



THE BELL

January 2022

Gather, Love, Serve, Impact

Resolutions and Goals

Well, we are a few weeks into the new year and some things would have become clear to most of us by now. One, our resolutions for the new year turned out to be a bit harder than we expected. And two, we need to get better at setting goals for ourselves. There are likely many other things we need to do or become more skilled at but those two will do for now.

As far as New Year's Resolutions go, I have found that they are easier to follow through the year when they are focused not on me but on someone else. The fact that I involve another person, even if they are not aware of it, in a resolution provides me with a little bit of accountability. A little accountability can go a long way in keeping us on the right track.

Sometimes our resolutions for the year may sound good when we make them but after a week or so we realize that we have bit off more than we can chew. So I would suggest that we focus on simpler, smaller resolutions. Then in the next year or the next month build on that resolution. That way you have a success building on another success. Baby steps become toddler steps become bigger steps and bigger and before you realize you are able to run without falling on your face.

I think at some point all of us as believers decide that this is the year we are going to read through the Bible from beginning to end. There are numerous reading plans out there devoted to accomplishing just that. However, like we said above this can be a pretty big proposal if we aren't prepared. If you are one that has been able to accomplish this goal then that's great. But I would

say a few things, these reading plans are pretty involved. There is a good deal of reading not matter how you break it all up. Which too often means that we start reading for speed and forget about reading for spiritual growth. I can read pretty fast when I want. I can also read thoroughly and retain a lot of what I read. I have never been able to do both, read fast and retain information.

More than anything when we read Scripture, we should be focused on gaining understanding. With understanding comes growth which leads to transformation. Paul talks about this in his letter to the church in Rome, writing in Romans 12:2, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is— his good, pleasing and perfect will." We are transformed by the renewing of our minds. Our minds are renewed by the reading, understanding and application of what we find in Scripture. In the book of Acts there is an episode contained in chapter 9, verse 26-40. The Ethiopian is reading a scroll at the side of the road when Philip comes along to help him understand what it is he is reading. We could spend twenty pages to explain everything that is going on in the passage but all I want to look at is the fact that the Ethiopian only had a scroll. Not the whole Old Testament. This is really a good example for us, especially in our world today.

Why focus on trying to read through the whole Bible in a year. What if we instead tried our best to understand as much of the Bible as we could in one year?

The Ethiopian had one scroll, the scroll of Isaiah. He likely didn't understand all of the Old

Testament, but after spending time with Philip he understood Isaiah's message. What I'm getting at is maybe this year we stop trying to take the bird's eye view of scripture and instead try the ground level walking view. Instead of trying to read all of the Bible and retain little, we read a little of the Bible to retain a lot.

Try this, pick one book of the Bible or several smaller books and spend the year learning everything you can about those books. Take one of the Gospels and read it through each month.

Matthew is twenty-eight chapters, Mark is sixteen, Luke is twenty-four and John is twenty-one. That would mean reading less than a chapter a day to read through one of the Gospels in a month. Or Paul wrote thirteen epistles, try reading one each month.

You can combine Titus and Philemon in the same month as they're pretty short books. Imagine how much better you would know these books and how much more you would understand them after spending a month in each one. Give it a shot, you will be amazed at how often you find something new in each of these books almost every time you read them. You will find this approach much more enjoyable, accomplishable and enlightening.

Missions

Thank you to those who donated towards the White Gift Offering for Mesquakie Friends Church and Child Abuse Prevention Services (CAPS).

Calendar

1/19-DEEPER meal at 6:00, classes 6:45-7:45

1/22-Winter Jam Christian concert in Des Moines

1/26-DEEPER meal at 6:00, classes 6:45-7:45

1/30-YM Youth Winter Retreat in Boone

2/2-DEEPER meal at 6:00, classes 6:45-7:45

2/6-Monthly Meeting following worship

2/6-Children's Church during worship

2/9-DEEPER meal at 6:00, classes 6:45-7:45

2/13-Quaker Men's breakfast, 8:00

2/13-CE meeting 8:30

2/16-DEEPER meal at 6:00, classes 6:45-7:45

Youth

Iowa Yearly Meeting Presents...

Winter Retreat

Sunday, January 30

Seven Oaks Recreation in Boone, IA 9
am Worship 10 am Tubing
Lunch any time after 11 am

Grades 5-12

Winter Jam 1/22/22

Wells Fargo Arena Des Moines, IA

Featuring

Skillet

Tauren Wells KB

Colton Dixon

I Am They

Newsong

Shane Pruitt

Abby Robertson

Bayside Worship

FUM

FUM's Administrative Assistant, Kim Schull will leave her position January 14th. Until her position is filled, here are other staff members who can help with your needs.

- For book orders and bookstore questions, contact Shari Veach or Dan Kasztelan
- For rentals or call-in donations, contact Kira Young or Kelly Kellum
- For questions about your Quaker Life subscriptions, contact Karla Jay
- For information about your giving record, contact Colin Saxton, Karla Jay, or Kelly Kellum

Library Ledge-More Donations

New to our Library are donations from Liberty USFW: Bread of Angels, Butterfly Palace & Anna's Crossing. We also have Light at the End of the Funnel by Jeffrey D. Blackburn about the disasters and relief given after the EF5 tornado of May 4, 2007 leveled most of Greensburg, Kansas. It's a quick read with less than 100 pages, and hard to put down once started. Also, Over Salad & Hot Bread is a story of friendship sharing the simple truth about life and demonstrates how a friendship can teach you unexpected lessons. A simple story of two women drawn together by a love for writing and road trips. The younger woman is an on-the-go mother/author/speaker, while the older is a free-spirited world traveler. The friendship that developed took both women on a journey of the heart—a journey that led one all the way to her forever home and the other to lessons she never thought to learn.

Thanks for Sharing Christmas!

Thanks for buying gifts and giving funds to help purchase items for the kids in the Pine Crest Mobile Home Park in Eldora. With your help, and that of others, we were able to give gifts of clothing, toys, and items such as toothbrushes, toothpaste, combs, socks, blankets, story books, mittens or gloves, to 38 children aged 10 months to 18 years who are a part of 18 families living in the park. It was a joy to hand out cloth shopping bags filled with gifts to each child on the 19th, after they ate some birthday cake for Jesus. We are grateful for your help in making it possible to remind them of the reason for the season and the love of Jesus this Christmas.

Margaret, on behalf of Little Rock Ministries

Mystery Friend

Our Mystery Friend for January was born in Postville, Iowa. This person has 1 brother and 3 kids. This person went to school in Waukon, Iowa. His/Her jobs have included: office help, waitress, and farm helper. Favorite foods are brisket on the grill, fish, and chicken. Most people would not know that this person was in marching band in high school. He/She traveled to Estes Park, Colorado. This person especially likes the family type atmosphere at Bangor Liberty Friends. Letters in our Mystery Friend's name are:

AAEEEEETSRRRYDDLLBHN

The Mystery Friend for December was Leidi Yesenia Villalobos Guardado AKA Leidi Willits.

New!

The new chairs and chair cart are in the Fellowship Hall. Thanks to David Willits for trucking them from Utah to Bangor, to John Good for coordinating/scheduling the shipment, Ray Willits for letting us use Mara Transport, for Quaker Men unloading and setting them up, and for all of you who gave funds.

A Children's Country Christmas

The premiere of the film "A Children's Country Christmas" was shown on December 24 at the Christmas Eve Candlelight Service. Telling the story of the birth of Jesus, it starred the youth of Bangor Liberty Friends Church. Kay Feltz, Rosalee Patten and Rebecka Reed were busy from May to December planning and filming at various locations. The evening service including the film

can be viewed at blfchurch.org. Kay, Rosalee, and Rebecka would like to thank all that helped make this possible.



Liberty USFW



On December 16, 2021, Ann Nichols and Leah Woiwood were co-hostesses for the December Liberty USFW ladies group at the Embers in Marshalltown. Karen Hammers organized the Adopt a Family gifts with members purchasing and wrapping items for two adopted families. Recipients were three children from the BCLUW School district and two girls from the House of Compassion. Games and wrapping paper were collected to be used at the Mesquakie Friends Center. The ladies also assembled and delivered twelve cookie plates for various members of the community. The next meeting will be on February 17 at the home of Sharon Johnson in Union.