

Twin Flames

July 17, 2019 Volume 19 Edition 23

Act Justly, Love Mercy, and Walk Humbly with God (Micah 6:8, NIV)

Mt. Baker Sunrise photo courtesy of Pamela Davis Headridge

TRASH TO TREASURE SALE

July 26th & July 27th, 9 am to 2 pm

Donations may be dropped off in Centennial Hall on Thursday, July 25th from 9:00 to Noon.

Volunteers are needed to help set-up and clean-up, as well as work the sale. Call Marali Woessner, 360-675-6192 for more info



TRANSPORTATION TO THE BALLPARK

If you are joining us for the all-church July 27th outing to T-Mobile Park when the Seattle Mariners take on the Detroit Tigers, and you have requested transportation, the van/bus will be leaving the church parking lot at 9:30am.



VACATION BIBLE SCHOOL August 5th—9th

We are hoping to serve up to 130 children this year at VBS, but we need your help to make that happen! We still

need volunteers for:

Crew Leader – lead a group of 5-6 children to their stations and activities throughout the week

Preschool – lead or help in one of the preschool rooms

Decorating – help decorate for VBS ahead of time

Miscellaneous – floating helpers as needed (if you can't commit to the entire week but can do a few days, this could be a good fit for you!)

For more info, talk to Erin Tombaugh (785-447-0682) or Nicole Rogers (360-969-4002).



MEN'S RETREAT

WHO: Men ages 16 and above

WHAT: Summer One-day Retreat, Hold the Date!

WHEN: Saturday, August 17th, 8 am – 8 pm

WHERE: Camp Casey Conference Center
Sign-up Sunday following Worship

VBS SUPPLIES NEEDED

It's time to start collecting VBS supplies! One way that you can help is by signing up to bring certain supplies. Signups sheets with needed quantities will be available after worship the next few Sundays. Please bring in non-perishable items no later than Sunday, July 28th. Perishable items (certain snack supplies) should be brought in no later than Sunday, August 4. Food items may be left in the kitchen underneath the microwave.

If you can't do the shopping but still want to contribute, we'll happily accept financial contributions in order to do the shopping.

We also still need lots of small-medium terra cotta pots! This particular item you don't have to sign up to bring since we need so many. They can be used if still in good condition (they'll be painted). We also would like to *borrow* several canopy tents (10x10) for our market and small area rugs, beach towels, or picnic blankets for our snack area (kids will sit on the floor to eat). Please contact Erin if you have any of those items to loan. Thank you!



YOU WANT ME TO PRAY?

Yes, I want you to pray. I want you to converse with God. I want you to speak to Him and listen to His voice. I want you to

tell Him all the wonderful things about Him (**Adoration**) that you notice and appreciate. I want you to confide in Him with your deepest fears, insecurities, failures and uncertainties (**Confession**). I want you to express grateful thanks to God (**Thanksgiving**) throughout your days as you recount all the ways he cares for your life and provides for your needs. I want you to make requests of God (**Supplications**) that will align with His heart for the world, that His will and His ways would be done, just like in heaven (Matthew 6:10).

Our July preaching series on prayer (*Moving Words*) will be over before you know it, but the conversation must go on for the rest of our lives. Jesus has said that we "...*should always pray and not give up*" (Luke 18:1 NIV). The Psalmist adds, "*Seek His face always*" (Psalm 105:4 NIV). This life of persistent prayer is a difficult one. Prayer is not a *natural* language but a *supernatural* one. We must "enroll" in the language school of prayer by being with, and practicing with, other people who want to pray aloud together. Nothing shapes my prayer life like learning from the prayers of others and expressing my own personal desperation and desire for God.

Some authors and scholars have used the acronym "**ACTS**" to summarize the types of prayers one can pray that are found in the scriptures.

Adoration is to give God praise and honor for who He is as Lord over all creation. **Confession** is to honestly deal with the sin in your life and God's prescriptive diagnosis and cure. **Thanksgiving** is to verbalize what you are grateful for in your life and in the world around you. **Supplication** is to pray for the needs of others and yourself. These four foundational pillars of prayer are the vehicles of expression that God has given us to bring about change in our lives and alignment in our hearts with God's heart. Here are some helpful tips and reminders of how we can deepen our heaven-sent conversation in prayer.

(1) Practice reading, writing or saying prayers on a daily basis for the variety of reasons encompassed in the "**ACTS**" model.

(2) Find a group of people with whom you will pray on a weekly basis, like a small group or a weekly coffee clutch or Emmaus Reunion group.

(3) Get into the habit of asking somebody to pray for you each week. This can be for many and various reasons. Try to express ones that don't relate only to your personal, physical health.

(4) From your systematic reading of the scriptures, start praying the heart, will and ways of God as scripted in the Bible. Scriptures offer us great

content to be prayed! "*God, make us a people who will always seek to 'do justice, love mercy and walk humbly with you'*" (Micah 6:8).

(5) Stay in this conversation "*in season and out of season*" (2 Timothy 4:2 NIV). Prayer is not to be a feeling-based language, but a commitment-based conversation that is never disrupted by life's ever-changing circumstances.

(6) Have confidence in God and pray into what has been promised by Jesus. He reminds us, "*If you believe, you will receive whatever you ask for in prayer*" (Matthew 21:11 NIV) and "*Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours*" (Mark 11:24 NIV).

Let Heaven's *Moving Words* Move you!

CASUAL SUMMER ATTIRE

It appears that summer has finally caught up with Oak Harbor. With that in mind, we would like to encourage you to dress casually for Sunday worship service.

Come as you are —
our founder often wore
sandals.

IN NEED OF PRAYER

PRAYER CHAIN: Rose Vance, 360-929-2211
(Please make note of new contact)

JACQUI LANDRY - Health Concerns

MILLY McWILLIAMS - at Home Place. Please call
Larry McWilliams prior to visiting, 360-969-0239.

PHIL WENDLING — at Ashley Gardens in Mt.
Vernon.

BETTY ANN ROBBINS — at Harbor Care.

DONNA APPERSON — at Harbor Care.

CASSIE HICKEY - at Welcome Home Care Center



BIRTHDAYS

Jul 30 Peggy Johnson
Aug 2 Olive Porter
Aug 5 Dea Hansen
Aug 6 Erin Tombaugh
Aug 11 Sammey Harrison
Aug 13 Deborah Hardy
Aug 17 Kevin Davis



2019 YOUTH MISSION TRIP

As I write this, our youth mission team is on our last leg of the drive to San Diego. Since we don't yet have service project updates, instead we decided to do a fun Mad Lib to fill you in on the trip so far. For those who are unfamiliar with Mad Libs, they are stories with blanks and specific word types to fill in to complete the story, which often turns out a bit funny. The team hadn't heard the story before they were asked to provide the extra words.

On Friday, July 12th, 78,000 youth and 4 stinky leaders took off on a/an large adventure. The annual youth mission trip is upon us! We loaded 8 suitcases and circles into the church van, rental van and apple. Many partners in mission and parents were there to say calligraphy. After a brief panic over misplaced Walmarts and a powerful prayer, we were on our way. On day one we hopped to Bend, OR. We had the pleasure of sleeping at Bend UMC, where Erin Buckley-Noonan now works. Praise God, there was even a Youthworks at this church! Ben led the youth in making a delicious Fettucini Alfredo dinner for us. After dinner we met in small groups. The groups named themselves the Foggy Slurpees, 97 Nails, and Ham and the Pineapples. After this time of fellowship, we caught some zzzz's and started another day. Saturday we spent interestingly in the vans. Lots of inside jokes were born. We stopped in mid-California for lunch and the temperature was no longer Washington-like. Erin remarked, "Whew, it's ooey gooeey." Around 7:30 we made it to our 2nd stop in Tupelo. After a brief stop for a new figure without holes and an energetic meal at In-N-Out burger, we settled into our blessedly air conditioned accommodations at Wesley UMC. The topic for that evening's small groups was a reflection from the book, "Apocalypse Survival Guide for Pillows". Day 3 brought us to Philadelphia and our home for the week. Now the real adventure begins!!

Don't forget to join us for our post-trip lunch and presentation after worship on Sunday, July 28 to hear about the entire trip!

Erin

Actual Story:

On Friday, July 12th, 18 youth and 4 amazing leaders took off on a/an epic adventure. The annual youth mission trip is upon us! We loaded 22 suitcases and air mattresses into the church van, rental van and trailer. Many partners in mission and parents were there to say goodbye. After a brief panic over misplaced glasses and a powerful prayer, we were on our way. On day one we drove to Bend, OR. We had the pleasure of sleeping at Bend UMC, where Erin Buckley-Noonan now works. Praise God, there was even a shower at this church! Ben led the youth in making a delicious spaghetti dinner for us. After dinner we met in small groups. The groups named themselves the Super Slurpees, 200 Nails, and Ham and the Boys. After this time of fellowship, we caught some zzzz's and started another day. Saturday we spent interestingly in the vans. Lots of inside jokes were born. We stopped in mid-California for lunch and the temperature was no longer Washington-like. Erin remarked, "Whew, it's toasty." Around 7:30 we made it to our 2nd stop in Fresno. After a brief stop for a new air mattress without holes and a delicious meal at In-N-Out burger, we settled into our blessedly air conditioned accommodations at Wesley UMC. The topic for that evening's small groups was a reflection from the book, "Apocalypse Survival Guide for Zombies". Day 3 brought us to San Diego and our home for the week. Now the real adventure begins!!

Please keep our youth and their leaders in your prayers for this years Mission Trip in San Diego from July 12th through 24th.



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August 5th - 9th
9:00 to 12:00

We are excited to welcome
children ages 4 through
entering 5th grade
to our VBS!

Older children, youth, and
adults are invited to
volunteer to help.

Sign up at:
oakharborfumc.org

Sunday, July 21st

10:00 Worship

10:30 Children's Story Time

Monday, July 22nd

10:00 We Care Team

Tuesday, July 23rd

10:00 Sisters of Scripture Small Group

12:30 Spin Café Cooking Team

6:00 Young Adult Group

Thursday, July 24th

9:00 UMW Summer Treasures Set-up and
Donation Drop-off

12:30 Spin Café Cooking Team

7:00 Next Generation Team Meeting

Friday, July 25th

9:00 UMW Summer Treasures Sale

Saturday, July 26th

9:00 UMW Summer Treasures Sale

Sunday, July 28th

10:00 Worship

10:30 Children's Story Time

12:00 Post-Mission Trip Lunch & Presentation

Monday, July 29th

10:00 We Care Team

6:00 VBS Decoration begins

Tuesday, July 30th

10:00 Sisters of Scripture

12:30 Spin Café Cooking Team

6:00 Young Adult Group

Thursday, August 1st

12:30 Spin Café Cooking Team

Thursday, July 18th

12:30 Spin Café Cooking Team

7:00 Next Generation Team Meeting