



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



Church of the Good Shepherd gives thanks for the life of Ralph Redinger. Ralph passed into the arms of Jesus this week on July 5th. Ralph and his wife, Joyce, joined Church of the Good Shepherd on October 6, 1991. You would often see them at either the 8:30 am or the 11:00 am service. Please keep Joyce and her family in your prayers. Memorial service TBA.



Appalachia Service Project (ASP) Mission Trip
July 10th through July 16

Our 4 teams left early this morning for Man, Logan County, WV. Please keep them in your prayers for a safe and successful trip.

August 7th at both the 8:30 and the 9:45 will have the ASP special service. 11:00 will be the traditional worship service.



Going Away Picnic for Connor...

Date: Sunday, July 24,
Time: 11:30am - 1:00pm
Location: Church Pavilion

We are celebrating Connor Felty, for all he has contributed over the past several years to our church family! Please join us for this special picnic .

The church will provide meats and drinks. Please bring a side dish or dessert to share.

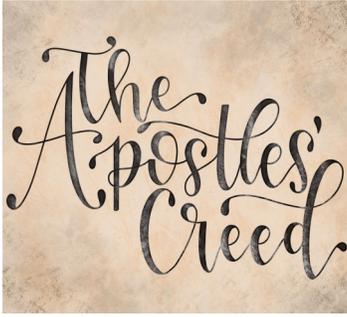
There will be lawn games to play, as well as volleyball. Looking forward to seeing you!



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

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SUMMER SERMON SERIES ~ The Apostles' Creed



Belief matters. You may believe in Jesus, but can you say specifically *what* you believe – and *why* you believe it? What we believe will directly influence how we live our lives.

The word “creed” comes from the Latin “credo” which means: “I believe.” The Apostles’ Creed is a summary of our faith using language directly from the scriptures. This creed is a part of our heritage as Christians and as Methodists. Join us this summer and learn more about what we claim as truth, because what we believe *does indeed* matter.

If you or your small group would like to study The Apostles’ Creed these are the resources for this series:
Creed: A Seven-Week Reflection Guide On The Apostles’ Creed by J. D. Walt
This We Believe! Meditations on the Apostles’ Creed by Timothy C. Tennent
Both can be found at: **Seedbed.com**



EMAIL UPDATE

The church has recently upgraded its computer system to Microsoft 365. It has been brought to our attention that some of your systems are not recognizing the church’s email and several of you are not receiving email messages. We ask that you check your spam and junk mail folders then also add us to the “safe sender” list in your own system. Hopefully this will resolve the issue.

Our email addresses...

Janet Sadel: jsadel@umcogs.org

Lisa Flory: lflory@umcogs.org

Connor Felty: cfelty@umcogs.org

Mary Smith: msmith@umcogs.org

June Rose: jrose@umcogs.org

Jacy Seltzer: jselter@umcogs.org

Alice Snell: asnell@umcogs.org

NOTE: umcogs_secretary@comcast
Will NOT work!!

COGS Prayer Chain Ministry

- ◇ All prayer requests placed on the Prayer Chain are **confidential**
- ◇ Prayer requests & names will be kept on the prayer chain list for one month
- ◇ To submit names

Contact Karen Rank, coordinator at
717-272-1205 or email: mkrank@comcast.net

Community...

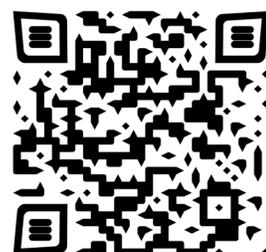
Summer at the Tabernacle, brochures are at the Welcome Center.



WEB PAGE



DONATIONS



Hospitality Sign up



**Celebrate
Recovery**
A CHRIST CENTERED Recovery Program

Join us at 7 pm on Wednesday, July 13 to hear a testimony of a life changed by Christ!

What is Celebrate Recovery?

Celebrate Recovery is a biblically-based, forward-looking discipleship and recovery ministry based on the actual words of Jesus. It is for everyone because we all struggle with hurts, hang-ups, and habits. These things include what is common to all of humanity: pride, guilt, fear, doubt, discontentment, bitterness, resentments, pain, grief, and dysfunctional thinking and relationships. **A common misperception is that it is only for people with substance abuse addictions. That couldn't be further from the truth. Nationally, only 33% of participants struggle with a substance abuse addiction.**

Though our habits and hang-ups might be different on the surface, the wounds underneath are universal. This ministry brings people from all backgrounds together to carry out what is laid out so succinctly in James 5:16: "Confess your sins to each other, and pray for each other, so that you may be healed."

Notice that it says if you want to be healed, you must confess to other human beings so they can pray for you! This is how we get unstuck and out of isolation!

Contact Andrea Gillhoolley: agillhoolley717@gmail.com or Jason Gillhoolley: jgillhoolley@gmail.com if you have any questions.

CODEPENDENCY

Codependency is a popular buzzword in modern culture. It first emerged in the 1930s from Alcoholics Anonymous, and its subsequent popularity reached a broader audience when author Melody Beattie wrote the book "Codependency No More."

Beattie's primary definition of a codependent person is 'one who has let another person's behavior affect him or her, and who is obsessed with controlling that person's behavior.' Attempts at controlling another can be with a kind of "super love," self-sacrifice and denial, modifying one's own behavior, and other means. The lines between where you end and the other person starts are blurred.

If you suspect you might be codependent, check yourself out:

The following are common signs of codependent relationships:

1. The tendency to get into relationships with needy or emotionally unavailable people.
2. Needing to *always* be in a relationship.
3. Having difficulty making decisions in a relationship
4. Your feelings are tangled with the other person's feelings
5. Communicating in the relationship is overly difficult
6. Basing your feelings of self-worth on the other person's approval
7. Enabling - you help your partner or family member/friend at the expense of your own mental, emotional, physical and/or spiritual wellbeing, or you support the continuation of someone's dysfunctional behavior by interfering with or removing natural consequences to that behavior.
8. Giving way more than you're getting. Can you say 'one-sided?'
9. Feeling like you cannot live without this other person.
10. Feeling unable to leave. You tolerate a lot - abuse, agonizing loneliness, excessive conflict, oppression or lack of warmth and genuine caring.

God wired us for relationship. Genesis 2:18 states, "The Lord God said, 'It is not good that the man should be alone.'" It's not bad to need or want relationships, but we will be better adjusted and more content with the right kind. It's normal to desire deep closeness with significant others and to be emotionally impacted by those we care about.

Instead of unhealthy codependence, however, what we should be after is healthy "interdependence." Interdependent relationships are characterized by a relative balance of power between two people. No one controls or seeks to control the other. Both parties hold themselves responsible for their own feelings, actions, and what they bring to the table in the relationship. They are able to balance togetherness and separateness and to think and feel independently. The relationship exists because both people want to be in it and are benefiting rather than being harmed.