



May & June 2017

May:

May 19 – Chatham Last Day of School!

May 24 – Last Wednesday Night Youth – Water Day!

- Bring play clothes that can get wet & a towel/change of clothes
- Mid-drift swimsuits need a dark color shirt please!

May 26 – ECHS Last Day of School!

May 28 – Brief Mission Trip meeting for all sponsors, parents and students after church

- **Last \$50 payment for Mission Trip Due**
- **Form/Copy of Insurance Card Due**
- **Please see Georgia, Becky or Jennifer if you have questions about the form or payment**

May 30, 31 – VBS: Maker FunFactory

- Youth help children as Crew Leaders!

June:

June 1 – Last night of VBS

Camp Christian Dates:

June 12- 17	CYF
June 19- 23	Chi Rho
June 26- July 1	Mid High
July 4- 7	OASIS

Camp Kicklighter Dates:

June 4- 9	CYF
June 11-16	Chi Rho

June 25 - July 1 – Mission Trip to Louisiana!

The Rock's
Theme Verse:

The LORD is
my rock, my
fortress and
my deliverer;
my God is my
rock, in
whom I take
refuge, my
shield and
the horn of
my salvation,
my
stronghold.

Psalm 18:2

Exhausted & Overwhelmed

I've been thinking a lot about busyness lately.

When I was younger my family was busy like everyone else. My brothers and I played sports, like baseball, football, and softball. We were involved with other extracurricular activities at school, like band, Honor's Band, marching band, choir, Honor's Choir, drama club, and wrestling (have you guessed which ones I was involved in!?). We were heavily involved in our youth group and church, so we did stuff like all-nighters, Christ in Youth conferences, Christmas plays and regular youth programs on Sundays and Wednesdays. There were other ministries we were asked to be involved in like being a camp counselor, learning the tech booth, joining the worship team and more.

As I rattled off those activities, were you thinking of your own active life? Maybe it's filled with sports, a favorite hobby, and of course your personal relationships and school life.

It seems to me like the older I get, the busier I am. I have to wonder—is that ok? *Should* I be this busy?

I think, perhaps, that if we put busyness on a pedestal and use it as a measuring stick of our worth, that is when it becomes an idol—something we prioritize in front of God.

When I was in high school, I received my first study Bible from my great Aunt Kay, and I think this devotion, *Exhausted and Overwhelmed*, speaks volumes to our need for rest.

“We live in a culture that is in constant motion. If you're busy and productive, then you feel important. We want those around us to think we're the best sons, daughters, and students on the planet. But we too often fill our lives with so many activities and responsibilities that we're overwhelmed.”

Years ago, I read a book called *Margins*, which changed my life. The premise of the book is that we all need margins in our lives. If you look at a typed page without margins, it is hard to read. When we fill our lives to capacity, we have no room left for the unexpected. We quickly become overwhelmed when the littlest thing is thrown to us. We also have no time to spend with God.

Jesus told his followers in Matthew 11:29-30 to find rest. We often think of rest as being lazy. If I told you I spent the day under a tree reading a good book, you might say, “Must be nice.”

Jesus doesn't want us to be running around exhausted and overwhelmed. He wants us to have time in our lives to listen to worship music or read a good book. He wants us to have time in our lives to enjoy His creation, laugh with our family, or go on an adventure with a friend. If we are in constant motion, we miss out on the most important things in life.

Are you filling up your margins, carrying more than the Lord has asked of you?

Find rest in him.

- Taken from *Becoming: The Devotional Bible for Women*

