


794 E. State Road 56  
 Paoli, IN 47454-9356  
 Phone: (812) 723-2965  
 E-mail: secretary.paoliumc@hotmail.com  
 Rev. Dr. LaMont L. Bonath

**Sunday Schedule:**

8:15 AM Worship  
 9:00 AM Sunday School  
 10:15 AM Worship

★ **New Office Hours:**

**Monday & Wednesday – 8 AM-3 PM** (closed for lunch 12-1)  
**Tuesday & Thursday – 9 AM-4 PM** (closed 11-12)

Access church website  
 using the quick response  
 code.  
  
[paoli-umc.com](http://paoli-umc.com)

 To make a donation,  
 use this quick  
 response code

*Place label here.*

Instagram –  
 @paoliumc

Facebook –  
 Paoli UMC

YouTube –  
 Paoli UMC

**January Anniversaries**

- 1 Keith & Debbie Sparks
- 12 Elizabeth & Jim Faulkner

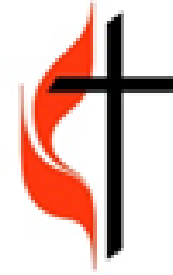
**January Birthdays**

- 3 Vivian Miller
- 6 Jerry Stroud
- 10 Rhonda Mills
- 11 Donna Bonath
- 18 Skip Lambdin  
William Windhorst
- 22 Matt Henderson
- 27 Julie Ralston
- 28 Lesa Farlow
- 30 Willie Bosley

Vivian Miller's daughter-in-law asked that the congregation send cards to Vivian for her 90<sup>th</sup> birthday. Her address is:  
**521 SE 3<sup>rd</sup> St.  
 Paoli, IN 47454**

**January sermon titles & texts**

January 3	Communion Sunday "Observation" Isaiah 60:1-6, Matthew 2:1-12
January 10	Christian Education Sunday "Preparation" Mark 1:4-11
January 17	Food Pantry Sunday "Follow Me" John 1:43-51
January 24	Mission Focus Sunday "Arrested" Mark 1:14-20
January 31	Stewardship Sunday "Astonishment" Mark 1:21-28



**LaMont's Lines  
 January 2021**

**One of My Unspoken Prayer Concerns – Suicide**

*<sup>1</sup>Comfort, comfort my people, says your God.  
 Psalm 40:1*

Both the author and publisher wish the reader to know this article does not offer mental health treatment, and in no way should be considered a substitute for consultation with a professional.

**Suicide**

There are no magic answers or quick solutions to life's problems, nor are there simple solutions to the pain and suffering which seem to be part of all our lives. If you choose to read this article, some of the information you may not like, but the precious life God has given us all may be at stake.

Several decades in the past while serving as the church youth director and Christian education coordinator, I had to respond to a youth, a young girl, considering taking her own life. As a young minister, I was not trained in seminary or by the church to deal with suicide. I made a lot of calls quickly and in a short period of time. I was able to connect this young, non-church member with a school counselor. I was in a large, urban area where counseling services were readily available. As with events, like suicide, the more you know, the better equipped you will be to tailor a range of resources to the needs of the client's specific situation.

My hope in writing this article is to challenge the congregation to educate themselves through a variety of resources, particularly on the Internet about suicide. Why now? The pandemic has increased the potential to double the number of suicides during December, January, February and March. During this period, without the pandemic, the suicide rate historically and regularly increases. There are a variety of potential reasons, but the numbers tell professionals and other types of counselors to prepare ourselves for this time of year.

★ **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.

**Calendar: pg. 2  
 Updates: pg. 3  
 Birthdays: pg. 4  
 Anniversaries: pg. 4**

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

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



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



**Instagram –  
 @paoliumc**

**Facebook –  
 Paoli UMC**

**YouTube –  
 Paoli UMC**

**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 & Wednesday – 8 AM-3 PM (closed for lunch 12-1)  
 Tuesday & Thursday – 9 AM-4 PM (closed 11-12)

**January**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px dashed black; padding: 5px;">                     Church WiFi password -                      PUMC WiFi: 8127232965                 </div>			Remember Paoli United Methodist Church in you will. Contact Skip Lambdin, endowment chair, skip11963@gmail.com or 812-345-3873.		1	2
3 8:15 Worship 10:15 Worship Sanctuary  Communion Sunday	4 Ad Council via Zoom 7 PM	5	6 Bell Choir Practice 6:30 PM	7	8	9
10 8:15 Worship 10:15 Worship Sanctuary  Christian Education Sunday	11	12	13	14 Permanent Endowment via Zoom 11 AM	15	16
17 8:15 Worship 10:15 Worship Sanctuary  Food Pantry Sunday	18	19 Trustees Meeting 6 PM  Backpacks of Blessing 6 PM	20	21	22	23
24 8:15 Worship 10:15 Worship Sanctuary  Mission Moment Sunday	25	26	27	28	29	30
31 8:15 Worship 10:15 Worship Sanctuary Stewardship Sunday						

Keep in mind that to avoid loneliness, many people need both a social circle and an intimate attachment. Having just one of two may still leave you feeling lonely.

-Gretchen Rubin

**Particular Sunday Emphasizes**

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

**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  
**Rosemary Noble** Rm. 307B  
 Garden Villa, 2111 Norton Ln.  
 Bedford, Indiana 47421  
**Marilyn Rutherford Bivins** Rm. 210,  
**Bill Cromwell** Rm. 306  
 Paoli Health & Living, 559 W. Longest St.  
 Paoli, Indiana 47454

**Homebound –**

Charlotte Lane  
 312 Fair St.  
 Paoli, IN 47454

Pastor visits the homebound & retirement facilities once a month.

**Pastor's Emergency Contact Information**

**Pastor LaMont's contact information –**  
 E-mail: [paoli793umc@gmail.com](mailto:paoli793umc@gmail.com)  
 Cell & parsonage: (812) 653-5677  
 (text available)

**Ivy's contact information –**  
 Email: [secretary.paoliumpc@hotmail.com](mailto:secretary.paoliumpc@hotmail.com)  
 Cell (use for emergencies): (812) 653-4306

**Drug Take-Back Program**

A reminder that IU Health has a drug take-back program as a safe and easy way to dispose of leftover or expired medication. The disposable box is located on the first floor or IU Health Paoli hospital.

**Local Suicide Prevention Line**

(812) 422-1100  
[www.southwestern.org](http://www.southwestern.org)

Help is available  
 24 hours a day,  
 7 days a week

**Unspoken Prayer Requests**

- 12/13  
8:15 –  
10:15 –
- 12/20  
8:15 –  
10:15 –
- 12/27  
8:15 – 1  
10:15 – 1

The purpose of this page is to help congregational members locate resources or information which may be helpful.



quick response code for church website

## 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

#### Our church's prayer list – updated 12/2/20

Brenda Allen	Anna Hudelson
Jennifer Austin	Roxanne Kemple
Ann Babcock	Ali King
Rex Babcock	Steve & Sheryl Kingston
Marilyn Rutherford Bivins	Payton Krider
Billy Bostock	Charlotte Lane
LeRoy Boyer	Joyce Lewis & Family
Angie Basinger-Breeden	Seth & Kendra Mathers
Denise Bruner	Clarence Martin
Mike Burton	Connie McBride
Sharron Cousineau	Irvin McBride
Mary Crist	Chet Messengale
Bill Cromwell	John & Mary Ruth Miley
Diane Dillard	Rosemary Noble
Deegan Epperson	Paulette Purkhiser
Larry Evans	Hilma Rutherford
Dennie Followell	Scott Stemle
Denise Hamilton	Paige Tow
Matt Henderson	Melanie Trinkle
Steve Hickman	Rex Tuell
	Sarann Weeks



#### Seen in the newspaper

Michael Hannon  
 Tyler Hannon  
 Clara Henderson  
 Connor Henderson  
 Libby Newkirk  
 Max Newkirk  
 Lily Stroud  
 Maggie Vincent  
 Stella Windhorst  
 Willson Windhorst

“20 yrs. today” Dec. 5-7, 2000  
 Mary Alice Radcliffe

“40 yrs. today” Dec. 9-11, 1980  
 Dr. Eric Harmon

“40 yrs. today” Dec. 16-18, 1980  
 Jerry Stroud

## Meet Your New Church Secretary

Hello everyone,

I wanted to take a moment to introduce myself, I am Ivy Basinger. I have grown up in Paoli my whole life. Some of you may know my mother, Heather Gehl, and others may know my grandmothers, Anita Gehl and Ruby Copeland.

I have a beautiful and spunky little girl, named Paisley. She just turned 4 years old in October. It has been a joy raising her in our small, close knit community.

I know I have some big shoes to fill as your secretary, but I am looking forward to meeting everyone and I will do my best to serve as your new secretary.

Have a safe & blessed 2021!

*Ivy Basinger*



We are all handicapped by our vital statistics. We are trapped in our age, generation, our race, and our sex. We are all the captives of our own unique time, place and truth. Therefore, it would seem to follow our lives are limited about what we can know about life. We are limited by our vision and understanding of others. We will never know what life is like for another person.

#### Loneliness

To be alone is not necessarily to be lonely. It is a matter of how you connect to the people around you, how you speak with them, how they hear you and what they know about you which makes the difference between just being alone and being lonely.

Then there is the problem about individual self-esteem. You have to like yourself before anything else can occur. The counter to loneliness is to understand as long as we try to solve a problem, we will be limited in how well we are able to solve issues or problems.

#### Depression

Depression is a sometime thing. It is like the common cold of emotional problems. Four to eight million people suffer from depression daily. Like a cold, most depressions eventually run their course and the person gets back to normal. However, if you're feeling hopeless or helpless you may be in a life-threatening state of mind. Being seriously depressed is a life-threatening state of mind and body. When it will not go away, it makes us sicker and sicker until we can not think or imagine feeling any better. When you are seriously depressed nothing sounds good or funny. The things which use to be worth living for lose their value. Being seriously depressed means, you fail to respond vigorously to life's demands.

#### The Internet

As with any large source of information you need to spend some time sorting out what is relevant to your situation. Let me offer you specific sites on the topic of suicide.

<https://suicidology.org/facts-and-statistics/>

national average 14.2 per 100,000 population

<https://mchesterpsychotherapy.co.uk/escape-hatches/>

#### Other Resources

Almost any community has help line, hotline, emergency line or a suicide help line. Find these numbers and keep them close. In advance of problems, check out the healthcare professionals in your area, family physician, psychiatrists, psychologists, social workers, drug and alcohol specialist or a clergy person.

Hopefully by at least beginning to think about the problems of suicide and talking about suicide with other you might be that special person to help an individual when they need it most!

**Mission Section**

**II. Blankets of Love**  
Alleviating Emotional Insecurities


**Thank you for your help in this mission. We were able to collect a total of \$690 last quarter.**

**Let's keep this energy going!**

**Alleviating Food Insecurities**  
**I. Food Pantry**

If you are bringing items for the food pantry, please take them to the sanctuary foyer and place them in the designated area.

**Donate recyclable bags**



**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](http://www.paoli-umc.com)  
**Google Reviews**

**Instagram - @paoliumc**

**Facebook - Paoli UMC**

**YouTube - Paoli UMC**

**Essentials Project**  
organized by the Becomers Class

**Items Needed:**  
Toothbrush/toothpaste  
Soap  
Deodorant  
Socks/underwear  
Feminine hygiene products  
Brush/comb  
Zip-lock bags  
Gift bags

Any personal items are appreciated!

\*Donations can be dropped off in Sanctuary.

**Jubilee Christmas**

Thank you for your generosity this season!

**Thank you for your general fund donations this year.**

**III. Blood Drives**  
**Alleviating Blood Insecurities**


Upcoming Drives

**Backpacks of Blessing**

*<sup>38</sup> give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back. **Luke 6:38***

A reminder we will be packing the Backpacks of Blessing food bags on **Tuesday, January 19 at 6:00 PM** in the Throop Elementary cafeteria. We are needing around 15 volunteers and we should have the packing completed in less than an hour. As a safety precaution everyone must wear masks and gloves. These will be provided if you do not have them.

If you have any questions, please contact  
**Jackie Bosley at 812-653-0735**  
OR  
**Catherine Henderson at 812-653-0491**



**A Helping Hand To Others**  
"If your heart be as my heart, give me your hand"  
-John Wesley

**Year-end Audit**  
All items need to be turned into Janis Easterday by the end of January for auditing purposes. Thank you.

***Palm Sunday: March 28<sup>th</sup>***  
***Easter Sunday: April 4<sup>th</sup>***

**Expense Vouchers**  
Approved and initiated by the finance committee, the purpose of the expense vouchers is to have specific people be 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. Below is a list of the categories for vouchers.

**Christian Education, Endowment, Evangelism/Member Care, Mission & Faith Promise, Funeral Dinners, Funeral cards/flowers, Office Expenses, Staff-Parish & Finance, Trustees, Worship**

Expense vouchers can be found on secretary's desk.

**COVID-19 Vaccine** [8 Things to Know about the U.S. COVID-19 Vaccination Program | CDC](#)

Now that there are authorized and recommended vaccines to prevent COVID-19 in the United States, here are 8 things you need to know about the COVID-19 Vaccination Program and COVID-19 vaccines.

- The safety of COVID-19 vaccines is a top priority.**  
CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a smartphone-based, after-vaccination health checker for people who receive the COVID-19 vaccines.
- COVID-19 vaccination will help protect you from getting COVID-19. Two doses needed.**  
Depending on the specific vaccine you get, a second shot 3-4 weeks after your first shot is needed to get the most protection the vaccine has to offer against this serious disease.
- CDC is making recommendations for who should be offered COVID-19 vaccine first**  
-**Phase 1a** includes healthcare personnel and residents of long-term care facilities.  
-**Phase 1b** includes frontline essential workers such as fire fighters, police officers, corrections officers, USPS workers and those who work in the educational sector (teachers, support staff, daycare workers). 1b also includes individuals 75 years and older.  
-**Phase 1c** includes those 65-74 years old. It also may include those aged 16-64 with underlying medical conditions. 1c will also include other essential workers. Ex: transportation and logistics, food service, public safety & public health, media and law.
- There is currently a limited supply of the COVID-19 vaccine in the US, but supply will increase in the weeks and months to come.**
- After the COVID-19 vaccine, you may have some side effects. This is a normal sign your body is building protection.**  
The side effects of the COVID-19 vaccination may feel like the flu, but they should go away in a few days.
- Cost is not an obstacle to getting vaccinated against COVID-19**  
Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be able to charge administration fees for giving the shot.
- The first COVID-19 vaccine is being used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA).**
- COVID-19 vaccines are one of many important tools to help us stop this pandemic.**