

# MONDAY MUSINGS



## JUNE 29, 2020

Good Monday Morning,

This is your day to be alive and to embrace it for all it's worth. Why not? Why not just grab hold of this day in your life and not resist it but savor it? Well, that's my philosophy anyway because I sure can find a lot these days to grumble about and well, grumbling makes me feel bad and feeling bad makes me cranky and well, no one wants to be around me when I'm like that so... Oh come on, you know I'm making sense. Today is the only day we really have. Yesterday can't be changed or relived and tomorrow is yet to come. So, let's have fun with this day.

You've guessed it. We have come to the 10<sup>th</sup> Guidepost for Wholehearted Living by Brené Brown. Here we go.

#10 Cultivate laughter, song and dance - let go of being cool and always in control

Sounds good. Laughter is good medicine, right? The bible tells us in many places that being joyful or cheerful is healthy. Here are just a few.

"A cheerful heart is a good medicine, but a downcast spirit dries up the bones." (Proverbs 17:22 NRSV)

"He will yet fill your mouth with laughter, and your lips with shouts of joy." (Job 8:21)

And there are more than these. God gave us the ability to laugh and need to laugh, to sing, to dance. God gave us the ability to express ourselves in many ways. That doesn't mean that when we use those tools we won't be criticized. There are critics around every corner. King David understood this. He chose to laugh, sing, play music and even dance down the street. Not everyone agreed with that display of joy to the Lord. Saul's daughter, Milcah saw him and despised him, see 2 Samuel 6:12-16. I say laugh, sing and dance anyway. In the end, the only ones that you need to please are God and yourself.

Our society says something different. We are often frowned at for letting our emotions show. Be cool, calm, and collected always. Don't let them see you sweat. Always act as if you are in control, otherwise... who knows what might befall you. That's how we have learned to be and live. Talk about losing spontaneity. We worship in much the same way. Clapping our hands seems a bit overtly expressive for many, never mind raising our hands in the air and shouting "Thank you Lord!" I'm not scolding by any means. I am stiff and guarded most of the time too.

Maybe it's time to let go just a little. Let ourselves chuckle or maybe even have a good belly laugh. It will do you good. It will help let go of stress. So, try it. I'll try to trigger a little laughter with the funnies below. And, just in case you forgot what the rest of the 10 Guideposts were, they are listed for you below too.

1. Cultivate authenticity - let go of what people think
2. Cultivate self-compassion - let go of perfectionism
3. Cultivate resilient spirit - let go of numbing and powerlessness
4. Cultivate gratitude and joy - let go of scarcity and fear of the dark
5. Cultivate intuition and trusting faith - let go the need for certainty
6. Cultivate creativity - let go of comparison
7. Cultivate play and rest - let go of exhaustion as a status symbol and productivity as self-worth
8. Cultivate calm and stillness - let go of anxiety as a lifestyle
9. Cultivate meaningful work - let go self-doubt and supposed to.
10. Cultivate laughter, song and dance - let go of being cool and always in control

Hope your week is wonderful.

God bless,

Pastor Terry..... And the funnies





6/30 Kim Baker & Darrell Jenkins

Michelle, Randy & Family, Leroy & Family, Shirley, Jean, Terry, Ken & Luis, Phyllis, Marge, Loraine, Russ & Joann



6/29 Ron Cross  
 6/30 Kim Baker  
 7/2 Dana Cross  
 7/3 Dana Ney

**Attendance 6/28/20: ?**



Sundays at 10am in Crismon Hall. We are following Physical Distancing protocol and wearing Masks. Let's do our part to keep each other well and safe.  
 Thank you!!

This coming Sunday, July 5<sup>th</sup>, First UCC will be partaking in the Lord's supper. Our Communion Offering will go to Rebecca's Pantry. Thank you for your generous donations and helping us feed those in need.



DONATIONS WILL NOT BE ACCEPTED FOR THE THRIFT SHOP UNTIL FURTHER NOTICE



The Thrift Shop **CLOTHING SIDE ONLY** will open Wednesday, July 8, 2020, with the following restrictions:

Masks required (children also 1 year and older)  
 Only two (2) people at a time – maximum of 4 people (2 people per room) admitted at a time.  
 Sanitize Hands  
 Temperature taken (Jean & Dana C. will have a key to the pantry to get the thermometer)

If you as a volunteer do not feel comfortable with this, you do not have to come back until you are ready.  
 Please let me know if you will be there on the 8<sup>th</sup> so that we will know how many volunteers will available.

Blessings,  
 Marliss

Please, don't forget your per capita giving as it is very important for the Conference operation.  
 Just \$15.00 per member...  
 Thank you.



Just a reminder that our offerings to First United Church of Christ can be mailed to PO Box 720625, Orlando, FL 32872-0625.

You may also use PayPal. You can do this through your existing account or go to paypal.com to set up a new account and use the church's email: [firstuccorlando@gmail.com](mailto:firstuccorlando@gmail.com)

Thank you for your faithfulness in your continued giving.



Please join Pastor Terry this coming Thursday, July 2nd, 6-7pm in Crismon Hall for Bible Study.

**Bring a friend!!**

The upright freezer that was in the Secretary's office has been moved outside. If anyone would like to take it home or be willing to move it, we would greatly appreciate it.



**Independence Day**  
**Saturday, July 4, 2020**  
**Let Freedom Ring!!**



During the American Revolution, the legal separation of the thirteen colonies from Great Britain in 1776 actually occurred on July 2, when the Second Continental Congress voted to approve a resolution of **independence** that had been proposed in June by Richard Henry Lee of Virginia declaring the United States **independent** ... On July 8, 1776, the first public readings of the Declaration were held in Philadelphia's Independence Square to the ringing of bells and band music. One year later, on **July 4, 1777**, Philadelphia marked Independence Day by adjourning Congress and celebrating with bonfires, bells and fireworks.

**Independence Day** Should Have Been **July 2 –July 2, 1776** is the **day** that the Continental Congress actually voted for **independence**. John Adams, in his writings, even noted that **July 2** would be remembered in the annals of American history and would be marked with fireworks and celebrations.

As of July 4th, 2019, **the United States** of America is 243 years **old**.

#### **Fourth of July Fireworks**

The tradition of setting off fireworks on the 4 of **July began** in Philadelphia on **July 4, 1777**, during the first organized celebration of Independence Day. Ship's cannon fired a 13-gun salute in honor of the 13 colonies.

#### **John Hancock**

The Second Continental Congress met in Philadelphia in June of 1776. Slightly more than a month later, the Declaration of Independence was proposed to the States. **John Hancock**, the first signatory, was the only person to sign on July 4.

#### **Thomas Jefferson**

The draft, written in July 1776, is in the handwriting of **Thomas Jefferson**, principal author of the Declaration. It was discovered in 1947 by historian Julian P. Boyd in the **Jefferson** papers at the Library of Congress.

**OPT OUT:** If you wish to no longer receive Monday Musings please email the church at [firstuccorlando@gmail.com](mailto:firstuccorlando@gmail.com).

Thank you.