that all clear from the CDC, we must all take care of ourselves.

It has been suggested that we follow this prescription.

Rest- Even sitting in your chair for a bit. Sleep, of course is ideal, but not everyone can sleep easily. So find times and places to sit down, zone out, and rest. And then rest some more.

Relax- Resting does not always mean you are relaxing. Relaxing takes intention and practice. Work to restore some balance in your tired stressed body and mind.

Renew- We also need to engage in activities that *revitalize* us. They re-fill the well of our aliveness.

An Epic Year of Gratitude and Praise

The only way through hard times is ... well, through them.

You can't go over, under or around difficult seasons.

You simply plow through, one step at a time.

Last year was hard.

And that didn't go away because the calendar flipped to 2021.

But there is still good in *the* world.

“Our Mission is God’s Mission”

Scripture verses to focus on during our hard times:

1. “See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” — Isaiah 43:19
2. “He touched me and raised me to my feet.” — Daniel 8:18
3. “He picked up his mat and walked.” — John 5:8
4. “Then Peter got down out of the boat, walked on the water and came toward Jesus.” — Matthew 14:29
5. “Run in such a way as to get the prize.” — 1 Corinthians 9:24

The letter on the next several pages tells of just one person’s struggle during the pandemic. What Does God Teach Us When We’re Forced to Slow Down?

Holly Johnson running in Colorado Springs before her big interruption.



What God Teaches Us When We're Forced to Slow Down

Holly Johnson is a donor relations communications specialist for Compassion USA.

What did you do for vacation this year?

I'm guessing that instead of getaways, many of you experienced unexpected changes of all kinds: a sudden lack of ability to find toilet paper. A sudden shift to remote work. A sudden shift to online school. A curtailed social life. A strained family life. A reduced — or increased — workload. Maybe even outright loss: a job, a family member, a friend. (I pray that you have not suffered that kind of loss, but realistically, it's likely that some of you have.)

Each of us has endured significant life interruptions this year that have forced us to slow down. I have too. Here's what happened when I took a leap of faith — one that sent me backward. I'm sharing my story with the hope that it will encourage you as you navigate yours.

Summer of Standstill

My interruption had nothing to do with a pandemic. Besides dealing with COVID-19-related impacts to work location, family/social life, and T.P. inventory, I also spent the summer recovering from ankle surgery. The procedure took place in early June ... three months *after* the original March surgery date we had planned. And I know what you're thinking: "But COVID-19."

Well, actually, no. It's: "But chicken."

I chickened out of surgery in February, weeks before elective surgeries were put on hold here in Colorado.

The chickening out, I know, stemmed from several root excuses:

1. I don't want to spend the summer being so limited.
2. I don't have time for this.
3. I don't want my life to be interrupted any more than it already has been.
4. I'm afraid something will go wrong.

Reality Check

I finally cried "Uncle!" during quarantine. I called the clinic and scheduled the surgery for the earliest date I could get after Colorado began lifting state restrictions.

You may be wondering how this came about. Well, God got particularly creative when he designed my feet and ankles, tossing some structural anomalies into the architectural plans. I knew about them — or thought I did. We discovered another one during the diagnostic process. It was crowding a tendon, and the tendon had finally reached the point where it couldn't compensate anymore. When it first flared up in late 2018, I could hardly walk. I spent all of 2019 trying to fix it.

Despite this struggle, the last thing I wanted was another surgery. Back in 2013, I got so sick after a surgery that it broke my endurance. Before that interruption, I was enjoying newfound running and athletic talents, competing in races from 5K to marathon, road to trail, mountain to triathlon. I was winning age-group awards — something I never thought I could do. It opened up a whole new world for me, and I loved it!

That 2013 procedure took my normal away. I started trying to rebuild my strength and reconnect with the running and triathlon communities. After five years of relentless work, I was finally seeing glimpses of my former self.

Then the ankle went on strike, and I felt my progress start to fade. I was *very* afraid of this surgery. But the only choice at that point was to move forward and accept the risk.

Curveball

The procedure was supposed to be simple and straightforward. But during the surgery, the medical team discovered yet another structural anomaly in the ankle complex. I kid you not! It had successfully hidden from the X-rays, the ultrasounds and the MRIs. The team had never seen this variation before. And just like that, the straightforward procedure turned into an experimental and involved surgery.

When I learned what had happened, I didn't know whether to laugh or cry (I laughed). **Between you and me (and a certain enthusiastic Creator I know), I could have done with a little less creativity!**

He Raised Me to My Feet

My summer, by the numbers:

- Sixteen weeks of recovery and counting.
- Twelve physical therapy appointments and counting.
- Seven massage therapy appointments and counting.
- Three post-op appointments and counting.

The road back to mobility has featured muscle spasms. Nerve pain. Swelling. Atrophy. Instability. Weakness. Fatigue. It has included a soft cast, a scooter, an Ace bandage, crutches, a walking boot, a pile of ice packs, and an array of rehabilitation tools. It has required countless hours of physical therapy “homework.” It has caused gritted teeth, frustration and tears.

With COVID-19 restrictions in the mix, it has also meant having little direct social contact during a time when I really could have used some. Forced recovery and isolation was a place where I never wanted to go again. My husband and I prayed fervently that this surgery would be free of complications.

It has called for creative solutions for everyday living — not to mention a sense of humor. (It's not a scooter, it's an all-terrain vehicle!)



But here's the thing: When my ankle finally reached a certain stage of healing, **I started experiencing breakthroughs like these:**

- I went from pulling my seated self up and down stairs with my upper body, to carefully “going vertical” with the support of a crutch.
- I went from hanging on to the kitchen counter for dear life as I tried to take a step without crutches, to walking around the block, to walking for an hour.
- I went from struggling to get on my bike, to riding for several miles with confidence.

Sometimes we choose interruptions in life. Sometimes interruptions choose us. No matter the circumstance, there's a new normal in town that's uncomfortable. Unpredictable. Aggravating. Restrictive. Lonely. Exhausting.

How do we respond in faith? How do we reach those breakthroughs that feel like they're never going to come? How can we even think about running when today, we can't even walk?

The particulars look different for everyone, but **here are some principles that have helped me navigate my convoluted path:**

1. Accept that life is going to throw you some curveballs, even when you pray that it won't.
2. Recognize that the new normal isn't a sprint. It's a marathon.
3. Identify healthy, life-giving activities that you *can* do at each stage of interruption. Then make the most of them.
4. Do the work to rebuild a solid foundation.
5. On hard days, choose to trust your Surgeon (God). Focus on taking the next step — and hang on to him for dear life.
6. Keep a long-term goal in view. Work toward it relentlessly. Hold it loosely.
7. Celebrate victories, both large and small.
8. Ask for help when you need it. Offer help when you see a need.

Forward (Finally)

As I developed this article, my surgeon cleared me to start adding a little bit of running back into my routine. Music to my ears! But I have to remind myself that I'm not out of the woods yet. I still have to apply patience to this season of rebuilding. Whatever happens, all I can do is what I can do. And I'm determined to make of the most of it.



Holly Johnson is a donor relations communications specialist for Compassion USA.

SIX LITTLE STORIES WITH LOTS OF MEANINGS

- (1). Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.
- (2). When you throw babies in the air, they laugh because they know you will catch them. That is trust.
- (3). Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. That is hope.
- (4). We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.
- (5). We see the world suffering, but still, we get married and have children. That is love.
- (6). On an old man's shirt was written a sentence 'I am not 80 years old; I am sweet 16 with 64 years of experience.' That is attitude.

Have a happy day and live your life like these six stories. Remember - Good friends are the rare jewels of life, difficult to find and impossible to replace!!

A Year of Gratitude

*Letter taken from Compassion International,
a Compassion Partnership Facilitator from Chukulisa Roba,
a Compassion Partnership Facilitator in Kenya ...*

I hope you feel encouraged by her words.

I am reminded of the hymn "To God be the glory" as I share my story of gratitude as a testimony of how God can call, equip and facilitate us to do ministry.

"Why do you want to join Compassion?" was the last interview question I was asked by one of the panelists on April 24, 2018, at the Compassion Kenya office. I answered, "Because I want to be an active participant in the Great Commission." That was all I desired to be, even in my place of work.

Thankfully, I got the opportunity to work with Compassion Kenya as a PF (Partnership Facilitator), serving with 16 partner churches and over 5,000 children and youth. My two years so far have been amazing. Being a young lady of 25 years and the youngest employee by then, he gave me the grace and favor to serve with pastors, bishops and church leaders effectively. Besides that, I come from a marginalized community where women being in frontline ministry is rare. I thank God that I am counted among the few.

I am sincerely grateful to God that I am part of this journey of releasing children from poverty in Jesus' name and for the constant reminder that our mission is God's mission.

I pray that as we journey, we will constantly remember the higher calling that is beyond our line of duty and give ourselves fully to the call to witness to the children and youth entrusted to us.

In Christ,

Chukulisa Roba Halakhe

Partnership Facilitator

Compassion Kenya

United Methodist Women News

There have been so many changes in our lives during the past few months that sometimes fear, frustration and anxiety can creep in on us. We need to remember Philippians 4:6-7: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Find a quiet place to pause and listen for God's voice (from the Upper Room).

The Bookworms Circle and Susanna Wesley Circles won't meet until whenever we can resume meeting at the church. Members will be notified of the next meeting and the meeting schedule will be discussed at that time. The book club that meets at Lakeside has had several zoom meeting for their book reviews. We do not plan to issue a new yearbook now so please use the current one for phone numbers.

Barbara, our Treasurer, has sent our pledge money to the district. Payment of our district pledge is one of the requirements for the Mission Today award. Our pledges also support many local and national projects. Even though the district payment has been made please consider completing your pledge for this year if you haven't done so. You might also consider giving an amount equal to the cost of a ticket to our luncheon that we were unable to hold this year.

Make checks payable to United Methodist Women. They can be sent to the church (1901 12 Ave. South, Lake Worth FL 33461) attention Barbara Russum/UMW.

When we do meet to make plans for a new year, we need to consider the following: What can we do to make a difference? How can we improve what we do? Your suggestions and comments would be appreciated.

Nancy Gettys, President

561-622-8309

Nancygettys13@hotmail.com



United
Methodist
Women

FAITH • HOPE • LOVE IN ACTION

Book Club 2021 Selections

May Book Club will be on Zoom again. We hope YOU will be ready to join us on MAY 17th at Noon.

Book Club List for 2021.

>> MAY: Janice Hatt - The Book of Longings by Sue Monk Kidd

>> JUNE: Helen Gilmore - Legendary Locals of West Palm Beach Florida by Janet DeVries and Ginger Peterson

>> JULY: Clare Shore - Title to be forthcoming

>> AUGUST: D'Ette Matthews - Finding Dorothy by Ely Letts

>> SEPTEMBER: Betty McMurchy - The Oysterville Sewing Circle by Susan Wiggs.

>> OCTOBER: Anne McCartney - Tilly and the Crazy Eights by Monique Gray Smith.

>> NOVEMBER: Planning Session for 2022 selections

>> DECEMBER: Holiday Luncheon

Continue to read while you shelter in place. We will let you know when we are able to meet again.



I ♥
Book Club

Matthew Meals

Matthew Meals will be on May 29th will be for the church family. You will receive more information soon.

We will follow the most recent CDC regulations for the preparing of the food and providing the food to the public. Due to the new social distancing concept, if people are interested in helping, please reach out to Pastor David 585-7519 or Jane Harden 586-3015. We are keeping a very, very limited number of people to help and they will be keeping a list of who is doing what!

FOOD PANTRY MINISTRY

THE CROS FOOD PANTRY IS ON THE 1ST, 3RD AND 5TH THURSDAY OF EACH MONTH IN THE AFTERNOON.

Remember all you need to bring is a picture ID and something with your current address on it. The next Food Pantries will be on Thursdays, May 6th & 20th from 4 – 6 PM. We will be partnering with CROS Ministries, who will be bringing the food to pass out from their truck.

At this writing they will still be coming to give out already bagged food to people. Because the Pantry is held outside on the porch if it is raining they do not come.

Church and Mission giving– Our giving has to be modified to accommodate the new reality of not gathering in person. Electronic giving through PayPal is the best way to do this. Many of you are already on our giving platform. If you are not giving electronically, this would be a good time to do that. You can click on the giving option on our website at lakesideumchurch.org under the GIVING banner

If you prefer to make your gifts by check, you can mail it to:

Lakeside UMC
1901 12th Avenue S.
Lake Worth, FL 33461

PRAYER REQUESTS

Pastor David

Police and Military personnel

Health Care workers and First Responders

COVID-19 deaths and illness

Cancer:

Marilynne Tilley

Elizabeth Merchant

Lane Laubscher

Kathy Chandler

Sarah Rowe

Gary Fitzgerald

Denise, stage 4 cancer, daughter of Sister

Chris of The Great I Am.



Other Health:

Beverly Knapp

George Russum

June Palma

David VanVleet

Frank Call

Jeffrey Roberts

Helen Branson— health issues

Wanda Laubscher- Lupus.

Selburn & Joan Dacres

Carl Linderson-Meniere’s Disease/vertigo

Don & Peggy Morphesis

Vinnie Manna- hip pain.

Beverly Engler-Manor Care Delray

Maryann Davis

Albert Jordan

Brad Swain- kidney & aortic aneurysm

Lindsey Moretz, 27 yr. old niece of Max

Moretz, lung surgery

Debby Aliff-breathing and other health issues.

Marcia, Nanci Branson’s supervisor

Debby, friend of Barbara Russum

Chrissy Harden

Paul Rawson

Hospice Care:

Mary Ann Giel

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David Branson, Pastor

Newsletter Editor:

Carolyn Ludwig

Don't see your
May
birthday listed?
Please let us
know.
Happy Birthday!



May Birthdays

- 2 Dennis Simmons
- 5 Nancy Hotchkiss
Nancy Howard
- 6 Joyce Blankenship
- 7 Carl Linderson
- 8 Monica Harden
- 9 Marilyn VanVleet
- 11 Chante Garrett
Beverly Hartman
Garfield King
- 13 Emma Orrock
- 16 Rebecca Walters
- 24 Bill Athas
- 27 Maria Batista
- 29 Mary Hanna
Erlinda Gonzalez

**We have a Place for
You!**

KEENAGERS:

Due to COVID 19, KEENAGERS will not be meeting until further notice.



Lakeside United Methodist Mission Statement

Sharing the grace of God through: Worship, Sacraments, Fellowship,
Prayer, Study, Service, Witness, and Love.

Vision Statement

Be a welcoming church reaching people with God's love within our
community and beyond.