

## Paoli United Methodist Church

794 E. State Road 56  
Paoli, IN 47454-9356  
Phone: 723-2965  
E-mail: [secretary.paoliumc@frontier.com](mailto:secretary.paoliumc@frontier.com)  
Rev. Dr. LaMont Bonath

### Sunday Schedule:

8:15 a.m. Worship  
9:00 a.m. Sunday school  
10:15 a.m. Worship

Junior Church June 9<sup>th</sup> & 23<sup>rd</sup> 10:15 service

*Place label here.*

Access church website  
using the quick response  
code.

[paoli-umc.com](http://paoli-umc.com)



To make a donation,  
use this quick  
response code

### June Helpers

#### Greeters

June 2 Lesa Farlow  
June 9 Willie & Jackie Bosley  
June 16 Bob & Sarah Seldner  
June 23 Frank & Linda Barnett  
June 30 Matt & Catherine Henderson

Please contact Lesa Farlow at [Lfarlow82@frontier.com](mailto:Lfarlow82@frontier.com) or (812) 723-2333 if you are unavailable as a greeter for any of the above dates.

#### Acolytes

June 2 Phillip & Janis Easterday  
June 9 Dave & Margaret Mathers  
June 16 Matt & Colton Henderson  
June 23 William & Sarah Windhorst  
June 30 Eric & Dee Ann Harmon

Please contact Dee Ann Harmon at [deeharmon1@frontier.com](mailto:deeharmon1@frontier.com) or (812) 521-6822 if you are unavailable as an acolyte for any of the above dates.

#### Worship Leaders

June 2 Howard Detweiler  
June 9 Jim Bowen  
June 16 Jim Bowen  
June 23 Howard Detweiler  
June 30 Howard Detweiler

### June Anniversaries

2 Frank & Linda Barnett  
9 Jeff & Katie Gardner  
20 Jerry & Joanne Stroud  
21 Aaron & Terri Hannon  
23 Mike & Sharon Benham  
24 C.J. & Caitlin Fleenor  
Phil & Karen Hudleson  
26 Mark & Rachel Carter  
28 Greg & Lesa Farlow  
Duane & Mary Alice Radcliffe

### June Altar Flowers

June 2 Irvin McBride  
June 9  
June 16  
June 23  
June 30

See altar flowers clipboard across from church office for information.



### June Birthdays

1 Debra Stroud  
2 Linda Barnett  
Terri Hannon  
Darlene McBride  
Bryant Trinkle  
4 Saige Ralston  
5 Beverly Magner  
6 Billy Vincent  
11 Jim Faulkner  
18 Andrea Bosley  
Hailey Hutsler  
21 Mary Margaret McCoy  
Daniel Mills  
25 Darrell Newkirk  
26 Caitlin Fleenor  
27 Martha Lambdin  
28 Rayna Stillwell  
29 Jennifer Austin

Instagram - @paoliumc

Information for the July  
newsletter needs to be  
submitted by June 17<sup>th</sup>.

June 2019



[www.paoli-umc.org](http://www.paoli-umc.org)



Paoli United Methodist Church



*LaMont's Lines*  
*June 2019*

### What You Should Know About Loneliness:

At one of my continuing education classes earlier this year I learned about loneliness. Loneliness is a universal human emotion which is complex and unique to each individual. There is no single common cause, prevention or treatment of this potentially damaging state of mind – which varies dramatically.

“Since 1985, the number of people in the U.S. with no close friends has tripled. The rise of the Internet and social media are partially to blame.”

Based on the information I received at this continuing education class, I am passing along one of the better articles I reviewed to the congregation. I have also included the website address for any follow-up questions. [www.verywellmind.com](http://www.verywellmind.com)

### Loneliness Is a State of Mind

While common definitions of loneliness describe it as a state of solitude or being alone, loneliness is actually a state of mind. Loneliness causes people to feel empty, alone, and unwanted. People who are lonely often crave human contact, but their state of mind makes it more difficult to form connections with other people.

Loneliness, according to many experts, is not necessarily about being alone. Instead, if you *feel* alone and isolated, then that is how loneliness plays into your state of mind. For example, a college freshman might feel lonely despite being surrounded by roommates and other peers. A soldier beginning his/her military career might feel lonely after being deployed to a foreign country, despite being constantly surrounded by other troops.

### Causes

According to research by Dr. John Cacioppo, loneliness is strongly connected to genetics. Other contributing factors include situational variables, such as physical isolation, moving to a new location, and divorce. The death of someone significant in a person's life can also lead to feelings of loneliness. Additionally, it can be a symptom of a psychological disorder such as depression.

Loneliness can also be attributed to internal factors such as low self-esteem. People who lack confidence in themselves often believe they are unworthy of the attention or regard of other people. This can lead to isolation and chronic illness.

★ Tax Exemption  
Saves us 7% of  
purchase price!  
If you are making a  
purchase on behalf of  
the church, please  
remember to use our  
tax exempt number. If  
you do not have that  
information, stop by  
the church office to  
pick up the needed  
documents.

Blood Drive  
June 20  
3-7 PM  
Fellowship Hall

Jr. Church  
June 9<sup>th</sup> & 23<sup>rd</sup>

Calendar: pg. 2  
Mission: pg. 4  
Helpers: pg. 8  
Birthdays: pg. 8  
Anniversaries: pg. 8

### Prayer Blankets

If you would like your  
prayer blanket re-blessed,  
contact Annabelle  
Rominger at  
(812) 865-0927  
(812) 723-3190 or  
[annrobert@frontier.com](mailto:annrobert@frontier.com).

Please keep our  
church coconut oil  
and peanut free for  
members who are  
allergic.



**Sunday Service Times**

8:15 A.M. Worship

9:00 A.M. Sunday School/Adult Bible Study

10:15 A.M. Worship

**Office Hours**Monday-Thursday 8 A.M. to 3 P.M.  
(closed for lunch 12-1)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Breeding sisters singing 8:15 service  Communion	3 Ad Council meeting 7 PM  Boy Scouts 385 4:45-7 PM Fellowship Hall	4 Christian Ed. meeting 7:30 PM	5 Choir practice 7 PM	6	7	8
9	10	11 Finance meeting 7 PM	12 Choir practice 7 PM	13	14	15
Jr. Church 10:15 service		Annual Conference				
16	17 Boy Scouts 385 4:45-7 PM Fellowship Hall	18 Youth Worker Café 10 AM - 2 PM Fellowship Hall  Trustees mtg. 7 PM	19 Choir practice 7 PM	20 Blood Drive 3-7 PM Fellowship Hall  Endowment mtg. 11 AM	21	22
Father's Day						
23 Jr. Church Sunday	24	25	26	27	28	29
30		Cub Scouts 381 4:45-8 PM Fellowship Hall				

**Particular Sunday Emphases**

- 1<sup>st</sup> Sunday of the month - Communion  
 2<sup>nd</sup> Sunday of the month - Christian Education/Junior Church  
 3<sup>rd</sup> Sunday of the month - Food Pantry/Altar Call  
 4<sup>th</sup> Sunday of the month - Mission Moment/Junior Church  
 5<sup>th</sup> Sunday of the month - Stewardship Moment/Altar Call

**Instagram posts go up on  
Monday mornings -  
except during holidays!**

**May sermon titles & texts**

- June 2 Communion Sunday  
"Do Not Waste an Opportunity"  
Acts 16:16-34
- June 9 Christian Education Sunday  
"Pentecost"  
Acts 2:1-21
- June 16 Food Pantry Sunday  
"The Results of Suffering"  
Romans 5:1-5
- June 23 Missions Sunday  
"The Body of Christ"  
1 Kings 19:1-15a
- June 30 Stewardship Moment  
"Our Weakness & the Will of God"  
2 Kings 2:1-2, 6-14

**The Mourner's Bill of Rights**

1. You have the right to experience your own unique grief.
2. You have the right to talk about your grief.
3. You have the right to be tolerant of your physical and emotional limits.
4. You have the right to feel a multitude of emotions.
5. You have the right to experience "griefbursts."
6. You have the right to make use of ritual.
7. You have the right to embrace your spirituality.
8. You have the right to search for meaning.
9. You have the right to treasure your memories.
10. You have the right to move toward your grief and heal.

**Southern Indiana Human Trafficking Coalition**

National Human Trafficking  
Hotline: 1-888-373-7888  
or text INFO or HELP to BE  
FREE (233733)

If you suspect a minor is  
being trafficked you must call  
The Indiana Department of  
Child Services Hotline at  
1-800-800-5556

Local  
Suicide Prevention  
Line

812.422.1100  
[www.southwestern.org](http://www.southwestern.org)

Help is available  
24 hours, 7 days a week

**Local AA meetings**

**Paoli**  
Mondays, 10 A.M.; New Hope Christian Church  
Tuesdays, 8 P.M.; Paoli Wesleyan Church  
**Orleans**  
Wednesdays, 8 P.M.; American Legion Post 69  
**French Lick**  
Sundays, 7 P.M.; Springs Valley Wesleyan Church  
Wednesdays 7 P.M. Beechwood Christian Church

For up to date changes on AA meetings visit:  
<http://www.district10.area23aa.org>

**Members in nursing & retirement facilities**

Martha Denny Rm. 119  
**Bliss House**, 3008 S. Shawnee Dr.  
Bedford, Indiana 47421  
Mary Margaret McCoy  
**Westview Nursing Center**, 1510 Clinic Dr.  
Bedford, Indiana 47421  
Rosemary Noble Rm. 123A  
**Garden Villa**, 2111 Norton Ln.  
Bedford, Indiana 47421  
Bud Caraway Rm. 407B, Bill Cromwell Rm. 306,  
**Paoli Health & Living**, 559 W. Longest St.  
Paoli, Indiana 47454

Pastor visits the homebound & retirement  
facilities once a month with Harold Minton.

**Emergency Contact Information**

Pastor LaMont's contact information -  
E-mail: [paoliumc@frontier.com](mailto:paoliumc@frontier.com)  
Cell: (812) 653-5677 (text available)  
Personage: (812) 723-8111

Megan's contact information -  
Email: [secretary.paoliumc@frontier.com](mailto:secretary.paoliumc@frontier.com)  
Cell (use for emergencies): (812) 653-0063

**Possible Prayer for  
Unspoken Prayer Requests**

**O Lord, strengthen us through your word  
and spirit during our times of testing, so  
we may share in Christ victory. Amen.**

**Unspoken  
Prayer  
Concerns**

One of the challenges  
when focusing on  
unspoken prayer  
concerns for the  
pastor is the challenge  
of letting the  
congregation know  
some tangible action  
has been taken by him  
on their prayers. After  
numerous prayers to  
God and seeking the  
direction of the Holy  
Spirit, this is what I will  
attempt.  
Each month in the  
newsletter we will  
have a section on  
unspoken prayer  
concerns. I will list the  
number of people  
acknowledging  
unspoken prayer  
concerns for both  
services from the  
previous month.

For example -

**May 26**

8:15 - 7 people  
10:15 - 10 people

The process used by  
the pastor has been  
visualizing each  
person who raises  
their hand at either the  
8:15 or 10:15 service.  
Then I pray for God's  
grace to be active. If  
you have a suggestion  
on another way to  
acknowledge  
unspoken prayer  
concerns, please  
contact pastor  
LaMont.

Remember Paoli United Methodist Church in you will. Contact Skip Lambdin, endowment  
chair, [skipl1963@gmail.com](mailto:skipl1963@gmail.com) or 812-345-3873.



## Celebrations & Member Care

### Lifting up others in prayer and giving thanks

The earnest, heartfelt, continued prayer of a righteous man makes tremendous power available – dynamic in it working. James 5:16 AMP

#### Celebrations

Seen in the newspaper –  
Martha Denny  
Aaron Hannon



“20 years ago” May 11-13, 1999  
Rachel Wyatt  
Morgan Dusch



updated 4/29/19

#### Our church's prayer list –

Rex Babcock  
Harold Bonath (hospice care)  
LeRoy Boyer  
Mike Burton  
Bud Caraway  
Larry Joe Clements  
Sharon Collier  
Sharron Cousineau  
Bill Cromwell  
Deegan Epperson  
Larry Evans  
Jeff Hebert

Jeremy Hicks  
Anna Hudelson  
Phyllis Kaiser  
Steve & Sheryl Kingston  
Payton Krider  
Derrick Lambdin  
Joyce Lewis & family  
Clarence Minton  
John & Mary Ruth Miley  
Rosemary Noble  
Paulette Purkhiser  
Mark WittenHagen

#### An Active Shooter Plan

**Think ahead, plan ahead, and hope it never happens; if it does, we are prepared!**

As part of the continuing active shooter campaign, the trustees are requesting there be no parking under the East side canopy at any time. There are several reasons for this request. The main one is this; in an active shooter event, emergency vehicles need to move people quickly from the church to the hospital. If personal vehicles are parking under or blocking access to the East doors, precious time is lost in finding the owner and getting the car moved. The trustees are planning ahead. Thank you for your help with our active shooter campaign.

#### Handicapped Parking

New handicapped parking spots have been added to the South side of the church. The new spots were approved by the trustees. The 2018 confirmation class painted the designs.

## LaMont's Lines

### Loneliness continued...

#### Health Risks Associated with Loneliness

Loneliness has a wide range of negative effects on both physical and mental health, including:

- Depression and suicide,
- Cardiovascular disease and stroke,
- Increased stress levels,
- Decreased memory and learning,
- Antisocial behavior,
- Poor decision-making,
- Alcoholism and drug abuse,
- The progression of Alzheimer's disease, and
- Altered brain function,

These are not the only areas in which loneliness takes its toll.

Researchers have found low levels of loneliness are associated with marriage, higher incomes, and higher educational status. High levels of loneliness are associated with physical health symptoms, living alone, small social networks, and low-quality social relationships.

#### Loneliness Can Be Contagious

One study suggests loneliness may actually be contagious. In a ten-year study, researchers examined how loneliness spreads in social networks. The results indicated people close to someone experiencing loneliness were 52 percent more likely to become lonely as well.

#### Tips to Prevent Loneliness

Loneliness can be overcome. It does require a conscious effort on your part to make a change. Making a change, in the long run, can make you happier, healthier, and enable you to impact others around you in a positive way.

Here are some ways to prevent loneliness:

- Recognize loneliness is a sign something needs to change
- Understand the effects loneliness has on your life, physically and mentally
- Consider doing community service or another activity you enjoy
- Focus on developing quality relationships with people who share similar attitudes, interests and values with you
- Expect the best. Lonely people often expect rejection; so instead, focus on positive thoughts and attitudes in your social relationships.

#### Pastor's Note

What I found interesting is the strong link of loneliness to genetics. For some people loneliness does not affect them. The role of the church as a social fellowship seems to have a potential for a positive impact on loneliness. What did you learn, if anything, from this article on loneliness?

## Mission Section

## Blood Drive

When: June 20, 3-7 PM

Where: Fellowship Hall

After speaking with our Red Cross representative following our last blood drive, she informed me that majority of our donors possess a negative blood type (O-, O+, B- and A-) – which is great!

A negative blood type allows that person to make a Power Red donation rather than a “whole blood” donation. A whole blood donation is your standard donation. However, in a Power Red donation you are only donating a concentrated dose of your red blood cells.

This type of donation only takes about ten minutes longer than a standard donation and actually leaves you feeling much better afterwards! How you may ask? During a Power Red donation they take the customary one unit of blood but it counts as TWO. There is a special machine that will filter out your red blood cells and safely return your plasma and platelets back to you. When doing so, they filter in added saline, too – which is what leaves you feeling more hydrated.

In addition, when you choose this type of donation, you only have to donate every 112 days/3x a year.

In order to donate Power Reds, there are height and weight requirements that must be met:

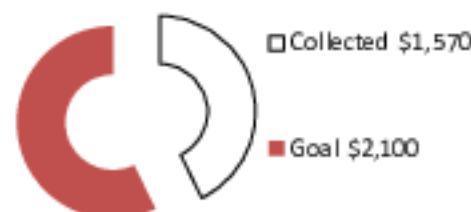
- Women must be at least 5'5" and 150 pounds
- Men must be at least 5'1" and 130 pounds

If you think this type of donation is for you, or if you would like to do a whole blood donation, please see Terri Hannon or Megan Bradley to sign-up. We are only three weeks away!

### Blankets of Love quarterly goal April-June 2019



### Food Pantry Building annual goal April-June 2019



Promoting Our  
Church in the  
Community

Monday-Friday  
Faith Break  
WUME

Weekly - the Paoli  
News Republican  
church section -  
worship schedule.

24/7  
www.paoli-umc.com  
Google Reviews  
Instagram -  
@paoli-umc



Share life  
Give blood



Breeding Sisters  
June 2  
8:15 service only



## Finance – Audit Report for 2018

by Jim Bowen

Approved and initiated by the finance committee, the purpose of the expense vouchers is to have specific people able to sign off on certain expenses. The committee chairperson is the only one signing off on an expense. This allows for a clearer picture of the budget amount still available to be used in any calendar year. It also makes the checking of expenses easier on the church auditor and treasurer.

Please note if the vouchers are not properly signed, they will be returned to the committee chairperson.

Below is a current list of people who may sign expense vouchers for their committee only.

## Committee Chairpersons:

X

\*Christian Education – Mike Benham

(includes youth group & junior church coordinators)

\*Endowment – Skip Lambdin

\*Evangelism/Member Care – Rachel Bowen

\*Little Creations (sub-committee of Staff-Parish) – Lesa Farlow

\*Mission & Faith Promise – Howard Detweiler

(includes Blankets of Love, funeral dinner coordinator & funeral flowers/cards)

\*Office Expenses – LaMont Bonath

\*Staff-Parish & Finance – Jim Bowen

\*Trustees – Frank Barnett

\*Worship – Karen Foster/Dee Ann Harmon

Expense vouchers are in a basket across from the church office.

## Help the church grow!

We need your help and suggestions to achieve a more consistent giving pattern allowing the finance committee to plan rather than going into panic mode from June to November of each year when giving drops significantly.

As of now, we only have one significant fundraiser planned, the Italian Pasta Dinner in September. We need at least two more!

Sincerely,

**TAX EXEMPT**

The money we save goes back  
into our church programs

Saves us 7% of purchase price!

If you are making a purchase on behalf of the church, please remember to use our tax exempt number. If you do not have that information, stop by the church office to pick up the needed documents.





## June 2019 Newsletter Insert

### The Acts of the Apostles Sermon Series April-June 2019

**The purpose of the Book of Acts is to show the history/geographical movement of the Christian Faith. It is based upon words of Christ in Acts 1:8.**

**<sup>8</sup>But you will receive power when the Holy Spirit has come upon you;  
and you will be my witnesses in Jerusalem, in all Judea and Samaria,  
and to the ends of the earth.**

#### I. Acts 10:34-43 Who Does God Accept?

Peter has a revelation – anybody of any nationality who fears God and does what is right is acceptable to him. Peter's testimony opens up the Gentile world to Christianity. As one of the original disciples of Jesus, his statements have power to influence Jewish Christians to be open to the Gentile Christians.

#### II. Acts 5:27-32 Who Do the Christians Obey?

The Sanhedrin, the Jewish religious authority had given a formal warning to the apostles and had them put in jail. When asked by the religious court why they were doing what they had been warned against doing; the reply was – obedience to God comes before obedience to man – a direct challenge to the authority of the Sanhedrin. (If you would please finish the last part of chapter 5, Gamaliel's Intervention).

#### III. Acts 9:1-6 The Power & Scope of the Local Church – Saul Becomes a Preacher for the Gospel of Jesus Christ.

Historically, most experts focus on the call of Saul. However, this text begins to establish the process of how God chooses his preachers:

1. There is a revelation experience
2. Preachers are linked to one or more local churches, and
3. Churches affirm or deny the call of the preacher or pastor

Saul is an example of this process based on his ministry to the Gentiles.

#### IV. Acts 9:36-43 Authentic Christian Faith

Tabitha or Dorcas, and others like her, spread the Christian Faith by being examples of people possessing authentic Christian Faith.

#### V. Acts 11:1-18 The Spirit Makes No Distinction!

Early conflicts within the Jerusalem church begin to define the conversion experience. Biblical guidelines establish conversion occurs either by the Word of God (v. 14) or by the Holy Spirit (v. 15). Both methods are initiated by God with the end result being either unity with God and/or unity with the church (v. 17). God sends his gushing praise upon his church showing there is hope & promise for the future!

#### VI. Acts 16:9-15 Macedonia

The spread of the Christian faith continues into Europe through Paul's ministry and preaching. In this Bible text the conversion experience of Lydia shows the Holy Spirit at work before a public proclamation is made; followed by the act of baptism.

Side note: -God directs the Apostles through  
-one of the first examples of city zoning  
-home churches begin to grow

#### VII. Acts 16:16-34 Do Not Waste an Opportunity

#### VIII. Acts 2:1-21 Pentecost

## Funeral Dinners

One of the things I admire about our church is how we support our church family members. As far back as I can remember, we have always shown our care for others during their time of grief. We provide a place for families to gather, share remembrances, and celebrate the existence of life and love in midst of death.

Our church provides a sacred place for these things to take place. We have always had people and groups providing meals for these occasions and we have taken great pride and joy in doing so.

Now comes the time of sadness for the J.O.Y. class. At our age, we can no longer do our part in providing the actual serving of these dinners. So, I am asking others who are members of our church to take charge of these dinners. This does take a commitment and the commitment has always been there.

Please think and pray about this. If you have any questions, let me or Pastor LaMont try to answer them for you.

Jim Bowen & the J.O.Y. (Jesus, Others, and You) Class

## Teamwork

As you pray about helping with funeral dinners, consider using a team approach – two or three people working together with the tasks of the dinners broken down into specific, concrete and manageable parts. For example, one person does the calling, another does the dinner itself, and a third person (or group) does the set-up and clean-up. I am sure there are other ways to accomplish this division of labor. It's up to the coordinators to decide how they would like it done. Sometimes the family may not want a meal and instead they might request food during the funeral visitation.

Over the years a standardized meal menu has emerged. It is listed below for you, as well as, people who have donated food to our funeral dinners. Hopefully this information will be helpful to any team or class as they pray about our funeral dinner situation.

### Those who have contributed food (past & present)

		<u>Food Items</u>
Linda Bamett	Karen Foster	Fried chicken from Jay-C Baked ham Various salads Green beans Soups Sandwiches Coleslaw Hot dogs (kids) Mac -N- cheese (kids)
Jackie Bosley	Dee Ann Harmon	
Mary LaVerne Boston	Catherine Henderson	
Jim & Rachel Bowen	Martha Lambdin	
Rachel Carter	Darlene McBride	
Karen Coulter	Rhonda Mills	
Judy Detweiler	Suzanne Newkirk	
Diane Dillard	Mary Alice Radcliffe	
Janis Easterday	Annabelle Rominger	
Lesa Farlow	Debra Stroud	
Elizabeth Faulkner	Joanne Stroud	
	Diane Wheeler	

## New Offering Envelope

You may have noticed a new grey weekly offering envelope in the pews. This offering envelope is specifically for the Food Pantry Building Fund. You are still encouraged to write Food Pantry Building Fund on the memo line of your check. However, if you use this designated offering envelope it should help avoid confusion between the Food Pantry donations and the Food Pantry Building Fund.

