



FAIRVIEW UNITED METHODIST CHURCH NEWSLETTER

Loving God & Loving Others = worship + missions

THE BENEFITS OF LAUGHTER

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

Laughter is good for your health:

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories. Okay, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter may even help you to live longer. A study in Norway found that people with a stronger sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

James 2:18 Someone might claim, "You have faith and I have action." But how can I see your faith apart from your actions? Instead, I'll show you my faith by putting it into practice in faithful action.

- What is the relationship between faith and action? James teaches that faith without action is dead. What does he mean by that? What about action without faith?
- Why is it important for Christians to be missional people? How did Jesus model missions for us? How is our missions work—both near and far—an expression of our faith?

Acts 1:7 Rather, you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the end of the earth.

- Before Jesus ascends, his final words to his disciples are, "You will be my witnesses in Jerusalem, in all Judea and Samaria, and to the end of the earth." How did the disciples live out that call? How does The United Methodist Church continue to follow that calling today?
- Jesus tells his followers the Holy Spirit will give them power to accomplish this work. What is the Spirit's role in our mission work? Why is it important to maintain a relationship with the Spirit of God as you serve your community?

Since the inception of its predecessor organizations, Global Ministries has implemented its programs throughout The UMC connection, focusing on expanding the presence of the denomination and facilitating its participation in God's mission in all geographic and political contexts in which the church is called to serve. Global Ministries has maintained its identity as an agency that is present and serving around the world, moving from a distinction between "home" and "foreign" missions to "national" and "world" divisions, to a global understanding of mission as the presence and action of God in the world who invites us to participate in all areas of service, and to a practice of mission "from everywhere to everywhere."

- Why is it important to be part of a church that participates in God's mission across the globe?
- The statement talks about the "practice of mission 'from everywhere to everywhere.'" Why does that matter? How is this different from how missions might have been thought of in the past?
- Today, Global Ministries understands their work as being "the presence and action of God in the world." How is that different from past references to home/foreign and national/world? Why does this distinction matter?
- Sometimes we compartmentalize missions as something an agency of the church does, the trip our youth group takes each summer, or something we do once a month at the local food bank. However, we can view every day as a mission trip, as an opportunity to show God's love to one whom God loves. How will you be a missionary this week?
- How does your congregation serve in mission? How do you participate in the mission work of The United Methodist Church?

Since the early days of the Oxford "Holy Club," Methodists have found missions as an expression of our faith. We reach out to neighbors near and far, offering the love of Jesus in word and deed. We do this in many ways. As a denomination, we support missionaries and dynamic, community-centric initiatives all over the world. Local churches operate food banks, clothing and shelter ministries, childcare services, support groups and countless other caring ministries that introduce all people to the love of Jesus. We don't do this to win God's favor, but because we are recipients of God's love and grace. In other words, we show our love for God by loving whom God loves... everyone!

Closing prayer: God of all people, guide and empower us by your Holy Spirit to live out Jesus' call to be witnesses in our neighborhoods, our regions, and all around the world. May we be people who live out our faith, who demonstrate our love by loving those you love. Give us eyes to see the need and the will and ability to meet it. Amen.



Better Together

**Wednesday,
July 19, 2023
2:00-4:00 p.m.**

The Virginia Community Senior Center would like to welcome all seniors, 55 years and older, to participate every third Wednesday. Please join us at the Virginia United Methodist Church's Fellowship Hall.



OUR STAFF AND SERVICES AT A GLANCE

**FAIRVIEW UNITED
METHODIST CHURCH**
3135 N. Cr 800e
Bath, Illinois 62617

10:00 AM Sunday School
10:50 AM Worship Service

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