

# “THE BELL”



BANGOR LIBERTY  
FRIENDS  
NEWSLETTER

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NEWSLETTER OF BANGOR LIBERTY FRIENDS—MAY 2019

## Summer Plans

Well, summer is almost upon us. That means kids at home, all day, every day until the end of August. It also means sunshine, allergies, insects, bats, fireflies, BBQ, baseball and vacations. That seems like a plenty of things to keep us occupied. But then throw in the kids sports and activities and teenagers jobs and probably a whole lot that I'm not listing here and its pretty easy to become overwhelmed with all that happens in the summer.

I just want to take a few minutes and cover some things that are significant in the life of the church over the next few months. In June Camp Quaker Heights will be full of kids. Alicia and Chip have been busy over the last few months getting the final members of their staff in place all in preparation for our kids to invade during the month of June. The dates for the specific groups are elsewhere in the newsletter. I just want to point out that Bangor Liberty plays a disproportionately heavy role in the life of the IAYM's Camp program. Robin, Kris, Amber are helping direct one or more of the camps. Dani will play a large role in making sure the kids are well fed during their stay throughout the summer. Kellen will be a CIT again this year for the Elementary camp. We have others who will be counselors and play other roles throughout the summer. Plus, since most trends continue, it is likely we'll have close to twenty kids from the church attending one of the different camps in June. If you are interested in participating as a counselor or just want to spend some time helping at camp for a day or more contact Robin or Larry for information. If you need to register your kids for camp see someone from Christian Ed Committee.

In July we will hold our annual Vacation Bible School. VBS will kickoff this summer with an ALL Church Pool Party at the pool in Union on July 14th. Evening VBS classes will begin on Monday the 15th and run through Friday the 19th. Honey Creek New Providence will be joining us as they have during the past few years. Dani is looking for volunteers to be

crew leaders and helpers. So, if you have time and want to hang out with the cool kids this summer make sure you get in touch with her.

July isn't just about VBS there is also the IAYM Ministry Conference running from July 25th to 27th. The Yearly Meeting is going through some adjustments. I wish I could say growing pains but that's not it. Some of these adjustments are good and some not so much. My point is that for the representatives to make the best decisions for the organization we need as much input and participation as possible. I would encourage everyone to try to make it to Oskaloosa at least one day during the conference. If you can't come during the day we hold worship services each night that are worth the trip alone. If you are interested in possibly being on a Yearly Meeting committee let me know. There are plenty of opportunities available throughout the Yearly Meeting.

Finally, my intent was just to show you some of the things going on this summer. But there is another motive as well. I don't know of a clever way to put this so I'll just be blunt. We Need Your Help! Bangor Liberty, the Church, operates because of the members of the body. You are the hands and feet of the church. That means we need your energy, your time, and your resources. Yes, that means sometimes your money. But more importantly we need you. We need you to help teach a Sunday School class one weekend out of the year. We need you to sit in the nursery sometimes to give the people who do it regularly a break. We need you to be active in the life of the church. There are less than a dozen people who cover the nursery during Sunday School, Worship and Deeper on Wednesday. They need your help. I could go on and on but you get it. This is not meant to be a guilt trip. I just want to open our eyes to what is needed in the Church. If you're waiting to feel like you are called to it then you may end up waiting a very long time.

## Why PRAY???

At BLFC we have a prayer group of 5-6 members that meet every Sunday @ 0830 am to pray. We have a locked prayer box in our prayer room that is available for anyone to share a prayer request. We are a confidential group and we believe in the power of prayer. Bangor Liberty has a history of being a House of Prayer where healing happens. It also has a rich history of revival. Our prayer time is defined as a relationship with God where we talk with God and fellowship in each other's presence.

There are six reasons why we pray

- God invites us to pray because God loves us deeply. "Seek the Lord while he may be found, call on Him while He is near." Isaiah 55:6

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Matthew 7:7

"Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete." John 16:24

"Pray continually." 1Thessalonians 5:7

- Prayer opens the way for us to know God intimately. It is a way to know God's heart and to see the areas of our lives that offend God and find forgiveness so the relationship can grow.
- Prayer moves us to God's agenda. Prayer is designed more to adjust unto God than to adjust God to ourselves.
- Prayer nurtures our inner being and keeps us alive spiritually.

"I am the vine, you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." John 15:5-7

- Prayer is an opportunity to tell God our needs.
- Prayer frees God's power to work.

"This is good, and pleases God our Savior, who wants all (people) to be saved and to come to a knowledge of the truth." 1 Timothy 2:3-4

Reflect on your prayer life. Sit in a quiet place. Be ready to receive God's invitation to come into a more intimate relationship. Feel God's love for you and ask God to help you understand how to adjust your life to God's purposes. Trust God to listen to your heart's desires.

On the Iowa Yearly website there is an article on "How to spend an hour in prayer" We are sharing a few highlights from that article. If you desire to read the entire article you may go to the Iowa Yearly Meeting website – Ministries – Missions – and it is listed at the bottom of the page.

Here are a few highlights:

An hour seems a very long time to spend in prayer. How can we spend an hour in prayer meaningfully without repeating myself and without it becoming boring? Dick Eastman suggests in his book, "The hour that changes the world" that we divide an hour into 12 periods of 5

minutes each. You change to another form of prayer after every 5 minutes.

The following is his method:

- Praise and Worship: act of commitment to God. We praise Him for His Greatness, Holiness, Omnipotence, Love etc.
- Waiting on the Lord: Concentrate on your relationship with God and your love for Him
- Confession: time for self-examination and allowing the Holy Spirit to point out any unconfessed sin to you.
- Praying Scripture: Spend time in His Word. Your prayers must become quotations from Scripture more and more.
- Watching: A time of spiritual observation to become aware of what to pray for. Needs of others, your own needs or what's happening in our country or in the world.
- Intercession: Pray for others. Carry the burden for lost souls and a World in need. Also our Church and members need prayer. Ask The Lord to show you through the working of the Holy Spirit where the powers of evil are working.
- Petition: for your own personal needs.
- Thanksgiving: acknowledge your appreciation to the Lord for what He has done for you and others
- Song: is melodious Worship. The attitude of your heart and the fact that you are carrying out His instructions are of greater value to the Lord than whether you can sing beautifully or can sing in tune.
- Meditation: reflect on a scripture or examine a matter or someone's needs more closely to evaluate it spiritually.
- Listening: A time to ask the Lord to reveal new things to you, things he wants you to notice and pay attention to.
- Worship: to exalt God and say to Him "I know who I am praying to and I trust Him with my prayers. (Supplications). Let your AMEN be strong at the end.

I hope you will consider trying this method and let the prayer team be a resource for you.

Agape,

The BLFC Prayer team: Diane Teske, Kristi Albright, John Good, Vi Gray, Rick Bachman and Charlene Martin

## Announcements

Spring Deeper Celebration will be May 22nd. We will have food and games. Everyone is welcome.

Camp Quaker Heights Cookie Prep Day, May 25th

The next Christian Education Committee meeting will be on June 9, at 8:30am.

Camp Quaker Heights 2019 Camp Dates:

Little Fry	June 21-23	Grades K-2
Elementary	June 18-21	Grades 3-5
Middle School	June 13-17	Grades 6-8
High School	June 13-18	Grades 9-12

Christian Ed will be available to help get your child registered. Cost per child is \$25 before the early registration deadline. There will be someone to help you register for camp starting April 14 here at the church after worship.

Christian Ed is looking for volunteers to lead Vacation Bible School, if you are interested please talk to Dani J.

## LIBRARY LEDGE – MEN

We have two new books for the men to read:

No Man Left Behind by Patrick Morley, David Delk, & Brett Clemmer about building a powerful men's ministry in the world today.

The Man in the Mirror by Patrick Morley about solving the 24 problems men face.

We also have other new books:

Boundless Love by the Women of Faith – Devotions to celebrate God's Love.

Spring Is in the Air by Jane Orcutt – another book in the Guideposts Grace Chapel Inn series.

A Mile in My Flip-Flops Melody Carlson reminds us that it takes faith to renovate the heart, as well as the home.

Kelly's Chance by Wanda E Brunstetter – Kelly says she'll never marry after what she's seen her father do to her mother. She's determined to escape

## Mystery Friend

Our Mystery Friend for May was born in Marshalltown. He/She attended West Marshall, MCC, and UNI. This person had a pet bunny while in college. They have traveled to 8 countries and several US islands and territories. Favorite foods include: pineapple, spaghetti, tator tot casserole, and all sweets!!! He/She enjoys the community of Bangor Liberty Friends, stating that people care about and help others. Letters in our Mystery Friend's name are:

EUIARCDKNNJ

The answer will be in next Sunday's bulletin and next month's Bell.

## Queries

1. Do you strive for the constant realization of God's presence in your life? Are you sensitive and obedient to the leading of the Holy Spirit? Do you endeavor to advance your spiritual growth by the prayerful study of the Bible and other devotional literature?

2. Are all meetings for worship and for business duly held, and are you regular and punctual in attending? Do you come with heart and mind prepared for communion with God and fellowship with one another? Do you individually assume your rightful share in the responsibility of the work and worship the meeting?