



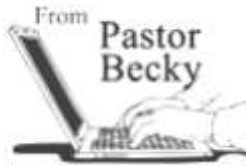
# The Shepherd's Messenger



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KNOWING JESUS AS THE GOOD SHEPHERD & SHARING THE RISEN CHRIST WITH ALL.



## Morning Prayer . . . A Great Way to Start the Day!

For many Christians, starting a good habit like daily prayer may feel hard to do. Sometimes we may not even know where to start. We Christians know the Lord's Prayer (always a great prayer to say at any time and any place), but we may not know other prayers, and feel intimidated to "make up" our own.

Aside from the Lord's Prayer, Martin Luther also suggested a Morning and Evening Prayer. The morning prayer is as follows:

**I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.**

This prayer can do so much for us as we start our day. First, the prayer reminds us that this past evening we survived not by our own powers, or by sheer luck. We survived the night because our bodies are a gift from God who continues to sustain us through all the days. He decides what we have in this world. What a great way to start our day by recognizing all we have is truly a gift from God.

Second, in the prayer we ask that God would keep us from "sin and every evil" during this upcoming day. What a wonderful prayer for us to ask from our God who is so gracious in forgiving us when we do sin (1 John 2:1).

Third, maybe the sweetest and most powerful phrase is at the end of this prayer. We confess to God we are commending to Him "our body and soul, and all things." It is very powerful for us to admit that we are commending our lives to God.

To "commend" strikes an image of us literally falling into the arms of our Savior in complete trust knowing that He and He alone can, and will, preserve us from all adversities in this life.

Beginning a habit of prayer does not have to be intimidating. We can start with simple steps like praying the morning prayer above. Try it out for a week. Pray the above prayer every day, for one week, and I would not be surprised if you have it memorized by the end of that week. I assure you, there is no greater way to start your day!

Blessings,

Pastor Becky

PLEASE PRAY FOR:  
Our World situation

Others to keep in prayer:

- Brad Allen
- Bob Beard
- Frank Calcagno
- Hazel Cornell
- David Edwards
- Mary Jane Gerstung
- Kim Hall
- Don Hall
- Donna Hart
- Ruth Holden
- Bob Huddleston
- Katie Kellogg
- Kevin Kranock
- Helen Middaugh
- Mark Middaugh
- Nellie Moses
- Justin Murphy
- Keith Pierce
- JoAnn Viglietta
- Clint Wilder
- Doris Kellogg Wyant



Please keep our prayer list up to date.

If someone should be added or removed from the prayer list, please submit their name in writing.  
*Thank you!*



- 2 - Michael Hupp
- 4 - Judy Heron
- 5 - Rita Say
- 6 - James Luckey
- 16 - Katelyn Torrey
- 17 - Lucinda Pierce
- 22 - Stan Scoville
- 23 - Jim Travis
- 24 - Mike LaFever
- 28 - Debra Enderle



- 5 - James & Marilyn Luckey
- 14 - Doug & Lynnette Clayson
- 17- Becky and Bill Worth
- 20 - Lewis & Cheryl Holden, Jr.



**Thomas Kranock Sr.**, Kevin Kranock's brother, passed away on June 14, 2024 at Buffalo General Hospital.

**Mary Lou Williams**, Deb Battistoni's mother passed away in Springville on June 22.

Statistics      Needed: \$1,798

Date	Worship	SS	Offering
6/2	34	4	\$3,349.00
6/9	44		\$1,362.00
6/9		Gil's Hills	\$ 50.00
6/16	32		\$1,190.00
6/23	40	3	\$1,590.00
6/23		Gil's Hills	\$ 50.00

July  
Helping Hands

Pianist:  
Holly Scoville



Power Point:  
Rob Cornell

Altar Guild:  
Sue Huddleston  
Sandy Allen



**Ruth Holden**  
Room 109  
Manor Hills  
4192-B Bolivar Rd.  
Wellsville, NY 14895



**Sue Simmons** is the Cuba Global Methodist Women's **Cheer Person**. If you know of someone who needs a note of cheer, please call her at **585-968-1135**.

**Our church Worship Services are once again live-streamed on Facebook & our website.** As of June 26 we now have 104 followers. **Thank you to everyone who are following our church on Facebook and who asked family & friends to help out!**



### STRAWBERRY ICE CREAM PIE

Sylvia Clement

- 8" baked pie crust
- 16 oz. pkg. frozen, sliced strawberries
- 1 (3oz) box strawberry or raspberry Jello
- 1 pt. vanilla ice cream, softened



Heat berries until boiling. Add Jello and turn heat off. Add ice cream in pieces and stir until dissolved. Refrigerate until thickened. Pour into baked crust. Serve with whipped cream, garnish with fresh strawberries.



# Puzzle!

## THE WATER OF LIFE

A cold drink helps us beat the summer heat. Complete this puzzle for a reminder of what Jesus offers to quench our thirst.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

6+6 7-2 9+11 23-3 12-4 8-3 9+6 18-4 1+4 18+5 10-2 10+5

13-4 12+7 18+2 1+7 10-1 20-2 17+2 8+12 22+3 1+2 11+4 15-2 2+3

0+1 7+7 9-5 5+7 8-3 7+13 5+15 11-3 4+1 12+3 5+9 16-11

12+11 10-2 6+9 10+13 2+7 12+7 11-3 1+4 24-5 11+9 4-3 6+5 11-6

4+16 5+3 14-9 9-3 9+9 2+3 9-4 15-8 5+4 7-1 18-2

9+6 10-4 27-7 4+4 8-3 18+5 8-7 6+14 4+1 13+5

6+9 14-8 7+5 18-9 2+4 2+3

Revelation 22:17, NVV  
 Answer: "Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life."  
 Revelation 22:17, NVV

August  
 Helping Hands

**HELPING  
 HANDS**

Pianist:  
 Holly Scoville

Power Point:  
 Rob Cornell

Altar Guild:  
 Sue Huddleston



- 17 - Brian & Tammy Hawks
- 18 - Richard & Lucinda Pierce
- 21 - Stan & Holly Scoville
- 24 - Larry & Veronica Clayson



- 3 - Sylvia Clement
- 4 - Joshua Enderle
- 12 - Cheryl Wildrick  
 Sid Wildrick-Cole
- 14 - Lisa Hawks
- 17 - Derek Clement
- 28 - Holly Scoville
- 30 - Dawn Wildrick-Cole
- 31 - Brian Krott  
 Arnold Nelson



## Update from the new Cuba Global Methodist Women

Submitted by Holly Scoville

On Saturday, June 8<sup>th</sup> at 10 a.m. five women met in the Fellowship Hall to look toward the future and how our women's group can continue their outreach in our church, the Cuba community and further into the World outside Cuba! After informal discussion and socialization, some ideas included: assuming the responsibility of providing a coffee hour after church every couple of months, again offering funeral luncheons, looking at the possibilities of letting the community know more about our church by offering free water at events such as the Dairy Days and Garlic Festival, having information available to share such as Bibles, etc. Of course the question then arose about how can we fund mission outreach without the proceeds from a rummage sale. Now is the time for a Call to Prayer! The challenge is to be specifically praying about what God would have us to be doing! Our next meeting is scheduled for Saturday August 17<sup>th</sup> at 10 a.m.! If you have answers/ideas from the Lord and would like to be a part of this group, please come and join together with us as we reorganize and best of all PRAY! God does answer (and you don't even need a smart phone)!

We are getting new "Our Great Redeemer's Praise" hymnals for the church. If you would like to donate one or more in memory or honor of someone, the cost is \$30 each. Please make checks out to Cuba United Methodist Church.

**A groundbreaking new hymnal for the Wesleyan movement!**

**The first major Wesleyan hymnal in thirty years, this 800-page comprehensive collection includes:**

- 675 hymns for the entire church year
  - A rich treasury of hymns by Charles and John Wesley
  - Wesleyan themes of prevenient, justifying, and sanctifying grace
  - Classic favorite hymns and contemporary selections across the breadth of church history
  - Baptism and Holy Communion liturgies
  - Service music for various occasions
  - A rich collection of creeds, prayers, and benedictions
  - A selection of metrical psalter hymns
- Hymns organized around the twelve articles of the Apostles' Creed



**We take an offering for Gil's Hills Ministry on the last Sunday of each month.**



**What is happening "Between the Hills"**

The month of May has been quite busy with many activities taking place all while weaving in Acts chapter 2 and discussing the Holy Spirit and all that He means for our faith journey. We spent time foraging in the forest for leeks and playing in the Genesee River. We had "homemade brick oven" pizza parties and played games of man hunt, wiffle baseball, dodgeball, basket ball and a new game called pass it on. We participated in the Angelica and Belmont Memorial Day parades. But my personal favorite was baptizing a young lady in the river. To me, there is nothing better than a young person publicly displaying their faith through obedience to God regarding water baptism. While the club season has been long, all the excitement and activity we have seen throughout the month of May has me already longing to see all that God does next club season! First, we shall see all He does at Summer Camp 2024 "Firm Foundation!"

Thank you for your Prayers and support! Without you we could not do what we do.

For His Glory,

Scott M. Szalay  
Executive Director

**Frequently needed items at Gil's Hills:**

- |                         |                    |
|-------------------------|--------------------|
| Chicken Noodle Soup     | Mac n Cheese       |
| Pudding Cups            | Ranch Dressing     |
| Canned Peaches          | Ketchup            |
| Nacho Cheese Sauce      | Hot Dogs           |
| Mini Chocolate Chips    | Oreos              |
| Crystal Light Drink Mix | Tator Tots         |
| Chicken Nuggets         | Pancake Mix        |
| Little Debbie Snacks    | Syrup              |
| Breakfast Sausage       | Taco Sauce         |
| Paper Products          | Plastic Silverware |
| Chips                   | Butter             |

**Trustees News**



The board of Trustees have had several large projects decisions to make to maintain our church building.

- We had problems with our heating system at the end of the winter. It was determined that replacement parts were no longer available. Therefore the boilers are being replaced.
- The roof over the sanctuary on the Green street side is being replaced.
- As some will remember the front doors were sticking and couldn't be opened. We have contracted to repair them.

We got bids on these projects and took the lowest qualifying bid. All work will be completed this summer.

Trustee chair  
Marshall Allen


**ADE/CPR Training at our church**

July 15, 2024 6:00 pm

Contact Doug Clayson

# July 2024

SUNDAY  
WORSHIP  
SERVICE  
11:00 AM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tai Chi 7:00 pm	2 Prayer Group 10 am	3	4 	5	6 Kung Fu 6:00-8:00 am
7 Food Pantry Collection Communion	8 Tai Chi 7:00 pm	9 Prayer Group 10 am	10	11	12	13 Kung Fu 6:00-8:00 am
14	15 Tai Chi 7:00 pm ADE/CPR Training 6:00 pm	16 Prayer Group 10 am	17	18	19	20 Kung Fu 6:00-8:00 am
21	22 Tai Chi 7:00 pm	23 Prayer Group 10 am	24	25	26	27 Kung Fu 6:00-8:00 am
28 Gil's Hills Offering	29 Tai Chi 7:00 pm	30 Prayer Group 10 am	31			

# August 2024

SUNDAY  
WORSHIP  
SERVICE  
11:00 AM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Kung Fu 6:00-8:00 am
4 Food Pantry Collection Communion	5 Tai Chi 7:00 pm	6 Prayer Group 10 am	7	8	9	10 Kung Fu 6:00-8:00 am
11	12 Tai Chi 7:00 pm	13 Prayer Group 10 am	14	15	16	17 Kung Fu 6:00-8:00 am Cuba Global Methodist Women 10:00 am
18	19 September Newsletter Deadline Noon Tai Chi 7:00 pm	20 Prayer Group 10 am	21	22	23	24 Kung Fu 6:00-8:00 am
25 Gill's Hills Offering	26 Tai Chi 7:00 pm	27 Prayer Group 10 am	28	29	30	31 Kung Fu 6:00-8:00 am

# The Shepherd's Messenger

CUBA METHODIST CHURCH  
49 EAST MAIN ST. • CUBA, NY 14727  
WWW.CUBAMC.ORG • PASTOR BECKY WORTH



## 2024

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*The Shepherd's Messenger* is a publication of the Cuba Methodist Church, and is published monthly to report news & keep members and friends informed of church programs and events. Deadline for article submission is the third Monday of each month at noon. Please email articles to Editor's email address, or drop articles off to the church office.

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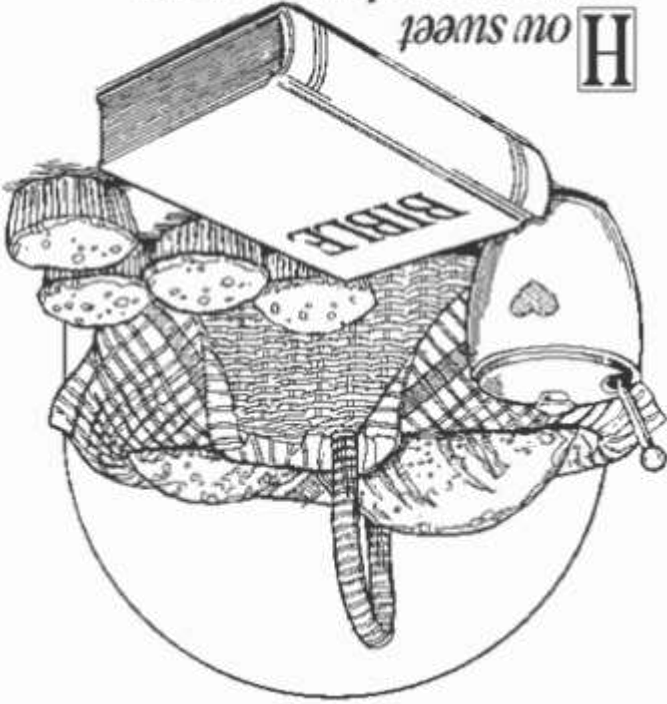
(585) 968-1041

Please visit our Website:

[www.cubamc.org](http://www.cubamc.org)

Pastor Becky Worth:

Cell Phone: (716) 307-1768



**H**ow sweet

are your words to my taste,

sweeter than honey to my mouth.

-Psalm 119:103