Uppers and Downers

One evening recently Susie and I were watching a documentary on World War II. A particular point of interest involved the use of drugs among the Nazi Army. Even Hitler himself was given daily injections of various substances by his personal physician. The medical division of the German army was tasked with the development of a pill that would energize the soldiers. The answer? A pill that contained meth! This pill allowed the German soldiers to march and fight for days on end without sleep. This information reminded me of a biography of a famous singer in the United States who would consume uppers before a concert and then need downers to be able to sleep. A vicious cycle of pills needed for energy and to sleep eventually led to an early death.

Uppers and downers. Pills have that effect. And so do people. Some people are uppers, and some are downers. 1 Thessalonians 5:11 states, “Therefore encourage one another and build up one another…” (New American Standard Bible). I started to quiz myself on whether or not I am an upper or a downer. By my words and actions, do I build up or tear down?

And then certain people came to mind, some who were uppers, and some who were downers. 1 Thessalonians 5:11-23 instructs us to be appreciative of others, to encourage people, to be helpful, patient with others, to rejoice always and to pray without ceasing, and to be thankful.

Uppers and downers. For most of us to be an upper requires effort. To be intentional. What if we became intentional about encouragement? What if we began every conservation with an intentional thought of lifting up our brother/sister in Christ? Might take some effort, but it can become a habit if practiced frequently. What if every time we see somebody, our first thought was to compliment? What if our last thought was to leave them smiling?

As I am writing this, many of you are coming to mind. And I am finding myself smiling. That is because so many of you are really good at being an upper. I assume that you have been practicing for a long time. Thank you. Thank you for being an upper. Chemicals are not the only thing that can pick someone up. So can you!

Blessings, Gene
St. James West
United Methodist Church
3101 Hillcrest Terrace
Evansville, Indiana 47712
Phone (812) 425-7405
Fax (812) 425-4455
www.stjameswest.com

Staff
Gene Backes, Pastor
Gene@stjameswest.com
Rick Poelhuis, Music Director
Music@stjameswest.com
Ashley Lancaster, Children’s Ministry Director
Kids@stjameswest.com
Bart Blalock, Youth Ministry Director
Youth@stjameswest.com
Jennifer O’Neil, Preschool/Mother’s Morning Out Director
Preschool@stjameswest.com
Beth Nelson, Office Manager
Beth@stjameswest.com
Grace Nelson, Office Assistant
Grace@stjameswest.com
Kathy & Gary Cummings
Custodians

Worship Coordinators
Sid Nelson
Worship Leader
Ron Hall, Jr.
Lead Greeter
Tech Team
Jeremy Hoesli, Coordinator
TechTeam@stjameswest.com

Words of thanks & praise
“Special thanks to all that came and worked around the church, CFC, garages, and green space. Bob Hish, Jim Hust, Leroy Brammer, JoAnne Hinderliter, Barbara Miller, Gary and Kathy Cummings, Ian Elmeier, my wife Connie Jo, and Jean Bailey and Correctional Officer Sissy and the Community Service people that came and worked all day-thank you for the work you all did for God.”
-Pappy Mabee, Head Trustee

“Thank you to Denise Poelhuis and her granddaughter Jordan for deep cleaning the round tables and white chairs in the CFC!”
-Pastor Gene

St. James West news you can use
Journey With God small group
August 4th, St. James West will be starting a new Sunday school class during the 9:00 a.m. and 10:30 a.m. services for 6th, 7th, and 8th graders. Classes will be held in the Fellowship Hall in the basement of the church.

Mondays With God meals
Mondays With God meals will resume on August 12th. Meals are served between 6:00-6:45 p.m. in the CFC.

Church Chicks Wedding Shower
The Church Chicks will be hosting a wedding shower for Kaylea Gibson and Sebastian Brown on Sunday, August 11th following the 10:30 a.m. service. All ladies are invited to attend and bring their favorite salad! Kaylea and Sebastian are registered at Target, and Bed, Bath, and Beyond. They would also welcome gift cards from Lowe’s, Home Depot, or Schnucks.

St. James West By the Numbers

<table>
<thead>
<tr>
<th>Apportionment (January-June 2019)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Conference</td>
<td>$11,941.00</td>
<td></td>
</tr>
<tr>
<td>District</td>
<td>$1,441.00</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>General Fund (Year-to-date weekly average)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>$3,774.00</td>
</tr>
<tr>
<td>2019</td>
<td>$4,619.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Comparative Stewardship</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Worship Attendance</strong></td>
<td>207</td>
</tr>
<tr>
<td><strong>General Fund</strong></td>
<td>$3,577.00</td>
</tr>
</tbody>
</table>
Preschool and Mother’s Morning Out news

As the school year is upon us, the preschool is in need of some updated supplies and would appreciate the support of congregation. The teachers have been asked to create wish lists, and they are requesting donations of the following items:

- Crayola Crayons
- Crayola Washable Markers
- Play-Doh
- Glue Sticks
- Basic craft supplies—googly eyes, pipe cleaners, construction paper, etc.
- Puzzles (age-appropriate 1-4)
- Washable Paint/Paint brushes
- Baby Wipes
- Batteries (all sizes)
- Cleaning Wipes
- Facial Tissues
- First Class Stamps
- Napkins
- Paper Towels
- Various sized zip-top bags
- Mini (8oz) bottled water
- Walmart, Office Depot, and Amazon gift cards are always a bonus!

All classrooms have openings for student enrollment, ages 1-4, so please help spread the word! Registration forms are available online at stjameswest.com.

The teachers would love to find a few volunteers to help deep clean the preschool areas on a monthly basis, so if that is something you feel lead to help with, please let Jennifer O’Neil know. If you have any questions or concerns please contact Jennifer at (812) 428-0569 or preschool@stjameswest.com.

Save the dates!

2019 Fall Rummage & Bake Sale: Early shopping will take place on September 12th from 4:00-7:00 p.m. ($5 admission). September 13th and 14th the sale will be open from 7:00 a.m.-2:00 p.m. (free admission). Rummage sale set-up is September 3rd-12th. All are welcome to help! If you have items you would like to donate to the rummage sale, please see Pappy Mabee or call the church office at (812) 425-7405.

Church Chicks Annual Christmas Bazaar & Luncheon: Sunday, November 10th, 11:30 a.m.-3:00 p.m. in the CFC. We are looking for vendors to sell their products. Contact Kim Gibson at (812) 483-2918 or email at carrouselgirl21@gmail.com for more information or to reserve your space. Tickets for the Luncheon will go on sale October 13th: $12.00 ages 12-79, and $6.00 ages 3-11 and 80 and over! This year’s quilt is a work of art—we will try to keep Susie Backes from buying tickets—just kidding! Hope to see you there!

AUGUST Birthdays

1 Sharon Cloum, Cathy Willis
3 Blane Cloum
4 Tyler Bennett
5 T.J. Egan
7 Aaron Resing, Audrey Roling
8 Tracy Vize
9 Scott Pressley, Cindy Resing, Katie Toelle
10 Mike Effinger, Jodi Miller, Melodie Roedel
12 Cheryl Funkhouser, Trevor West
13 Chloe McCoy
14 Paige Reisinger
15 Steve Word
17 Andrew Backes, Philip Graul, Jay Pipken
18 Beth Nelson
19 Sherri Ackerman, Shirley Dill
21 Brian Lamble
22 Joshua O’Neil
24 Joey Head, Jan Smith
26 Noah Ford, Tim Williams
28 Brenda Smith
29 Justin Vindhurst, Hannah Wilson
30 Kristi Krohn
31 Logan Miller
A story from our brother in Christ: Kurt Buck


I love surprises that make me smile, strengthen my faith, or help me grow (among others). Let me tell you about one of these.

Awhile back, I spoke for a moment on Sunday morning. Ross and Haley had just given us our first grandson, to go with Indi and Harbor.

That baby boy was born five weeks early, shortly before Christmas.

In grandparenting terms, I was in double jeopardy. Not only was he confined to the NICU, but I’d been battling a cold. I wanted to take him to my chest and to my heart, but had to wait.

I spoke that Sunday about the anticipation I felt waiting for a chance to know him, hold him, study him, and love on him. I drew a parallel to my anticipation of the Christ child’s arrival. Because of Christmas, I can know, hold, study, and love my savior. No surprise to those who know me, I got choked up with the emotion of the moment.

The surprise for me came one week later. During meet and greet, Robert Frantz shook my hand and said he wanted to see me after the service. As we met, I could see that he had some photographs. They were a little frayed around the edges.

He held them out in sequence.

“This is what they look like at 3lbs 14oz.” He showed me the baby’s first portrait.

“This is what you’re waiting for.” The photo was of him, cuddling the baby with a peaceful and contented look.

“This is what comes next.” A young child with a big smile.

“And this is what they become.” A Reitz football player in his uniform.

Robert put these treasures back in his pocket, but handed me a surprise. It was a refrigerator magnet with a cut out frame that had held these pictures... Grandpa’s mini gallery.

Now, I can repeat the process at our house. Little Asher Amos Buck and his cousins will smile at me from the refrigerator, and I will continue to know, hold, study, and love them in my heart.


I love surprises that make me smile, strengthen my faith, or help me grow (among others). Let me tell you about one of these.

Awhile back, I spoke for a moment on Sunday morning. Ross and Haley had just given us our first grandson, to go with Indi and Harbor.

That baby boy was born five weeks early, shortly before Christmas.

In grandparenting terms, I was in double jeopardy. Not only was he confined to the NICU, but I’d been battling a cold. I wanted to take him to my chest and to my heart, but had to wait.

I spoke that Sunday about the anticipation I felt waiting for a chance to know him, hold him, study him, and love on him. I drew a parallel to my anticipation of the Christ child’s arrival. Because of Christmas, I can know, hold, study, and love my savior. No surprise to those who know me, I got choked up with the emotion of the moment.

The surprise for me came one week later. During meet and greet, Robert Frantz shook my hand and said he wanted to see me after the service. As we met, I could see that he had some photographs. They were a little frayed around the edges.

He held them out in sequence.

“This is what they look like at 3lbs 14oz.” He showed me the baby’s first portrait.

“This is what you’re waiting for.” The photo was of him, cuddling the baby with a peaceful and contented look.

“This is what comes next.” A young child with a big smile.

“And this is what they become.” A Reitz football player in his uniform.

Robert put these treasures back in his pocket, but handed me a surprise. It was a refrigerator magnet with a cut out frame that had held these pictures... Grandpa’s mini gallery.

Now, I can repeat the process at our house. Little Asher Amos Buck and his cousins will smile at me from the refrigerator, and I will continue to know, hold, study, and love them in my heart.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="#" alt="Key" /></td>
<td><strong>4</strong> Communion</td>
<td><strong>5</strong> Communion</td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
</tr>
<tr>
<td>12-5p Crusaders’ Class Party</td>
<td>8a-12p Sewing/ Pickleball</td>
<td>5:30a Men’s Group</td>
<td>6-7p Church Chicks Mtg. (ADR)</td>
<td>5-8p Preschool Open House</td>
<td>9-11a Pickleball (CFC)</td>
<td>2-8p CFC Reserved</td>
</tr>
<tr>
<td>12-2p Back 2 School Bowling Party (Franklin Lanes)</td>
<td>7-8p Mondays With God Worship</td>
<td>6-8p Student Ministry (CFC 2nd Floor)</td>
<td>6-8p Cub Scouts (FH)</td>
<td>6:30-8p Girl Scouts</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7-9p AA Mtg. (FH)</td>
<td></td>
<td>7-8p Bible Study (ADR)</td>
<td>7-8p Bible Study (ADR)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>10</strong> Donuts &amp; Fellowship</td>
<td><strong>11</strong> Donuts &amp; Fellowship</td>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
</tr>
<tr>
<td>11:30a-3p Church Chicks Bridal Shower</td>
<td>8a-12p Sewing/ Pickleball</td>
<td>5:30a Men’s Group</td>
<td>8:45-11:30a Preschool/MMO</td>
<td>8:45-11:30a Preschool/MMO</td>
<td>9-11a Pickleball (CFC)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6-6:45p MWG Meal</td>
<td>8:45-11:30a Preschool/MMO</td>
<td>6-8p Student Ministry (CFC 2nd Floor)</td>
<td>6-8p Student Ministry (CFC 2nd Floor)</td>
<td>5:30-9p CFC Reserved</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7-8p Mondays With God Worship</td>
<td>6-8p Student Ministry (CFC 2nd Floor)</td>
<td>6-8p Pickleball</td>
<td>7-8p Bible Study (ADR)</td>
<td>7-8p Bible Study (ADR)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7-9p AA Mtg. (FH)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>17</strong> Food Pantry Donations</td>
<td><strong>18</strong> Food Pantry Donations</td>
<td><strong>19</strong> September West Wind newsletter article deadline</td>
<td><strong>20</strong></td>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
</tr>
<tr>
<td>8a-12p Sewing/Pickleball</td>
<td>8a-12p Sewing/Pickleball</td>
<td>5:30a Men’s Group</td>
<td>8:45-11:30a Preschool/MMO</td>
<td>8:45-11:30a Preschool/MMO</td>
<td>8:45-11:30a Preschool/MMO</td>
<td></td>
</tr>
<tr>
<td>6-6:45p MWG Meal</td>
<td>6-6:45p MWG Meal</td>
<td>8:45-11:30a Preschool/MMO</td>
<td>6-8p Student Ministry (CFC 2nd Floor)</td>
<td>6-8p Student Ministry (CFC 2nd Floor)</td>
<td>6-8p Student Ministry (CFC 2nd Floor)</td>
<td></td>
</tr>
<tr>
<td>7-8p Mondays With God Worship</td>
<td>7-8p Mondays With God Worship</td>
<td>6-8p Pickleball</td>
<td>6-8p Pickleball</td>
<td>6-8p Cub Scouts (FH)</td>
<td>6-8p Cub Scouts (FH)</td>
<td></td>
</tr>
<tr>
<td>7-9p AA Mtg. (FH)</td>
<td>7-9p AA Mtg. (FH)</td>
<td></td>
<td></td>
<td>6:30-7:30p Girl Scouts</td>
<td>6:30-7:30p Girl Scouts</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7-8p Bible Study (ADR)</td>
<td>7-8p Bible Study (ADR)</td>
<td></td>
</tr>
<tr>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
</tr>
<tr>
<td></td>
<td><strong>1-7p CFC Reserved</strong></td>
<td><strong>8a-12p Sewing/ Pickleball</strong></td>
<td><strong>5:30a Men’s Group</strong></td>
<td><strong>8:45-11:30a Preschool/MMO</strong></td>
<td><strong>8:45-11:30a Preschool/MMO</strong></td>
<td><strong>9-11a Pickleball (CFC)</strong></td>
</tr>
<tr>
<td></td>
<td><strong>6-6:45p MWG Meal</strong></td>
<td><strong>8:45-11:30a Preschool/MMO</strong></td>
<td><strong>6-8p Student Ministry (CFC 2nd Floor)</strong></td>
<td><strong>6-8p Student Ministry (CFC 2nd Floor)</strong></td>
<td><strong>6-8p Student Ministry (CFC 2nd Floor)</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>7-8p Mondays With God Worship</strong></td>
<td><strong>6-8p CFC Reserved</strong></td>
<td></td>
<td><strong>6-8p Pickleball</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>7-9p AA Mtg. (FH)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
<td><strong>31</strong></td>
<td>7:30a-2p CFC Reserved</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Key:**
- ADR—Alpha Domus Room
- CFC—Christian Family Center
- FH—Fellowship Hall
- MMO—Mother’s Morning Out
- PS—Preschool

**Sundays:**
- 9:00 a.m. Praise & Worship
- 10:30 a.m. Kids Club, Adult Small Groups

**Mondays:**
- 7:00 p.m. Mondays With God Praise & Worship
- Lifeguard Ministry (Kindergarten-5th grade)
August 2019

ADDRESS SERVICE REQUESTED

We’re on the Web!
www.stjameswest.com

@StJamesWestUMC

Pray for our students and teachers for a fun & safe school year!