

Valley Views



VOLUME 32, NUMBER 10

OCTOBER 2025



Pastor Dave Shultz

I would like to share with you the devotional from the September 21 issue of the Henri Nouwen Society (henrinouwen.org). Henri Nouwen (1932–1996) was a priest, professor, and spiritual writer. He authored over 40 books on the spiritual life and spent his final years at L'Arche Daybreak, a community for people with intellectual disabilities. Drawing from his own journey of vulnerability and faith, he invites seekers into deeper intimacy with God, themselves, and others.

This devotion is entitled *The Rhythm Of Daily Prayer*.

One of the interesting things that happen when we spend time with God in prayer is that we find out how tired and anxious we are. If we don't fall asleep, we find out how full our head is of worries and concerns and things we need to do. While we are trying to be with God, we are busy thinking about all the plans we have made. A thousand distractions will come our way, like jumping monkeys filling a banana tree. As soon as we enter into solitude, we discover how chaotic our inner life is. Suddenly all sorts of thoughts, feelings, and fantasies come to the surface, and we soon find ourselves thinking about old pains and old rewards, about appointments we forgot to keep and letters we forgot to write, about people we hope to see and people we hope we never see, about a future vacation, a possible promotion, or our approaching retirement. Instead of being prayerful we become restless and can't wait until our half hour is over.

Don't be surprised at this. You can't just suddenly shut the door of a house that was always open to strangers and expect no one to knock on the door. It will take a while for these countless distractions to disappear, but eventually they will, especially when they realize that you refuse to open the door to them for at least half an hour. If we faithfully keep our time of prayer, every single day, then slowly the distractions diminish, and our mind and body join in a rhythm of daily prayer.

"The unfolding of your words gives light; it gives understanding to the simple."

- Psalm 119: 130 (NIV)

This devotion originated in Henri's book, *Spiritual Formation* and it tells us that a time of prayer in which we connect with God takes training to get used to a different rhythm than we are accustomed. It requires our soul to be trained to seek and spend time with God, essentially, to slow down. Spending time with God involves a quieting of our minds to dismiss all distractions, which takes a lot of getting used to. We are so caught up in being busy, in fact, we are taught that to be busy is good, and if you aren't busy, then you aren't accomplishing anything. Yet, the more you do, the more there is to do and being still for any period of time seems wrong and out of place.

I've had people tell me that they just can't do this. They can't be still or quiet long enough, that this is just who they are, and they strongly object to me talking about it in a sermon. I wondered if they were feeling a twinge of guilt. My word to them though is, this is not who you are by nature, this is who you have become, and your soul is suffering because of it. To enter deeper into the spiritual life, you must adapt to the rhythm of prayer and quite honestly, of God.

Everything in your life will benefit if you are willing to give yourself permission to sit quietly for a while and seek the presence of God, and there allow God to attend to your soul.

In case you didn't know, your soul and mine is an incredibly needy thing. The soul compasses your mind, your emotions, your body, your spirit, outside influences and relationships and it forms all of this into one functional whole, you. It is incredibly complex, or should I say, you are.

We were created to live in relationship with God and to draw our life from God, but sin has broken that connection, and Jesus has made a connection and relationship with God available to us and with it new life. It is up to us to choose it and to be spiritual reborn from above. A big part then of our new life in Christ is reconnecting with God spiritually and intimately. The thought then, of God coming to attend to us, in itself can be a major shift away from a spirituality to which we have become accustomed. But it is one our soul needs, we need.

It is one I have discovered that I need even more deeply at this point in my life.

God will only attend to me to the extent that I make room for him and seek his presence. Your prayers for me are a part of this, so are our prayers for each other. We will have more of this next month, for now practice quieting your soul to spend time with God and allow him to attend to you. Maybe we will have more from Henri.



A Facebook page for our churches has been set up. It is called Elimsport Valley Parish. Use it for announcements and news of upcoming events and other information to edify our life together.

Outdoor Maintenance Fund

Our church requires essential outdoor maintenance to ensure that our parking lot and Church remain safe, attractive, and welcoming for all. The estimated cost of these projects is \$10,000. We kindly invite you to support this initiative by making a donation designated **“Outdoor Maintenance.”** Contributions of any size will assist us in preserving our church property and fostering inviting spaces for fellowship, worship, and community events. Thank you for your continued generosity and support.

— Elimsport UMC Trustees



St. John's will be having a Chicken Bar-b-que on October 4th from 4-6pm. There will also be macaroni and cheese, baked beans and a dessert. You can get your tickets from any member. Take out only. Suggested donation is \$12.00. Thank you!



Elimsport UMC is planning to have a soup sale on October 25th, pickup only between 11:00-1:00 pm at the social hall. Order forms for soup will be available soon. Please help by taking an order form and sell soup for the church general fund.



We are currently doing a study of season 5 of The Chosen on Tuesday evenings at 6:30pm in the Elimsport Fellowship Hall. This is a discussion only. The Chosen can be viewed on Amazon Prime or on the DVD that is available to borrow. On Wednesday morning at 9am in the upstairs meeting room, we are watching the episode, followed by discussion.



Various means to keep updated:

website: evpumc.org

Face book: Elimsport United

Methodist Parish

Electronic sign at Elimsport church

email Pastor Dave: dshultz@susumc.org

email church: elimsportumc@gmail.com

Call Pastor Dave: 570-547-1162

Text Pastor Dave: 570-439-0004 (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.

If you would like to have the monthly newsletter emailed to you, please let us know by putting your name and email address on the sheet on the table at the back of the Sanctuary.

Church News

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

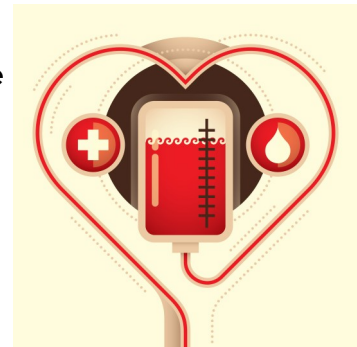
(Items received after these dates are not guaranteed to be printed.)

Wednesday morning breakfast at the Elimsport church is Wednesday mornings, from **7:30 am to 9:00 am**.
Please note time change.



Brad Laidacker is in Valley View Rehab and Nursing Home, at 2140 Warrensville Road, Montoursville, Pa.17754. He would appreciate prayers, cards and visits.

The next blood drive will be on Tuesday, **November 25th** from 2-7 at the Elimsport fellowship hall.



Elimsport Ad Council meets the second Monday of the month at 6:30.



St. John's Ad Council meets the second Thursday of the month at 6:30.

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) 547-1162

Pastor Dave's Cell:

(570) 439-0004

Parish Website:

www.evpumc.org

Parish email:

elimsportumc@gmail.com

www.evpumc.org



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.