

COGS Weekly News!

October 31, 2021

Sunday Worship Services
8:30—Contemporary Worship
9:45—Contemporary Worship
11:00—Traditional Worship
Sunday School: 9:45 a.m.



United Methodist
**Church of the
 Good Shepherd**
"connecting to broken and hurting people"

1500 Quentin Road, Lebanon, PA 17042
 Phone: 717-272-7741
 Rev. Janet Sadel, Pastor
 jsadel@umcogs.org
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New Members Class

November 7 through December 7th

Stop at the Welcome Desk to sign up and to pick up a workbook.
 In preparation for the first class, we ask that you complete the Introduction, and the material for Week 1 (pages 7-30).

INFORMATION / REMINDERS...

Christmas Cards for Inmates

If you picked up a set or more of the Cards for Inmates by the Welcome Center they are due back by Monday November 1.

Gretna Glen Camp:

Children's Winter Blast
 Youth Winter Blast
 FREE Youth Events
 Wilderness Explorers Day Events

More info www.gretnaglen.org



COGS SAFE SANCTUARY UPDATES

Emails were sent out in October, to all COGS volunteers about their clearances. If you are in need of an updated Child Abuse, Criminal or Safe Sanctuary training the email details the steps to take.

If you need a Volunteer Application, they will be on the Welcome desk each week, feel free to take one, fill it out and return to June Rose's mailbox.

Lets all help keep our COGS KIDS safe.

Call, text or email June Rose if you have any questions. **717-821-2207, jrose@umcogs.org**



A reminder to our Fun, Fellowship & Service Committee members that we have a meeting **TODAY, 10/31, at 11:00am in Room 23.**



Our Fun, Fellowship & Service Committee would like you to mark your calendars for the next event coming soon!

Sunday, November 28th at 6pm

Doors open at 5:40pm

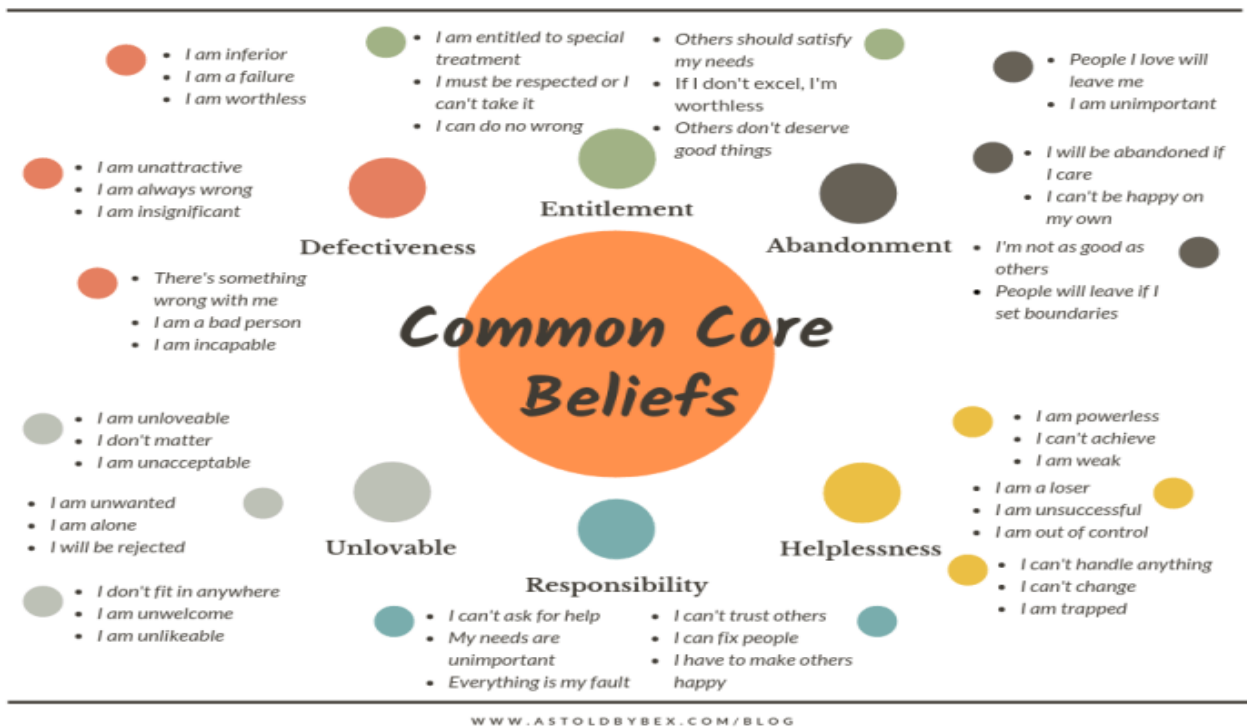
Family Movie Night

The Polar Express

Bring a canned good for LCCM as your admission.

Popcorn will be provided.

Sign up at the Welcome Center OR on the Signup Genius.



What do you believe to be true?

Everyone has core beliefs, and it influences every single thing you do. Core beliefs are deeply buried assumptions that guide our behavior, how we see ourselves and perceive our situations. These beliefs are firmly embedded in our thinking and significantly shape our reality and actions. Sometimes, these beliefs can lead to a distorted view of the world, meaning you have an inaccurate view of reality.

Let's be real. Just because we're Christians doesn't necessarily mean we're healthy in this area. Many of us carry around hurts, habits and hangups that have led to a distorted view of reality.

We invite you to Celebrate Recovery, held at 7 pm every Wednesday. CR is a biblically based 12 step program based on the actual words of Jesus Christ. It is a safe, confidential place at **Church of the Good Shepherd** where you can begin to address these hurts, habits, and hang-ups. By trusting in Christ completely and allowing the Holy Spirit to confront our deeply held beliefs and confront sin, we can begin to find freedom from the beliefs, hurts, habits and hangups that may be hurting us and others. Join us this Wednesday, Nov. 3 as we hear a testimony of a life changed by Christ!

What is a hurt?

A hurt is a life experience that has damaged your heart. More often than not, this occurs in childhood. A hurt is an offense that crippled your ability to cope in healthy ways. It's something that twisted your view of yourself, God and others.

Examples:

- Abandonment
- Abuse (mental, emotional, physical, sexual)
- Neglect
- Betrayal
- Dysfunctional Family
- Divorce
- Neglect
- Rejection

What is a habit?

Habits are unhealthy patterns that start as "remedies." Bad habits are things that constantly lead to trouble in your life. They are repeat, default scripts that you may run to.

Examples:

- Abusive behaviors
- Alcohol
- Bitterness
- Affairs
- Critical spirit
- Drugs
- Eating disorder
- Gambling
- Isolation
- Lying
- Pornography
- Unforgiveness
- Workaholism

What is a hang-up?

A hang-up is a roadblock that keeps you from progressing forward with God's plan. It's using an unhealthy attitude as a coping skill.

Examples:

- Anger/rage
- Anxiety/worry
- Arrogance
- Body image issues
- Codependency (your mood, happiness and identity is defined by another person)
- Control
- Depression
- Fear
- Greed or envy
- Guilt or shame
- Impatience
- Perfectionism
- Self-condemnation



We need your smiling faces.

This summer we started taking photos of our COGS family. In reviewing this project, we are still missing quite a few pictures of our church family. You do not need to be a COGS member to be in our directory, it is for all who attend our church.

We will have a photo opportunity set up in the gathering area **now through Nov. 21st**. Stop by the table, review your information and have a quick picture taken.

If you would like to help staff this table, please sign up at the link below. <https://www.signupgenius.com/go/30E0A4DA4A72DA1F58-cogs2>
Our hopes are to have an updated / printed version for our entire COGS family by the end of the year.



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We have been confirmed for the week of July 10-16th, 2022 for our upcoming ASP mission trip. We will be assigned a location later in the spring. Watch for sign up for this trip. See Hosea Latshaw for more information



WEB PAGE



DONATIONS

Christmas Poinsettia Form Due Date...November 21



Christmas Poinsettias

*Due to the early deadline from the florist, it's time to order Christmas Poinsettias for the church.
Deadline is November 21st.*

Details:

* Cost per plant (6.5" 5+ bloom): **\$7.00**

* Make checks payable to "Church of the Good Shepherd"

* **Mail check and order form to:**

UMCOGS

c/o Abbie Burton

1500 Quentin Road, Lebanon, PA 17042

- Order as many plants as you wish by using the form below or order on the form at the Welcome Center.
- **Deadline to mail your order: Monday, November 21st**
- After the Christmas Eve services you may take your plant(s) home with you.
- Any questions, please call Abbie Burton 717-201-0833

Send in this bottom part with your payment.

Your Name: _____

Phone Number: _____

Flowers are in... (pick one of the 3 choices below)—if ordering multiple flowers, please list them on the back.

___ Honor and Glory to God

___ Memory of (name of person) _____

___ Honor of (name of person) _____
Relationship to you: (ex: your father, mother, brother, daughter, etc.) _____

By: (name(s) of those who are giving the flower)