

## Calendar At A Glance

**ALL ACTIVITIES ARE SUBJECT TO FEDERAL AND STATE GUIDE LINES.**

**ALL ACTIVITIES AT LAKEWOOD UMC ARE SUSPENDED UNTIL FURTHER NOTICE. Some meetings will take place on line.**

The office will remain open on a limited basis. Please call the church or email us if you need anything. To those of you who sent in your offering these past weeks, THANK YOU!!!

### August Calendar Dates:

Please follow guidelines found in an article elsewhere in the newsletter.

#### August Calendar Dates:

August 13 – Trustees, 6:30pm, in the park, rain alternative in Fellowship Hall

August 19 – Church Council, 6:30pm (not sure where, Chris Tolbert will decide)

August 2, 9, 16, 23, 30 – Worship in the Park, 9:30am

### **You Must Wear a Face Mask**

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

#### Wear your Face Covering Correctly

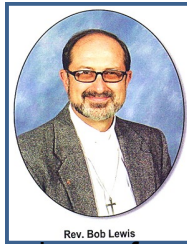
- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face

Make sure you can breathe easily



## Lakewood Window

Lakewood United Methodist Church August 2020



Rev. Bob Lewis

### “The COVID-19 Blues”

Does anyone else have the “COVID-19 Blues?” Feeling down and discouraged, frustrated, anxious, missing what used to be normal and wondering when we will wake up from this bad dream and it will be “just the way it always was?” Whether you’ve been able to work from home (or you’re retired already) and things haven’t changed that much, or maybe you’ve lost your job and you’re spending down your savings and retirement fund – COVID-19 has impacted all of us. Some have been devastated by having lost a loved one to this disease, while others haven’t been affected all that much. Still, we’re all realizing this is going to take a lot longer than we first imagined.

I have found a very useful spiritual technique to help me when I’m “out of sorts,” feeling down or having a pity party for myself. It’s pretty simple actually – making a list of things for which I’m grateful. I find that I can shift my mood and my attitude simply by remembering and listing the things for which I am thankful. Doing so shifts the focus from “all that is wrong” to being able to see the good that still exists. And of course, I remember to give God thanks, as “all good things come from Thee, o Lord.”

So, for the sake of this article, here are a few of the things that quickly come to mind for which I am grateful.

#### **I give God thanks for:**

- The technology which allows us to worship electronically and stay connected;
- Our amazing Lakewood staff and volunteers who have been keeping the church running smoothly through all of this;
- The very generous spirit of our Lakewood family which continues to faithfully support our ministries financially;
- The fact that none of our members has contracted the virus or died from it;
- The renovation of the church nursery taking place right now;
- The creative ways Lakewood members have kept in touch with each other;
- The various committees which have had to re-imagine how to do their ministry in new ways;

(continued from page 1)

- Our Re-opening team which skillfully planned how to return to the sanctuary safely, and also gave us the ability to worship outdoors as long as possible;
- The prayers and words of encouragement you have offered to your pastor during these past several months.

My deepest gratitude to all of you and to our Almighty God who will see us through to the other side of this pandemic! Amen? Now, my list was specific to Lakewood UMC Church and not to my personal life; that would be another list entirely. But let me ask you, if you were to create a gratitude list, **what are you grateful for in spite of the inconveniences of Covid-19?**

May our faith and trust in God deepen and grow as we continue to journey through these challenging times. **The victory belongs to Almighty God!** Amen? Amen!

Till we meet again ~ *Pastor Bob Lewis*



### Holy Communion

Holy Communion was planned to be celebrated on the first Sunday of August (2nd) at our outdoor worship service in the park. However, the pre-packaged communion “kits” did not arrive on time.

**Prayer and anointing** will not be offered until the Covid – 19 crisis is over.

### Lakewood UMC Continues Meeting Outside in the Park

Due to the popularity of the outdoor service, and the concern about returning to inside the building, we have decided to hold worship services outdoors in the park as long as the weather permits. When it rains, the in-person service is cancelled for that week. Worship is at 9:30am; **please bring your own lawn chair, wear a face mask and practice social distancing** out of an abundance of caution and concern for your neighbor.

Each week, Pastor Bob will send an email link to that week’s service to all on his list. If he does not have your email address and you would like receive the link to worship, please email him at [pastor@lakewooderie.org](mailto:pastor@lakewooderie.org). The service is also on our website [www.lakewooderie.org](http://www.lakewooderie.org) and on our Facebook page at [www.facebook.com/lakewoodumc](https://www.facebook.com/lakewoodumc). Or you can go to YouTube.com and search for Lakewood Erie, then find that week’s worship service. All of the previous services are also archived on YouTube.com. thank you, Jackie Bull!!

### Odds and Ends

**Church Directory.** The 2020 Church Directory has been published. If you would like to receive a copy please call the church office and make arrangements to pick one up.

**Lakewood UMC Directory of Activities and Committees:** has also been published and is available for you to pick up in the church office. Please call ahead.

**Lakewood is Here to Help!!** Do you need a face mask? Have you been laid off and need some financial assistance? Do you need help to shop or pick up prescriptions? Please call or email Pastor Bob ([pastor@lakewooderie.org](mailto:pastor@lakewooderie.org)).

“Joy multiplies when it is shared among friends, but grief diminishes with every division. That is life.”

— R.A. Salvatore

## Are You or Someone You Know in Need of Food?

If you or know someone in need of food, call **Second Harvest Food Bank** at 814-459-3663 to find the food pantry closest to where you live. Food Distribution at West Millcreek Food Pantry is held the second and fourth Tuesday of each month. First time clients of the food pantry can sign up at the food pantry on a scheduled distribution day and if they qualify, will be able to pick up food that same day.



The **West Millcreek Food Pantry** accepts non-perishable food items every Monday from 9 to 10 am at the Westminster Presbyterian Church, in the cement block building behind the church. If you prefer, financial donations can

### **Guidelines for Meetings of Lakewood Groups held in the church. Social Events scheduled will need to be approved separately.**

All meetings need to be scheduled in advance and include the number of attendees. Meetings should be scheduled with Janet Coon in the church office : 833-4131

1. Pre-school rooms can only be used by the pre-school. There are too many items that have to be sanitized if others use these rooms.
2. All meeting attendees must wear masks and will need to sign-in at the W. 10th Street Office entrance to the church.
3. Social distancing must be practiced with seating at least 6 feet apart. Fellowship Hall can be used for meetings of up to 25 people if 6' spacing can be maintained.
4. Hand sanitizer will be provided
5. At the end of the meeting all tables that were used must be cleaned with paper towels and the cleaner provided. Used chairs should be set in the middle of the room so Flo knows they need to be cleaned.  
(Flo will clean all hand railings, door handles, light switches and used cloth chairs the following day)
6. All meetings need to accommodate people who do not want to attend in person by using a speaker phone or video call.
7. Meeting organizer will list attendees at each meeting and alert them to notify him or her if they are diagnosed with covid-19 within 14 days of the meeting.

**Trustees will set up a "cleaning station" in Fellowship Hall. It will include paper towels and the appropriate cleaner for tables and chairs. Fabric covered chairs will be cleaned by Flo the following day.**

### **Music in the Park on August 12, 2020**

Angelo Phillips was coming to Lakewood Park with music from 6:30 to 9:00 pm. **However, this event has been cancelled.** We are looking forward to the time when these events can once again be enjoyed.

Yelling silences your message. Speak quietly so children can hear  
your words and not just your voice. - L.R Knost



# August Birthdays

## Proverbs 16:3

Commit your works to the LORD, and your plans will be achieved.

### Sermons on Line

If you missed a Sunday Worship Service, Pastor Bob's sermons are posted on our web site ([www.lakewooderie.org](http://www.lakewooderie.org)). Go to the home page and click on the "Home" button and a menu will drop down. Locate the link "Sermons" and click on it and a list of sermons will show up. Find the Sunday date or the sermon title you are interested in, click on it and the sermon will appear. You can read it on line or print it out if you still enjoy holding paper in your hand when you read, or if you'd like to share it with someone else.

July 5, 2020 - "Our-Burden-Bearing Lord"

July 12, 2020 - "Christian Virtue: Predicament and Promise"

July 19, 2020 - "Wisdom, the Foundation of Virtue"

July 26, 2020 - "Courage: Strength of Heart"

Carolyn Sanford	1-Aug
Phyllis Komora	3-Aug
John Litzel	3-Aug
Martha Gray	5-Aug
Kyle Rea	5-Aug
Amanda Sissem	5-Aug
Ellis Giacomelli	6-Aug
Rita Abramoski	7-Aug
Nathan Estes	10-Aug
Alyssa Herrmann	13-Aug
Martha Reddinger	12-Aug
Eileen Ednie	13-Aug
Lucille Peterson	13-Aug
Doris Swavey	13-Aug
Jeff Vogt	14-Aug
Madison Sissem	15-Aug
Emmagene Pancoast	16-Aug
Daniel Thompson	16-Aug
Brandon Barr	18-Aug
Roberta Paul	18-Aug
Addison Sargent	18-Aug
Bob Abraham	18-Aug
Caelyn Frith	19-Aug
Katie Lynn Lee	19-Aug
Darby Scalise	21-Aug
Dennis Smith	22-Aug
Margueritta Estes	22-Aug
David Fresch	23-Aug
Richard Wettekin	23-Aug
Paula Wettekin	23-Aug
Burley Haslett	24-Aug
Frederick Garnon Jr.	27-Aug
Kenneth Gray	27-Aug
Carl Wilcox	27-Aug
Jimmy Xelo	29-Aug

### Prayer Group

Lisa Medina is offering leadership for a group of people dedicated to prayer. They meet on Wednesday evenings at 6:15 in the Prayer Chapel. The prayer group is unable at this time to meet at the church. All are welcome to continue praying at this time in the safety of your own home. We will reconvene when we are able.

### Joys and Concerns

If you have a joy or concern, please contact Pastor Bob and he can share it with the congregation if you wish.

### Remember! Until further notice

**You MUST wear a mask and maintain Social Distancing!**

It is sometimes called **chrysolite**, and is actually mentioned several times in the Bible as chrysolite.

(Rev.21:19-20, Ex. 28:20, Ez. 28:13)

### Prayer Chain:

If you wish to have the prayer chain pray for someone, contact Patty Lasher at 572-3202 or [sproutness@yahoo.com](mailto:sproutness@yahoo.com)

### Average Attendance

#### Numbers

Year-to-date  
152

(In person - 52  
Online- 99)

July Attendance  
152

The August birthstone is peridot, It is one of the oldest known gemstones, and has been mined as a gem for over 4,000 years.

## Wear a Mask? Really? YES!

Mask advocates and some researchers say there are two main reasons to wear masks. There's some evidence of protection for the wearer, but the stronger evidence cited is that masks protect others from catching an infection from the person wearing the mask. Infected people can spread the virus just by talking and many people with COVID-19 are unaware they are carrying the virus.

One recent laboratory experiment used laser lights to visualize respiratory droplets expelled by test subjects who repeated the phrase "stay healthy." Each time the subjects spoke, their speech generated hundreds of droplets ranging in size from 20 to 500 micrometers. The research concluded that covering the speaker's mouth with a damp washcloth blocked nearly all of them.

"A mask alone will not prevent health care workers with early Covid-19 from contaminating their hands and spreading the virus to patients and colleagues. Focusing on universal masking alone may, paradoxically, lead to more transmission of Covid-19 *if* it diverts attention from implementing more fundamental infection-control measures."

Published content Wausau Pilot and Review.

And.....

A key transmission route of COVID-19 is via droplets that fly out of our mouths—that includes when we speak, not just when we cough or sneeze. A portion of these droplets quickly evaporate, becoming tiny particles whose inhalation by those nearby is hard to prevent.

The good news is that preventing transmission to others through egress is relatively easy. It's like stopping gushing water from a hose right at the source, by turning off the faucet, compared with the difficulty of trying to catch all the drops of water after we've pointed the hose up and they've flown everywhere. Research shows that even a cotton mask dramatically reduces the number of virus particles emitted from our mouths—by as much as 99 percent. This reduction provides two huge benefits. Fewer virus particles mean that people have a better chance of avoiding infection, and if they are infected, the lower viral-exposure load may give them a better chance of contracting only a mild illness.

Amy Lauren Fairchild, Cheryl Healton, and Sandra Galea July 15, 2020

<https://www.statnews.com/2020/07/15/national-mandatory-mask-order-prevent-walking-weapons/>

Donate to LUMC on Erie Gives Day-Tuesday, Aug. 11th!

Mark your calendar for Erie Gives Day – Tuesday, August 11th from 8 a.m. – 8 p.m.

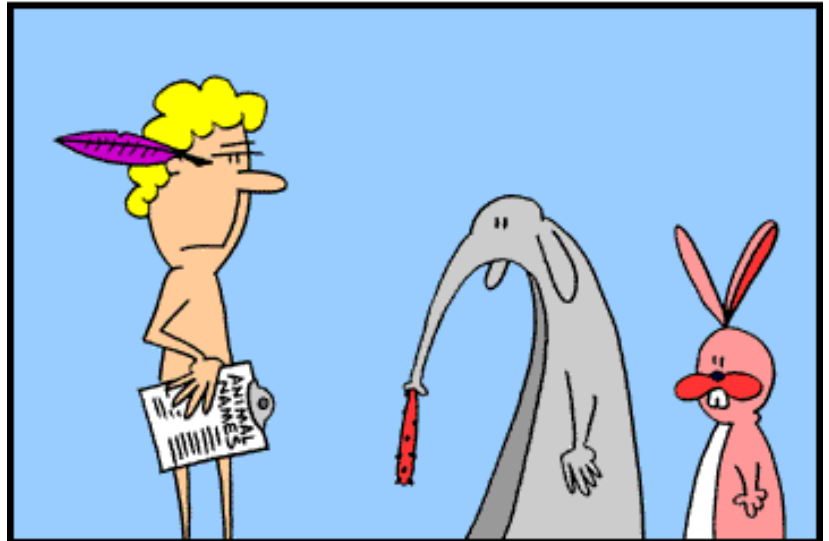
The Erie Community Foundation will match a percentage of your donation of \$25 or more when you donate through [www.eriegives.org](http://www.eriegives.org) on that day. Lakewood United Methodist Church is on the list of organizations that can receive donations through Erie Gives. You received a letter in the mail with all of the information on how to donate. Give a gift of just \$25 or more. Make your gift online, mail a check For complete instructions on mailing your check, simply download the Erie Gives check contribution form and send it with your check to the Foundation, 459 West 6th Street, Erie, PA 16507.





Fellowship Café is cancelled until further notice.

When the pandemic is over we will then be able to gather for fellowship, music and coffee at the café. Until then when you have your coffee at home just remember your Lakewood café family is with you!



(See Genesis 2:18-25)

06-19-1998

AFTER JUST STRUGGLING TO PICK NAMES FOR THE PLATYPUS, THE AUK, THE RHINOCEROS AND THE GIBBON, ADAM WAS NOT IN THE MOOD TO WASTE MUCH THOUGHT ON THIS "EATER OF ANTS"

### What can I do on a daily basis to stay healthy during the COVID-19 pandemic?

**Stay home.** Wash your hands often, Wear a mask and when away from home, keep 6' apart.

**Be grateful and focus on the positive.** For some, it means spending more time with family or living at a slower pace, For others, spending less money, appreciating the outdoors, having more time to pray. Express appreciation for all the essential workers that provide for our needs during this pandemic.

**Stay socially connected.** Speak to loved ones and people you trust every day or as much as possible. Call, text, email, zoom, or send a card to loved ones, including members of our Lakewood family.

**Stick to a routine.** Your body is used to routine and functions best with consistent sleep, meals, and physical activity.

**Examine eating habits.** Since we're eating more meals at home, try some new recipes. Take advantage of all the fresh vegetables and fruits during this season. Cooking is a great way to spend time as a family. Prep, eat and clean together.

**Set and achieve a small goal.** Pick one thing- big or small- and set a time frame to accomplish it. Setting and achieving a goal will give you a sense of purpose and productivity.

**Read a daily devotional.** Spend time in scripture and prayer. Know that God is with us each step of the way.

## Thoughts to Ponder

As I write this month's article, I am watching the TV broadcast of the final journey of Congressman John Lewis across the now-famous Edmund Pettus bridge in Selma Alabama. This time he was safe in the arms of God, his body in a flag-draped casket being carried in a horse-drawn open cart. Although the current virus precautions limited the number of people who watched this trip in person, those present shouted "Thank You" and sang hymns as they witnessed this symbolic journey. What a difference from the famous march in March 1965, now referred to as Bloody Sunday, when John Lewis and the marchers were met by Alabama state troopers and the local sheriff's posse and chaos ensued, including Lewis suffering a cracked skull. The purpose of this march was a desire of the marchers to decrease the disparity in voter registration of non-whites, which was only 2% of those who were eligible to register. His original journey is chronicled in the movie "Selma".

As you may know John Lewis went on to become a congressman from Georgia from 1986 until his death this summer. While in Congress, he and his fellow congressmen spent his last years trying to fix the voters' rights act which was gutted by the Supreme Court. It remains unsigned by the President at this time and his friends and colleagues are hoping to have it named the John Lewis Voters Rights Act.

Every time our country loses one of its heroes, I wonder who will take up the fight next. Whether they are a civil rights hero, war hero, political hero or religious hero, it makes me think: What did they have in their personality, background or genetics that causes them to take the chances and risks to step out and make a difference?

John Lewis says his mother told him to only make "good trouble". In my opinion, that is what he did. In a FaceBook live discussion with former Senator Cory Booker in June 2017, Lewis said "If you see something that is not right, not fair, not just, you have a moral obligation to stand up, to do something, to say something, to find a way to get in the way, and make a little noise."

How can we as Christians make "good trouble, make a little noise"? Prayers, support, education, action are all basics to doing that. If we don't know about the problem or are unsure of the history of the issue, we need to learn what led up to the current situation. Just like we have had to learn about the COVID-19 pandemic and how to prevent the spread of this illness, we have to take personal responsibility to learn what led up to other injustices and what we can do to change the situation. I know I will not be another John Lewis, but I feel the need to learn and help in some way. How about you?

Have a blessed, safe and healthy August.

Suzie Rosendahl

