

The LCF Connection

August 2020

Continuing to Grow Spiritually

by Youngmi Oh

How can kids still continue to grow spiritually and learn about God during this time of the coronavirus and staying at home? There are many different ways but one that we discovered this summer has been virtual Vacation Bible School (VBS).

My six-year-old daughter, Vivi, has been participating in several virtual VBS's from our home. I was usually asked to come pick up the provided supplies from churches before the VBS started. The craft and game supplies that would be needed were



neatly prepared in individually packaged bags. That was such a blessing from God! It felt too good to be true to get all of these for free! I was so happy to see smiling faces of God's people distributing the supplies and shining brightly in this difficult time.

It varied how the curriculum was operated. Sometimes it was with a pre-recorded video either purchased or produced by the church; sometimes it was by Zoom meetings held in real-time and other times there was much flexibility leaving the schedule management up to the participants. The most important teaching, however, was in common among them all: using elements such as Bible stories, games, crafts, videos, and music to serve as catalysts for deepening their understanding of what it means to listen to, focus on and follow Jesus.

While participating in VBS online, Vivi went over some familiar Bible stories that she has learned from attending Sunday School and previous VBS at London Christian Fellowship. One time there was a Bible story about Peter walking on water which was designed to teach kids about keeping their focus on Jesus. It brought me a big smile when Vivi told me how she walked on (fake) water when they learned about that story last summer at LCF's VBS (pictured above). It was a good reminder of the important lessons our children learn.

Vivi also learned some new Bible stories that she was not familiar with. There was one story that was dramatized from Acts 9:1-19 about Paul(Saul)'s eyes being opened in the story about him and Ananias. This story was to teach the kids that Jesus' power helps us do hard things. Personally, it was an eye-opening

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Covid-19 Care

by Steve Swartz

Covid-19 has deeply affected our lives. Some of you have lost jobs. Some in LCF are anxious and worried or depressed or angry at how the virus has restricted access to friends and family. And even while these restrictions are being eased, we are aware that the virus lurks, ready to pounce.

How can you deal with all the emotions that the uncertainties of Covid-19 brings?

Spirit

- Give priority to God. When you give God access to your heart, you feel his love and guidance.
- Listen to God. Then do what he says. Keep surrendering. He will lead you one step at a time. Be patient and wait on God.
- Intimacy with God and the character that develops are more important than immediate answers. When you stand still, you discover God is good.
- The Bible says God is close to the brokenhearted; he is attracted to the contrite in heart. God gives grace to the humble.



These printable scripture notecards are available on the bulletins tab of LCF's website.

Soul

- It helps to think of thoughts as things that affect your body and your mind and your feelings.
- Positive thoughts help you feel better. Change your thinking to this: "Things are rough now, but at least I'm here doing something to help myself."
- Negative thoughts make you feel worse. You can expect to feel bad when you repeatedly say, "It's just no use."

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Dave's Reflections on Retirement

Interviewed by Theresa Hennis

Dave King recently retired from Worthington Industries of Columbus after a long and successful career of 38 ½ years. *"I had some good mentors,"* he said. *"One of them told me 'no matter who it is you're dealing with, give them your time and respect.' I've tried to follow that guideline my whole working career."*



Dave King (center) at his recent retirement celebration with the VP of Worthington Industries and the CEO of Worthington Cylinders.

His advice to young workers today is to learn everything they can about their jobs and never stop learning. *"The more you learn, the more valuable you are to the company,"* he said.

Dave learned how to use every machine there was at Worthington, and he set records on every one of them. Setting a good example is the sign of a good mentor. *"As a group leader, I wouldn't try to get my group to do something I couldn't or wouldn't do myself,"* he said.

Another facet of being a good mentor is doing more than what is expected of you. *"I was pretty involved in all of the employee councils and safety councils, and I took management classes,"* Dave said. *"I was driven, and I had good supervisors backing me."*

In addition to his job and because of his many years in the welding field, at the encouragement of a friend at Tolles Tech, he became a welding instructor there. His work as an instructor afforded him the opportunity to coach in the state of Ohio at any level and in any sport.

Dave plays softball himself, and he coached his son in soccer, football, baseball, and basketball all throughout high school, as well as coaching other young people. *"My wife, Anna, got me into coaching,"* he said. *"She was coaching girls' softball. I helped her and then went on from there."*

After such a busy career and volunteer coaching history, you might say Dave has earned his retirement. Dave isn't ready to rest just yet. He is on to the next adventure. *"My experience at Worthington helped me get a new job at EBY in West Jeff welding aluminum horse and cattle trailers."*

When he finally retires for good, Dave would like to spend some time on his hobbies of art and music. *"I like to draw horses and play guitar. I wouldn't mind getting back to that."*

When you're welding those horse trailers, maybe you can design some murals to go on the sides of them, Dave. That could be the next adventure! ☺ We wish you the best in your new endeavors. ■

Retirement Update

In the June LCF Connection we featured Vicki Sairs' upcoming retirement. Here's a short update from her and a few pictures, obviously taken on "Silly Day." ☺

In Spanish, the verb for 'to retire' is jubilarse. So I can say "Me jubilé hace dos semanas" (I retired on July 1st). You see the jubilation in that word, right? That's how I feel, being able to write all day, every day, free of deadlines. Thank you, church family, for the Silly Day kick-off to my retirement! You serenaded me and gave me snacks, tiny (noisy!) animals, popsicles, a Mad Libs experience, a lap desk, and so much more. I am deeply encouraged. ■



Caught
in the
Act!

THANKS to all our tech guys

who faithfully work behind-the-scenes to help things go as smoothly as possible during the Sunday service—both at the church and online. We are thankful for their commitment to produce a quality livestream each Sunday morning to allow those who are not with us in person be able to watch the service live (or view it later on YouTube). It's a complicated process with various challenges...but these guys are persistent in tackling them! Thanks for your many hours of hard work—especially this past month! ■



July 26th - Rob Swartz, Jesse Diller, Sammy Waweru, & Dan Frederick were caught with huge smiles under their masks because everything with the livestream went smoothly! ☺

Growing Spiritually...continued

moment for me to put myself in Ananias' shoes. For some reason, I have always focused on Paul's side of his conversion story, so it was good to think about it from a different perspective. We can be scared and unsure, like Ananias, but we can do everything through Christ, who gives us strength (Philippians 4:13).

Vivi took advantage of virtual VBS in quarantine-friendly way. She danced and hummed while eating, paused or rewound the video whenever she needed to, and met new friends from different churches via Zoom. We were able to help our community by donating food to our local food bank as a mission through one of the host churches.

I am so thankful for the body of Christ who put much effort in virtual VBS to help children (and adults like myself) grow in faith. It is a great investment!

Here is a quote from one of the virtual VBS handouts that I really liked: *"When your children are grown and away from you, struggling in life, they will resort to their comfort of childhood. Cultivating a faith-based interior life, a life which seeks God in everything, a life of prayer and the practice of living in the presence of God, at a young age helps to create stability in later life."* ■

An interview with *The Dean Family*

Theresa Hennis interviewed Kelli Dean recently and asked her the following questions. We hope her answers will help you learn a bit about their family. In conversation with Kelli we learned that she loves to write and studied English and creative writing at OSU. We are thankful for her interest in helping out with the LCF Connection. If you have not yet met the Deans, we encourage you to introduce yourself and learn to know them better, as you have the opportunity.

How did you and your husband meet, and is there anything special or unique about your engagement/wedding you'd like to share? We met in gym class during high school. He proposed at my 20th birthday in front of my family and closest friends. The cake had a proposal poem written on it. It was very sweet!

Speaking of Jeremy, I understand he goes by his last name, Dean. Is there a particular reason or story about that? Yes, he does go by Dean. It's actually what friends called him in school, and it just stuck. ☺

Your mom and dad are Anna and Dave King (who also attend LCF), correct? Yes, they are my parents. And what a blessing they are!

How many children do you have, their ages, and what is something special you'd like to share about each one?

Do they have particular hobbies/talents?

We have four beautiful children. They are all homeschooled.

- Jaxson is 8 years old and loves all things sports and superheroes.
- Scarlet just turned 7 and loves cats, ballet and art.
- Hadley is 4 (almost 5) and loves books, dolls, and dance.
- Ezra is 9 months old and absolutely loves his brother and sisters. He's crawling all over the place and is loving solid foods!

What is Jeremy's occupation?

He is a supervisor at a faith-based painting company, Final Touch.

What is your occupation?

I am so blessed to stay home and homeschool my children.

Where would you most like to live in the world?

We would love to eventually live somewhere in the country.

Who has inspired you the most in your life and why? My older brother. I've always looked up to him and been inspired by his loyalty, ability to lighten a mood, his desire to know Jesus and his determination.

What does your faith mean to you, and how has it helped you as a parent, wife, etc.?

Our faith is our foundation for everything. Marriage and parenting aren't always easy, and our faith gives us rest, hope, peace and wisdom. We know where to go for our every need.

What is a piece of advice you would give to other young couples/parents?

Take everything to Jesus, and always put Jesus first.

Do you have a favorite scripture/ worship song, and if so, why?

One of my many favorite scriptures is Psalm 91. It gives me so much comfort during any trial. A couple favorite songs are, Better Is One Day and Amazing Grace. ■



Council & Elders Updates

From Council: We met via phone on July 21. We are in the process of enlarging our audio/visual booth to meet new requirements and to enhance social distancing of our sound and audio technicians.

From the Elders: We had planned to have our next meeting in person—outside on the Swartz's patio on July 14; however, out of caution due to some among us not feeling well, we decided to cancel. We met on Rob & Doris' patio on July 28 and will include notes from that meeting in the next LCF Connection. ■

An Inviting Place for Prayer and Fellowship



In case you have not yet seen, we finally have some furniture in our small group room! This room gets used for prayer on Sunday mornings, and as a place where the youth, small groups, etc., can meet and fellowship. Thanks so much to Jim and Annette Jones for generously donating their couches and end tables to LCF and to Pam Stanforth for adding the finishing touches. ■



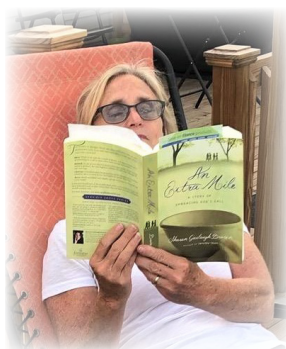
Sensible Shoes

Book Review by Angie Stukey

"Happy are those whose transgression is forgiven, whose sin is covered. Happy are those to whom the Lord imputes no iniquity, and in whose spirit there is no deceit." Psalm 32:1

Who would ever believe that a spiritual journey taken by fictional characters could unlock our own hidden transgressions? Through reading *Sensible Shoes*, the reader will discover their own transgressions as well as view a new way of seeking forgiveness. Our companions on this journey are 4 very different ladies. We have Hannah, an associate pastor from Chicago who was "forced" to take a sabbatical, Meg, a shy widow who wore the "wrong" shoes, Mara, a married mother of teenagers, and Charissa, a grad student and wife. I saw myself in each of the characters. I, like Charissa, am a perfectionist. I, like Hannah, am a workaholic. I, like Meg have many layers. And I, like Mara, have a past. As the personalities of our travelers unfold, the reader is introduced to *Lectio Divina* where scripture is read 3 times slowly, then the reader meditates on how God's words speak to them. I now read scripture this way in order to "hear" what God wants me to learn from the reading. My time with God is no longer a check on my to-do list, but time savored.

I accidentally looked ahead into the 4th book and am now struggling to complete book 3 because I know that sometimes sickness can lead to death, and I do not want this character to die. See, the characters will become your friends as well. Not only do I read scripture differently now, I also pray differently. While on the "Sacred Journey," the ladies were introduced to a way of letting go



of difficult times. Anything that troubles you, you put your hands flat on your thighs and name the problem and say, "I can't," then, as you turn your palms up, you release to God the problem and say, "God can." Only He has the strength to heal our hearts. I now pray that way.

You may be thinking that these ladies' lives are unlike yours; well; you'd be wrong. Each lady is dealing with something that all of us have faced—rejection. That rejection could be from last week to when you were 3-years-old. All rejection hurts

and can cause lasting pain unless we release it to God. Mara was ridiculed for being heavy, Meg was rejected for being too sensitive, Charissa was only loved when she was perfect, and Hannah based her self-worth on her business. Most of us have dealt with these issues at one time or another. If you haven't, I hope that you are feeling blessed.

I recommend taking a "sacred journey" with Hannah, Meg, Mara, and Charissa soon. You will not regret it. Your faith will increase as you witness the Holy Spirit's work in the lives of our new friends. The *Sensible Shoes* series is written by Sharon Garlough Brown and is available in the LCF library. ■

Covid 19 Care...continued

- Colossians 3:2 counsels you to increase healthy thoughts – "Set your minds on things above." These thoughts produce a better mood. Sometimes I need to get quite aggressive with my negative thoughts. That's when I go back to the old song "Count Your Many Blessings."
- There are times you may need to walk out of the room during the evening news or restrict your "worry time" to a scheduled 15 minutes a day. Or you might try making fun of your worries by exaggerating them. Imagine yourself so worried that smoke is coming out of your ears and fire is coming out of your nose and the fire department is called to hose you down!
- Protect your self-esteem. Your self-esteem is like an emotional immune system. Healthy self-esteem can increase your resilience and protect you from stress and anxiety. Good emotional hygiene involves boosting your self-esteem when it is low. Do this by "setting your mind on things above" and by not letting it "dwell on things below."

Body

- And don't ignore your body. It is the temple of the Holy Spirit. At the beginning of the quarantine, I put on some pounds. I was home where good food was far too available. I had to adjust my eating habits. During stress, it's easy to eat too much and not move enough. So find an exercise regimen that works for you. And sleep. Get plenty of it.



Here's a scripture you might want to memorize or post where you can see it.

*"If then you have been raised with Christ,
seek those things that are above,
where Christ is,
seated at the right hand of God.
Set your mind on things that are above,
not on things that are on earth.
For you have died,
and your life is hidden with Christ in God."*

Colossians 3:1-3 ■

The LCF Connection

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What did you think? If any of the stories in this Connection sparked an idea or opinion you'd like to share, email us at secretary@lcfweb.org. Editors: Theresa Hennis, Elisabeth Yoder, Kelli Dean, and Doris Swartz
If you prefer that we do not use photos of you in the Connection, you may opt out by emailing us.