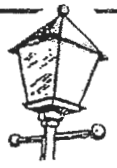


Lamplighter

Let your light so shine
before others . . .
Matthew 5:16



Up River Friends Meeting, Belvidere, NC 27919 -- Vol. XXXI No. 8 -

August 2017

WORDS FROM OUR PASTOR -----

DEAR FRIENDS,

TO WHAT ARE YOU YOKED?

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." Matthew 11:28-30 (NLT)

In Jesus' day, there was a slang expression about the Jews being yoked to the law (Torah) and the heavy weight that the law brought with it. There were over 600 commands that had been attached to the Levitical Law, many of which had nothing to do with truly serving God and loving our fellow humans. Over 600 commands brought with it a lot of weight and baggage.

Jesus' words were truly radical to His audience, which was accustomed to the heaviness of society's demands. "For my yoke is easy to bear, and the burden I give you is light." As Jesus often did, He was using word pictures to illustrate a compelling point. Jesus was assuring His audience that relationship with God is the Key to obedience. Obedience was not a new concept to the people of Jesus' day, after all, in his rebuke to King Saul, Samuel said: "What is more pleasing to the LORD: your burnt offerings and sacrifices or your obedience to his voice? Listen! Obedience is better than sacrifice, and submission is better than offering the fat of rams." 1 Samuel 15:22b (NLT)

Walking closely with God, allowing His Holy Spirit and His Word to guide you takes the burden of legalism from you and gives you the freedom of a righteous life; this, in part, is what makes Jesus' yoke easy and His burden light. Also, Jesus' perfect fulfillment of the Law of God, carried the burden that was meant for us. Jesus' meeting the law's righteous demands is applied (imputed) to us through faith. His righteousness was exchanged for our sin at Calvary (2 Corinthians 5:21). Our obedience to Jesus now becomes our "spiritual worship" (Romans 12:1). Moreover, we are indwelt by the Holy Spirit who works in our lives molding us into His image, thus, making the yoke of Jesus easy and His burden light.

While we might not be burdened down by Torah, with so much going on in the world today, we take on more additional stress, anxiety, and worry than ever before. In a recent NPR report, the statement was made, "stress has negative effects on health, including an increase in heart disease, liver disease and gastrointestinal problems" (Neighmond, 2016). While we should always strive to be our best and make a difference in the world, there are many areas where one has no control. Leave these burdens with Jesus and trust God with the results.

The life lived by faith is a much lighter yoke and a much easier burden to carry. When life becomes difficult, picture Jesus walking with you—walking alongside you, which helps us remember that we are never alone. Speak honestly to God regarding the help you need, and thank and praise Him for the "lightness" He gives.

Today's world is as burdensome a place, as trying to keep all the righteous demands of Torah. In this light, Jesus' statement is just as radical to us today as it was to His audience in antiquity.

Bibliography: Neighmond, P. (2016, July 12). Overworked Americans Aren't taking the vacation they've earned. Retrieved August 1, 2016, from NPR.

*Blessings,
Chuck*

UP RIVER FRIENDS MEETING'S MISSION STATEMENT:

To know Christ and to make Him known.

SCHEDULE OF SUNDAY & WEEKLY SERVICES:

- 10:00 am Sunday School
- 11:00 am Worship Service
- Nursery and Junior Church
- *****
- 02nd 6:30 pm Light Meal
- 7:00 pm Children Programs
- 07th 7:00 pm Ministry and Counsel Meeting
- 09th 6:30 pm Light Meal
- 7:00 pm Children's programs
- 7:00 pm Monthly Meeting
- 10th Mobile Food Pantry in Hertford
- 14th 2:00 pm Elizabeth White Missionary Circle
- 15th **LAMPLIGHTER NEWS** is due – thank you
- 16th 6:30 pm Light Meal
- 7:00 pm Children programs
- 23rd 6:30 pm Light Meal
- 7:00 pm Children programs
- 30th 6:30 pm Light Meal
- 7:00 pm Children's program

FLOWERS:

- 06th Sandra Parks 20th Open
- 13th Eula Mae Forbes 27th Open

BIRTHDAYS and ANNIVERSARIES:

- 01st **CHARLES & LYNETTE BAKER**
Carter Winslow
- 04th Darlene Benton
- 05th LouAnn Winslow
- 06th **STEVE & JOY RIDDICK**
- 07th **VIRGIL & RUTH WINSLOW**
Jacque Pagels
- 08th Gloria Wissman
- 09th Trevor Benton
- 10th Herbert Williams, Julian Baker
Ray Rountree
- 11th **REGGIE & ANN BAKER**
LOT & TERESA WINSLOW
Jenna L. Caldwell
- 12th Arland Winslow
- 13th **Affie Spivey**
- 14th **MATT & SARAH R. PRICE**
- 15th **JESSE & VERONICA ROUNTREE**
- 16th Doug Copley
- 17th Nicole Boblit
- 18th Lois Faye White, Sandy Winslow
- 19th Lester Baker
- 22nd Tom McClaren, Claudia Rawlings
- 23rd Lisa W. Klinger, Sydni Baker Banks
- 24th Mike White, Angela A. Crain
- 25th **WALDO & NANCY WINSLOW**
THOMAS & ROSE RIDDICK
WAYNE & SANDY WINSLOW
Eula Mae Forbes, Chealse Winslow
- 26th Jimmy Riddick,
Sonya Winslow, T. Lancelot Winslow
- 30th Donald Lane

PRAYER REQUESTS:

World leaders and those working to bring world peace. Our elders, children, youth and leadership of our meeting, Affie Spivey, Shelby Harrell, Kay Boyce, Dawn Alexander (Dena Richardson's sister), Marlene Pierce, Connie Baker and Connie Baker's nieces Angie and Kim (both with cancer), Sue Hall (Sonya's aunt), Sabrina Mundroff, Lona & Tommy Stallings, Sonya Hartman, Lester Baker, James Parks, Adam Belcher (Brandon's brother), the Chamberlain family, Vivian Winslow, Renee Marshburn (Robin Winslow's sister), Billy Boblit, Barbara Saunders, J.D. Carver, Eleck Winslow, Andrew Guyer (Judy Parsons grandson), Thomas Dail, Jobina Godfrey, Herbert & Jessie Mae Williams, Travis Hutto, Janie Bundy, Barbara Saunders, Parker and Barbara Copeland, Shelley Lamb, Calvin Casper, Pat & Mary Frances Twiddy, Barbara Stallings, Joe Liner, Claudia Bunch, Archie Creed, Faye Lassiter, Sid Stallings, Deborah S. Williams, Gail Smith, C. J. Stallings, Dale Hunter, Carlton Rountree, Tanner Sprague, Cecil & Ann Brown (friends of Jacque), Melody L. White, Garland Anderson, Lela Bundy, Iona Baker, Jackie Wiley, Kathy Turner, Linda Givens, Anna Spivey's son-in-law Everett Egan, Jean Pressley (Sonya's mother), Leah Jonson, Conna Gessler, Robert Hall (cousin of Rose Riddick), Lois Faye, Paul White and family, Chad Winslow, Quincy Riddick, Lewis Stallings, Karen & Freddie Boblit, Beulah Phthisic, Anna Wrae Smith, C. F. Stallings, Abby Baker, Anna Spivey, Carey Guyer and her best friend Erica, the families of Larry Stallings, Christine H. Copeland, our care-givers, youth, and missionaries. If you know of anyone who needs to be added to our prayer list, please contact Pastor Chuck or Catherine. Thank you.

UPCOMING EVENTS and REPORTS ON PAST EVENTS:

ELIZABETH WHITE MISSIONARY CIRCLE:

In lieu of our regular meeting in June, the Circle served the evening meal for Vacation Bible School on Monday the 26th. It was a pleasure to be able to help with VBS in this manner and to see the eager little faces of the children attending.

Our next meeting will be Monday, August 14th at 2 o'clock. "A Dream Come True" is the title of our last program on "Joy in His Presence" and will be presented by Judy Parsons.

We hope you will be able to attend this meeting - new members and/or visitors are welcome to meet with us in the Fellowship Hall.

* * * * *

VACATION BIBLE SCHOOL – JUNE 2017:

Vacation Bible School was such a meaningful and fun week! It was held June 26-30 with an average of about 50 children attending each evening. Our theme was "Galactic Starveyors" - searching the visible to discover the invisible. The key verses were Colossians 1:15-16 "The Son is the image of the invisible God, the firstborn over all creation. ¹⁶For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him."

This truly was a team effort and could not have been successful without all the teachers and helpers. The children learned and were shown Christ's love through supper, music, a lesson, outdoor games and crafts. Our offering each evening went to the Amari Refugee Camp. Jacque Pagels recently went on a mission trip to Palestine and saw a major need in this camp for chairs and tables in the children's classrooms. So, during the week- we raised money through the kids offering, an offering at Friday night evening's program and a dessert auction. In total we raised just over \$2700! The kids did so well at the Friday night program- sharing through acting, scripture, song and then receiving their certificates. This was followed by supper which included hamburgers and all the fixings, the dessert auction, and outdoor water activities for the kids. It was such a fun and exciting evening of fellowship at Up River. I want to thank all parents who brought your child/children and everyone who helped make this week such a success by volunteering to help. Monday night's Bible verse from Colossians 1:17 was, "He is before all things, and by Him all things hold together." God truly was before our week and with us throughout the week. He is an amazing God!

Ashley Jethro, VBS Director

* * * * *

SENIOR ADULT EXCURSION TO MANTEO:

On Monday, July 10, 2017, the Up River Senior Adult's went to the Elizabethan Gardens at Manteo. The Elizabethan Gardens are adjacent to The Lost Colony's Waterside Theatre and Fort Raleigh National Historic Park on Roanoke Island. The ten-acre gardens play host to a plethora of fragrant plant life, antique sculptures, and Elizabethan-inspired landscaping. Due to impending weather, the group opted to eat lunch on the return trip home. Future outings are in the works. Be watching the Lamplighter and Up River email for details if you are interested in participating in an upcoming day trip. Also, please feel free to send Pastor Chuck suggestions for future trips: pastorchuckhartman@gmail.com.

* * * * *

MISSION WITH THE YOUTH:

Our youth had a great week at Mission Fuge in Charleston SC. We were able to take 7 of our youth and go out into the city of Charleston to love on and minister to children through playing games with them, making crafts, and telling Bible stories. We learned so much about the love of God for his people. Thank you for supporting us and praying for us. Our youth came back with a new passion and fire to serve Jesus! We are excited to go again next year!

* * * * *

THANK YOU:

A sincere thank you to everyone who provided and helped with the Homeless Feeding on June 30th. Approximately 32 people were fed and many were able to take some food home. They were very grateful and thanked us many times. We see many familiar faces and always new faces. Only God knows these folks' true needs. Please keep them in your prayers. The leadership in all of this by Stan Winslow is greatly appreciated.

* * * * *

THANK YOU:

On Wednesday, July 12th, Up River Friends fed over 75 people at THE LORD'S TABLE at Hertford United Methodist Church. It was an extremely hot day with many coming before the appointed time. We feel it was so they could be in a cooler place. They were welcomed, and truly appreciated the tea offered. Thank you to Veronica Rountree for chairing this and for all the other people pitching in to help.

* * * * *

CHOIR:

The Up River Adult Choir will begin regular rehearsals again directly after Labor Day and will welcome both old and new singers to our ranks! If you have been a faithful member, we thank you for your continued service and dedication as we provide music for 11:00 am worship and special programs and events throughout the year. If you have not been singing with the choir but would like to, we would love to have you join us. During recent years we have rehearsed each Wednesday evening at 6:00, however, there is a possibility that we will look into changing that if another time better meets the needs of the group. For more information, or to share thoughts on how the choir can best serve Up River, please contact Lynwood Winslow at 297-6532 or lcwiii@inteliport.com. We welcome all who are willing to share their musical talents in worship.

* * * * *

THE QUERIES: The following comes from the Faith and Practice (Book of Discipline) of North Carolina Yearly Meeting of Friends under the heading THE QUERIES.

Please take time to consider these thoughts and hopefully our meeting will grow both Spiritually and numerically.

STANDARDS OF LIFE: Do you observe simplicity and moderation in your manner of living? Do you give proper attention to the rules of health? Are you careful to avoid all the places of amusement that are inconsistent with Christian character? Do you practice total abstinence from tobacco, narcotics, and alcoholic beverages?

* * * * *

*To each of you who contributed to this newsletter, **THANK YOU SO VERY MUCH.** If you would like to share in upcoming newsletters, please feel free to do so – just give me a call at 297-2485 or e-mail me at lcwjr@inteliport.com. Also, if you have a loved one or a friend whom you think would like to receive our newsletter – or if you no longer wish to receive our newsletter, please let me know. Thank you very much. Catherine G. Winslow*



VBS '17

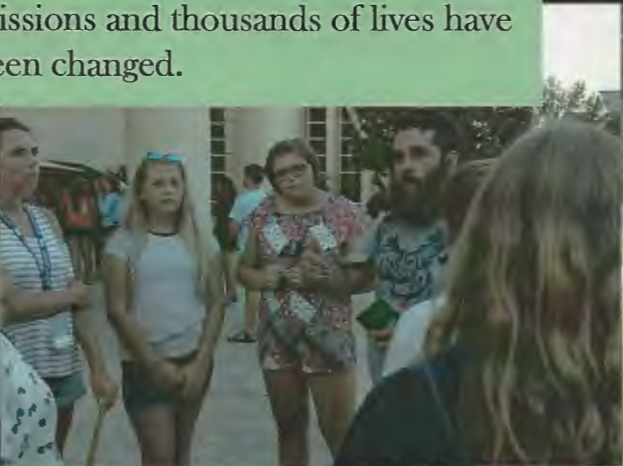




URF Youth @ Mission Fuge '17



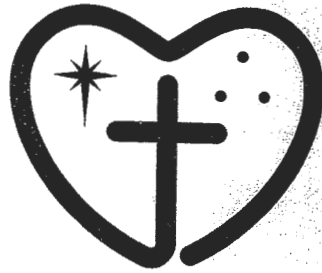
For 30 years, over a million people have had the FUGE experience. FUGE campers through the years have raised millions of dollars for missions and thousands of lives have been changed.



The heart of Jesus

The idea of a spiritual heart transplant is a vivid image to me; once you have the heart of somebody else inside you, then that heart is there. Jesus' heart is inside me, and my heart is gone. So if God were to place a stethoscope against my chest, he would hear the heart of Jesus Christ beating.

—Max Lucado



[image above: HEART_16155, HEART_16155C]

But what about here?

At age 4, Anna was starting to make sense of prayer. Her parents had been praying with her since birth, but now her developing cognitive and language skills caused her to really ponder what prayer meant for her.

One night, after tucking her into bed and leaving the room, Anna's dad heard her voice. He paused outside the door to see if she needed something. But she was speaking to her heavenly Father: "Dear God," Anna prayed, "when is the best time for me to talk to you? I mean, Mama and Daddy say I can pray anytime, and I know you're always listening. But when will you be listening especially hard in Minneapolis?"

—Adapted from *The Children's God*, David Heller

Christ's hands

In World War II, bombs destroyed a church in Strasbourg, France. As parishioners cleared the rubble, they discovered a statue of Jesus that was now missing both hands.

A visiting sculptor later offered to make repairs, but church members declined, saying Christ "has no hands to minister to the needy or feed the hungry or enrich the poor — except our hands. He inspires. We perform."

St. Teresa of Avila wrote:

Christ has no body but yours;
no hands, no feet on earth but yours.
Yours are the eyes with which he looks
compassion on this world.
Yours are the feet with which he walks to do good.
Yours are the hands with which he blesses all the world.
Yours are the hands, yours are the feet,
yours are the eyes, you are his body.
Christ has no body now but yours.

Love's lesson

A new school year promises new adventures, challenges and friends — as well as new classes, homework and lessons. But the most important (and simplest) lesson we can learn is summed up by 19th-century hymn writer Jane Eliza Leeson:

Savior, teach me day by day
love's sweet lesson to obey,
sweeter lesson cannot be,
loving him who first loved me.

Compelled to share

In 2 Kings 7, a great siege is lifted when God causes the Arameans, Israel's enemies, to flee. Initially, some lepers at the city gate keep the victory quiet, hiding the spoils of war. Then they realize, "What we're doing is not right. This is a day of good news and we are keeping it to ourselves" (verse 9, NIV).

How often we keep the good news of God's grace and salvation to ourselves! Yet it's intended for everyone, and there's plenty to go around. In fact, it never ends. Who in your life needs to hear that news today?

Sunday school's origins

Sunday school began in England as early as 1751. Better known is Robert Raikes' work in Gloucester 30 years later. Concerned about poor children who worked in factories six days a week and often turned to crime, he offered classes on the only day kids were free. Soon various organizations offered a loose network of such Sunday schools, which taught basic reading and writing, using the Bible as a text.

Ten years later, Samuel Slater started the first U.S. Sunday school in his Rhode Island textile mills. By the mid-1800s, Sunday school attendance was an almost-universal childhood experience. As society became more secular and public education was mandated by the 1870s, Sunday schools focused on spiritual practices: prayers, hymns, catechism knowledge and Scripture memorization.

Well into the 20th century, Sunday school served as the church's main outreach tool. Many adults fondly remember their teachers and lessons, and Sunday school continues to play a significant part in faith development.

The log in your eye

'This humorous illustration of how *not* to get along at college also demonstrates Jesus' teaching in Matthew 7:3-5.

A young man from Scotland went to study at an English university. A month into the school year, his mother visited and asked how he liked living in the dorm. "It's awful!" he exclaimed. "The fellow in the room next door bangs his head on the wall constantly, and the one on the other side screams all day."

"How do you stand it?" his mother asked in amazement.

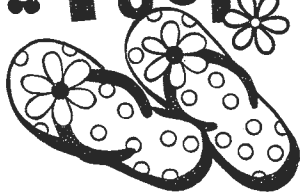
"Oh, I ignore them," her son replied. "I just sit here quietly, playing my bagpipes."

Meetinghouse: 252-297-2442

QUERIES FOR BOYS AND GIRLS:

Do you try to act, as Christ showed the way, so that there is no cause for quarreling with other children? Do you forgive those who injure you by word or act? Are you careful to speak well of others? When your friends quarrel, do you try to help them to feel friendly again?

Happy Feet



This summer, put your best foot forward by brightening up a pair of flip-flops.

What you need:

- Flip-flops in your size
- Metallic permanent markers
- Foam stickers
- Craft gemstones
- Plastic flowers
- Ribbon
- Hot glue gun (and adult help)

What you do:

Use these ideas to decorate clean, dry flip-flops:

- Draw with markers on the soles.
- Decorate the sides and soles with stickers.
- Glue gemstones along the strap.
- Glue plastic flowers on the strap between your toes.
- Wrap ribbon around the strap and glue in place.

PUZZLE

BE HAPPY IN THE LORD

Happiness and joy are frequent themes in the Old Testament book of Psalms.

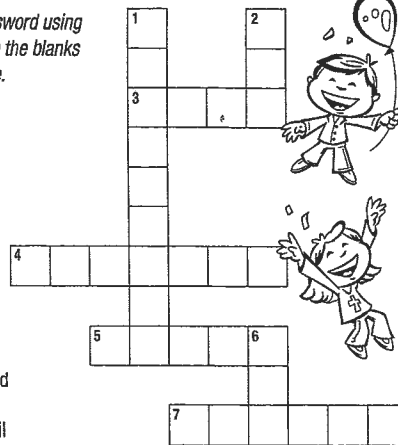
Directions: Solve the crossword using the clues below. Then fill in the blanks to complete the Bible verse.

ACROSS

3. A word for happy (rhymes with had)
4. What you do when you're very happy
5. A song written by David
7. Full of joy

DOWN

1. People who obey God
2. Our Creator
6. The month after April



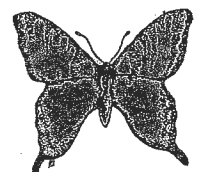
"But may the 1. _____ be 3. _____ and

4. _____ before 2. _____; 6. _____ they

be happy and 7. _____." 5. _____ 68:3, NIV



Now in Session!



Answers: (across) 3. glad, 4. rejoice, 5. psalm, 7. joyful; (down) 1. righteous, 2. God, 6. may and joyful." Psalm 68:3, NIV