

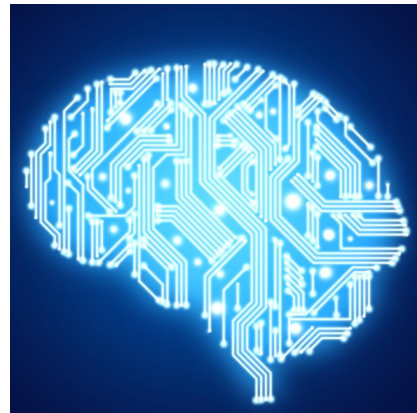
September 15th
2016

worship... walk... work...

Altarnative Thoughts

By Dr. Jonathan Bynum.

Our *Emotionally Healthy Spirituality* small groups are off and running. This is an exciting season for our church, with the possibility of seeing genuine emotional and spiritual breakthroughs in the lives of those willing to do the work necessary to move toward Christian maturity. Having said that, I noticed something interesting when I looked over the list of those who signed up for small groups: about 75% of the participants are women. I have been wondering if the title, *Emotionally Healthy Spirituality*, scared men off with the threat of the study being too touchy, feely.



walk

Anyone who knows me would never accuse me of being overly emotional or sentimental. In fact, I have a friend whose ringtone for me are the words from the [Geico commercial](#) with the drill sergeant therapist, "Maybe we should chug on over to namby-pamby land where maybe we can find some self-confidence for you ya jackwagon" (if you don't remember it, click the link above). But we men have reputation for being disconnected from our feelings. When women want to talk about emotions men think they are speaking a foreign language. And there is a fear of emotions causing us to lose control. Men hate that. Ironically, studies have shown that men may actually be more emotional than women, but men hide it better. We men seem to associate emotions with weakness. We would rather get our Man Card validated than be perceived as vulnerable.

Yet, Jesus, the most powerful man who ever lived - able to vanquish demons and defeat death (and an incomparable fisherman) - displayed the full palette of emotions:

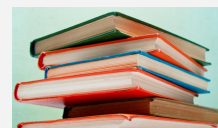
compassion, anger, distress, sadness, sorrow, grief, zeal, surprise, joy, delight. Fully human and fully the image of God, Jesus lived "out loud," unafraid of displaying his feelings. His emotions never controlled him; his emotions reflected his total response to other people or situations. His emotions drew him closer to the world he came to serve and save. He took the nails but he also cried out to God.

Emotions are relational tools, sources of information to help us understand what is going on in life. Understand this: our feelings are always intended to be an effect, not a cause. In EHS, we are learning how to uncover the truth about ourselves and how we relate to those around us. Experiencing more, sensing more, grasping more, living more is a strength, an advantage. Men, are you listening? Because if you are denying your feelings you are under the control of anyone you are trying to impress. That's not very masculine. So join us in EHS. You aren't scared, are you?

Book Fair and Breakfast

This Sunday, September 18. Eat and shop. FLC gym.

This Sunday, September 18 from 8:00 to 11:00am we'll be serving our 3rd Sunday Fellowship Breakfast in the FLC gym. When you are done eating, you'll have the opportunity to shop for books at our Book Fair from 8:00am to 12:30pm, also in the gym. We have **lots of children's books** and there will be a **bargain table** for those books that have been recycled numerous time and may not be in perfect condition.



work

Produce Truck

Help distribute fresh fruit to those in need.

This Saturday, September 17, HNwCC volunteers will distribute fresh fruit and vegetables to area residents in need, from 8:30 to 10:30am. You are invited to join volunteers from several area churches at the produce truck in the Bear Creek UMC parking lot.



work

Food Ministry

Use God-given skills. Be a blessing. Build relationships.

If that sounds appetizing to you, then share your culinary and hospitality gifts with the church family. We want to build a team of people who will take the lead in making and serving meals at a variety of church functions. Please call, 281.463.2330, or [email](#) the church office.



work

Trunk-or-Treat

Saturday, October 29. BCUMC parking lot. 4 to 6pm.

Our annual Trunk-or-Treat is next month! We need your candy and your cars. We will award the top three best-decorated car trunks with gift cards to popular area restaurants. Contact [John Henley](#) for more information or to sign up. Thank you for your support!



work

EHS on Sunday Morning!

All are invited. 9am in Asbury 2.

So far we have 137 people signed up for/attending our EHS small groups! The United Disciples Sunday School class invites all who are not already in a EHS small group to join them on Sunday mornings from 9:00 to 10:30am. They meet in Asbury 2.



walk

Community Service Fair

Saturday, September 24. Sponsored by HNwCC.

Houston Northwest Community Center is sponsoring a Community Service Fair on Saturday, September 24th from 9:00am to 1:00pm in the Family Life Center at Bear Creek UMC.



work

Over 30 local organizations will be sharing information about service opportunities right here in our neighborhoods. This will be an opportunity to explore various projects, sign up for more information, or participate with these organizations.

Local organizations include YMCA - Langham Creek, HNwCC Community Food Pantry, BP MS 150, Houston reVision, Glazier Senior Education Center, Wreaths Across America, Angel Gowns by Diane, Special Pals - pet adoption, Precinct 4 Senior Adults Program, Citizens for Animal Protection, Coastal Heritage Preserve, and The Holiday Project - for nursing homes.

Join in hands-on service projects including making placemats for Texas Children's Hospital, cards for soldiers and holiday cards for seniors.

This outreach will involve many of the church partners of HNwCC as well as Just Serve. For more information, email HNwCC.

Bear Creek Elementary School Mentors

One hour, once a week. Lifetime impact.

Partnering with Bear Creek Elementary School is a fantastic way to reach out to our church's immediate neighbors. The most urgent need is for mentors to meet with one student for one hour each week for one school year. Days and times are very flexible and all meetings are at the school during school hours. Bear Creek Elementary has a great number of students that need some extra one-on-one attention-someone to talk to and give them a "helping hand." Most mentors play games with their student-a great way to "break the ice."



walk

Please consider helping the children by volunteering to be a mentor through Katy ISD's KEYS (Keep Encouraging Youth toward Success). It's a rewarding experience to make a difference in a child's life!

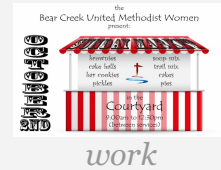
For more information, contact [Martha Brown](mailto:Martha.Brown) at 281-396-2468 or visit the Katy ISD [website](http://www.katyisd.org).

The Sunday Market

October 2. Courtyard. 9:00am to 12:30pm.

The Bear Creek **United Methodist Women** present The Sunday Market. Select from our most popular homemade goodies, including:

- brownies
- bar cookies
- cake balls
- cakes
- pies
- pickles
- note cards
- soup mix
- trail mix



Chamber Choir

Make a joyful noise unto the Lord.

Would you like to sing beautiful music but can't rehearse every week? Chamber Choir is the group for you! The Chamber Choir will rehearse twice a month on Wednesdays from 6:15 - 7:00 p.m. The group will sing occasionally at the 11:00 a.m. Sunday service, as well as during the Christmas and Easter seasons.



work

Chamber Choir members must read music and have some choral experience. To audition, schedule an appointment with Sean Saunders (choir director) on either Wednesday evenings from 6 - 7 p.m. or Sunday mornings from 9:30 - 10:15 a.m.

Contact [Sean](#) to set up your audition time. You do not need to have anything specifically prepared for the audition.

Croppin at the Creek

October 7 & 8. Sign up online. FLC gym.

Visit our [website](#) for details. Your family will thank you and adore you for working to put albums together just for them! So print your photos, organize your supplies and sign up today!



work

[Registration](#) and payment **must** be made in advance.

Online Church Directory

Coming soon. Opt out if necessary.

In a few weeks we will place a link on our website that will allow you to access an electronic version of our church directory. If you are an active member in Shelby (church administration software), then you will have access to your information (including the ability to update it) as well as other members' basic information (name, address and phone number - PLEASE NOTE: birth dates have been removed due to security concerns).



work

If you do not want your information to be accessible to others, you may opt out by [emailing](#) or calling the church office, 281.463.2330; however, doing so will also negate your ability to use the online directory.

Houston West Emmaus

October 6-9 for men. October 13-16 for women.

There are slots left for both the Women's and Men's Walks in October. Let's make sure we fill up both of these walks as soon as possible. You can start by asking someone if you can sponsor them. They will be flattered, they will be excited, but most importantly, they cannot say yes unless you ask them!



walk

Whom will you sponsor?

Men's Walk: October 6 - 9

Women's Walk: October 13 - 16

Pilgrim and sponsorship forms found [here](#). October Prayer Clocks are open for [sign-up](#).

AWANA on Wednesdays

September 21 @ 6:30pm in the FLC gym.



worship

Bear Creek United Methodist is devoted to nurturing your children with scriptural teaching, fun activities, and opportunities to cultivate great friendships that last forever.

Here are a few things to remember:

- On Wednesday, September 21, please drop off (6:30) and pick up (8:00) your child in the Tree House on the second floor of the Family Life Center.
- Fill out a new Kidzone Registration ([English](#) or [Spanish](#)) form for 2016-17.
- Pay the \$20.00 registration fee per family for 2016-17.

Please contact me if you have questions concerning any ministry to children here at Bear Creek United Methodist Church. Click [here](#) for the schedule.

Thanks,
John R. Henley

Blood Drive

Sunday, September 25. Get a FREE donor t-shirt.

EAT. DRINK. BRING ID. We are partnering with the Gulf Coast Regional Blood Center to host a church-wide blood drive on Sunday, September 25. Come have breakfast and then donate blood in the FLC gym between 8:30am and 1:30pm. Each donation saves 3 lives!



work

Did you know that giving blood can actually be good for you?

Preserves cardiovascular health

You can reduce your blood viscosity by donating blood on a regular basis.

Reduces the risk of cancer

The reduction of iron stores and iron in the body while giving blood can reduce the risk of cancer.

Burns calories

People burn approximately 650 calories per donation of one pint of blood, according to the University of California, San Diego.

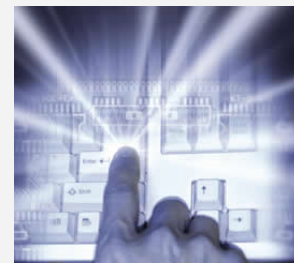
We need **at least 22 donors** to sign up to make this blood drive a success. Time slots aren't set in stone, so if you are running a little late or need to donate earlier than the time you signed up for, please still donate. Something new this year - our **sponsor code is B528**. If you have any questions, please contact our BCUMC coordinator, [Vanessa Heuvelman](#), at 337-309-7502. Click [here](#) for what you can expect when donating blood.

Online and Text Giving

Electronic giving. From your smartphone.

We now offer online and text giving on our website. Both options are facilitated through Shelby Systems, Inc., our church administration software, which is highly secure. You will find links and instructions on the [giving](#) page of our website.

Thank you for your faithful contributions that allow us to continue the various ministries of Bear Creek United Methodist Church!



worship

Energizers

October 21. Fellowship Hall. 10:30am.

Energizers, a group of active adults age 50-plus, enjoy gatherings that include day-long excursions. We meet on the third Friday of every month at 10:30am in the Fellowship Hall. Please bring a brown bag lunch. Only drinks are provided.



walk

Fellowship Friday, an Energizers outreach ministry, provides a loving, welcoming and fun environment for family members with mild to moderate memory loss who do not require skilled care. This program, a partnership between Interfaith CarePartners and BCUMC, is designed to give

caregivers some much needed time away. **Our next meeting is October 14 from 10am to 1:30pm.** The theme for September is "Octoberfest" and the entertainment is Jeff Stewart.

Western Prayer Wall

FLC 101. Leave a Prayer Request.

Been to the Holy Land? If it's too far or you've already been, visit our BCUMC Western Prayer Wall any time during church office hours or on Sunday. Please leave your prayer request in the crevices of the wall. Thank you - the Prayer Ministry Team.



walk

Pray Together


FLC 101. Meets @ 9:15am.

Are you free on Wednesday mornings? Want someone to join with you in prayer? Come for *A Time to Pray Together* as we lift up our concerns and rejoice in our joys.



walk

Blessings, **James Sharp, Communications Director**
281.463.2330 X109

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