

MEADOWVIEW MESSENGER

Meadowview United Methodist Church

Where Christian Caring Comes to Life

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February 2021 Edition

Volume 4, Issue 02

The Pastor's Pondering:

Laughter

Good bye January! Welcome February wishing you a month filled with **laughter**, love, peace and joy!

Since February is considered the love month, let us show God's love by sharing scripture with one another; either family, neighbor, co-worker, friend or anyone you want to share God with through the word of God.

Here are some scriptures to share for the month of February:

- Day 1- John 3:16-17
- Day 2- Romans 5:8
- Day 3- I John 4: 7-8
- Day 4- Romans 8:35-59
- Day 5- Zephaniah 3:17
- Day 6- Galatians 2:20
- Day 7- I John 4:16-19
- Day 8- I John 3:3
- Day 9- Jeremiah 31:3
- Day 10- Ephesians 3: 14-19
- Day 11- I Peter 3:6-7
- Day 12- John 15:3
- Day 13- Ephesians 3:14-19
- Day 14- Psalm 86:35
- Day 15- Isaiah 54:30
- Day 16- Psalm 136
- Day 17- Romans 5:5
- Day 18- I John 4:9-11
- Day 19- John 13:34-35
- Day 20 - I Corinthians 13:4-8
- Day 21- Deuteronomy 7:9
- Day 22- Isaiah 49: 15-16
- Day 23- John 15:9-11
- Day 24- Lamentations 3:22-23
- Day 25- Psalm 103: 17
- Day 26- Titus 3:4-5
- Day 27- Luke 12: 6-7
- Day 28- Ephesians 1:3-6

The word for the month of February is Laughter!

Proverbs 17:22 tells us, "A merry heart does good like a medicine: but a broken spirit dries the bones."

We can think of no better embodiment of this saying than when it comes to caregiving. Here's a closer look at why embracing happiness -- even amidst some of life's greatest challenges -- is an invaluable pursuit.

Laughter is like medicine!

We've all heard the expression "**laughter is the best medicine.**" Think it's just a pithy adage? Think again. In fact, a breadth and depth of research tell us that **laughter** has profound psychological and physiological benefits.

For starters, **laughter** is a powerful form of stress relief which works in a number of different ways, including increasing endorphins released by the brain; decreasing your stress response; and alleviating tension. And not just in the moment, either, but with long-term payoffs. From improving your mood and increasing personal satisfaction levels to boosting the immune system and even relieving pain, **laughter** is an easy, inexpensive, and efficient healing technique.

"Laughter, humor, and happiness play a key role in good health and longevity, and can positively affect diseases and conditions as diverse as high blood pressure, flu, heart disease arthritis, and diabetes." It can even help you live longer!

Because of the many ways **laughter** makes life better, many hospitals and health centers are now offering "humor therapy" to patients, which can include everything from watching movies to reading books according to professionals. However, humor therapy doesn't have to take place in a formal context in order for patients and caregivers alike to reap the benefits of a good guffaw. From sharing funny jokes and stories to outings to comedy clubs, there are many everyday ways for caregivers to infuse more levity and **laughter** into the lives of their loved ones.

So, go ahead and laugh! Watch funny shows and movies to **"get your laugh on."** Tell a joke or a comedy line. Whatever you can do, do that to make merriment. Let February be your month of **laughter!**

Happy birthday to all who have birthdays in February! Happy Ground Hog Day! Happy President's Day! Happy Valentine's Day!

February is "Black History Month." (I will talk about others throughout the month.) Names to know: **Mary Fields**, also known as Stagecoach Mary and Black Mary, was the first African-American female star route mail carrier in the United States. **Born:** 1832, (Hickman County, TN); **Died:** 1914, (Great Falls, MT); **Books:** "Plain Girl"

Prayer Concerns for Our Church Family

Lynn Baggett; Wade Blevins; Peggy Bolling; Mack Boyd; Judy Briscoe; Dale Carter; Margaret Carter; Haley Charlton; Anita Coulthard; Joanna Dennstaedt; Rev. Doyle's daughter; Judith Faris; Trish Foster; Dave Henderson; Diane Mash Jones; Wanda Kealey; Adeline Littleton; Linda Martin; Carl McKinney; Lily Mehl; Christine Puttock; William & Doris Quintana; Susan Rasnick; Wayne Rector; Tony Smith; Beulah Stringer; David Swiney; Peggy Vaughan; Sandra Warmoth; Jeremy Weaver; Skeeter Yeatts; Donnie Mutter (kidney failure); Wendell Smith, Elizabeth Gray.

Remember our service men and women wherever they serve

**If you need to add someone to the prayer list or are ready to have someone taken off, please contact Annette Sumrell at shadygrove_umc@yahoo.com or 276-206-3243 (call or text)*

Calendar for February 2021:

- 09** 6:00-7:00 p.m. Food Pantry at MUMC
- 23** 6:00-7:00 p.m. Food Pantry at MUMC

Normal (repeating) schedule:

- Sunday: Worship @ 9:30 a.m. – Facebook live
- Sunday: Worship @ 10:30 a.m. (-11:15)
- Sunday School @ 10:45 a.m.
- ~~Sunday: Choir practice @ 9:00 a.m.~~

Sunday Worship services

Due to the surge of COVID-19 cases in our region, face-to-face services were suspended from Dec. 20, 2020 through Jan. 03, 2021, and then Jan. 17-31. The plan is to re-open our churches for face-to-face worship on Feb. 07, 2021 **unless the weather is bad.** Pastor Barbara is still presenting a message on Facebook "live" **each Sunday morning at 9:30.**

Tithes & Offerings:

Don't forget that the church is still dependent on the tithes & offerings of its members during this pandemic. Keep sending those to: Meadowview UMC, P.O. Box 255, Meadowview, VA 24361

Activities Temporarily Suspended:

- Bible Study
- Half Century outings
- Older Adult outings

Message from Charlotte Riggins (Holston Communications):

Holston Daily Devotional authors needed:

I am in the planning stages of our Holston Daily Devotional series. If you would like to author one or more devotionals we have several dates available from March – June; please email me at charlotteriggins@holston.org and let me know how many days you would like to author. I will then send you the focus scripture(s) and due date(s) along with the new guidelines.

If you know someone interested in authoring a devotion, please forward this email so that they might send me their interest. I appreciate your prayerful consideration to assist in the Holston Conference Devotional series.

Charlotte Riggins
Administrative Assistant to Connectional Ministries
Holston Conference

The following contributions were made to:

Holston Conference/Harry Howe:

- From Janice Cornett – in memory of Bob Cornett
- Tom & Anita Taylor
- Rebecca Farris

Project Crossroads:

- From Janice Cornett – in honor of children - Robbie Cornett & Linda Skeen
- From Connie & Buddy Mann – in memory of Charles & Mary Bailey

Crossroads Medical Mission:

From Janice Cornett - - in memory of parents Curtis & Ruth Buckles

Johnny Stringer Scholarship:

From Janice Cornett - - in honor of Beulah Stringer

Ecumenical Faith in Action:

- From Janice Cornett – in honor of MUMC family
- From Rebecca Farris

Holston Home for Children (Greeneville):

- From Janice Cornett – in honor of grandchildren: Jordan Skeen, RuthAnne Cornett, Will Cornett and SaraBeth Cornett
- From Tom & Anita Taylor

Santa Pal:

James & Ann Wallace

Sammy Vaughn memorials:

Frank Atwell
Gary & Gayle Dutton
McCabe Lodge #56 - Mary's Lunch Box
Beulah Stringer
Robert & Karen Swiney
John & Claudia Moody
Tom & Anita Taylor
David & Mary McFarlane -Mary's Lunch Box

Ash Wednesday:

We will celebrate Ash Wednesday on February 17, 2021 at Shady Grove @ 7:00 pm for **both churches together.**

Food Pantry

The food pantry at Meadowview has become such a huge success in the Meadowview Community and beyond. People, families, and others are being served and God is getting the praise. This past week there were vegetables, milk, eggs, and other food items. God has been so good in blessing this endeavor. *(If you have egg cartons, save them and give them to MV for eggs)*

Help is needed for the food pantry on the second and fourth Tuesdays (6-7) at MV. Tables are set up outside. Becky McKinney will meet with you and show you what to do if you come. People are needed to stock shelves or pack bags. Becky will also show you that.

Volunteers are needed for delivering food to shut-ins. If you would like to deliver food to shut-ins on Wednesday or any day; the food is left on the resident's porch. See Becky McKinney if you are willing to lend a helping hand to help those in need and our elderly and shut-ins. Thank you, Pastor

Contact info for Pastor Barbara:

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