

CABOT UMC NEWS



"A community of faith striving to be Spirit-filled while experiencing Christ's limitless transformation through relationships, worship and service."



Our Current Sermon Series, "The Grudge"

This series is designed to address some of the current affairs that we are experiencing in America today. I truly believe that all of the anger/hatred/confrontation that we see is a result of our spiritual enemy's attack on unity and love. He uses our negative experiences in life as a weapon against our neighbor. We have a tendency to carry painful parts of our past with us: resentment against people who've hurt us, mistakes we've made, or even bitterness towards God. Hopefully this series will help us recognize the grudges we've been carrying against others and ourselves, and how the pain we hold on to weighs us down and keeps us from stepping into the freedom that God has for us. We've got to learn to let go of the past for good and embrace true forgiveness for the future.

7/12 - Letting Go of the Pain
Matthew 18:21-35

7/19 - Loving Yourself
1 John 1:9; Psalm 51:2-3

7/26 - Reconciling With God
2 Corinthians 5:16-21

God Works in Amazing Ways!!



Since we are in the series The Grudge, I've been focused on forgiveness in my prayer and reading time. I came across a 2018 article in Psychology Today that I thought was timely and relevant. I don't know anything about the author or whether or not he believes in Jesus Christ, but God has chosen him as a conduit to help people understand grace. I went to his website that is all about forgiveness and couldn't find a single reference to Jesus, but that doesn't stop the Holy Spirit from using whatever He needs to use in the process of reconciliation.

Here's a reprint of the article (the last sentence made me laugh).

How the Idea of Forgiveness Can Change the World—and You
The world has neglected the idea of forgiveness at its peril. Time for a change.

Posted Mar 20, 2018

I come to you today with an idea. Ideas can lift up or tear down. They can be conduits for good or for great evil. Having studied the idea of forgiveness for the past 33 years, I am convinced that to date, the world has missed one of its greatest opportunities: to understand, nurture, and bring forth the idea of forgiveness within the human heart, within families, schools, workplaces, houses of worship, communities, nations, and between nations.

It is not an opportunity missed in that it now has passed us by. Instead, it is an eternal idea, one that will transcend your and my lifetime and live on long after we are gone. Yet, its time is now, and this is why I come to you with this idea that can change the world.

This is not an idea based on idealism or wishful thinking. The idea has been forged over three decades of putting forgiveness to the test through randomized experimental and control group trials with: a) elderly struggling with injustices (Hebl & Enright, 1993), b) parentally-love deprived university students (Al-Mabuk, Enright & Cardis, 1995), c) incest survivors (Freedman & Enright, 1996), d) men hurt by the abortion decision of a partner (Coyle & Enright, 1997), e) people in residential drug rehabilitation who had been self-medicating to dull the pains of injustice against them (Lin, Mack, Enright, Krahn, & Baskin, 2004), f) emotionally-abused women (Reed & Enright, 2007), g) 6 and 8 year old students in Belfast, Northern Ireland (Enright, Knutson, Holter, Baskin, & Knutson, 2007), h) academically and emotionally at-risk middle school students (Gambaro, Enright, Baskin, & Klatt (2008), i) first, third, and fifth grade students from a segregated urban area of the United States (Holter, Magnuson, Knutson, Knutson, & Enright, 2008), j) cardiac patients suffering from past resentments which were affecting the amount of blood flow through their arteries to the heart (Waltman, Russell, Coyle, Enright, Holter, & Swoboda, 2009), k) elderly women in hospice who were dying of cancer and needed closure on family rifts (Hansen, Enright, Baskin, & Klatt, 2009), l) parents in Northern Ireland who served as forgiveness teachers for their own children (Magnuson, Enright, Fulmer, & Magnuson, 2009), m) adult children of alcoholics who needed to forgive a parent for excessive alcohol consumption (Osterndorf, Enright, Holter, & Klatt, 2011), n) Taiwanese youth whose insecure attachment to the mother was interfering with their well-being (Wei, Enright, & Klatt, 2013), o) emotionally-challenged youth in Korea, some of whom were incarcerated (Park, Enright, Essex, Zahn-Waxler, & Klatt, 2013), p) women with fibromyalgia who had been abused as children (Lee & Enright, 2014), q) employees in the workplace who suffered injustices from co-workers (Zhao, Enright, & Klatt, 2017), r) an individual who lost a family member to suicide and forgave as a way to overcome the mourning (Lee, Enright, & Kim, 2015; Lee, Kim, & Enright, 2017), s) and abused early adolescents in Pakistan (Raman, Iftikhar, Kim, & Enright, in press). In so many cases, people who chose to forgive improved statistically-significantly in their psychological health. Those who seemed to be devastated by the injustices against them were able to reclaim their lives. You may read some of these works at the International Forgiveness Institute's website (internationalforgiveness.com).

This list represents only the peer-reviewed and published studies within our own research lab at the University of Wisconsin-Madison. There are many researchers now across the world engaged in empirically based interventions on the psychology of forgiveness.

Given the scientifically-supported findings across a wide array of hurting people across the globe, it is now obvious to me that forgiveness is an answer to the darkness, the injustice, the evil that can suddenly cascade down upon a person, overwhelming, devastating the inner world of that person who is caught off guard by the unfair treatment. When this happens, resentment can burst forth in the human heart, grow there, and become the unwanted guest that sours outlooks and relationships. Resentments destroy; forgiveness builds up.

I have seen too often where resentments take hold, take advantage, and dictate future patterns between people and among groups. It becomes the self-righteous blueprint to stand against one's former compatriots, to fight them, to ignore them, to belittle them because the effects of the injustice—resentments—call for this. A life's pattern of defending one's turf, speaking against the other, fighting against the windmill of bad feelings and distorted perceptions of "the other" grow from injustices long gone. The injustices may have packed their bags, but the effects march ever forward in time to haunt, to disrupt, to destroy.

Forgiveness is the strongest response against the ravages of resentment that I have ever seen. Forgiveness as an insight that all people have worth can stop the march of the madness, the cruelty, the acrimony dead in their tracks. Forgiveness as a free choice to offer goodness when others refuse to offer it back can shine a light in the darkness and destroy evil. Yes, forgiveness can destroy evil because the light of forgiveness is stronger than any darkness and while some scoff and laugh at that, those who have the courage to try tell me that forgiveness is the over-comer, the defeater of a life being lived with bitterness and revenge-seeking. It is time that this idea, an idea that can destroy evil, becomes more visible. It is time for us to take seriously the warning that resentment can kill, not only us but also our children and our children's children as the resentment refuses to die. Look at the history of some of our war-torn lands in which people groups refuse to yield. The prejudices, the hatred are willingly and obediently absorbed by the children who obediently act on these and then pass them on to the next generation.

It is time to shed light on an idea. It is time to focus our minds, hearts, and wills on the idea that forgiveness must be better understood by all who will listen, be better practiced and continually practiced, and then passed on to others as a gift to them. It is time to bring forgiveness into the light of humanity for a more mature humanity, one that understands the destruction of evil and even more so understands the cure for this darkness in the human heart.

This is 33 years of thinking about an idea now talking to you. Some refuse the idea. Some ridicule it. Some try to disparage the messengers. Yet, as with resentment, which refuses to die, I find that forgiveness, too, refuses to yield. Will you follow the norms of your community that have ignored forgiveness, or will you start a new trend? Forgiveness is an answer to injustice. Forgiveness is a cure for the potentially devastating effects of injustice. Forgiveness holds out the hope of living with joy. It is time. How will you now contribute to this new idea that can change the world?



Robert Enright Ph.D.



Renewal Ranch Love Offering

Renewal Ranch is approximately a 12-month faith based and Christ Centered program in Conway for men 21 years of age and older who are struggling with substance abuse issues. For the past 3 years we have partnered with and supported this much needed ministry as they seek to set men free from addiction, thus restoring marriages, families and lives for the glory of God. Usually, we invite the men of RR over to worship with us and share testimonies of the power of the Holy Spirit and how God is transforming their life. You all have been very generous to RR in the past and have sent about \$5,000 each year to ensure the viability of this ministry. Unfortunately, they have seen an increase in demand for their services since the beginning of COVID-19 and at the same time they've seen their financial support dwindle. They rely heavily on the local church for finances because they are an extension of God's larger Church. Since they are unable to come this July as they normally do, we are designating this Sunday, July 12, as Renewal Ranch Love Offering Sunday. In addition to your normal offering to Cabot UMC, we are inviting you to give above and beyond to Renewal Ranch to keep this vital ministry going. You can either give through the church by designating your gift to Renewal Ranch or you can give straight to the Ranch. The link below will take you to their website.

<https://www.therenewalranch.org/>

"A generous person will prosper; whoever refreshes others will be refreshed".

Proverbs 11:25

How Can I Watch the Worship Services at Home?

Cabot UMC is live every Sunday at 9:00 (Contemporary) and 11:00 (Traditional) Join us on our YouTube channel for inspiration and transformation.

You can join us by following the instructions below for your preferred method of viewing:

Computer: Go to www.YouTube.com and type in the YouTube search bar, “Cabot United Methodist Cabot Ar”. This will take you to our channel. You’ll see our logo. Once there, “click” the SUBSCRIBE button and you’ll be notified every time we upload something to our YouTube channel.

Cell Phone, Tablet, Roku, Amazon Fire stick, Smart TV:

Download the YouTube app if you don’t already have it. Open the app and type in the search bar, “Cabot United Methodist Cabot AR”. This will take you to our channel. You’ll see our logo. Once there, “click” the SUBSCRIBE button and turn on your notifications so you’ll be notified every time we upload something to our YouTube channel.

After Sunday morning, you can find the worship experience on our Face Book page, YouTube channel or on our website (www.cabotumc.org) in the drop down tab under Sermons and also on the Home page of our website.

If you still need assistance getting set up, please call the office and we’ll either walk you through the set-up process over the phone or send someone out to set it up for you.

Is your small group ready to meet?

The church facility is now open for use for groups of 10 or less. Consistent with the Arkansas Conference guidelines, both indoor and outdoor activities are acceptable IF we practice social distancing, use hand sanitizer, eliminate use of items touched by multiple people, wear masks indoors, etc. Basically, use good judgment and be mindful and respectful of this situation and the people we are going through this with.

If your group wants to meet in the church, please schedule that meeting through the church office and receive a copy of the meeting guidelines (also found at www.cabotumc.org). As of right now, the meetings will only be scheduled for direct ministry purposes. No birthday parties, showers, family reunions, etc. at this time.

As always, the church staff is working diligently and is available for you if you need anything.

Cabot UMC Reengagement Plan: “Touchless Worship Experience”

As of Sunday, June 28, we have started having worship services back in our buildings. However, our worship experience is different than we are used to. Each week we will have a maximum of 50 people in one of three designated areas for worship. The layout of our building will allow us to have three completely separate rooms (sanctuary, gym, the Refuge in the Wesley Center) that will easily hold 50 people each while maintaining proper social distancing. Those three areas will be treated as separate buildings so hallways will have very little traffic. We plan to have a 9:00AM contemporary service live in the gym while simulcasting to the sanctuary and the Refuge. We will have a traditional service (no choir at this point) at 11:00AM in the sanctuary and simulcast to the gym and the Refuge. The 10 o’clock hour will be used for cleaning and sanitizing. If 40% or less attend a worship service, we will have more than adequate space.

As people arrive, the first 50 will go to the primary worship space (either the gym for the 9:00, or the sanctuary for the 11:00). Ushers and greeters will direct the next 50 to a secondary space, and once it has reached the maximum capacity of 50, we will move to the third space.

The corporate worship experience will be modified to comply with the Annual Conference, Gov. Hutchison and CDC recommendations for safety.

1. **Physical distancing**

- Masks will be worn by everyone at all times by anyone over 10 years of age. We highly encourage you to bring a mask from home.
- A minimum of six feet social distancing will be set up in our worship services, except for family groups.
- Passing the peace will be eliminated so as to avoid handshakes and hugs as well as passing the plate during the offering.
- One point of entry will be used for each building so we can monitor for proper social distancing and maintain crowd control. The point of entry for the 9:00 will be the primary doors for the gym (Family Life Center entrance). The point of entry for the 11:00 will be the main doors (Sanctuary entrance). Please use these doors as you come and go, to keep us in accordance with public policy.
- We will continue online streaming of worship (9:00 & 11:00 services) and other events.

2. **Sanitation**

- Hand sanitizing stations will be at the entrance we use for each building.
- On the day worship services are held, there will be designated volunteers to wipe surfaces in real time.
- We plan to remove items that could be touched by multiple people and leave as many doors open as possible to create a “touchless worship experience.” There will be no Bibles or hymnals in the sanctuary. Song lyrics will be on the screen.
- Classrooms will be off limits for those in attendance, until the next phase.
- No coffee stations, refreshments or other items that might attract a crowd.
- Being consistent with our “touchless worship experience” we will have appropriate doors and windows open.
- Water fountains will be closed.
- We will encourage our most vulnerable to continue to join us online. We have several nurses on our volunteer team that will be in the building during the worship experience.

3. **Signage**

- Signs are clearly posted at every entry advising that people should not enter the building if they have had recent fever, symptoms or contact with patients who have tested positively for COVID-19.
- Signs are posted at every entry advising that people should not enter the building if they are a member of an at-risk population.

4. **Youth, Children’s Ministries and Nursery**

- There will be no Sunday morning classes for youth, children or nursery. Families will worship together.

This will be a new, unique, and honestly confusing start back for many of us. We have been diligently working on ways to make the experience as smooth as we can!

PRAYER LIST

Trinity Woodward
Christy Cavin
Phyllis Buckingham
Wyatt Coke
Joyce Massey
LaVonne Thompson
Julia Dill
Eric Bennett
Linda Springfield
Linda Davis

Kyle & Sheli Msall
Mary Williams
Augustus “Gus” Britton
Tish Kingan
Jackson Barnes
Cliff Herndon
Bob Ralston
Tarri Henderson
Betsy Greene
Jerry Shurley

Jennifer Woods
Charlie Mullins
Robin McNew
Kathy Garness
Bo Bossong
Kaitlyn Carmical
Foster Turnage
Bryan Weaver
Nathan & Micha Polston

Nursing Home/Rehab/Shut-Ins

Gladys Putt, Beth Hasek, Billie Dougherty,
Joanne Kimsey, Allie Lindsey



Even during Covid-19 our Men's Prayer Breakfast has been going strong. **We meet via Zoom each Wednesday morning at 6:00AM.** Drop us a text or email if you would like to join in. 501-605-7802 or doug.gates@hotmail.com. 😊

Announcements and Upcoming Events



Food Pantry Needs:

Canned corn & peas, canned chicken & tuna, toiletry items



It's almost time for our annual Back-2-School-Fair here at Cabot UMC! **This event will be held on Saturday, Aug. 1 from 8AM-Noon.** We're doing things a little bit differently this year due to Covid-19. This year we'll have to do a drive-thru event for the families in our community. We will NOT be taking any clothing donations this year due to Covid, since we won't be able to set up clothing rooms inside the church. However, we will still take

donations of school supplies and monetary donations for school supplies. We have almost 200 local children in need of a new pair of brand-name shoes for back to school time. **A link for a sign-up sheet can be found below. Please sign up using that link for which child you would like to buy shoes for. Then turn in the shoes with the child's # from the form by July 17!** If you'd prefer to give money and have someone else do your shopping, just contact Jana Foster at 501-259-5669 or Jill Chamness at 501-247-6844. You can also email them at Cabotback2school@gmail.com. Please click the link below to sign up to buy shoes:

<https://m.signupgenius.com/#!/showSignUp/9040449adae22abf94-back2school>

The NAMI Connection Mental Health Support Group will have their next meeting next Thursday, July 16, at 6:30 p.m. in Room M115 (the Willing Hands/Mixed Adults classroom across from the church office). They meet on the 1st & 3rd Thursdays of every month. For more information contact Ruth Trowbridge at 501-251-7287 or ruthtrowbridge01@gmail.com.



The Finance Committee will hold their next meeting on Monday, July 20, at 6:30PM in Room E110.



Even though church has re-opened with limited capacity, we will continue to offer Children's Worship Video links each week - one for 3 different age levels - preschoolers, 1st-4th Graders and 5th & 6th graders! These links can be found on our church website on the "Children's Ministry Information" page under the "Children's Ministry" tab on the main menu. Children & families are invited to watch these together each Sunday!



Children's Sunday School classes will continue to be meet on Zoom each week as well – ECA (Nursery), Pre-Schoolers, 1st-4th Graders (Rotation) and Root 56 (5th & 6th graders). These classes are led by some of our faithful teachers and are enjoyed by children as well as the leaders! It's not quite the same as meeting in person, BUT

it's always so good to see many smiling faces! Watch for an email late each week with the Zoom links for these classes. If you are not receiving these emails, please just let Darlene know! Thank you!

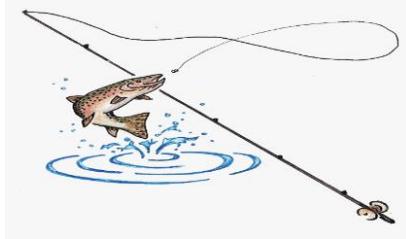
Check the Children's Ministries Facebook page each Wednesday for "Story Time at CUMC"! See some familiar faces as they share some of their favorite children's books. If you would be interested in sharing a favorite book, please just let Darlene know.



SUMMER TAKE-OUT CHURCH BOX



Stop by church office (just outside the office door)
 (You won't even have to come inside!)
 and pick up your box filled with activities to draw you closer to
 God this Summer!
 Fun things for families to do together –
 activities/experiments with sidewalk chalk, bubbles, sand, balloons and MORE!



Sr. High Fishing Event
Wednesday, July 8th 6-8 PM
Neumeier House
15 Cinel Loop, Austin, AR 72007

Jr. High Fishing Event
Sunday, July 12th 6-8 PM
Goddard House
Use This Pin on Google Maps:
<https://goo.gl/maps/mNtX9cDvi98cqmb7>
148 Laurel Ln., Ward, AR 72176

Items Needed:
Mask required during mingling
Fishing pole
Water bottle
Lawn chair
Bait will be supplied



Impact Weekends July 17-19/24-26

This summer, we were not able to participate in our routine trips and mission projects physically. The needs of people and the opportunities to help did not go away. In planning this summer, several families mentioned they missed events like OMP and other small mission opportunities and wished we could find some way to help others. With the help of Andy Cameron and David Gates, we are going to host two Impact Weekends.

These two weekends in July will be designed individually for each family or individual youth/adult. As families or individuals sign up, they will have the option of which weekend they'd like to work, whether or not they want to work in a small group (maybe even just their family or themselves), and how many hours they can offer during that time. We are aware that everyone's skill level is also different, so we will find jobs that fit your skill level, or we will match you up with more experienced workers.

Once we have your information and your preferences, we are going to start finding jobs to fit the dynamics of your set environment. These jobs will be out in the community or in places that you will be able to social distance. **Please fill out your information by clicking on the link below. The deadline to sign up for weekend #1 (July 17-19) is July 12th, and weekend #2 (July 24-26) is July 19th.**

<https://www.cognitofrms.com/CabotUMC1/ImpactWeekend>



Attention: Incoming College Freshmen: Our Youth Director, Jared Guinn, is planning to start mailing a weekly devotional to those of you who would be interested in receiving one as you start your new journeys at college. Please contact him at Jared@cabotumc.org and give him your college address if you'd be interested in receiving a devotional each week.

Effective September 1, 2017, carrying a firearm is prohibited on church property.

LAST WEEK AT A GLANCE

Needed Weekly: \$17,728.08

Received: \$16,822.33 (7/5/20)

THANK YOU
HAVE A GREAT WEEK

CABOT UMC STAFF

Senior Pastor – Stephen Dickinson
 Next Generation Pastor – Steve Wilson
 Director of Children’s Ministry – Darlene Gates
 Asst. Director of Children’s Ministry – Shandra Cameron
 Youth Director – Jared Guinn
 Club 56 Director – John Shirron
 Connecting Ministries Coordinator – Sarah Hagge
 Contemporary Worship Coordinator – Heather Carter
 Recovery Support Groups Coordinator – Greg Talley
 Choir Director – Laura Vaughn
 Financial Secretary – Pat Yingling
 Administrative Asst. – Sherry Pini
 Nursery Director – Michelle Mato