Mental Health and the Christian

The Biblical story is ripe with stories of persons with fragmented thinking, broken minds and some who act out in ways beyond the norm. Many of those in Scripture are accounted to demons and, when it is in the will and plan of God, the Lord heals them. This has led many in the faith community over the years to believe and profess that if someone is troubled they also believe the faith community over the years to believe and profess that God indeed can heal every infirmity and as scriptures say: “He can take a mountain and move it from here to there.” We also believe in the power of prayer and that God has designed creation in such a way that our prayers are powerful and effective. We know people who have been healed from mental brokenness and many faithful Christians who suffer from mental health issues of various kinds. Why and what are we to think of all this?

My understanding (which of course can be faulted) is that God created the entire creation free. That freedom ranges from the eternal human spirit to the molecular level of the body and mind. For me and many other Christian thinkers, this can be an explanation of why a “healthy” person can have a heart attack, why a nonsmoker gets lung cancer and why a faithful, praying, God fearing person can have their mind ravaged with mental illness.

That understanding might be faulted but this I know for sure: Mental Illness of many varieties exists in my community and, many of those in which a mental illness resides are faithful disciples of Christ and can only partially battle it through prayer and faithful behavior.

Continuing down my path of human freedom, God inspires, and some use their freedom to do scientific research to develop medicinal therapies that work right you would try to figure out why. Can't you work that hard to find out to see the “bright side” was told, “if the engine in that stupid truck of yours wasn't working right you would try to figure out why. Can't you work that hard to find out why my mind is depressed?” He spent a month reading and researching depression. Our admitting we need help should parallel in our minds the very common-sense thought that if my arm is broken I should see a doctor. This is important.

We need to become educated regarding mental health. Many resources exist for us to investigate and grow regarding why something is affecting another person. One guy I know became an expert on depression when, after encouraging his wife to see the “bright side” was told, “if the engine in that stupid truck of yours wasn’t working right you would try to figure out why. Can’t you work that hard to find out why my mind is depressed?” He spent a month reading and researching depression and has helped her through faithful behavior and doctoring to come to a better place.

Mental Health is in God’s hands and we have a role and responsibility. Our deeply rooted religious beliefs should be a call to action in the arena of mental health. Few states lack more in mental health system services and funding than Iowa. A good first move was a unanimous vote in our Iowa House to appropriate money for mental health. Few states lack more in mental health system services and funding than Iowa. A good first move was a unanimous vote in our Iowa House to appropriate money for mental health. A Mental Health condition does not mean you are crazy. The stigma and vocabulary around mental health conditions like depression, anxiety, schizophrenia and others caused by episodes in our life like grieving, PTSD, etc. must be set aside in the Christian community. Shaming people does not lead to their good health, in fact sometimes the results of shaming are catastrophic (suicide, anti-social behavior, physical breakdowns and many others). Christians without mental health conditions are commanded to care for those afflicted and Christians suffering with mental health conditions need to grasp that you are not faithless, you are in need of treatment to accompany your faith.

So, four things:

A Mental Health condition does not mean you are crazy. The stigma and vocabulary around mental health conditions like depression, anxiety, schizophrenia and others caused by episodes in our life like grieving, PTSD, etc. must be set aside in the Christian community. Shaming people does not lead to their good health, in fact sometimes the results of shaming are catastrophic (suicide, anti-social behavior, physical breakdowns and many others). Christians without mental health conditions are commanded to care for those afflicted and Christians suffering with mental health conditions need to grasp that you are not faithless, you are in need of treatment to accompany your faith.

A Mental Health Condition does not mean you are weak. Listen, nobody signs up to have the flu or any other physical ailment. Neither do people choose to have mental brokenness or fragmentation. Many Christians have heard “you just need to be stronger” from friends and family that are unable to understand what they are going through. Getting help for a mental health condition is not a sign of weakness. Our admitting we need help should parallel in our minds the very common-sense thought that if my arm is broken I should see a doctor. This is important.

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Mental Health is in God’s hands and we have a role and responsibility. Our deeply rooted religious beliefs should be a call to action in the arena of mental health. Few states lack more in mental health system services and funding than Iowa. A good first move was a unanimous vote in our Iowa House to appropriate more funding to study the crisis in Iowa and grow our services. So, while we pray for recovery for ourselves and our friends, let’s be active in seeking deeper solutions and advocating with our legislators and social systems that more help is better, regardless of what side of the aisle they find their seat.

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Website - Calendars, Church Info, and More
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YouTube - Sermon Videos
www.youtube.com/marionmethodist

iTunes Podcast - Sermon Audio
itunes.apple.com/us/podcast/marion-methodist/id562893153

Each week on Tuesday, the church sends out an email detailing the events taking place in the next seven days, and devoting some space to explain a little more about one of the multitude of ministries and missions in which we participate. To sign up to receive this email each week, please contact the church office at (319) 377-4856 or by email at info@marionmethodist.org.

Upcoming Sermons

January 27 - Gluttony - John 5:14-15
February 3 - Poverty - Proverbs 31:8-9

For any information needing to be published in the Marion Methodist newsletter, please contact the church office.
(info@marionmethodist.org)
Registration is open
Summer Games University is a Christian Summer Camp for students who have completed 6-12 grades. This one-week camp is an experiential, relationship-focused camp where students will have the opportunity to learn more about who Jesus is and build relationships with other Christian students.

July 8-12, 2019 at Grinnell College
Register at www.sgu.camp

Celebrate with Peggy Rosenkranz!!!
Please come and celebrate with Peggy Rosenkranz director of our Chancel Choir the past 2 ½ years. Peggy is retiring (again) on January 31st. Prior to coming to Marion Methodist Peggy was the Director of Music at Christ United Methodist Church in Fort Collins, Colorado for more than three decades. She was the director of the Centennial Childrens Choir in Colorado and a past Colorado Music Educator of the year as well as a member of the Colorado Music Educators Hall of Fame. A cake reception will be held in Peggy’s honor Sunday, January 27th in The Center.

Thank You
Your recent donation of cookie plates that we distributed during Christmas is greatly appreciated.
Without donors like you, we could not meet the food needs in our community.
With appreciation,
The Marion Food Pantry Board and Volunteers

Thank You
Thank you for participating in our Angel Gift Assistance Program. We were able to provide gifts for 285 kids with your help!
Happy Holidays,
Lynn Kennedy & Laura Campbell
Marion Cares

Thank You
Marion Methodist,
Thank you for your contribution to the Memorial Fund of Marcus Beebe. We appreciate your continued prayers during this time of grief.
The Beebe Family

Are You Ready to Become a Member of Marion Methodist?
Our next New Member Class will be Sunday afternoon, January 27.
We invite you to join us for lunch at 11:30am in Room W10, followed by a fun-filled and informative class. We end the afternoon with our Membership Service at 2:45pm.
Contact Karen Schmitz at kschmitz@marionmethodist.org or (319) 377-4856 for more information.
Childcare is available upon request.

TRANSFORM Campaign Update
The GREEN DOTTED line above tracks our giving progress.
Donations to date = $1,980,000
February 23-26 a dramatic event will take place that has the potential to send a tsunami over the United Methodist Church. A special called session of the General Conference of the United Methodist will be held in St. Louis. Votes will occur that could shift a long-standing position of the denomination. After endless arguments and debates at every Annual and General Conference over the past forty years, the United Methodist Church is seeking to settle our differences regarding the ordination of self-avowed practicing homosexuals and the right to same-sex marriage in United Methodist Churches.

Currently, the United Methodist Church position is that all persons (regardless of sexual orientation) are of sacred worth; created in the image of God and are welcome to participate fully in the life of a local church (including becoming members). However, the church (currently) understands the practice of homosexuality to be incompatible with Christian teaching. Therefore, homosexual unions shall not be conducted by our ministers nor be held in our churches. Likewise, self-avowed practicing homosexuals will not be certified as candidates or ordained as ministers in the United Methodist Church. Furthermore, the church affirms marriage as a shared fidelity between a man and a woman. The church supports equal rights and liberties for all persons regardless of sexual orientation, and contends that God’s grace is available to all.

At the 2016 General Conference in Portland, Oregon, the debate reached a zenith resulting in the formation of what is being called the Commission on a Way Forward. General Conference is the highest authority in the United Methodist Church. Meeting every four years, General Conference is comprised of duly elected lay and clergy delegates from the global church, and it (and it alone) has the power to set or change our polity or policy. The Commission on a Way Forward was viewed as a means to an end; a way to put the quarrel behind us. And after many months of meetings and listening sessions, they have submitted three proposals for consideration. These proposals or their amended versions will be voted on this February. Two of the three could substantially change the denomination. They are:

- **The Traditional Plan**, which would retain the current disciplinary language around homosexuality and provide greater accountability for Bishops who do not maintain our church order.
- **The One Church Plan**, which would allow churches to contextualize language and practice around sexuality in support of witness and mission. The current prohibitive language in the Discipline around same sex marriage and the ordination of self-avowed practicing homosexuals would be removed. Local churches could decide whether or not to host same sex weddings, and clergy could choose whether or not to officiate at same sex weddings. Central Conferences in other parts of the world would continue to be able to adapt the Book of Discipline to their context.
- **The Connectional Conference Plan**, where local churches and clergy could decide to join traditional, centrists, or progressive “connectional conferences” that would be formed according to theological conviction.

The Traditional Plan would retain our current language concerning human sexuality, would provide accountability to clergy and bishops who disregard the Book of Discipline, and would allow a graceful exit plan for churches and clergy who disagreed with the current language. The One Church Plan would allow each church, pastor, and conference to adopt whatever language they preferred concerning human sexuality and adapt it to their ministry setting. This plan makes no provision for disagreeing clergy and churches to exit. If passed, many feel the One Church Plan could result in a mass exodus from our denomination, resulting in a near fatal blow to the United Methodist Church. The Connectional Conference Plan would, in essence, create three different churches sharing some connection in places like benefits, missions, administration, and many other doctrinal issues where we share common ground. However, this plan seems unlikely as it would require a supermajority vote and would also require 28 like benefits, missions, administration, and many other doctrinal issues where we share common ground.

This is a very (stress very) complex and important upcoming Conference. Christians can be overly quick to jump on one point of view over another, based upon their background or understanding of scripture. But everything is not black and white here and the Commission’s report of over 100 pages cannot be fully explained in this limited space. What we know for sure is this Conference will likely cause all local churches to look deeper at where they stand on these matters and how they can still be faithful vessels of love, grace, and biblical integrity.

Our work in this matter should be to become educated on the matter and to pray for this special called conference. The Commission on the Way Forward, the 868 delegates who will vote (6 pastors and 6 lay people from Iowa), and the church. Please pray in the end we will all indeed, find “A Way Forward” that glorifies God.

**Meal Schedule:**
1/30 - Kettle House Bakery
2/6 - Firehouse Subs

**Powerhouse**
Powerhouse meets every Wednesday. From 5:30 pm to 6:30 pm we have a Family Meal (Free Will Offering) and from 6:30 pm to 7:30 pm we have activities for all ages.

- **Preschoolers**: Kids may forget what you say - but they remember what they discover on their own. Get them “Hands On” with God’s Word. (Room E30)

- **Kindergarten - 5th Grade**: Meet a Jesus that is real and relevant in your everyday life! Discover Jesus in you. (Room E10 & E60)

- **4:12 Youth Group**: Junior High Worship 6:30 pm - 7:30 pm (Sanctuary). High School Worship 7:30 pm - 9:00 pm (Sanctuary).

- **Adult Classes**: Come for a midweek boost. Check out classes at www.marionmethodist.org

- **Nursery**: Ofﬁered in the Nursery

**Tidbits**
Our membership places Marion Methodist as larger than over 800 other Methodist churches in Iowa. In fact – we have the 2nd largest membership in Iowa.

As a comparison – there are over 250 Methodist churches in Iowa with less than 100 members.

You are part of a really big thing…

**Children’s Discipleship has grown by 33% since end of May 2018.**

**2018 Stewardship Report**
A great year for Marion Methodist!!

- **2018 Annual Income** = 97% of Budget
- **2018 Annual Expenses** = 96% of Budget
- **100% of Apportionments Captured**

- **2nd year in a row income exceeds $1,000,000**

- **Friendship Fund Christmas Season Donations**
  Exceeded $27,000

- **Year-End Donations of Support**
  $5,500 to Marion Cares
  $2,730 to Marion Senior Living
  $2,750 to Community Free Health Clinic

- **Gift Card Donations**
  Over 90 Cards Received

- **Take a moment and celebrate the financial success of 2018.**

- **Everything we do is funded by your generous donations.**

**Marion Methodist is Praying for:**
Prayer is a powerful way of caring for each other in our Marion Methodist family. There are several avenues open to everyone – the prayer cards on Sunday morning and the prayer wall which is available 24/7, are two that are used most often. You can have a more active part in entering into prayer for other. Check out the prayer wall frequently as prayers are submitted there often. Each time you visit, and pray for one of the requests found there, click the “I Prayed For This” tab; more prayers are always better.

Please be in prayer for all of those in our community this time of year who struggle to find a warm place to stay, and a hot meal. Pray that they find the help they need to be safe.

**TV Broadcast**
Marion Methodist worship services are typically rebroadcasted on Mediacom or ImOn Channel 4 at 7:00 PM on Monday evenings. There is a multiweek delay between when a sermon is preached and when it airs on TV.
The Marion Methodist newsletter deadline

**Schedule**

Articles for our Marion Methodist need to be submitted by due date at 12:00 PM. You may email them to wildman@marionmethodist.org with "newsletter" in the subject line. Please send any information or images as an attachment.

**January / February**

**Sunday**
- 1 8:00AM-10:00AM: 5th & 6th Grade Sunday School (W10)
- 1 9:00AM-11:00AM: Carnegie Concert (Lower Level Carnegie)
- 1 10:15AM-11:30AM: Pre-K Sunday School (E30)
- 1 10:15AM-11:30AM: Preschool Sunday School (E60)
- 1 10:20AM-11:30AM: 1st Grade Sunday School (W20)
- 1 10:20AM-11:30AM: 5th & 6th Grade Sunday School (W10)
- 1 10:20AM-11:30AM: 3rd Grade Sunday School (W20)
- 1 10:15AM-11:00AM: Children's SMASH Time (E60)
- 1 10:15AM-10:30AM: Confirmation class - Joshua Group (Southwest Corner)
- 1 10:00AM-11:00AM: When God Says Wait with Judy Schnittjer (W10)
- 1 9:00AM-10:00AM: 1 Corinthians with Gregg and Becky Tallman (W10)
- 1 8:00AM-9:00AM: AA Support Group (Sanctuary)
- 1 9:00PM-9:30PM: The Center (E10)
- 1 7:00PM-8:45PM: Financial Fast Track (W30)
- 1 6:30PM-7:45PM: Men's Study (Northeast Corner)
- 1 6:30PM-5:30PM: Elementary (K-2nd) Powerhouse (E60)

**Monday**
- 1 9:00AM-10:00AM: Worship Planning Meeting (Upper Level Carnegie)
- 1 10:00AM-11:00AM: Carnegie Concert (Lower Level Carnegie)
- 1 10:00AM-10:45AM: Youth Bible Study (Northside Covenant)
- 1 7:00PM-9:00PM: Boy Scouts (Lower Level Carnegie)

**Tuesday**
- 1 8:00AM-9:00AM: Worship Planning Meeting (Upper Level Carnegie)
- 1 9:00AM-11:00AM: Carnegie Concert (Lower Level Carnegie)
- 1 10:00AM-11:00AM: When God Says Wait with Judy Schnittjer (W10)
- 1 8:00AM-8:00PM: Touch of Rasso Rehearsal (Sanctuary)

**Wednesday**
- 1 8:00AM-9:00AM: Bible Study (Northside Covenant)
- 1 9:00AM-9:30AM: The Center (E10)
- 1 7:00PM-8:00PM: Men’s Study (Northeast Corner)
- 1 6:30PM-8:00PM: Touch of Rasso Rehearsal (Sanctuary)

**Thursday**
- 1 8:00AM-9:00AM: Bread & Bible Study (Lower Level Carnegie)
- 1 9:00AM-9:30AM: Confirmation Class (Church Office)
- 1 9:00AM-5:00PM: Confirmation Classes (Church Office)
- 1 5:00PM-6:30PM: Confirmation Class (Church Office)
- 1 6:30PM-7:30PM: The Cookies on the Lower Shelf (W10)
- 1 6:30PM-7:30PM: Disciple II End Track (W30)
- 1 6:30PM-9:30PM: Financial Peace University (W30)

**Friday**
- 1 8:00AM-9:00AM: 5th & 6th Grade Bible Study (Lower Level Carnegie)
- 1 9:00AM-9:30AM: Confirmation Class (Church Office)
- 1 9:00AM-9:30AM: Confirmation Class (Church Office)
- 1 5:00PM-7:00PM: Boundaries (W20)
- 1 5:00PM-6:30PM: Confirmation Class (Church Office)

**Saturday**
- 1 8:00AM-9:00AM: 5th & 6th Grade Bible Study (Lower Level Carnegie)
- 1 9:00AM-9:30AM: Confirmation Class (Church Office)

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Our Congregation Shares Its Concern & Christian Love... DEATHS:
- January 5: Loretha Phillips, mother of Glenn Phillips

BAPTISMS:

BIRTHS:

WEDDINGS:

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Meet the Staff

**Do you know this guy?**

Yes, the one with the guitar, singing his heart out and praising the Lord each Sunday morning. The one with the guitar, singing his heart out and praising the Lord each Sunday morning. Yes, the one with the guitar, singing his heart out and praising the Lord each Sunday morning...

Simon Campbell, Director of Worship and Technology

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Pantry Partners for Marion Food Pantry

We help folks in need by supplying items for the Marion Churches Food Pantry. You may bring the following items to church any time during each month. Please put your contributions in the Mission Depot in The Center or the Church Office.

January: Macaroni & Cheese
February: Canned Fruit
March: Peanut Butter
April: Macaroni & Cheese
May: Toilet Tissue
June: Soup

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LIVE FROM 5050 REC DRIVE

**Did you know you can watch the 10:15 AM service LIVE?**

Sometimes you are unable to personally come to worship service at Marion Methodist but we would still like you to join us online during the 10:15 AM service. The Livestream can be accessed from our Marion Methodist YouTube channel or on our website at http://www.marionmethodist.org/watch-live. We hope you join us every Sunday.

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**Souper Bowl Sunday, February 3**

Free will donation will help send our children and youth to Summer Games University and other Methodist camps.

**Camp Breakfast**

Sunday, February 24
7:30 – 11:00 AM in The Center

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**When Simon's not at Marion Methodist he can be found "wherever Laura is". They enjoy traveling and food tours, board games and anything Hawkeyes. A little known fact: Simon has snorkeled in Iceland and a tectonic fisher. We are so glad to have him on staff at Marion Methodist.**