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FROM THE PASTOR'S DESK

A Truth about Spiritual Disciplines:

During the month of August we will focus on the role of prayer in our lives: Prayer being one of the more common and probably more popular spiritual disciplines widely used by a vast majority of people.

As a spiritual discipline it falls under some common truths, which seem to apply to virtually all such practices. One of those truths being they are like many routine practices in our everyday lives.

Let me illustrate. I try to exercise three times a week to help me stay fit and healthy. Regular, consistent, and balanced exercise improves my overall health. However, if I happen to miss a day or two and then attempt to make that up by doing a very long and strenuous exercise routine the result is likely to be counter productive, possibly more harmful than helpful. A regular medication dose if missed a couple of times is not corrected by taking them all at once to catch up.

Spiritual disciplines, which grow us in our faith, are practiced in regular routines, which become a part of our daily lives. If they are missed for a day or two of course you can do additional to catch up, but you will not replace the benefit they could have been on the days they were missed. They nourish our spirits as food nourishes our bodies and have great benefit when taken in regular balanced ways.

To God be the glory,
 Larry

**Wednesday
 Prayer Group**
 Begins at 9:30 a.m.
 Church Prayer Room
 Come and Pray
 With Us!
Everyone Welcome!

**Praying Through
 God's Word**

**WEEKLY BULLETIN
 DEADLINE**
Wednesday
10:00 a.m.


 September Compass
 Deadline is Monday,
 August 18

AUGUST 2014 CALENDAR OF EVENTS

- 1** 8:30am Adult Spiritual Formation
12:30pm Office Volunteers
- 2** 10:00am AA Meeting
- 3** 2:00pm Are You Smarter Than A 5th Grader? Event
3:30pm Lifted Hands Practice
- 4** 6:00pm Mom's Group
7:00pm AA Big Book Meeting
- 5** 6:30pm Church Council
Praise Team Practice
- 6** 11:00am Christian Meditation
5:45pm Choir Practice
6:00pm Boy Scouts
6:30pm Children & Youth Formation Team
7:00pm AA Meeting
- 7** Al-Anon Meeting
- 8** 6:00 Scouts Roundtable
- 9** 10:00am Feeder of the Pack
7:30am United Methodist Men's Breakfast
- 10** 10:00am AA Meeting
- 11** 2:45pm Youth Picnic at Bigham Lake
1:00pm Nurture and Care
- 12** 7:00pm AA Big Book Meeting
12:00pm Young at Heart
6:00pm Board of Trustees
6:30pm Praise Team Practice
- 13** 7:00pm Finance Committee
9:00am Staff Meeting
5:45pm Choir Practice
6:00pm Boy Scouts
6:30pm Publicity and Promotion Team
7:00pm AA Meeting
- 14** Al-Anon Meeting
4:30pm Girl Scouts
6:30pm Committee on Nominations

- 16** 10:00am AA Meeting
10:30am Saturday Morning Book Club
- 17** 11:15am 3rd Sunday Praise Service
1:00pm Leadership Retreat
- 18** MEALS ON WHEELS WEEK
6:00pm Mom's Group
7:00pm AA Big Book Meeting
- 19** 6:30pm Praise Team Practice
- 20** 11:00am Christian Meditation
5:45pm Choir Practice
6:00pm Boy Scouts
7:00pm Service & Missions
AA Meeting
Al-Anon Meeting
- 23** 10:00am AA Meeting
- 24** 5:00pm Youth Groups
- 25** 7:00pm AA Big Book Meeting
- 26** 6:30pm Hospitality Committee
Praise Team Practice
- 27** 11:00am Christian Meditation
5:45pm Choir Practice
6:00pm Boy Scouts
6:30pm Youth Ministry Team
7:00pm AA Meeting
Al-Anon Meeting
- 28** 4:30pm Girl Scouts
- 30** 10:00am AA Meeting
- 31** 12:00pm Our Neighbor's Table



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| 31 | | | | | | |




CHRISTIAN MEDITATION—
ON THREE WEDNESDAYS, AUGUST 6,
20, AND 27 AT 11:00 AM JUDY LITTLE
WILL OFFER A PRAYER PRACTICUM
(“PRACTICE”) THAT INTRODUCES A
FORM OF CHRISTIAN MEDITATION.

This is NOT a workshop or a course; there is no (long or take-home) reading or writing assignments. Our August prayer-practice will provide us with a calm, very open (and “listening”) spiritual “place” of meditation, one that invites us into a conversation with God.

The practice involves: 1) reading aloud a narrative passage of Scripture, then, 2) silently visualizing the actions, inwardly “seeing” the figures, noticing the landscape, and—especially—placing oneself in the visualized scene and action. The leader’s guiding voice will cease, and then the meditator allows the prayer-conversation (with God) to continue “happening” as it will.

This method of praying is best when it is part of a schedule and part of a group (a prayer-group, a Sunday school class), or when it is shared with a trusted prayer-friend. This prayer experience is a traditional, trusted mode of prayer, and it is helpful when folks are exploring (“discerning”) their relationship with an active Christian community.

Question: What star is closest to Earth?
 Learn the answer to this question and others while enjoying great fun, fellowship, and wonderful desserts at the **Sunday, August 3rd at 2:00 pm Are You Smarter than a 5th Grader? All-church, back-to-school celebration.**
 Come to participate or simply enjoy the fun.



LIFTED HANDS
 A new ministry is forming at MUMC. It is called *Lifted Hands*. *Lifted Hands* is a simple form of liturgical expressive dance. MUMC *Lifted Hands* is performing “*This is the Day*” by Shannon Wexelberg on August 10th. Afterward, if you are interested in joining this new ministry please contact angie_baughman@hotmail.com or 618-201-0139.




August 12th
12:00 noon
Fellowship Hall
SUMMER PICNIC...
 ...without the ants!

Menu - \$5.00 charge
Hamburgers & Hot Dogs
with Condiments
Chips
Baked Beans
Ice Cream with Toppings,
Chocolate, Strawberry, Carmel
Please don't forget to sign-up
on the attendance pad!
We will see you all on the
2nd Tuesday of every month for a
delicious meal and fun conversation.



Youth Group



August 10 Bigham Lake outing
 2pm Van Leaves Church
 2:45 Arrive at Bigham Lake
 5:00 Dinner
 7:30 Van returns to Church
 All three youth groups: bring a friend and Parents/Grandparents are also invited to this event. Meat & buns, condiments & ice cream are provided. Please bring side dishes (salad, dessert, snacks) to share. Also, bring a beach towel, sunscreen and lifejacket if you have one.

August 24 Regular meetings
 *CYF: Christian Youth Fellowship (3rd - 5th grade)
 Leaders: Irma Bigham & Jennifer Watson
 *JYF: Junior Youth Fellowship (6th - 8th grade)
 Leaders: Laurie Nehring & Shannon Vincent
 *SYF: Senior Youth Fellowship (9th - 12th grade)
 Leaders: Paula Chapa & Stephanie Finke
Meetings are every
2nd & 4th Sunday 5-6:30pm


OUR NEIGHBOR'S TABLE

FREE

8/31

Chicken & Dumplings
Dinner with Dessert
& Beverage

LAST SUNDAY OF THE MONTH



CHURCH LIBRARY

"Love the Lord your God with all your mind."



The Library Corner: The Book & The Movie

Do you follow the rule? It is very likely you will hear about the rule the minute you tell someone that you are going to see a movie that is based on a book. You know the rule—it's stated very clearly: "READ THE BOOK FIRST!" This first rule is usually followed by a second rule. That one is "THE BOOK IS BETTER!"

If you'd like to test that theory, the Church library offers you some opportunities to try it out. Here are several "book & movie" pairings that can be found on the library shelves:

Heaven is for Real. This very popular book is written by Todd Burpo, a pastor and father, who found to his amazement that his young son, Colton, who had become severely ill on a family trip and been hospitalized, had apparently had a "heavenly" experience during the time his family feared for his life. The book is Colton's story of that experience. We have the book—and now we have the movie, just issued on DVD.

The Help is a bestselling fiction book by Kathleen Stockett, which also was made into a popular movie. It is set in the South in the early 60s before de-segregation is anything more than a dream. The story is one of hope and courage-- and some humor too. Lines are crossed, changes are made, and several lives are never going to be the same. The movie stars Emma Stone and contains a wonderful performance by Viola Davis.

Like Dandelion Dust is by popular Christian fiction author Karen Kingsbury. This dramatic fiction book portrays the shock and grief of adoptive parents when they are told the adoption is not legal because of forged papers. The biological father has been incarcerated, but now is released from jail and wants his son back. The adoptive parents soon begin making desperate plans. The book was made into a movie starring Mira Sorvino.

The Ultimate Gift by Jim Stovall. This entertaining book features a large inheritance, a spoiled young nephew named Jason, and a plan by his deceased uncle to make a man of him. Over the next year, Jason is to receive 12 challenges. He must meet them, or the inheritance is gone. The movie stars Brian Denehy and Lee Meriwether.

The Chronicles of Narnia, by C. S. Lewis. Starting with a door in an old wooden wardrobe, four children are transported to a magical land where there are talking fauns and animals, and where the world is locked in permanent winter. They meet evil in the form of the White Witch, and Good in the form of Aslan the lion. The library has the whole series of Narnia books. The movies are BBC productions of "The Lion, The Witch, and the Wardrobe," "Prince Caspian," and "The Silver Chair". *This series of books is for youth-- and for adults who have not lost their youthful sense of wonder!*

Here's your chance to read a book and then watch the movie. Or break the "rule" and watch the movie and then read the book. We'll never tell!



"A Walk in the Woods" by Bill Bryson

The Appalachian Trail stretches from Georgia to Maine and covers some of the most breathtaking terrain in America: majestic mountains, silent forests, sparkling lakes. If you're going to take a hike it's probably the place to go. And Bill Bryson is surely the most entertaining guide you'll find. He introduces us to the history and ecology of the trail and to some of the hardy (or just foolhardy) folks he meets along the way; and a couple of bears. Already a classic, A Walk in the Woods will make you long for the great outdoors (or at least a comfortable chair to sit and read in).

Get a head start on the books for September: "The Secret Life of Bees" by Sue Monk Kidd and October: "Miss Peregrine's Home for Peculiar Children" by Ransom Riggs

SATURDAY MORNING BOOK CLUB
August 16th at 10:30 a.m. Church Library
 Contact 559-0329 or ehargraves88@gmail.com
 We will be discussing:

MUMC ANNUAL TRAIL DAY-2014

HAPPY TRAILS TO YOU

THE ANNUAL TRAIL DAY WILL SOON BE DUE,

WRITE DOWN THE DATE,

2014, SEPTEMBER 28

FUN, GAMES, FOOD AND HIKING

MUSIC & RAPPELLING IT WILL ALL BE TO YOUR LIKING

IT STARTS AT THREE SO BRING A DISH TO SHARE

AND WE WILL HOPE TO SEE YOU THERE.

IF YOU DON'T YET HAVE A TRAIL DAY T-SHIRT

PLEASE PAY ATTENTION TO THIS ALERT.

IN THE SANCTUARY AS YOU CAN SEE

AN ORDER FORM IS THERE FOR YOUR AVAILABILITY.

ALL THE INFORMATION YOU NEED IS ON THE SHEET

JUST FILL IT OUT NICE AND NEAT

ON THE TABLE IN THE NORTH SANCTUARY

A BOX FOR YOUR ORDER FORM, PLEASE DON'T TARRY.

HOPE THIS LITTLE DITTY YOU DID LIKE,

NOW LET'S ALL GET READY TO GO TAKE A HIKE!

MUMC TRAIL DAY TEAM

Please bring lawn chairs. Watch the bulletin & website for more details.



You're Invited to
**NATIONAL
BACK TO
CHURCH
SUNDAY®**

So Please **SAVE THE DATE:**
September 21, 2014
9:00 or 11:15 am

**THE DEADLINE FOR THE
SEPTEMBER COMPASS IS
AUGUST 18TH . THANK YOU.**

**4th Annual
Murphysboro
United
Methodist
Church**



Apple Pancake Breakfast

Saturday, September 13, 2014

7—10:30 am Fellowship Hall

Tickets sold in advance.

**Available August 10th by UMM
members or in the church office.**

Proceeds used to support the
Murphysboro Food Pantry, Church Camp &
other Missions of the MUMC.



Praise Service

**MUMC's new, informal
praise & worship service!**

**Come at 11:15am August 17th. Launch of weekly Praise Service
begins September 21st. Let's pack the sanctuary! Invite a friend!**

DISCIPLE BUILDERS

We have completed our first project, and have a couple more in the works. Applications are available in the church office for members of our church family to have small home repair projects completed. Let us know how we can help you!



CONTACT DAN BRATTON AT
687-2460 IF YOU HAVE ANY QUESTIONS.

MARK YOUR CALENDAR!

Sunday, November 30th, 7 p.m. we will have "Celebrate Christmas with the Worthing10s" a fun-filled, music-filled evening.

The Worthingtons are a family gospel/bluegrass band - parents and seven of their ten children who will all play a special part in helping us to kick-off the Christmas season. Be sure and save this date, you won't want to miss it. Watch for more details to come!

The Worthing10s Family Bluegrass Band



August

Worship Leader

Traditional Service - Rosie Wece - gwece@wecefarms.com

Praise Service - Angie Baughman -
angie_baughman@hotmail.com

Acolytes

Aug 3 - Madison Ripley & Makayla Ripley

Aug 10 - Alex Baughman & Tyler Doody

Aug 17 - Ethan Finke & Megan McNitt

Aug 24 - Maggie Jenkins & Conner Twenhafel

Aug 31-Drake Rogus & Aiden McNitt

Sunday Stewards

Bob Eaton, Ralph Bastien,
Andy McNitt & Bill Quigley

Welcome Hostesses

Aug 3 - Laurie Nehring & Kathy Blackwell

Aug 10 - Laurie Nehring & Kathy Blackwell

Aug 17 - Adrienne Will & Sandy Herring

11:15 To Be named

Aug 24 - Adrienne Will & Sandy Herring

Aug 31- Carolyn Ozburn & Erin Mileur

Prayer Request Readers

Aug 3 - Mary Jane Williams

Aug 10 - Emily Hargraves

Aug 17 - Adrienne Will

11:15: Angie Baughman

Aug 24 - Wilma Westerfield

Aug 31-Kristi Miller

Greeters

Aug 3 - Loyd & Ruth Ebersol

Aug 10 - Loyd & Ruth Ebersol

Aug 17 - Jim & Sheila Stewart

11:15: Stephanie Finke & Emily Finke

Aug 24 - Jim & Sheila Stewart

Aug 31- Nancy Tillett & Adrienne Will

Liturgists

Aug 3 - Candy Watt

Aug 10 - Barb Hughes

Aug 17 - Ed O'Donnell

Aug 24 - Laurie Nehring

Aug 31 - Judy Little

Ushers

James Bean, Todd Doody, Jay Graff, Kyle Hargraves,
London Watson, Jennifer Watson




| | | | |
|----|------------------|----|------------------------|
| 1 | Sally Moutardier | 18 | Marty McNitt |
| 2 | Gaye Auxier | | Allison Brown |
| | Logan Wingerter | 20 | Emily Allen |
| 3 | Bob Eaton | | Abigail Wingerter |
| 5 | Ricky Pierson | 21 | Charles Crews |
| | Elias Guthman | | Jerry Miller |
| 6 | Dean Shields | 25 | Donna Hert |
| 7 | Randy Auxier | 28 | Brooke Guthman |
| 8 | Preston Fletcher | 29 | Jacey Nehring |
| 10 | Matthew Baughman | | Maggie Stewart |
| 14 | Gary Likins | 30 | Wesley Graham |
| | Ruth Verbal | | Hillary Presley Brooks |
| 15 | Trey Rush | | Wes Will |
| 16 | Kim Goforth | 31 | Deana Twenhafel |
| 17 | Carmilee Donahue | | |
| | Grant Ticer | | |

Thank you for supporting the 2014 Yard Sale with your donated items. A HUGE thanks also to all who worked so hard organizing, pricing, and selling. At least 150 people waited for the door to open on Friday afternoon! More details to follow on the success of the sale.

Lynn Pierson and the Service & Missions Team

AUGUST Noisy Offering
is going to
Liberia Pastor's Salaries



If your anniversary or birthday does not appear in the Compass, please contact the Church Office at 687-2317.



| | |
|----|-------------------------|
| 3 | Willa & Francis Addison |
| 12 | Sally & Ron Moutardier |
| 13 | Joan & Ralph Bastien |
| 15 | Angie & Matt Baughman |
| 16 | Jamie & Shannon Green |
| 16 | Kathy & Gerald Ripley |
| 19 | Theresa & John Mills |
| 25 | Imogene & Jim Tedrow |

Murphysboro United Methodist Church
1500 Pine Street
Murphysboro, IL 62966

Non-Profit Organization
U.S. POSTAGE PAID
Murphysboro, IL
Permit No. 63

Return Service Requested

Murphysboro United Methodist Church
1500 Pine Street
Murphysboro, IL 62966

MUMC OFFICE HOURS

Monday-Thursday from 9:00 a.m. to 2:00 p.m.
Friday from 9:00 a.m. to 12:00 p.m.
Phone: 618-687-2317 Fax: 618-687-2604
E-Mail: murphysboroumc@frontier.com

We're On The Web!
www.MurphysboroUMC.com



SUNDAY WORSHIP SCHEDULE

Traditional Service: 9:00 a.m.
Sunday School: 10:10 a.m.
Praise Service every 3rd Sunday: 11:15 a.m.

Ministers.....The Congregation
Pastor.....Larry A. Gilbert
Coordinator of Ministries.....Earl R. Renshaw
Discipleship Coordinator.....Teresa Gilbert
Financial Secretary.....Christine Nolan
Church Secretary.....Deb Severa
Custodian.....Pat Sullivan
Organist.....Micah Mayes
Choir Director.....Ricardo King
Nursery Attendant.....Tania Cruz