



# The Fowler Flashes

Volume 61

Issue 9

September 2020

Hello, my friends, hope this note finds you well and healthy.

Not feeling connected lately. I feel your pain, you may have noticed that I have talked a lot about connecting with God in my last few messages. It's because I myself am not feeling very connected at the moment. No surprise really, with no church on Sunday mornings and only a few small groups that are meeting face to face. Talking on the phone, zoom meetings and online are good (ok, better than nothing), but it is just not the same.

So, what to do? It seems that church will be not happening for a while longer. How then can we move forward and get more connected with God and with each other? Or in the words of Philip Yancey, "reach for the invisible God?" We have to find a rhythm. John Ortberg, author of *The Life You've Always Wanted*, says consistent spiritual discipline becomes, "a rhythm for living in which we can grow more intimately connected to God." Through it, we're tapping not only into our own source of strength, faith, and joy, but even better into God's. We become more like God's children as we spend more time with God (see Romans 8:29).

Just remember, it isn't about gaining more knowledge. It is about creating or recreating a real relationship. It is about getting to know someone who is as real as an old friend (a really old friend, lol), yet as mysterious and deep as the universe (see Psalm 25:4). It takes a little effort, some days a lot of effort to find the time and energy to connect with God on a regular basis – just as it does with any relationship that matters.

There are many ways to focus your mind on "what is above" (see Colossians 3:1-2). Here is a list I saw the other day. It is not exhaustive, you may have some other ways of staying close to God, but here they are, try them out, see which one work for you.

- Write a prayer that expresses your heartfelt desire to follow God in this season of your life. If you keep it somewhere close, then you have a starting point for your daily time with God.
- Read one Psalm each day.
- Use a journal. You can write your prayers to God. You can list concerns or what you're grateful for. You can write the first thing that comes to mind when you consider what God is doing in your life.
- Stop and listen. Too often we feel we aren't doing anything if we aren't

|   |   |
|---|---|
| The Pastor's Pen                        | 1 |
| Pastors Pen Cont.                       | 2 |
| Lay Leader Letter                       | 3 |
| Thank You<br>Calendar                   | 4 |
| Birthdays &<br>Anniversaries<br>Prayers | 5 |
| UMW                                     | 6 |
| Music News<br>Youth Group News          | 7 |
| Back Cover                              | 8 |

doing anything. That's not true. Sit before God in silence, inviting Him to recalibrate your soul (see Psalm 46:10).

- Practice posturing. Allow your body to reflect your heart. Bow low in humility before God, get on your knees in prayer, or hold your hands out in acknowledgement that anything you receive comes from God.
- Get a Bible dictionary and read some background information about the Bible passage you're reading. Understand more about the words those words first fell on. You might read something in a whole new light (see Psalm 119:33-35).
- Think more deeply about small bits. Let that one verse roll around in your mind for a few minutes instead of reading five more verses. Give God room to surprise you with insight. If you read only three verses in that sitting, that's OK (see Psalm 119:47-48).
- Pray Scripture back to God. Pick a passage and pray the same one for a week at a time, allowing it to fully sink in.
- Get really honest with God. Let go of old ideas about how you "should" approach God. Pour out your heart to Him (see Psalm 62:8). Trust Him to be big enough to handle whatever you're dealing with.

Each moment is another opportunity to reconnect with God, step away from the same old routine, let's us invite God to do a new thing in our lives. We also need to connect with each other. This of course is particularly hard at the moment (thank you Covid-19). So please, please, please, try to connect or reconnect in one or two of these ways...

We have in person meetings happening right now every Tuesday.

10:00 am Prayer Group

11:00 am Koinonia small group

1:00 pm Koinonia Bible Study

Starting Sep 2nd 11:00 am – Noon - Favorite Bible Verse

In person at the church call Diane for questions

Starting Sep 16th, The Rest of the Story

In person 12:30 am to 1:30 am at church

Zoom 7:00 pm to 8:00 pm

Starting in Sep - time and day tba – Become part of a small group to learn how to become a small group leader. Please call Dick or Shirley or Gary if you are interested or for questions.

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” (John 15:5)

J E S U S is the Source that gives us life. When we are connected to Him, we bear fruit. Fruit that will last. Fruit that will make a true difference. While Jesus was here on Earth, He set a great example for us by showing us how He stayed connected to the Father. Do likewise...peace...

pastor René

Lay Leader

Dick Thompson

A quote from "ONE YEAR DEVOTIONAL WALK WITH GOD" by

Chris Tiegreen



Whoever gives heed to instruction is a submissive servant to the Creator. He or she has learned that our discipleship is not achievement focused but form-focused. We are being shaped into the image of the Son, who Himself is the exact image of the invisible God.

John 10: 27-30 CEB

*27 "My sheep listen to my voice. I know them and they follow me. 28 I gave them eternal life. They will never die, and no one will snatch them from my hand. 29 My Father, who has given them to me, is greater than all, and no one is able to snatch them from my Father's hand. 30 I and the Father are one."*

(Dick) In the beginning Jesus was with the Father of Creation.

Genesis 1:26-27 CEB

*26 "Then God said, "let us make humanity in our image to resemble us so that they may take charge of the fish of the sea, the birds of the sky, the livestock, all the earth, and all the crawling things on earth." 27 God created humanity in God's own image, in the divine image created them male and female God created them.*

(Dick) I know who I am and I ask this question?

Am I allowing Jesus to shape my life? Am I praying everyday reading Scripture and doing a devotional on a regular basis? Am I conforming to the image of God through his Son Jesus Christ?

We at Fowler want you to grow in this image and a good way to do this is to join a Class Meeting small group so we can all grow in the image of Christ.

I would like if not already for you to be a part of a small group and share what's going on with you and God and the world around you, pray together, love each other, care about each other and never wonder if God loves you, this is what God wants for our life to live in eternity with him. Jesus knows his sheep and his sheep know his voice.

God Bless

More to come on this subject

## Thank You

Dearest Fowler Friends,

Words cannot adequately express our gratitude to all of you for your outpouring of love and care for Jack. We have been overwhelmed by your generosity and many kindnesses to us.

Everything, from the phone calls, cards, letters, flowers, food, and most importantly, your prayers have been a Godsend. How wonderful it is to have dear friends like all of you.

We have been deeply touched. May God's blessings fall on each of you.

Joan Schuman and Family

-----  
The Fowler Congregation,

I want to thank all of you for your thoughts, prayers, and cards. You have made me feel like a part of your family. I am doing much better now after the accident. I still have a little ways to go but I am getting there. Thank you.

Blessings,  
Diane

## NEW BIBLE STUDIES

### Two Bible Studies starting in September

**What is your favorite Bible Verse?** - That is the title of our new Wednesday morning Bible study. Together we will explore the meaning of a verse and what it means to us. Join me in church and let's find out more about the Bible. September 2nd from 11-12 am.

**The Rest of the Story** - This is a Continuation of Pastor René's class. This meeting will be held on Thursdays from 1 - 2 at Audubon Park. The first meeting will be September 2nd at 1pm.

## September Calendar

### Worship Online Sunday at 8am

- 1st - 10am Prayer Group  
11am- Koinonia  
1pm - Koinonia Bible Study
- 2nd - 11am Favorite Bible Verse
- 8th - 10am Prayer Group  
11am- Koinonia  
1pm - Koinonia Bible Study
- 9th - 10am Youth Work Party  
11am Favorite Bible Verse
- 10th - 9-12 Craft Group
- 15th - 10am Prayer Group  
11am- Koinonia  
1pm - Koinonia Bible Study
- 16th - 11am Favorite Bible Verse  
12:30 The Rest of the Story
- 20th - Youth Fall Hike
- 22nd - 10am Prayer Group  
11am- Koinonia  
1pm - Koinonia Bible Study
- 23rd - 11am Favorite Bible Verse  
12:30 The Rest of the Story
- 24th - 9-12 Craft Group
- 25th - Youth Outdoor Adventure
- 29th - 10am Prayer Group  
11am- Koinonia  
1pm - Koinonia Bible Study
- 30th - 11am Favorite Bible Verse  
12:30 The Rest of the Story  
5:45pm Youth work party

## September Birthdays & Anniversaries

1st - Jesi Berg Martin

Marla Cannata

2nd- Gabriel Kennedy-Gibbens

3rd - Evangeline Niyogushima

5th - Duane Koehler

6th - Sam Comstock

Carolyn Tobeck

Olinda Martin

14th - Scott Hendrickson

17th - Gary McMurtery

20th - Sam Cannata

21st - Suzi Barton

23rd - Nathan Kennedy-Gibbens

28th - Gary & Debbie McMurtery

29th - Dotie Godley

Wishing our friends a "happy...",  
a "merry...",  
a "best wishes ...",  
and a "blessings ..."  
for their special day.

If you or your loved ones  
are in need of prayer,  
please contact the office  
to be added to the  
prayer list.



## **HEALTH/HEALING**

Lois Tipple – To see a Specialist for her throat

Onie Samuelson – Congestive Heart Failure and enlarged heart – Judy Knutson’s Dad.

Bud Griffith

Lance Abernathy – continued healing

Harold – Cancer – Friend of R. J. Ewing

R. J. Ewing

Vonnie Fergen’s Wilcox Family.

Lon Fergen – The Covid Virus – Brother-in-law of Vonnie Fergen.

Mary Russell

## **PRAYERS OF CONCERN**

For the Fires raging in our country.

For the Schools, teachers and students during this epidemic.

For all the chaos and insanity going on in our Country. Please help us Lord!

## **CONDOLENCES**

To President Donald Trump and his family at the loss of his brother, Robert.

Janet, Lance and the Abernathy family. Janet’s mother, Dolores, passed away.

## **PRAYERS OF THANKSGIVING**

For the formation of additional Small Groups.

Try twenty minutes of joyfulness each week!

# Madelyn's Message



With our Zoom District Annual Meeting I will be completing my 4 years as your District President. I thank all of you for this opportunity to be in mission together. I have worked with an outstanding group of women on district committee. I so appreciate their commitment and support. The presidents of our local units are an inspiration. Units have accomplished so much.

One of my goals when I became your president was to have at least half of our units members of the Charter for Racial Justice Club. It was so exciting for me when as a district we reached that goal. Eight units are members and there are several units working on becoming a member.

When I became president I wanted to visit all the units at least once during my 4 years. What a pleasure it has been to visit your unit. The women of our units are committed to making a difference in the lives of women, children and youth around the world. You are all so amazing and such a role model for future generations.

During the time as your president I was able to develop UMW 101. What a learning experience that was for me. It grounded me in our heritage, our ongoing history, the scope of our work and most especially cemented why I am a United Methodist Woman. The Spiritual Retreats, Bible Studies, Mission u, Reading Program and so much more have strengthened my faith and prayer life. The opportunities for leadership development and mission education are of highest caliber. I have been able to put my faith into action through hands-on mission opportunities, social justice advocacy and engagement in racial justice issues. I have partnered with women around the world and have made so many lasting friendships .

Even though I have completed this opportunity I am not retiring but looking forward to what God has in store for me next. Hopefully, following the election of officers, I will be your new Chair of Nominations. I am continuing as president of my local unit. I find such joy in the local unit—the heart of United Methodist Women.

Blessings to all of you and especially to Judy Dirks. She will be an outstanding president and we are so fortunate to be able to work with her.

Madelyn Bafus, President  
Inland Missional District



# September Music Notes from Nathan

Late summer greetings from the Kennedy-Gibbens family! Like the rest of you, our family misses seeing you all and worship regularly on Sunday mornings. We too, yearn for some sense of normalcy in the midst of all of the adjustments we have had to make in light of this pandemic. Our family is now getting a clearer sense of school for Gabriel, Elijah, and Noah and it looks like they will each begin the year with remote learning from home.

Tamara is awaiting word as to whether she will teach in person or at home. It's going to be a festive home culture beginning in mid-September when school starts with my entire family "doing" school from home! I'm going to get lots of practice with my "inside" voice by needing to keep an atmosphere of concentration while everyone is focused on school!

We all know that life here at Fowler UMC is much different right now...no opportunities to gather in large groups, no regular Sunday worship, no singing in groups, minimal music rehearsals, no hugs...the list goes on and on... However, as we move into September there are a few things planned to help keep us connected and here's a few things we have in the upcoming month:

- a couple of connecting hang out sessions at Friendship Park in North Spokane
- a couple of youth/family walks/hikes in varying length
- youth work parties at the church in the exterior
- a few opportunities to try some outdoor music rehearsals

If you would any more info about the above activities then please feel free to connect with myself, pastor Rene', or Shelley. And for now, it's all about taking one month at a time as we continue to find our way through this trying time. God's peace be with each one of you and just know that our family is holding you all in our prayers.

Nathan Kennedy-Gibbens 475-1907

## YOUTH & CHILDREN NEWS



### Hi Youth!

It's that time of year again! For some of you it's online learning again. For the rest of you, its going back to school! Stay safe, wear your mask, wash your hands, and ,ake sure you are far away from others. . . 6 feet! Many prayers and blessings for al of you from your church family.

#### September Youth Schedule

- 9th 10-1130am Work Party at the church
- 20th Fall Hike Time to be determined
- 25th Youth visit Green bluff time to be determined
- 30th 545-715pm work party at the church

The kids have done an amazing job of slowly giving the outside of the church a "face lift". So far they are staining and painting the food pantry, little library prayer box, and food pantry. Each of them have beautiful new signs! They have also primed and painted the outside doors. Special thanks to our service project coordinator, Gabriel. Big thanks to all the helpers-Elijah, Noah, Ayva, Jayden, Ayden, Bionka, and Terrence. Beautiful Job!

Please don't hesitate to call me at 509-703-3893 I am always here for you and praying for you!  
Shelley

## Fowler United Methodist Church

3928 N. Howard Street  
Spokane, WA 99205  
Fowlerumc@yahoo.com  
509-325-3242



## **Fowler Flashes**

is published monthly by  
**Fowler United  
Methodist Church**  
3928 N. Howard St.  
Spokane, WA 99205  
(509) 325-3242

Facebook: [FowlerUnited  
MethodistChurch](https://www.facebook.com/FowlerUnitedMethodistChurch)  
[fowlerumc@yahoo.com](mailto:fowlerumc@yahoo.com)

Pastor: Rev. René  
Devantier  
Editor: Diane Strobeck  
©2019 Fowler  
United Methodist Church