



# LSUMC

Lyttleton Street United Methodist Church

## November 2020 Newsletter

LSUMC's Mission:  
To help establish God's  
Kingdom on Earth as it is  
in Heaven through  
Nurture,  
Outreach,  
& Witness.

Michael Arant  
Senior Pastor  
(843) 409-0861  
[michael@lsumc.net](mailto:michael@lsumc.net)

Tae Park  
Associate Pastor  
(803) 587-9726  
[tae@lsumc.net](mailto:tae@lsumc.net)



### Michael's Message

Webster offers several definitions for the term stress. Stress (1) A force exerted when one body or body part presses on, pulls on, pushes against, or tends to compress or twist another body or body part. (2) The deformation caused in a body by such a force. (3) A physical, chemical, or emotional factor that causes bodily or mental tension. (4) A state resulting from a stress. Though stress is typically considered to be bad, the term itself is neutral.

The negative form of stress is called distress! Distress is defined as a painful situation, the state of danger or a desperate need. The positive word for stress is Eustress. This is defined as stress that is healthy or gives one a feeling of fulfillment or other positive feelings. Eustress is a process of exploring potential gains. It is meeting or engaging in a challenge. Engaging in exercise like weight training.

What makes something distressful or eustress? As an inmate in a Nazi concentration camp, Rev. Dietrich Bonhoeffer wrote to his fiancé : "You must not think that I am unhappy. What is happiness and unhappiness? It depends so little on the circumstances; it depends really only on what happens inside a person. I am grateful for every day and that makes me happy."

Basically, it all comes down to the condition of your heart. Paul wrote in Romans 5, "Therefore, since we are justified by faith, we<sup>[a]</sup> have peace with God through our Lord Jesus Christ,<sup>2</sup> through whom we have obtained access<sup>[b]</sup> to this grace in which we stand; and we<sup>[c]</sup> boast in our hope of sharing the glory of God.<sup>3</sup> And not only that, but we<sup>[d]</sup> also boast in our sufferings, knowing that suffering produces endurance,<sup>4</sup> and endurance produces character, and character produces hope,<sup>5</sup> *and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.*"

Yes, stress can be distressful! Nonetheless, we can always use stress as an opportunity for growth. With Christ in us and for us, what do we have to fear? Nothing!! Therefore, no matter what stress you face, boast because God can transform the most distressful things into opportunities to practice faith and for growth in grace and faith.

Blessings and Peace,

Michael Arant | Senior Pastor  
[michael@lsumc.net](mailto:michael@lsumc.net) | (843) 409-0861



One of the interesting aspects about the story of Ruth for me is the relationship shared between Ruth and Naomi. In this story, Naomi loses everything...her two sons, her husband. She was ready to give up and live the rest of her life in despair. And like many who face depression and hardship, she wanted to be left alone in her time of despair. But Ruth, who also lost her husband, stayed with her mother-in-law and would not let her be alone. By the end of the story, Ruth marries Boaz and has a son named Obed, who fathered Jesse, who fathered David.

For me, the story of Ruth highlights the value and importance of relationships during difficult times. They were blessed because of the bond of love that they shared together. Ruth 4:14-17 puts it this way, <sup>14</sup> "Then the women said to Naomi, "Blessed be the LORD, who has not left you this day without next-of-kin; <sup>15</sup> *He shall be to you a restorer of life* and a nourisher of your old age; for your daughter-in-law who loves you, who is more to you than seven sons, has borne him." <sup>16</sup> Then Naomi took the child and laid him in her bosom, and became his nurse. <sup>17</sup> The women of the neighborhood gave him a name, saying, "A son has been born to Naomi." They named him Obed; he became the father of Jesse, the father of David."

Ruth was blessed by her relationship with Naomi because it was Naomi's instructions that Ruth and Boaz were able to find each other. Naomi was also blessed by her relationship with Ruth because Ruth conceived for Naomi a grandson. Lastly, the relationship that they had shared was not only a blessing for themselves, but also for their whole community, for through Boaz and Ruth's offspring, David is born.

In this story, who do you identify with the most, Naomi or Ruth? During this time of pandemic, the world is filled with people who feel like they have lost everything just like Naomi. But do we have enough "Ruths" in this world or in our lives? A friend who can relate to the lost that we face and will not leave us alone when we want to dwell in despair? Maybe you can be that friend today. During this pandemic, my prayer and hope for us is not to go through this time of wilderness alone, but that we may not be so blinded by our own struggles that we neglect our relationship with others. May God bless you with people who love you and may you also be a friend to someone in need. And may your relationships bring about the same blessings in your life and the life of your community just as it did for Ruth and Nomi.

Rev. Tae Parks | Associate Pastor  
[tae@lsumc.net](mailto:tae@lsumc.net) | (803) 587-9726

*But Ruth said, "Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God."*  
**Ruth 1:16**



### The Stressors of COVID-19 and our Christian Faith: Part 2 Loneliness



Last month, we discussed fear and anxiety during the pandemic. In Part 2, we discuss isolation and the sense of loneliness, a type of stress that can be detrimental to a person's mental and physical health. But, if we embrace and apply key principles of our Christian faith, we can be markedly less affected by the circumstances associated with the coronavirus pandemic.

**Be in Community with Other Believers.** During this season when we are being encouraged to limit our interactions with others in social settings and practice 'social distancing', the associated isolation can result in feelings of loneliness. And loneliness can alter immune system cells in a way that increases susceptibility to illness. So, a chronic sense of loneliness can cause our immune system to be less strong and therefore make us more likely to contract a viral infection.

We should try to stay connected, in community, as much as possible with others during this pandemic. We should do our best not to be isolated.

There are **creative ways** that we can still interact with one another and experience a sense of connectedness without being in close contact with others. Having conversations in person while remaining 6 feet away and wearing a mask seems to be a safe practice. We can use our mobile devices, computers, or telephones to communicate with one another by either calling, texting, or using FaceTime, or Zoom.

The important thing is to remain connected to others—heart to heart—in meaningful ways. That's what God desires! And it's also good for our health.

This COVID-19 pandemic will be around for a while. As we make a choice to lean into our relationship with God and apply his instructions and wisdom that we find in Holy Scripture, we can enjoy an added level of protection from the coronavirus.

And, as we will be less likely to become sick, we will remain healthier and better able to serve God and others.

***"Therefore encourage one another and build one another up, just as you are doing." 1 Thessalonians 5:11***

This message is brought to you by your LSUMC Health & Wellness Committee and adapted from and used with permission by Dale Fletcher, [www.faithandhealthconnection.org](http://www.faithandhealthconnection.org)





At a recent meeting of Wonderful Wednesday volunteers, I shared with them this mindset that I have adopted over the years: ***"We have the honor of being part of children's faith journey. We get to be involved in their understanding of Christ and His love for them."*** This puts a better perspective on our work with young people, especially on days that are hard, days we don't think they are listening or learning. They are, and we have the honor of helping them develop and strengthen the most important relationship they will ever have!

We are so fortunate to have wonderful men and women who serve in so many aspects. I would like to personally thank the following volunteers who are with us every Wednesday to lead and assist with music and lessons: Jean Broom, Cheryl Black, Terri Hanson, Leon & Cheryl Willson, Trudy Ranges, Lauren Downey, Bett Carrington, Meg Henderson, Carolyn Ham, Sara Graham, Stacey Mohr and Kayla Beckham.

Wonderful Wednesday is going really well! Children are ringing chimes & bells, singing outdoors and are learning more and more about Jesus. So far we have studied The Armor of God, Creation, Sharing the Gospel and The Tower of Babel.

Youth is also running smoothly. We are socially distancing ourselves in the gym (with masks), and are tackling lessons in a book titled, "The 13 Most Important Bible Lessons for Teenagers." Our youth are excited to be back together, and are eager to spend an hour each Sunday night learning so many important lessons.

Thanks to everyone who agreed to serve as a prayer partner for our youth. I could use 3-4 more, so if you are interested, please contact me!

Follow us on Facebook to SEE what our children and youth are doing at church! Youth are currently working on the following outreach projects:

- Election Night Spaghetti Supper (*see back page for details*)
- Wreaths Across America (November 30 deadline)

One of my favorite Bible verses that rings true, and supports the advice I shared with volunteers is: ***"Raise up a child in the way he should go, and when he is old, he will not depart from it."*** Proverbs 22:6

Now is the time to start. May we all be honored as we raise our children in faith!

God Bless,

Mary Abbott | Director of Children and Youth  
[mary@lsumc.net](mailto:mary@lsumc.net) | (803) 518-7315

**P.S. Please let me know your children's sports schedules for the fall. I'd *love* to see some of them in action!**





### For Whom the Bell Tolls

Sunday, November 1st is All Saints' Sunday in the life of our church. This is a Sunday used for remembering those who have died this year. We signify the remembrance of each passing with the ringing of a bell—after speaking the name of the passed individual. How do you deal with losing a loved one? How do you remember loved ones you've lost?

I wasn't old enough to remember when my dad's mother passed. I know she was very influential in the lives of many. Death was not a big deal to me at the time; I didn't know any better. In 2009, death became a real issue for me. I lost two grandparents—almost within a year of each other. I thought it would get easier. I don't think I went through the five stages of grief. I think I skipped around. **Denial.** I knew they were gone; I just wasn't happy about it. I definitely went to the second stage, **anger**, first. **Depression.** There's that word that people don't want to talk about.

In middle and high school, I didn't recognize what depression was. I honestly thought depression was a way for people to get out of something. Depression didn't hit me until my uncle passed. Amber and I lived in Lancaster while she was teaching and I was getting a Master's degree from Winthrop. I got a phone call from my mother stating that my uncle, my dad's brother, had taken his own life. Now we circle back to denial. There's no way he could do something like that, right? **Anger.** I felt like my soul had been forcefully removed from my body. **Depression.** I became an empty shell. **Bargaining.** I don't think it was bargaining, but maybe pleading. Then we get to the last stage. **Acceptance.** Everyone, in some way or another, has dealt with the death of a loved one. How long does it take you to get to acceptance?

As I grow older, I find that it actually does get easier to accept that I've lost someone. It's certainly not easy. I know I'm definitely not the only one going through these stages. I've played more funerals in my musical career than weddings. I've cried with families I didn't even know. The bell tolls on All Saints' Sunday in remembrance of those we've lost. I've had to ring that bell for the last nine years. It isn't easy—especially if I've had an interaction with any of those individuals.

I think the best way for us to deal with losing and remembering a loved one is to focus on one thing: the destination. It's good to remember the journey, but the one thing that has helped me is accepting that our loved ones have moved onward to be with Christ. **Luke 23:24** *"Truly, I say to you, today you will be with me in paradise."* When November 1st comes, think about what you've read today. Each time the bell rings: remember the individual, remember what they've done here on earth - but **focus** on the fact that they are living the good eternal life with our Lord above.

Ike Pitts | Organist

[ikepittsmusic@gmail.com](mailto:ikepittsmusic@gmail.com)





### A habit of prayer: Part 3

Last month, I wrote about the fact that Israelites would pray three times a day. There is no reason to suppose that Jesus and his disciples, all of whom were very faithful to their Hebrew faith, were not praying in the same way. Three times a day they would have stopped what they were doing and said the ancient prayer of their forefathers, but Jesus' disciples were not satisfied with that prayer.

*He was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." <sup>2</sup> He said to them, "When you pray, say:*

*Father, <sup>[a]</sup> hallowed be your name.*

*Your kingdom come. <sup>[b]</sup>*

<sup>3</sup> *Give us each day our daily bread. <sup>[c]</sup>*

<sup>4</sup> *And forgive us our sins,  
for we ourselves forgive everyone indebted to us.  
And do not bring us to the time of trial. <sup>[d]</sup>*

**Luke11:1-4**

This will be a short article, because I know that most of you are familiar with the Lord's prayer and many have heard and read a lot about it.

This is what I wonder. Did the disciples actually listen when Jesus taught them this prayer or did they look at each other and shrug? It must have seemed so ordinary after the grand "Hear O Israel..." OR maybe they liked that ordinary feel. Perhaps they were starting to recognize who Jesus actually was. Did they start using it immediately? Did they add it to their three time daily prayer routine? If we did that, how would it change us? What would happen if we reminded ourselves constantly that *all of our daily needs are fulfilled by God*? What if we stopped and asked ourselves if we are furthering God's Kingdom with our actions on a regular basis? What if we acknowledge our need for forgiveness...everyday? We have come to think of prayer as the way that we tell God what we need. It seems like Jesus gave us, his disciples, a prayer that would let God tell us who we are.

Your Partner in Prayer,

Katieanne Rickwood



Here are a few prompts to keep in mind during your prayer time.

Pray for:

- *Unity in the church.*
- *God to be glorified in all things.*
- *God's Spirit & power to fill the church.*
- *The body of Christ to faithfully show love to a hurting world in His name.*
- *God's provision & for the church to faithfully give generously.*





*Let's Celebrate the November Birthdays and Anniversaries of our LSUMC family! Say a prayer for them and call, text or send a card or email to let them know they are important and loved!*

## ***Birthdays***

1st Fletcher Green, Mac Redfearn  
 2nd Henry Kerfoot  
 3rd Lauren Downey  
 4th Camille Abrams, Mary Medlin, Patrick West  
 5th Henry Daniels, Betty Bradley  
 6th Sam Ferguson  
 7th Joan Khan, Rhonda Horton, William Lostetter  
 9th Amelia Talbert  
 10th Gordie Moore, Jr., Chris Harrell,  
 11th Betty Johnson, Foy Thompson, Sr.  
 12th Patrick Davis, Gene Crocker, Dan Thompson  
 Taylor Wladischkin, Laura McAulay  
 13th Mary Anne Byrd, Slade Funderburk  
 15th Tom Fitts, Jr., Caroline Best, Lydia Moore  
 18th Ken Carlson, Walter Smith, Les Edwards  
 John Glover, Susan DuRant Jones, Collins Watts  
 19th Iris Kaputa, Bob Inabinet, Waylon Luther,  
 Claire Geiger

20th Sara Elizabeth Reid, Taylor Freeman,  
 David Harrelson, Donnie Weeks,  
 21st Rengy Marshall, Doris Wilhite, Betty Rudd  
 22nd Zach Thompson, Carl Kearse, Rylee Renninger  
 23rd Neal Player, Caroline Cassidy, Chad Peebles  
 24th Debbie Bonek  
 25th Janet Rogers, Lucy Moore, Derrick Geiger  
 26th Liz Gilland, Dalton Elders, DeSaussure DuBose,  
 Kayla Shell  
 27th Dillon Dance, Alex Wladischkin, Anna Tucker  
 28th Ina Price, Paul Sullivan  
 29th Debby Anderson, John Inabinet, Carol Lee  
 30th Kyle Davidson, Shannon Silleman

## ***Anniversaries***

3rd Chris & Sallie Harrell, Scott & Charlotte Rankin  
 9th Tim & Belinda Webb  
 10th Trey & Jan McCorkle  
 13th Raymond & Heather Dykes  
 15th Fred & Peggy Ogburn,  
 21st David & Janet Wilhite, Foy & Jean Thompson  
 22nd Roger & Nell Marshall, Steve & Isabel Smith  
 26th Barney & Carolyn Willens,  
 Daryl & Joan McCulley  
 28th John & Ruby Wood-Kelly  
 29th Sonny & Judy Smith

Lyttleton Street UMC

1206 Lyttleton Street  
Camden, SC 29020

Phone: 803-432-3191  
Fax: 803-424-1363  
E-mail: church@lsumc.net

Kathi Hunter  
LLP Director  
llp@lsumc.net  
LLP (803) 425-4874

Anita Crowley  
Office Manager  
anita@lsumc.net

Christa DeMare  
Admin. Assistant  
christa@lsumc.net

NON-PROFIT ORG.  
CAMDEN, SC 29020  
US POSTAGE PAID  
PERMIT NO. 70

Address Label



## Election Night **Take-out Spaghetti Supper.**

Tuesday, November 3<sup>rd</sup>

5-7pm

Donations Accepted

~

Spaghetti, Bread, Salad, &  
Homemade Dessert!

Pull up to the FLC portico, let a youth worker  
know how many dinners you want, & they will  
bring them directly to your car. Funds will support

**LSUMC Youth Missions and Outreach.**