

Have you ever woken up and thought, “This is going to be a two-coffee morning?” Maybe you had a rough night with tossing and turning. Maybe you stayed up too late for whatever reason. You’re just not well rested, so even though the sun has risen, the bed still beckons you to come back.

Coffee is a fuel for many of us. It helps us wake up and get going in the morning. It makes the unbearable morning a little more doable. And sure, maybe you don’t drink coffee, many people don’t. Perhaps you drink tea instead, or even just take a gulp of Diet Coke. In truth it’s the caffeine we’re needing to get through our days.

My need for a double dose of coffee this morning got me thinking about my own faith journey. We call our faith a journey for a reason. It is a process that lasts everyday of our lives. Every day we get closer to God, follow Jesus’s teachings better, and listen to the Spirit. In Methodism we call this process sanctification. We believe that every day we get a chance to get closer to perfection.

That is a lot of work, friends. There are no days off on being a Christ follower. It’s not a nine-to-five job, but a twenty-four/seven life. It’s a lot and it’s draining.

So, what’s our faith journey equivalent to coffee? When we’re facing a spiritual Monday, what do we do to get the energy to be the people we’re meant to be?

I hope you take some time to think about that. What do you do to be spiritually renewed? Just like there’s many ways we get our caffeine fix, there’s many ways to get our Spirit boost.

Perhaps yours is prayer. Maybe you prefer reading Scripture. When it’s not Sunday, you might find yourself watching worship on YouTube. It may also be a small group gathering or just talking with friends about each other’s faith lives. There’s no ending to the different ways we can be energized and renewed for our faith journeys.

Yet, we still need to take time for those energizing practices. It’s all too easy to force ourselves to just keep on going or to rely on us only. However, just as Mondays can be a struggle without coffee, our faith lives can be a struggle when we don’t take the time to go to take care of ourselves.

This week I ask you to take some time and reflect on what your spiritual coffee is. How can you make it more a part of your routine? Is there something new you’d like to try? For friends, Christ has given us an amazing job. Go forth and make disciples. We’re going to need a lot of coffee to do that.

God Bless,
Pastor Ed

**The Lakeville UMC Community Youth
Group Meetings are the 2nd and 4th Sundays of the month at 6 PM.
See Pastor Ed for more information.**

Coming Up on The Calendar!

Euchre/Game Night – Saturday, August 24, 6 PM

Fellowship Committee Meeting – Monday, August 26, 7 PM

Ida Mission Circle – Wednesday, August 28, 10 AM at Carolyn Kelly's home

Joyful Ringers Practice begins – Wednesday, August 28 at 6:15 PM Room 107

Cancel Choir Practice begins – Wednesday, August 28 at 7:15 PM in the sanctuary

Post VBS Meeting – Thursday, August 29 at 7 PM

Missions/Evangelism Meeting – Thursday, Sept. 5 at 6:30 PM

Ice Cream Social with the Hillsiders Band – Sunday, Sept. 8 from 2 – 4 PM

LUMC Community Youth Group – Sunday, Sept. 8, 6 PM

Kids' Club – Sunday, Sept. 8, 6:30 – 8 PM New Season!

1st day of Preschool – Monday, Sept. 9, 9:30 - Noon

Blood Drive – Tuesday, Sept. 10, 2:30 – 6:30 PM Palmer's Community Complex

Mary Magdalene Mission Circle – Tuesday, Sept. 17, 7 PM

Staff Parish Meeting – Thursday, Sept. 19, 6:30 PM

Sunday Fellowship Time Refreshments Schedule

August 25 Greg Annis

September 1 _____

September 8 Adam & Jennie

Food Pantry

Food Pantry Needs: ranch dressing, mustard, mayo,
boxed potatoes, instant potatoes, cereal, chicken broth,
peanut butter, cake mixes

The Food Pantry is open to anyone in the Union North school district as well as to our church family on the 2nd & 4th Tuesday of the month
3 – 6 PM

TOPS Club is meeting at LUMC on Mondays, 4:00 PM, Room 206,
use north east door. Come Join Us!

Enrollment for 2024-2025 Little Ones' Preschool is open to everyone now. Registration forms are available in the church office or from Carlene Weber. Still have openings 4's class.