

The Vine

I am the vine; you are the branches...John 15:5

A publication of Valley Falls Christian Church

August 2020

The Marsh

COVID-19 has forced people to slow down. That's a good thing, right?

Yes, and no. It is good that families have more time together. It is good that people aren't running to meet the next event on their overfilled calendars.

It is not good that the joblessness and economic ruin produced by the shutdown have caused depression and anxiety to skyrocket. It isn't just the COVID. It is also the mass violent protests, looting, destruction and anarchy that are occurring in some of our large cities, on top of everything else that drive the increase.

Experts say – let's clear the air about experts. Whether it is economics, mental health, or an epidemic, well-educated experts can be found on all sides of any issue. Just because someone says "the experts say" doesn't make them right.

So...some experts say that depression and anxiety have increased by as much as four times since the pandemic started. Some even go as far as to say that stay at home orders are causing more mental health problems than the COVID problems they are supposed to solve.

Add to that the unemployment, political turmoil and the nightly barrage of the newscasts showing people who hate America and want to destroy her, it's no wonder citizens are anxious and depressed.

Ministers aren't immune from this, either. We feel emotional pressures just like anyone else.

I strongly believe in our constitutional right to peacefully protest. I mourn, however, when it turns violent and I see buildings burning, vandalism of property, the police being attacked and government officials doing nothing about it.

I believe in freedom of speech. I mourn when self-appointed thought police try to destroy those they disagree with through social media or other avenues.

I believe we are all equal in the eyes of God. I mourn when anyone, for any reason, thinks one type of person is less than another.

I believe that God has made us for community. So I mourn when families can't see each other and I especially mourn when our church family isn't together. I miss church family. I am glad we are meeting again, but we aren't all here. We don't feel whole.

We are all feeling some aspect of weight or burden because of everything going on right now.

This is where the marsh comes in.

Gina and I decided on a whim to drive out by the marsh two or three months ago. We were amazed at the many great egrets and great blue herons we saw.

After several trips to the marsh, we decided to park and walk. What a great idea that was!

We have watched red-winged blackbirds, dickcissels and dozens of indigo buntings to only name a few bird species. We witnessed a pair of muskrats playing in the water and a family of raccoons. We have seen numerous different wildflowers, butterflies and dragonflies.

The most wonderful thing about being out there is I don't think about what is going on in the world. It is a place for us to truly take our minds off of the problems of the world and simply focus on God's creation.

For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse. Romans 1:20 (ESV)

I look around the marsh. I see the beauty and diversity and the intricate design of nature. I can't help but think, "God did this. He did all of this. And if He did this, there is nothing He can't do."

So for a while, my mind rests in God's strength and care.

You need somewhere you can go. Somewhere that takes your mind off of the roller coaster ride this world is so your spirit can rest in the Lord. A place to pray. A place to meditate on God's word. A place to be still and know that He is God. For me, in this season, it is the marsh. Where will it be for you?

Mike

18TH Annual School Supply Giveaway
Saturday, August 8th 2020 from 8am-
11am

Valley Falls Christian Church
511 Oak Street
Valley Falls, KS 66088

- Book bags and school supplies for grades Pre-K through 12
- Community information and resources
- No income requirements
- Available for students of all districts
- First come, first served

Check valleyfallsc.org for the most current info or
Contact Tiffany Spencer for details



Set up for the annual school give away will be Friday, August 7th from 6 p.m. to 8 p.m. A great opportunity to help and work together for others.

No Men's Breakfast this month

Pocket Change for Progress: Please continue saving your pocket change for VFCC youth programs and School Supply Project. There will be a place to deposit that in the near future at the Church building.

Past sermons available online

Listen at www.valleyfallsc.org. If you cannot access them this way, you may ask Pastor Mike for a cd copy.

On line sermon opportunity: For those sheltering at home, church service will be available to live stream on YouTube (and Facebook). Also available on YouTube, previous services. Don't forget to subscribe to Valley Falls Christian Church YouTube channel

Service opportunity: We need a nursery age Sunday school teacher and a helper for the same class. If you feel led by God to step into one of these roles, please see Mike.



We will resume Wednesday evening Bible study on September 9th. 7 p.m.

Sunday school classes will resume the Sunday after Labor Day, Sept 13th.
Men's breakfast will resume Sept 12th.

Aug	Greeters	Scripture reader	Communion Devotion
2nd	Durand	Durand Ephesians 4:1-6	Stan Farr
9th	Barrett	Barrett Ephesians 4:11-16	Stan Farr
16th	Spencer	Spencer Ephesians 4:17-24	Stan Farr
23rd	Mitchell	Mitchell Ephesians 5:6-14	Stan Farr
30th	Farr	Farr Ephesians 5:15-21	Stan Farr

August communion devotion and prayer: Stan Farr

Prayer Requests: Emma Dockweiler, Becky Arnold, School supply giveaway,

OUR SOLDIERS: Curtis Mitchell, Aaron Cook, Jacob Mitchell, Matthew Branam, Noe Garza, Gary Flack, Dayton Flack

Church Offerings:

Give to VFCC online through our partnership with Gyve at: <https://gyve.io/give/valleyfallsc>

Our expenses average \$1500 a week.

August Birthdays & Anniversaries

- 2 Landon Mitchell
- 4 JENNA WATKINS
- 6 Becky Arnold
Curtis & Aubrie Mitchell (2016)
- 10 Brian Barrett
Harper Mitchell
- 12 Clinton & Erin Thomas (2000)
- 15 CYNTHIA MCAFEE
- 17 Jeremiah Mitchell
RALPH & CINDY SHEAD (1974)
- 18 Rhonda Mitchell
- 21 Carolyn Starkey
- 23 Rylan Cook
- 26 SARAH SHEAD
- 28 PHIL MCAFEE
- 31 Kevin Olson

7 perfect reminders to BE STILL

"Be still, and know that I am God."

Psalm 46:10

"The Lord will fight for you while you keep still."

Exodus 14:14

"Now then, stand still and see this great thing the Lord is about to do before your eyes."

1 Samuel 12:16

"Don't be afraid. Just stand still and watch the Lord rescue you today."

Exodus 14:13

"Be still in the presence of the Lord, and patiently wait for him to act."

Psalm 37:7

"They that wait upon the Lord shall renew their strength."

Isaiah 40:31

"You will keep perfectly peaceful the one whose mind remains focused on you."

Isaiah 26:3

crystalwaddell.com

Valley Falls Christian Church

511 Oak Street
Valley Falls, KS 66088

RETURN SERVICE
REQUESTED

Phone: 785-945-6757
Email: office@valleyfallsc.org
On the web: www.valleyfallsc.org
Find us on Facebook!

Mike Kirby, Pastor

You are welcome to join us!

Sunday Service times:

Bible Study (all ages) – 9:00 AM Worship – 10:00 AM Youth Group (grades 6-12) – 5:00 PM

Midweek:

JAMs (grades K-6): Wed. 3:30-5:00 Bible Study: Wednesday 7:00 PM

Sunday	Monday	Wednesday	Thursday	Saturday
				1
2	3	5	6	8
		9:30 A.M. Elders		8 AM –11 School Supply Give Away
9	10	12	13	15
		9:30 A.M. Elders		
16	17	19	20	22
		9:30 A.M. Elders		
23	24	26	27	29
30		9:30 A.M. Elders		