

Valley Views



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MARCH 2021



Pastor Mike Hill

Spiritual Spring Cleaning

Whitney Von Lake Hopler

When spring arrives, more sunlight brightens your home as the days grow longer, and fresh air blows in once the temperatures warm up enough to open your windows. But all the light and fresh air reveal what you may not have noticed during the dark, cold days of winter: Your house is a mess. It's not fun to see the clutter and dirt that needs to be cleaned up around your house, but the more light and air that flow in, the more motivated you are to do some spring cleaning.

Spring cleaning can be more than just a chore, however. It can actually be exciting if you use the time to start cleaning up something far greater than your house: your soul. The closer you get to Jesus – the Light of the world – and the more you invite the Holy Spirit to blow the fresh air of His love into your life, the more you become aware of how messy your soul has become. Thankfully, there's no sin too messy for God to clean up when you follow His divine cleaning plan of confession, repentance, and reconciliation.

So while you're spring cleaning your house, invite God to clean your soul. Here's how:

Eliminate clutter. Get rid of distractions that block your intimacy with God. Take an honest look at what might be interfering with making your relationship with God your top priority. Are you devoting more time and energy to working, watching TV, shopping, playing sports, socializing with friends, pursuing a hobby, or something else than you're devoting to time with God? How much time are you really spending doing activities that nurture your connection with God, such as praying; participating in church; and reading, studying, and meditating on the Bible? Are

frazzled thoughts cluttering your inner life, or are you making time regularly for quiet reflection, and asking the Holy Spirit to renew your mind? Eliminate clutter in your schedule and your mind to create space to focus on what's truly important.

Scrub away dirt and disinfect. Cleanse dirty attitudes and behaviors and purify your soul. What kinds of filthy attitudes are lurking in your soul? Are you harboring bitterness against people who have hurt you? Do you entertain judgmental thoughts about people you don't like? Are you infected with anger, fear, or selfishness? How do impure behaviors affect your life? Are you struggling with a bad habit or even an addiction that causes trouble whenever it rears its ugly head? Pray about each dirty attitude and behavior, asking God to help you clean up each specific one. Whenever negative thoughts enter your mind, purposefully replace them with positive ones that reflect biblical truth. Whenever you're tempted to slide back into a bad behavior, pray for God to empower you to resist and overcome temptation.

Vacuum. Suck up everyday annoyances and persistent resentments that will stain your soul if you let them accumulate. Keep short accounts with people rather than letting issues between you pile up and spill over into dirty arguments. Ask God to help you learn how to deal well with difficult people and those whose personalities differ significantly from yours. Whenever people offend you in minor ways, be willing to let the issues go. Whenever people offend you in major ways, be willing to forgive them and reconcile if possible. Remember that God expects you to forgive others since He has forgiven you. Trust Him to empower you through each step in the forgiveness process. Do all you can to live at peace with others and resolve conflicts quickly and wisely.

Dust. Wipe away vestiges of the past that are hindering you from moving into the future with confidence. Ask God to show you ways you need healing from past traumas and losses. Then patiently work through the healing process as God leads you, from prayer and journaling to support groups and counseling. Expect that each time you deal with one layer of dust from your past, you can see a bit more clearly as you move into the future.

Polish. Make your relationships shine by serving others as God leads you. Be creative about figuring out how often you can bless others through your words and actions. Remember that even a brief encouraging comment or small act of kindness can make a significant, positive difference in someone's life. Every day, look for opportunities to encourage or help the people with whom you come into contact. Be willing to commit to longer-term service (such as volunteering for special projects) when you sense God calling you to do so.

Organize. Rearrange your life so you can dream new dreams. Clear out your own agenda and invite God to show you His dreams for your life. Then build your decisions for how to use your resources (time, energy, talent, money, etc.) around pursuing those dreams, so you can focus on what's important without being sidetracked by what's urgent. Set specific and measurable goals to help you move closer to fulfilling God's dreams for you. Check your progress regularly, and make whatever adjustments you need to make to keep your life organized well.



† SON LIGHT HOUSE **REFLECTIONS**

Son Light House – 130 Carpenter Street, Muncy, PA 17756 – Phone: 570-546-3585 February 2021

Son Light House, established in 1982, is a non-profit, ecumenical, and community-supported resource that distributes food, clothing, and limited furniture to individuals and families in need and that qualify on family income guidelines set up by state and federal policies. Son Light House serves individuals and families in eastern Lycoming County. Son Light House is an equal opportunity provider.

He shall have pity for the lowly and the poor; the lives of the poor he shall save (Ps 72:13). The current times weigh most heavily on those experiencing poverty and unemployment. What are we doing to save those in need? Both charity and justice are needed.

Households and Individuals Served

	Households	Individuals	New Hlds.
Nov	464	1,277	20
Dec	425	1,399	1
Jan	357	884	4

Son Light House – for All Ages

	Children	Adults	Seniors
Nov	377	523	377
Dec	425	549	425
Jan	260	373	251

Monthly Average of Recipients in 2020

The average number of households coming each month to Son Light House in 2020 was 377 representing 911 average monthly recipients.

New Households in 2020

A total of 92 new households came to Son Light House last year for assistance. This data is incomplete as the State suspended registration for three months.

Christmas – Many Helping Hands

Many contributed in various ways to the Christmas distributions of food and gifts to families and individuals. Among those helping were Meagan Murray and those supporting Meagan's Box; and the volunteers and supporters of Touch-a-Heart. The support received from many individuals, families, churches, as well as business

and civic organizations was heartwarming. "Thank you" was the constant refrain from the recipients.

"Thank You" to These Recent Supporters

In Memory of Mary Ashkar from: the Mary Ashkar estate.

In Memory of Sarah Earhart from: Jeff Earhart and Lisa Shaw.

In Memory of Rev. Mike Gardy from: Sally Gardy, Mr. and Mrs. Paul Wentzler.

In Memory of David Heiney from: Dan and Mary Doyle, Donna Heiney, Maryann Lampman, Jim and Pastor Bethany Wood.

In Memory of Cindy Knier from: Staff at Bald Eagle State Park, Howard, PA.

In Memory of Lena Mae Stepp from: Robert Stepp family, Jerry Watson, Shirley Watson.

Individuals and Families who have recently supported Son Light House include: Dick and Alice Arthur, LizAnn Barlett, Oliver Barlett, Dean and Joy Barto, Katherine Barnhart, Ira and Lorette Bieber, Lyle and Beverlie Bitler, Steve and Stephanie Budman, Kermit and Maryann Breon, Don and Amy Burgett, Lena Carichner, Linda Donohoe & Rachel Anstrom, Charles and Desiree Craig, George and Elaine Duckworth, David and Sally Dunmire, Bob and Lana Forse, Ronald and Nancy Forsht, Alan and Bonnie Foust, Linda Fry, Dan and Amy Gardner, Terry and Ann Gardner, Sally Gardy, Wilma Fish, Alan and Bonnie Foust, Kathy Fry, Marshal and Debbie Frye, Kenneth Geromi, Nate and Kathy Grenoble, Elaine Hacker, Lee Ann Hawk, Ed and Sylvia Herman, Polly Hess, Oliver and Pat Holmes, Linda Houseknecht, Melinda Irwin, Bethany Jumper, Dale and Rhea Kepner, Howard and Rachel Langdon, Cecil Laurenson, Thomas and Suzanne Lenio, John and Luanne Libbey, Dan and Melinda Ludwig, Carol Lundy, Carol Lute, Mickey and Lois Maneval, Patricia Martin, Gene and Carol McCarty, Iva McCoy, Scott and Dorothy Mensch, John and Pat Merrifield, Robert Mertz, Craig and Linda Miller, John and Barb Miller, Jim and Betsy Mothersbaugh, David Moyer, Mr. and Mrs. J. Muffly, Meagan Murray, Anita

Nagpal, Arlene Opp, Mona Pettenger, Yvonne Poust, Lonnie and Tammy Reinard, Joyce Rhodes, Bill and Marcia Rhone, Bill and Margaret Ring, Dennis and Pat Ringling, Rosemary Rohrbach, Paul Rovinski, Dorothy Sartwell, Sandra Schreiber, Paul and Donna Shaner, Louise Sheehan, Carla Sheets, Jackie Sheets, Mary Shelinski, Rodney and Karen Spring, Nancy Springman, Skip and Sue Stackhouse, Linda Stein, Shirley Stocum, David and Kathryn Taggart, Beatrice Taran, Carol Ulmer, Jeanetta Ulmer, Dorothy Wagner, Clara Wall, Dave and Joanie Wallis, Bob and Amy Wallis, Rev. Max and Diann Walters, Dick and Jill Warg, Paul and Pat Wentzler, Bob and Sara Winn.

Churches and Church Organizations for their recent support: Beacon United Methodist Church (UMC), Hughesville; Bible Baptist Church, Muncy; Church of the Resurrection, Muncy; Clinton Baptist Church, Montgomery; Crossroads Church, Muncy; Crossroads Church, Jersey Shore; Elimsport UMC: Faith Church, Lairdsville; First UMC, Muncy; Franklin-Bethel UMC, Unityville; Grace Presbyterian Church, Montgomery; Kedron UMC, Hughesville; Hughesville Baptist Church; Messiah Lutheran Church, Clarkstown; Mill Creek UMC, Montoursville; Moreland Baptist Church, Muncy; Moreland Community Church, Muncy; Mt. Zion Church, Hughesville; Muncy Baptist Church; Muncy Presbyterian Church; New Life Church, Pennsdale; Our Lady of Lourdes Church, Montoursville; Pennsdale Trinity UMC; Picture Rocks UMC; Pleasant View Wesleyan Church, Muncy; Route 405 Church of God, Montgomery; St. Andrew Lutheran Church, Muncy; St. James Episcopal Church, Exchange; St. James Lutheran Church, Muncy; St. John's "Brick" Lutheran Church, Montgomery; St. Marks Church, Lairdsville; Trinity Lutheran Church, Hughesville.

Community Businesses and Organizations that recently made generous donations of money, food, or services include: Andritz Inc., Muncy; Brady Lodge #116, IOOF of PA, Muncy; Candace Card Club, Watsontown; Construction Specialties, Muncy; Hampton's Chiropractic, Muncy; Kiwanis Club of Muncy Area; Koppers, Inc.; Montgomery;

Roger Myers Insurance Agency, Muncy; Physicians Family Practice, Hughesville; Picture Rock Lions; Spring Window Michael Insurance Agency, Muncy; The Muncy Complex; Muncy Pinochle Club; Muncy Valley Moose, Hughesville; Fashions, Middleton, WI; T J's Market, Hughesville; UPMC Muncy Hospital; Valley Forge Financial Group Charitable, Berwyn; Woodlands Bank, Muncy; WRG, Pasadena, CA.

Schools and Youth Groups for their recent support: Ashkar Elementary School, Hughesville; George Ferrell Elementary School, Picture Rocks; East Lycoming School District, Hughesville; My Pre-School at Bethany, Hughesville; Myers Elementary School, Muncy; Renn Elementary School, Lairdsville

Son Light House Hours of Operation:

Donations:

Every Monday, Thursday, and Saturday 7:00 am – 10:00 am

Food, clean, usable, seasonable clothing, toys, and furniture may be donated only at this time.

Distributions:

Two weeks a month on Wednesday from 8:00 am – noon and Thursday 4:00 pm – 7:00 pm as follows:

Distribution Dates:

February 3+-4+, 17-18

March 3+-4+, 17*-18* *Easter distribution

April 7+-8+, 21-22

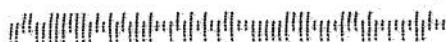
May 5+-6+, 19-20

June 2+-3+

+ Senior Boxes – for eligible seniors

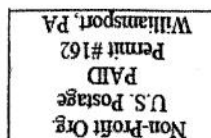
How Can I/We Help?

Prayers, volunteers, money, and food donations – especially cereal – are always needed. For more information or to get involved, contact **Son Light House** by calling Ken and Delores Frey at 546-3585.



178103361 R004

St. John's Methodist Church
715 Pikes Peak Rd
Allenwood, PA 17810



RETURN SERVICE REQUESTED

Son Light House
130 Carpenter Street
Muncy, PA 17756

We are looking for someone to be a Vacation Bible School coordinator with the coordinator from Elimsport church. Please let Pastor Mike know if you are interested.



Good News, preparation for the annual Easter Egg Hunt is under way! We will be stuffing the eggs after church during the season of Lent. If anybody is interested in volunteering, please feel free to reach out to Jenn Springman. As always, we will gladly accept any donations (money or candy), to help with this community event! Please help make the children aware, the event will take place on Saturday, 4/3/21 at 10am at the church. If you have any questions, feel free to call/text Jenn at (570)412-6141. Thank you in advance!!



Thank you for your monetary donation to the Montgomery Christmas Committee. We were able to provide 177 families with a food box and 24 of our senior citizens with a Weis gift card. Again, thank you for your continual support of the Montgomery Christmas Committee.

Virginia Hill



St. John's UMC,

Sojourner Truth Ministries wants to thank you for your prayers and financial support. God is using you in great ways for his kingdom and his ministry.

Blessings to you,



Sojourner Truth
Ministries

Various means to keep updated:

website: evpumc.org

Face book: Elimsport United Methodist Parish

Electronic sign at Elimsport church

email Pastor Mike: hjebm@comcast.net

email church: elimsportumc@gmail.com

Call Pastor Mike: 570-547-1386

Text Pastor Mike: 570-974-8590 (please identify yourself when texting)

Be pro-active in getting the word out to others in the church.

Please be sure to check the church website evpumc.org and Elimsport United Methodist Parish face book for up to date church news.



Please pray for our community and our churches as we continue to find our way into

2021 and deal with the issues of our times.

- Items for April's newsletter are due March **20th**.
- Items for the weekly bulletin's need to be to the church office by **Wednesday morning** each week.

(Items received after these dates are

Community breakfast is on hold until further notice.



Elimsport Administrative Council will meet Monday, March 8th at 6:30.



St. John's Administrative Council will meet Thursday, March 11th at 7:00.

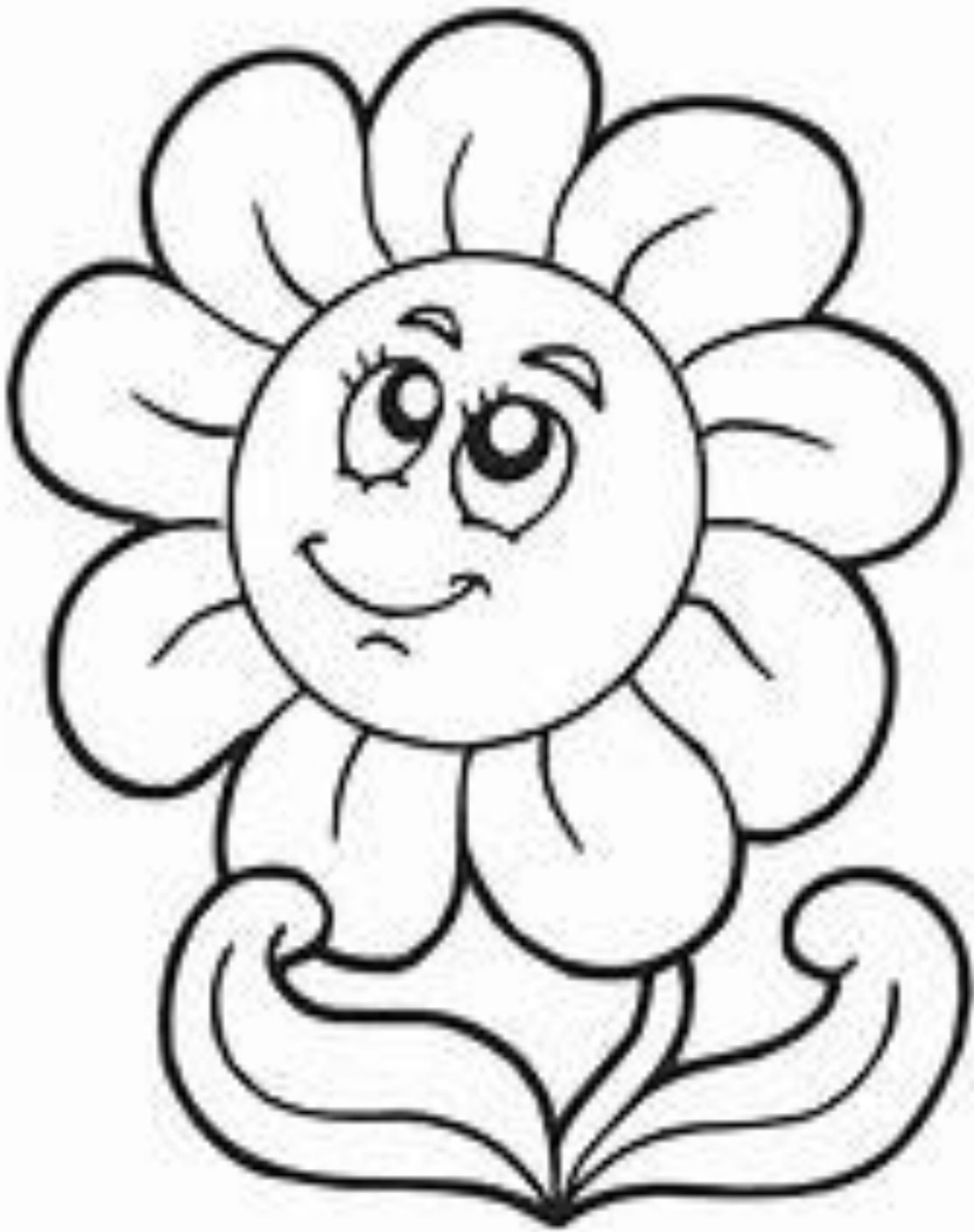


We are looking for someone to be our Annual Conference delegate for 2021. This involves going to

Hershey for up to three days on June 3-5 and attending the daily worship, meetings, and voting on various issues. We stay at the Hershey convention center. Expenses are paid by our parish. This is a very interesting experience and not like the conferences in the old days. Please contact Pastor Mike if interested.



Kid's Corner



ELIMSPORT VALLEY UNITED METHODIST PARISH

Worship Schedule:

Elimsport UMC

Worship 9:00 am
Sunday School 10:30 am

St. John's UMC

Sunday School 9:15 am
Worship 10:30 am

Parish Youth Group

Check weekly Bulletin for current schedule and events
(at Elimsport)

Parish Bible Study

Varies according to the season.

Parish Office:

16145S. RT 44 HWY
Allenwood, PA 17810

Parsonage Phone:

(570) 547-1386

Pastor Mike's Cell:

(570) 974-8590

Parish Website:

www.evpumc.org

Parish email:

elimsportumc@gmail.com

www.evpumc.org



FOR **GOD**
has not given us
a *Spirit* of fear
but of
POWER
LOVE
& self-discipline.
2 Timothy 1:7

Our Mission Statement at Elimsport UMC



We gather together as a community of Christian believers to worship, fellowship, and to learn more about God. By the unity of the Spirit and the support of each other, we are able to reach out to the community and the world.

Our Mission Statement at St. John's UMC



The purpose of St. John's is to both evangelize and nurture. We are called to show God's love in our world by giving aid and by spreading the Good News of Christ. We in turn provide an atmosphere for nurturing where Biblical truths are shared enabling people to become spiritually enriched. By providing this, people will learn and through learning, become more effective witnesses.