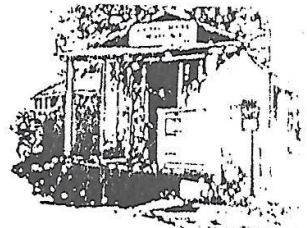


## The Acmar Soul Miner

*Searching for wisdom  
As for hidden treasures...  
For the Lord gives wisdom*



*Acmar United Methodist Church November 2020 Vol. 21 Issue 11 Acmar Post Office*

### Is America Burning Out?

Is America Burning Out? That question was posed by Carey Nieuwhof. He is founding pastor of Connexus Church in Ontario, Canada. He is also an author and speaker.

While a Canadian, Nieuwhof has a deep affection for America. Before the pandemic he spent a great deal of time here. He still connects by speaking through online venues.

Nieuwhof is convinced that American is such a global influence that when America gets better we all get better and when America suffers we all suffer.

People can experience burn out. Fifteen years ago at the age of 40, Nieuwhof overcame the personal challenge of burnout.

Can you have an exhausted, cynical culture? Between a pandemic, a fragile economy, racial injustice, climate instability, and very stressful election and political tone, it's a very difficult moment for a country and its people.

Signs of burnout include such things as cynicism, a loss of passion and a pervasive numbness. Opposite of numbness, burnout can include a disproportionate emotional response. For example, getting angry over things that don't normally make you angry.

Other symptoms include loss of motivation (this will never get better, so what's the point?) and the inability to think straight. Decisions are often fueled by impulse, emotion and anger rather than logical thinking.

A final sign is the tendency to self-medicate as a form of escape. It could be such things as work, food, gaming, exercise, sports, gambling, alcohol, sex or drugs. There is an inability to cope with the current reality.

Carey Nieuwhof offers hope for recovery:

(1) Drink from a Deeper Well. Focus less on social media and news feed and more on reading the Bible, devotional books or spiritual classics that have inspired people for years.

(2) Bind Wounds, Don't Aggravate Them. Rather than poke and prod hurting people look for ways to heal rather than harm. A simple way to begin is ask, "How can I help?"

(3) Offer a Real Alternative to Hype and Hate. The alternative is hope. Focus on characteristics of the early church: love, equality, generosity, sacrifice, caring for the least important and living the Gospel.

(4) Take Care of Yourself. This is a long, tiring journey. It's not about weekends or vacations. It's about a daily pace that includes sleep, diet, exercise, work, time with God, family, friends and an enjoyable activity.

(5) Un-follow. "Err on the side of generosity." Not just being financially generous but in spirit, trying to give people the benefit of the doubt and including rather than excluding. Un-follow those people that are stirring up anger rather than diffusing it. Follow those conversations that are seeking just solutions.<sup>1</sup>

To Nieuwhof's suggestions, we could add:

(6) Be grateful. When we approach life with gratitude, we see so many more of the hopeful opportunities that God has for us.

***In everything give God thanks ...***

***1 Thessalonians 5:18***

Acmar is worshiping in our church building on Sundays at 9 am. We wear masks and social distance with no singing or Children's Church.

<sup>1</sup>Carey Nieuwhof. "Is America Burning Out?" October, 2020.

# Children's Camp

Gospel Light's Big Book of Kindergarten Puzzles #2.

Color the boy's  GREEN.

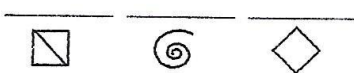
Color the boy's  BROWN.

Trace the letters to find the name of who the boy is thankful for.



**Look Here:**  
In everything give God thanks.  
(1 Thessalonians 5:15)

Who sent Jesus? Follow the code to fill in the blank lines.



=O



=D



=G

**Digging In:**  
We can thank God for loving us.  
We thank God for sending His Son, Jesus.  
Jesus is the Savior of the world.





## **The Acmar Community Quilt**

During times of distress and concern, we sometimes feel as if no one has experienced similar hard times. But a recent review of some newspaper articles from *The Pell City News* from November 25, 1943, seems to be addressing similar times of concern for the people of Acmar in the special section of the paper dedicated to employees of Alabama Fuel & Iron Company.

### **Forest Fires Deplored**

The Sportsmen's Club at Acmar deplores the fact that so many forest fires have been burning during the past two months of dry weather. Many people blame forest fires on hunters and careless boys, when in reality most of them start from careless motorists and from sparks from locomotives. Some system of forest fire prevention and control should be worked out for St. Clair County.

### **Acmar School**

The school attendance record for the first two months was good, as usual. The first month, our school ranked third in the county. The sixth grade was 100 percent in attendance the second month. Due to the epidemic of measles this month, our record will be much lower. The children perfect in attendance so far this month are as follows: 1<sup>st</sup> grade – Odell Johnson; 2<sup>nd</sup> grade – Glenda Jackson, J.T. Smith, Charles Martin; 3<sup>rd</sup> grade – Dean Bradshaw, Joe Milam, R.W. Smith, Charles Steele, Theatis Jackson; 5<sup>th</sup> grade- Inez Lovell, 6<sup>th</sup> grade – Henry Johnson, Corene Smith, "Bud" Bishop.

During the Junior Red Cross drive the school became a member. The upper elementary grades are studying a unit on "Recreation and Health" and would like to thank the P.T.A. for the new equipment for the play room which makes the work more interesting and enjoyable. The larger boys and girls in school had some real experiences in fighting a forest fire last week.

If anyone in Acmar gets cold this winter the boys and girls in Mrs. James' room would like to share with them the heat from their new heater. Every child in school realizes he has much to be thankful for this year because he still has his daddy at home.

### **There is Still Reason For Thanksgiving**

Perhaps many people are asking this year, "How can we celebrate Thanksgiving?" How – with our boys far away and the clamor of war in our ears – how, with everything emphasizing war in all its terror, how can we find anything to be thankful for?




















The nervous tension of the fast moving year, the strain of everything geared to the highest possible capacity leaves everyone, regardless of age, breathless to the extent that we lose sight of the real value of our American hopes. We still have these in abundance, and they form the basis for each American's true Thanksgiving. With all these to build on, our list of "Things to be thankful for" stands high. Don Marshall expresses it well in his little poem entitled:

#### **"Thanksgiving."**

I'm thankful for our vast resources, busy mills and reservoirs of power,  
For the lakes and sparkling water courses, and the precious minutes of each hour.  
I am thankful for church bells on Sunday, calling, not commanding us to prayer;  
Thankful lasting peace is coming one day, bringing gifts that all the world may share.  
First and last, I'm thankful just for living, in a land that really celebrates Thanksgiving.

## November 2020

**Daylight Saving Time Ends on November 1 / Clock Falls Back 1 Hour**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>1 DST ENDS</b> <b>CHURCH</b> 9 am <b>ALLSAINTS</b> Linda Rowell 	2	 <b>ELECTION DAY</b>	4	5	 Gracen Sims	7
 <b>8 CHURCH</b> 9 am	9	10	 <b>11 VETERAN'S DAY</b>	12	13	 Candice Byers
 <b>15 CHURCH</b> 9 am <b>Christmas Boxes</b> Shirley Prince 	 <b>16</b>	17	18	19	 Veronica Anderson	 Olivia Champion
 <b>22 CHURCH</b> 9 am	23	24	25	 <b>26 THANKS-GIVING DAY</b>	27	 <b>28 Cindy Raines</b> <b>Carl Tamm</b> Tracey Wilson 
 <b>29 CHURCH</b> 9 am Luke Goodner 	 <b>30 Special Offering UMCOR</b>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Samaritan's Purse Christmas Shoebox for Boy or Girl</b></p> <p>Pack a box with toys, school supplies, hygiene items or accessories. Ages: 2-4; 5-9; 10-14. \$9 for Shipping. Bring to Church on Nov. 15. You can build a box online at <a href="http://samaritanspurse.org/buildonline">samaritanspurse.org/buildonline</a></p> </div>				

### Soul Food for November

Mon., November 2 **Joshua 24:1-3a, 14-25**  
 Tue., November 3 **Psalm 78:1-7**  
 Wed., November 4 **1 Thessalonians 4:13-18**  
 Thur., November 5 **Matthew 25:1-13**  
 Fri., November 6 **Isaiah 6:1-7**  
 Sat., November 7 **1 Peter 4:1-11**



*Food for the Soul*

Mon., November 9 **Judges 4:1-7**  
 Tue., November 10 **Psalm 123**  
 Wed., November 11 **1 Thessalonians 5:1-11**  
 Thur., November 12 **Matthew 25:14-30**  
 Fri., November 13 **Ezekiel 2:8 - 3:3**  
 Sat., November 14 **Matthew 14:13-21**

Mon., November 16 **Ezekiel 34:11-16, 20-24**  
 Tue., November 17 **Psalm 100**  
 Wed., November 18 **Ephesians 1:15-23**  
 Thur., November 19 **Matthew 25:31-46**  
 Fri., November 20 **Exodus 13:17-22**  
 Sat., November 21 **Psalm 103:1-13**

**Acmar UMC / P.O. Box 85 / 4107 Old Acton Road**  
**Moody, AL 35004 Phone: 640-4325**  
**Moody Crossroads / Intersection Hwy. 411/Cty. 10**  
**Take Cty. 10 W. (Park Ave.) toward Trussville;**  
**Travel 1 mile; Right on Acmar Rd; travel 2 miles;**  
**Left onto Old Acton Rd.; Church is on the left**

Mon., November 23 **Isaiah 64:1-9**  
 Tue., November 24 **Psalm 80:1-7, 17-19**  
 Wed., November 25 **1 Corinthians 1:3-9**  
 Thur., November 26 **Luke 1:5-25**  
 Fri., November 27 **2 Corinthians 12:6-10**  
 Sat., November 28 **Psalm 121:1-8**

Mon., November 30 **Isaiah 40:1-11**  
 Tue., December 1 **Psalm 85:1-2, 8-13**  
 Wed., December 2 **2 Peter 3:8-15a**  
 Thur., December 3 **Luke 1:26-38**  
 Fri., December 4 **John 14:15-27**  
 Sat., December 5 **Mark 6:30-46**