



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



Going Away Picnic for Connor... TODAY.
Didn't sign up? Come anyway!

Date: Today
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 . There will be lawn games to play, as well as volleyball.



Appalachia Service Project (ASP) Mission Trip

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



CHURCH DIRECTORIES are available!!

You will have email addresses / phone numbers/ home addresses all at your fingertips!

A donation of \$15 will help defray the cost of printing but the most important part is that you get the directory soon! So pick one up today!

The directories can be found at the Welcome Center with an envelope for your donation.

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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

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



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

Alice Snell: asnell@umcogs.org

Mary Smith: msmith@umcogs.org

June Rose: jrose@umcogs.org

Jacy Seltzer: jseltzer@umcogs.org

NOTE: [umcogs_secretary@comcast](mailto:umcogs_secretary@comcast.net)
Will NOT work!!

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!



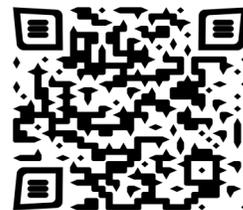
Lebanon Rescue Mission job openings: Case Manager for Men's Ministry and Medical Assistant at the Lebanon Free Clinic. For more information on these jobs, please see flyer on the kiosk by the Welcome Center.



WEB



DONATIONS



Hospitality Sign



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.

Exploring the Issue of Anger

There is a plan and a purpose for anger in our lives. Anger is one of our 10 basic God-given emotions and there are constructive ways to deal with and express anger. For many of us, anger is the primary way we choose to express emotions. Therefore, anger is an issue that must be managed. We must learn to recognize our unhealthy patterns of anger and the emotions and circumstances that push us to become destructively angry.

For us, anger is a "misdirection," a hang-up that we have developed to mask hurt or fear. At its core, our anger is an intent to preserve our personal worth, essential needs, or basic convictions.

We may feel intense shame and guilt over the actions we have committed during our unhealthy expressions of anger. We vow never to act that way again, only to find ourselves back in the same situation, unable to change it by our own power.

Characteristics of Someone Struggling with Anger Issues may include, but are not limited to:

- I have to raise my voice to get my point across.
- I become impatient easily when things do not go according to my plans.
- When I am displeased with someone, I may shut down any communication with them or withdraw entirely.
- I am annoyed easily when others don't appear sensitive to my needs or convictions.
- I do not easily forget when someone "does me wrong"
- When someone confronts me with a misinformed opinion, I am thinking of my comeback while they are speaking.
- When I am forced to deal with emotions or circumstances that I do not want, I become resentful.
- I become annoyed when others don't hold themselves to the same standards that I hold myself to.
- I often use sarcasm and humor to communicate a point.
- People take me seriously when I am "aggressive."
- I may act kindly toward others on the outside, yet feel bitter and frustrated on the inside.
- I find myself overreacting to minor incidents.

How We Find Recovery

Through a relationship with Jesus Christ as Savior and Higher Power, and by working through the 8 recovery principles and the Christ-centered 12 steps, we can find freedom from our hurts, hang-ups, and habits.

Characteristics of Someone in Recovery for Anger Issues may include, but are not limited to:

- We have accepted Jesus Christ as our Higher Power.
- Working the 12-step recovery process diligently and consistently.
- We are learning that Jesus can be trusted.
- We are shifting our focus from ourselves and our desires to serve God and others.
- We are learning to take more personal responsibility for our actions and emotions.
- We are learning to "take a pause" before reacting.
- We have learned to recognize unhealthy patterns of anger in our lives.
- We have shared those patterns and "triggers" with at least one other person and are accountable to them for how we deal with them.
- We are learning to deal with our anger quickly.
- Ephesians 4:26, "In your anger do not sin; do not let the sun go down on your anger."
- We are becoming more comfortable expressing our more vulnerable emotions like fear, hurt, rejection, and insecurity.