



# Canby United Methodist Church

1520 North Holly Street  
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Pastor Dylan Hyun

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## UMC Lectionary Readings

### Aug. 01 10th Sunday after Pentecost

2 Sam 11:26-12:13a, Ps 51:1-12,  
Eph 4:1-16, Jn 6:24-

### Aug. 08 11th Sunday after Pentecost

2 Sam 18:5-9, 15, 31-33, Ps 130,  
Eph 4:25-5:2, Jn 6:35, 41-51

### Aug. 15 12th Sunday after Pentecost

1 Kings 2:10-12; 3:3-14, Ps 111,  
Eph 5:15-20, Jn 6:51-

### Aug. 22 13th Sunday after Pentecost

1 Kings 8:(1, 6, 10-11) 22-30, 41-43,  
Ps 84, Eph 6:10- 20, Jn 6:56-69

### Aug. 29 14th Sunday after Pentecost

Songs 2:8-13, Ps 45:1-2, 6-9 or Ps 72,  
Jas 1:17-27, Mk 7:1-8, 14-15, 21-23

## Church Office Hours:

**The Church Office is open  
Monday, Tuesday and Thursday  
10 a.m. until 2 p.m.**

(Church office will be closed Aug. 2, 16, 30 and 31)

**Pastor Dylan's office hours Fridays,  
9-noon.**

Church Council has approved outside dependency group's request to meet again at the church following current church guidelines: masks, distancing, sanitizing.

**In-Person & Zoom Worship  
Sundays at 9 a.m.**

## *From Pastor Dylan:*

During the Olympics, we heard an interview of one of our Olympic stars, Simone Biles, in which she announced her decision to step back and not try for the medal. She talked about the need to protect her mental health under the intense pressure of competition and the signs of depression.

She said, "I put mental health first because if you don't, then you're not going to enjoy your sport, and you're not going to succeed as much as you want to. So, it's okay even to sit out the big competitions to focus on yourself because it shows how strong of a competitor in person that you are rather than battle through it."

I agree that she is a strong person to make that decision. In the pool of those people, where only being strong and constantly pushing the limits in order to win are valued, the fact that she openly admitted, "I need help & I need to take care of myself first" is a sign of a strong person.

I see many similar cases in the military in which asking for help is portrayed as weak, and that acknowledging shortcomings is not always encouraged, which resulted in people failing to take care of their mental health properly.

How often do we do that? How often do we fail to address our need for help and ignore our need for care because of fear and lack of courage? Some studies show that one out of five of the population is struggling with mental health, especially during the pandemic. Yet, we often fail to encourage each other

to take care of our mental health because of biased understandings and stigmas.

The night before Jesus was crucified, he was anxious and afraid about it and prayed to God, "My Father, if it's possible, take this cup of suffering away from me." Jesus acknowledged his fear and anguish, which were the same emotions we all go through as human beings. He exemplified that it is okay to ask for help, and we need help to take care of our inner health.

"It is okay to sit out the big competition and focus on yourself." Taking care of ourselves will make us more rather than less, make us better rather than worse; it will make us strong. Just like Psalm 23 says, it is okay to "walk in the valley of the shadow of death" because God is walking with us.

## July Financial Report:

July had a bit less income than prior months, but July is part of the summer months which often are lower. We do have the Hispanic church meeting with us again and have learned that some of the church use by outside groups have found other places to meet or are no longer active. With our round 2 PPP loan funds we are able to meet our expenses and continue to send \$1,000 per month toward apportionments. Your regular financial support is important in supporting our ministry. We are evaluating the return of limited paid custodial service, which will increase expenses.

Our second PPP loan has been forgiven and is not considered a grant with no payback requirement. This was expected, but always a relief when it is official.

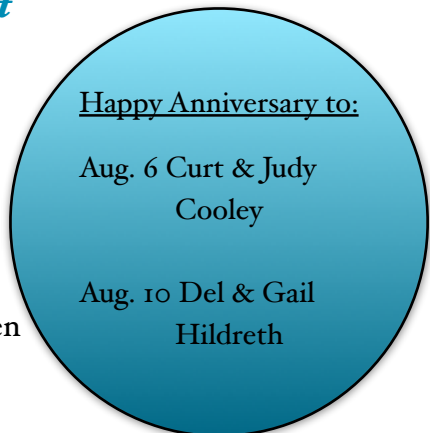
Personally I am grateful for the faithfulness of our faith community. Thank you. With in person worship opportunity now available please know that each week the offering plate is available as you enter or leave the sanctuary. Also, do not forget that you can process donations via the online Vanco site. I trust you all received your quarterly giving statements, if not please let the office know. We have worked hard to make the hybrid worship experience better. The first couple of weeks we learned that it was very hard for ZOOM participants to hear, but we think this has been remedied. If you have not connected the past few weeks because of the sound quality, please try again. Please keep in touch with each other (I believe many have) and each of us can encourage those we have not seen for some time to reconnect.

Redeemable recycling is steady, I expect we will request another \$500 check later in August. I have restocked the blue bags so we have those in the church Narthex, if you need one or some. Let us know if you need help getting something picked up if you cannot bring them to the church.

—submitted by Mark Oldenkamp

### Happy August birthday to:

- 01 Kai Laitinen
- 02 Lynn Shafer
- 05 Judy Cooley
- 10 Judy Zettergren
- 24 Leta Bunnell



**Care Team:** We wrote 25 cards, 35 text emails and calls in July. Sharon and I had 3 visits.

**Blessing Bags:** We had ran out of some supplies for the blessing bags. So I went and got more but we have not done the bags yet. This left us without a bag when we ran into a man in Oregon City. His sign read "ugly and broken." My heart dropped. Ken had time enough to give him two handfuls of change and say, "God loves you." I keep thinking of him and praying to God to let him know he is not ugly because God does not make anything ugly. When you feel broken, God is here to put the pieces back together. Trust in God to lift you up.

**UMW:** We will be meeting at Sharon Perez's house at 1 p.m. Aug. 14. We are reading "Bearing Witness in the Kingdom." Come and join us for refreshments and fellowship.

**Church Council approved UMW plans for a Fall Rummage Sale Oct. 11-17, the week to set up and schedule the sale**