



Loneliness Ain't No Joke

Arness M. Krause, M.A., M.S.W., LCSWA

(This was written January 20, 2023. Arness M. Krause is a member here at Faith Harbor and wanted to offer this for the good of the congregation).

The Christmas decorations have been taken down, New Year's resolutions have been made, and now it is eerily silent. No parties with lots of food and drink, no dressing up in sequins and tooting our horns, now is the time for quiet and rest. But

for many of us this quiet can also be uncomfortable as it may force us to reflect on our personal happiness, with many people finding that they are not nearly as happy as they'd like to be. So, why are so many people unhappy? Well, there are of course a variety of reasons, the most common of which are uncertainty about the future, politics, and yes, loneliness. I am not a psychic, so I can't predict the future, nor am I a politician, so I cannot solve our political woes, but I am a therapist, so what I will focus on is the last reason, loneliness.

Loneliness is a social/communication disease, a large factor in adult unhappiness, and a major obstacle for many. According to the University of Chicago Medicine's website, one in three adults over 45 in America suffer from loneliness. Using the same website definition for loneliness, "Loneliness is a state of mind characterized by a dissociation between what an individual wants or expects from a relationship and what that individual experiences in that relationship." In other words, our need for satisfying connections with others, professionally, in friendships, and/or romantic relationships are not being met, and for some this has been going on for a long time, leading to chronic loneliness.

Loneliness is no joke and has very real mental and physical health consequences. The Center of Disease Control reports:

- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.

Yes, the holidays are over, and it is quiet, but this is the perfect time to determine if loneliness is one reason (or the reason) for your unhappiness and plan to change that. No, there is no magic pill to resolve feeling lonely, but there are many actions you can take to reduce your feelings of loneliness and increase your levels of happiness. A few of these include taking up a new hobby, volunteering somewhere important to you, becoming a mentor or big brother/big sister, increasing your spiritual fellowship, and reaching out to others with similar interests to you through websites like Meetup.

If you or someone you love are suffering from loneliness, don't ignore it, the consequences are too real. A therapist or life coach can help you gain the skills to make those meaningful social relationships that are so important, and, of course, contact your general physician.

Sunday Scriptures

1/29/23 Isaiah 55:1-13

2/05/23 Isaiah 58:1-12



2/12/23 Isaiah 62:1-5

2/19/23 Isaiah 65:17-25

2/22/23 Ash Wednesday

A Letter from your Lay Leader...



8 For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD.

9 For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

10 "For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater,

11 so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it. **Isaiah 55:8-11 esv**

The Lord is completely different from humans in what and how He thinks (*thoughts*) and in His characteristic ways of action. We don't understand why God does and sometimes doesn't do what we ask of Him. The Word of God—in our privileged day, the Holy Scriptures—comes from the Lord Himself and is the Lord's chosen instrument to achieve His purposes. The Bible reveals His thoughts and ways, sets His targets, voices His promises and is powerful to achieve what it expresses. God's thoughts are as different from those of mortals as the "heavens are higher than the earth" (55:9).

The history of philosophy reflects finite thinking about God. This is not just a statement about logic but about the way of salvation itself. It is God's word, not theirs, that "produces fruit" (55:11) and accomplishes God's will. In 40:8, Isaiah said, "The word of our God stands forever," and this verse expands on that concept. God's plans and purposes will be accomplished as surely as the rain waters the earth and makes it fruitful.

I have learned through trial and error, that if we would pray scriptures, which is the Word of God, that we would be praying the LORD's will. And that is what we should be doing, seeking the LORD's will for our lives. Praying scriptures is the best way to be in the LORD's will. For in vs 11 above "so shall My word be that goes out from My mouth; it shall not return to Me empty, (some translations use the word void, "will not return to Me void")

Pray scriptures, I recommend Psalm 8 it is a beautiful Psalm of praise to our LORD.

Loving you Always,
Your Sister in Christ,
Jessica Blackburn, lay leader

Please join us in the Sanctuary for open prayer every Monday, 7:30 - 8:30 a.m.

All are welcome!

WELCOME TABLE:

January 29th: Bonnie Hunter & Bescye Burnett



Attention!

The Monday Afternoon Bible Study will resume January 30, 2023, at 3:00 pm.

We would use **The Imago Dei (Diversity, Equity, Inclusion)** Bible Study. We will have copies available if needed.



Prayer Ministry -

Request prayers or send praises to our Faith Harbor prayer warriors, and we will uplift these requests in prayer. And if you'd like to join our prayer ministry in praying at home for our Faith Harbor community and others, please email me and I'll add you to the list. Thanks!

Prayers and prayer chain: Paula Hopper PaulaHopper5@gmail.com
Cell # 703-403-3017

February's Monthly Supper

The ladies of the Quilting Mission will be hosting "Breakfast for Supper" at 6:00 p.m. on Wednesday, February 1st. Pajamas or comfy clothes are welcome! Grab your friends, family or neighbor and come join us!



ATTENTION... Anyone interested in learning to quilt, please join us on Tuesday mornings at 9:00 a.m. No experience necessary
Any questions, feel free to call Alma at (540) 588-0738. All are welcome!

*And now these three remain: faith, hope and love.
But the greatest of these is love (1 Corinthians 13:13, NIV).*

Connections & Reflections... Faith & Hope & Love
Faith Harbor United Methodist Church Lent 2023

Mondays of Lent 2023 at 6:30 pm (Zoom)

April 1, 2023-Saturday morning before Palm Sunday (In person at the FHUMC) ...10:00-12:00 p.m

Connections... /kə'nekSH(ə)n/- a relationship in which a person, thing, or idea is linked or associated with something else.

*∫ /ən(d),(ə)n(d)/...*the symbol used in English for "And"- used to connect words of the same part of speech, clauses, or sentences, that are to be taken jointly.

Reflections... /rə'flekSH(ə)n/- Serious thought or consideration. Contemplation, deliberation, pondering, meditation, musing.*

We invite you to join us during the season of Lent for a gathering of Connections and Reflections... Faith... Hope...Love via Zoom. Each Monday, February 27-March 27, 2023, we will gather for about 90 minutes to ponder with the following:

- **February 27: Pain and Healing...**Rev. Aaron Hayworth, Resourceful Communities
- **March 6: Anger...**Rev. Philip Chryst and Bescye P. Burnett, Faith Harbor UMC
- **March 13: Grief and Forgiveness...**Rev. Linda Mozee, Assoc Pastor @ St. Thomas AMEZC, Roseboro, NC

- **March 20: Trauma...**Rural Opportunity Institute (ROI)
- **March 27: Equipping the Church to Prevent Suicide...** Justin Powlison, *Founder, Director of Suicide Prevention*
- **April 1: Connections and Reflections...Faith, Hope, Love... Saturday morning before Palm Sunday (In person at the FHUMC)...10:00-12:00 am...breakfast...gathering...**Gail Bailey Lindsey, Lay Servant Minister, Trinity United Methodist Church, New Bern

Please send your name and email to Bescye P. Burnett at bescyep@gmail.com or call the church office at (910) 328-4422 or faithharborumc.secretary@gmail.com . Please join us for these sessions as you set aside a time to remember the love of God that is poured out through Jesus' death and resurrection that brings us Eternal Life.

*Note-from online at Google



Save the Date!

Faith Harbor Men's Group will be serving breakfast again on Saturday, February 11th at 8:00 a.m. Please join us...bring a friend!



We are going to have a church wide workday on Saturday, February 11th at 9am.

"Many hands make light work."

Please join us Tuesdays at 10:00 a.m. for *Children's Story Time!*



UWF NEWS & UPDATES



The "Keep Me Dry" diaper program is a mission of the Harbor Thrift Store and supported by United Methodist Women. It is housed at Share the Table where clients can pick up a package of 20 diapers per week to supplement their babies' diaper needs. Studies have shown that 1 out of 3 families experience diaper shortages and our area is no exception. As you are able, please consider donating diapers or a monetary gift. There is a play pen for collection next to the front door as you enter our church. **We are especially in need of size 5 and 6.**

Thank you for your continued support and God's blessings as we care for the smallest ones in our community.

Reminder: Donations for the thrift store should always come through the Harbor Warehouse. When dropping off, please call ahead. *Thank you for your support!*

Jean Hawley: (910) 330-0760
Beth Walker: (252) 213-2240

Gloria Richardson: (704) 804-4909
Sylvia Bowman: (910) 284-3131



January 29th: MS/HS Youth Group - 5:00p.m.

February 5th: MS/HS Youth Group - 5:00 p.m.

February 12th: Youth Sunday

CHILDREN'S MINISTRY NEWS...



Please join us every Tuesday at 10:00 a.m. for Children's Story Time! Tell a friend, bring a friend! 📖

Jr. Basic is in need of parent volunteers to help with preparing and cleaning up for lunch time. Please check let me know if you can help with one of the dates listed below. All food will be provided. Volunteers will be asked to heat up and prepare simple food items (Chicken nuggets, fresh fruit...) and cleanup after. Thank you! 🍕🍴🍪

January

Jan. 29th: Jr. Basic pick up 12:30

February

Feb. 12th: Jr. Basic pick up 12:30

Feb. 26th: Jr. Basic pick up 12:30

THOUGHT FOR THE DAY

What burdens can I give to the Lord today?

This is what the Lord says: "I will extend peace to her like a river, and the wealth of nations like a flooding stream."

~Isaiah 66:12 (NIV)



Members: Joyce Arnette, Nancy Buckman, Harriet Byrd; *Connie & Frank Carroll*; Doris & Mike Davis; Patti Feige; Diane Geary; Stephanie Hardin; *Tom Jackson*; *Janice Long*; Martha Marlow; *Tony Merlino*; Larry & Becki Modlin; Judy Pratt; Dave & Jill Strohpaul

Military: Joe Fraley, Alex Harris, Andy Harrison, Ryan Hermance; Greg Holmes; Sgt. Joey Horne; John Modlin, Branden Mooney, Tyler Ray, David Ritz, Michael Roberson.

Family and Friends: Jim and Barbara Armstrong; Donna Carter and family; Jerry Douglas; John Durnil; Stan Druzeck; Barbara Drye and family; Eileen Eifert (John Pratt's sister); Parker Fox; the Gore family; Susan Grice; Lori Herring; the family of Paul Holland; *Meghan Jordan and family*; Nathaniel Lewis; Barbara Mills; Virginia (and Jimmy Platts); Johnny Paliotti and his mother Donna; Reverend Sheverlon Powell and family (Bescye Burnett's sister); Marilyn (Sandy Sly's Sister)

Website Prayer Requests: Lorraine Chavez; Betty Parrish, Mylinda Paschal & Tetsuo Nakatsu

And all unnamed persons needing God's peace, comfort, and healing. Heavenly Father, I am praying for complete healing and good health. Please take away my worries & grant me inner peace and strength. AMEN

SCRIPTURE CARD- Week of January 30th

Centering Prayer: O Lord, who may abide in your tent? Psalm 15

M Hebrews 11.32-40, Mark 5.1-20

Tu Hebrews 2.1-4, Mark 5.21-43

W Hebrews 12.4-15, Mark 6.1-6

Th Hebrews 12.16-29, Mark 6.7-13

F Hebrews 13.1-8, Mark 6.14-29

Sa Hebrews 13.15-21, Mark 6.30-34

Su Isaiah 58.7-10, I Corinthians 2.1-5, Matthew 5.13-16

Key scripture: Isaiah 58.10: "If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday."

JANUARY Birthdays

26 th	Judd Schleinkofer
27 th	Jeanette Mason
28 th	Madison Rose Jones
29 th	Bodie Taylor
30 th	Porter Olmstead; Jimmy Canady
31 st	Stacy Menzies



FEBRUARY

2 nd	James Dixon
4 th	Payton Rice
5 th	Judy Miller
8 th	Jameela Kerr
9 th	Jim Graziano
10 th	Sophie Albertson; Anita Phillips; Cecilia Watson
12 th	Samuel Kerr
17 th	Mike Hopper; Laura Frazier; Dawn Ellis
20 th	Grace Holmes
22 nd	Lucille Horrell; Suzanne Fussell; Tom Fisher
24 th	Lisa Colman
27 th	Avery Harrison

HAPPENING THIS WEEK AT FAITH HARBOR UMC

Sunday, 1/29

8:00 Communion Service
9:30 Worship Service
10:30 Adult Bible Study, Rm. 6
10:30 JR Basic

Monday, 1/30

7:30 Open prayer
3:00 Bible Study, Rm. 6
6:30 Cub Scouts

Tuesday, 1/31

9:00 Quilters, Rm. 6
10:00 Story Time
6:00p.m. MDT

Wednesday, 2/01

9:30 Communion
10:00 Reading Circle, Rm. 6
6:00p.m. Family Night Supper
6:30p.m. GS Troop #4242
7:00 Boy Scouts/Reef

Thursday, 2/02

12:00 AA Group
6:00 pm Girl Scout Troop #2424

Friday, 2/03

8:30 Women's Breakfast Group, Rm. 6

Sunday, 2/05

8:00 & 9:30 Communion Service
10:30 Adult Bible Study, Rm. 6