



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



### **Appalachia Service Project (ASP) Mission Trip Welcome Home**

Our 4 teams are back from their ASP trip to West Virginia.

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!

The three weeks of all your home cooking helped to nourish us. We found blessings come in all shapes, sizes and aromas, but most importantly they come in gifts of friendship that we experienced and most definitely appreciated, Bruce is still getting home care from the visiting nurses. twice a week doctors office visits, sometimes three. Some physical therapy awaits him. We are grateful for all you kindness and visits. We feel your prayers still coming to us. And blessings will come to you in the future.

Blessings to all of you.

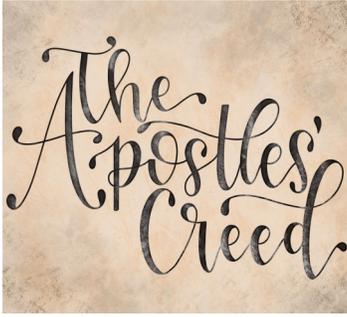
*Mary Ellen and Bruce Beckman*



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, Lead Pastor [jsadel@umcogs.org]  
Rev. Lisa Flory, Pastor [lflory@umcogs.org]  
church email: asnell@umcogs.org / web: www.umcogs.org

## 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 Sattel: [jsattel@umcogs.org](mailto:jsattel@umcogs.org)  
Lisa Flory: [lflory@umcogs.org](mailto:lflory@umcogs.org)  
Connor Felty: [cfelty@umcogs.org](mailto:cfelty@umcogs.org)  
Mary Smith: [msmith@umcogs.org](mailto:msmith@umcogs.org)

June Rose: [jrose@umcogs.org](mailto:jrose@umcogs.org)  
Jacy Seltzer: [jselter@umcogs.org](mailto:jselter@umcogs.org)  
Alice Snell: [asnell@umcogs.org](mailto:asnell@umcogs.org)  
NOTE: [umcogs\\_secretary@comcast](mailto: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](mailto:mkrank@comcast.net)

Community...

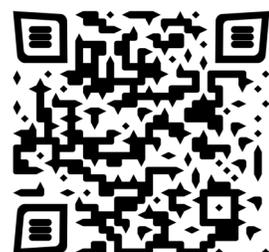
Summer at the Tabernacle, brochures are at the Welcome Center.



WEB PAGE



DONATIONS



Hospitality Sign up



**Celebrate  
Recovery**  
A CHRIST CENTERED Recovery Program

Join us at 7 pm on Wednesday, July 20 to hear a message on what it means to A.D.M.I.T the exact nature of your wrongs to another human being by putting James 5:16 into practice:

*"Therefore, 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!

### **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.

Contact Andrea Gillhoolley: [agillhoolley717@gmail.com](mailto:agillhoolley717@gmail.com) or Jason Gillhoolley: [jgillhoolley@gmail.com](mailto:jgillhoolley@gmail.com) if you have any questions.

### **Food Addiction**

*Are you looking for freedom from food addiction?*

*Do you or someone you love struggle with food?*

*Do you keep eating certain foods even if you're no longer hungry?*

*Do you turn to food to ease pain or fears?*

*Has food become your comforter, your friend?*

*Have you tried various diet programs, exercising, or medications to try to control your eating habits?*

*Do you struggle with body image?*

*Have you failed repeatedly?*

*Are you left feeling guilty, incapable, and unlovable?*

Addiction is a pattern or a trained response to an internal reaction to painful experiences and wounds. One creates that pattern to survive and to function as a natural response. Many times, food becomes a comfort to ease our pain or fear. Other times, we trade one addiction for another, and food becomes a new addiction to replace another one we have gained sobriety over. Food becomes our "drug of choice."

Celebrate Recovery is here to help! Come join us and commit to working the Christ-centered **12 Steps and 8 principles found in the beatitudes**, regularly attend meetings, and get accountability partners and a sponsor to support your journey to freedom. Walking through the recovery process allows you to admit your powerlessness to control your addiction to food. Leaning on and learning from others in the program will allow you to gain sobriety over your food addiction.



On June 20 and 22, a team of 10 students from Good Shepherd worked with a few adult leaders for two work days at Gretna Glen! One day, the team built 8 benches around a new campfire spot, and on the other day, they built 4 more benches in a chapel layout on Wilderness Ridge! This is our third year having these work days at Gretna Glen! It's a great opportunity for our Middle School and High School students to gain important skills for our ASP Mission Trips, and we love creating spaces that kids will remember for the rest of their lives because of the life-changing work Gretna Glen does in young peoples' lives! ...Connor Felty

### **Did you know that you can donate medications that you no longer need?**

The **Lebanon Free Clinic**, a mission of the Lebanon Rescue Mission, gives medication at no cost to their patients (Lebanon County residents with no or insufficient insurance).

Some medications are purchased but this is very expensive and a drain on a limited budget. You can help by donating medications that you no longer take rather than destroying them. **No narcotic medications are acceptable (ie: oxycontin, morphine, ativan).**



The clinic is located at 135 S Ninth St, Lebanon, Pa (one building North of 9th and Walnut). Open hours do vary since staff is volunteer. Please call the clinic for questions and/or open hours 717-273-2715.

Thank you so much for your generosity! It is greatly appreciated!