



# DOMINION WINDOW

## First United Methodist Church, Cocoa

### APRIL 2009

#### PASTOR GENE YOTKA

## Spiritual Disciplines: Holy Habits of the With God Life; or Entering the Battle

This month we will begin a series on the spiritual disciplines of life with God. In this series we will discuss twelve spiritual disciplines consisting of meditation, prayer, fasting, study, simplicity, solitude and silence, submission, service, confession, worship, guidance and celebration. As we go through this series I hope to develop a solid biblical foundation for each discipline as well as introduce practical ways in which they might be introduced into our everyday Christian walk.

I pray that as we learn that we can find ways to enhance our walk with the Lord, ever striving to grow more into the image of Christ for the sake of other people.

**Blessings,  
Pastor Gene**

### **Discipline is a Key Component to Our Spiritual Walk.**

They die for lack of **discipline**, and because of their great folly they are lost.

**Proverbs 5:23**<sup>NRS</sup>

Folly is bound up in the heart of a boy, but the rod of **discipline** drives it far away.

**Proverbs 22:15**<sup>NRS</sup>

Spiritual disciplines are not necessarily easy, and often require a great turnaround in the way we live our lives. When we accept Christ as our Savior we enter a new existence, a new dwelling place. We enter the kingdom of God and God has specific rules of the land, by which we must abide, if we are to be fruitful for the kingdom of God. As with any discipline (e.g. learning to play an instrument; learning a new trade) they become easier with time, eventually becoming part of who we are, in such a way that we wonder how we ever survived without them. This new life however, is never a cushy, laid back, problem free existence. Years ago, I had a professor who admonished any who thought that upon becoming a Christian, life would become easy and care free, as if one had stepped onto a luxury cruise liner. No not a luxury

cruise liner, but a battleship he would bellow. Therefore we had better take up our weapons and enter the fray against the evil that would devour us like a roaring lion. Scripture bears out this warfare position in which we are to take this prepared position, against evil, in the power of the Holy Spirit.

Indeed, we live as human beings, but we do not wage war according to human standards; for the weapons of our warfare are not merely human, but they have divine power to destroy strongholds. We destroy arguments and every proud obstacle raised up against the knowledge of God, and we take every thought captive to obey Christ.<sup>NRS</sup>

### **2 Corinthians 10:3-5**

Finally, be strong in the Lord and in the strength of his power. Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places.<sup>NRS</sup>

### **Ephesians 6:10-12**

Spiritual disciplines which are empowered by God by the Holy Spirit, that eventually become indispensable holy habits, are these superhuman weapons that move powerfully against the cosmic powers of darkness. It is through the power of the Holy Spirit, as we surrender to God, mind, soul, body and spirit, that strongholds which have set themselves up against the knowledge of God are destroyed, in us and through us.

Spiritual Disciplines are activities that help us move along the spiritual path toward who God has called us to be. As we walk with Christ, we move toward the kind of life we want, as God places those wants that are most beneficial to a life of peace in our hearts. As such, I would like to suggest twelve certain time proven practices, which have been used by Christians throughout the centuries, as ways in which to get our bearings along the way. These practices, of spiritual disciplines, follow the pattern set forth by Richard Foster in his book "Celebration of Disciplines."

***Meditation, Prayer, Fasting, Study, Simplicity, Solitude and Silence, Submission, Service, Confession, Worship, Guidance, Celebration.***

### ***Our Grounding in the Word of God***

The Scriptures that we will use as the grounding for our discussion on Spiritual Disciplines is Galatians 5:16-26, because if it's obvious focus on the Spirit led life, as that life stands in direct contrast to a life led by worldly pursuits and desires. I choose this Scripture because it gives both the goal and the path to the life we seek. The goal being a life that bears the fruit of the Spirit and the path being a life lived, led and guided by the Spirit. Desire for the Spirit led life must lead us to the appropriation of a life style which is conducive to that life. Spiritual disciplines or Holy Habits, designed to further our relationship with God are the nuts and bolts of Life by the Spirit. These disciplines nurture and enliven our journey toward Christ-likeness. (*Continued next page.*)

*Pastor Gene's Article continues . . . .*

*Living Life by the Spirit, not by the Desires of the Flesh* (Verses 16-17)

<sup>16</sup> **Live by the Spirit**, I say, and do not gratify the desires of the flesh. <sup>17</sup> For what the flesh desires is **opposed to the Spirit**, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to **prevent you from doing what you want**.

Too often we give up on a spiritually disciplined life because we are prevented by the desires of the flesh. "I'll pray latter, after my TV show"; "I think I'll sleep in this Sunday"; "I really should help in the food pantry, but..." During worship we are thinking, "After worship I have too..."; "I'll do my devotions after..."; "I'll study my Bible, but not right now." We want to do these things but two things have happened. (1) We have allowed the things of the flesh, which oppose the things of the Spirit, to prevent us from doing what we want. (2) We have not submitted our lives fully to God, who seeks to reprioritize the things of the Spirit, over the desires of the flesh. *We cannot live lives of peace when we are at war with our wants and desires.*

**Next month we will discuss Galatians 5:18-26 and the spiritual discipline of Meditation:**

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## **Circle of Concern**

**Home:** Mary Heslop, Kay Bartberger, May Russell, Sharon Bauer, David Rothermund, Christi Coy, Ernest Lindley, Betty Turner, Bill Green, Jim Bishop, Sr. Peggy Morgan Halper, Fay Mallard, Elsie Bailey, Gladys Williams, Judy Barker, Lucille Taylor, Lou Kotopka, Joanna Ramsey, Bob Rothstein, Howard Russell

**Rockledge Rehab.** Bob Kunkle,

**Merritt Island Rehab:** Lenora Cuppett

**Parish Medical Center:** Ray Sharp

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## **“THE SHEPHERD’S CLOSET THRIFT STORE”**

**Please continue to support this wonderful ministry.**

**We are always happy to receive articles you no longer need**

**Also always in need of plastic bags.**

***Thanks for all your help in making this such a successful ministry***

**Open Monday—Saturday**

**10 am—3 pm.**

**Donations are always accepted. Please drop**



PLEASE CONTINUE SUPPORTING OUR FOOD PANTRY.  
YOU MAY BRING A COUPLE OF CANS OF FOOD WITH YOU ON  
SUNDAY AND LEAVE THEM IN THE NARTHEX , DROP THEM BY  
THE CHURCH OFFICE OR BRING THEM ALONG WHEN YOU  
COME TO OUR TUESDAY NIGHT DINNER.

ALSO MONEY DONATIONS ARE ALWAYS ACCEPTED. MORE  
THAN EVER WE NEED FOOD FOR THIS WORTHY CAUSE. MORE  
PEOPLE ARE OUT OF WORK AND ARE STRUGGLING TO SURVIVE.  
THANK YOU FOR YOUR CONTINUED SUPPORT AND CARING.

## HANDBELL REHEARSALS

Echoes of Faith	Tuesday,	7:00
Spirit Ringers	Wednesday,	6:00
Celebration Ringers	Thursday,	7:00
Sol Ringers	Sunday,	6:30

## HOLY WEEK SERVICES 2009

### APRIL 5 PALM SUNDAY

11am Service: The Easter Cantata

*(Come and See Sunday)*

Bell Concert in Cocoa Library at 2pm

### APRIL 7TH

11:00am Service for Spiritual Awareness Chapel

### APRIL 8TH

6:00pm Praise Service

### APRIL 9TH—HOLY THURSDAY

5pm Fellowship Dinner (H. Hall) Special Night

6:15pm. Upper Room Service

### APRIL 10TH— Good Friday

6:30PM Good Friday Service (Sanctuary)

### APRIL 11TH

10:00am. Easter Egg Hunt

### APRIL 12TH—EASTER SUNDAY

6:45am Sunrise Service

Continental Breakfast served in Hughlett Hall

9:00am Praise Service

11:00am Traditional Service



## APRIL 2009

- April 1 \*7:30 Choir Practice  
9:30am UMW Executive Meeting
- April 2 6:30pm Trustees Mtg. Rm. 208
- April 3 6:00pm Forrest Lake Players Show and Dinner
- April 4 9:00am Choir Rehearsal for the Easter Cantata
- April 5 Palm Sunday**  
11am Traditional Worship (Easter Cantata)  
2:00pm. Bells play at the Cocoa Library (Celebration Ringers)
- April 7 \*8:45am Staff Meeting (office)  
11:00am Chapel Service (Praise)  
(No Dinner this evening)  
3:45pm Bible Study in Rm. 208
- April 8 10:30am UMW General Meeting H. Hall
- April 9 Holy Thursday**  
**5pm Dinner in Hughlett Hall**  
**6:15pm 5pm Upper Room Service with Communion**  
**6:30pm Good Friday service in Sanctuary**
- April 10 10:00am Easter Egg Hunt and fun and games.
- April 11 **EASTER SUNDAY (PLEASE SEE INSIDE THIS DW. FOR TIMES OF SERVICES)**
- April 12
- April 13 **5:30pm Finance Meeting—Office**  
**7:00pm Church Council Mtg. Rm. 208**
- April 14 \*3:45pm Bible Study  
\*5:30pm Fellowship Dinner
- April 15 10:00am Lydia Circle meet in Parlor
- April 17 6:00pm Mother/Daughter Banquet Hughlett Hall
- April 19 2pm Senior to Senior Meeting Rm. 208
- April 22 Via de Cristo (Men) set up.  
Via de Cristo Weekend from April 23rd—26th
- April 26th 2:00pm Spring Ring (Sanctuary)**



Please check the notice about times of Bell Choir Rehearsals in this DW.



## FOR YOUR INFORMATION!

**Tuesday:** 3:45pm Bible Study with Pastor Gene Rm. 208  
5:30pm Tuesday Fellowship Dinner  
8:30pm WISEGUYS (Men 18-30 meet in H. Hall for Bible  
Study and Fellowship)

We would like to welcome you to this new and  
successful men's group.

**Wednesday:** 6:00pm Communion and "A Service of Song"  
6:30pm "Vine & Branches" (College Age Co-ed) H. Hall  
Great for young people !

**Thursday :** 8:30am A Service of Presence (Holy Communion) new day as  
Pastor Gene will be in Orlando on Fridays for school.



## BALLROOM DANCING CLASSES

Every Thursday  
7pm—8:00pm

Donation \$2.00 per person  
Herman and Betty Byrd are the Instructors.  
*Open to the Public, (Dress Casual)*

***Please spread the word and tell your friends.***

This is a fundraiser to support our  
***Backyard Ministries Home Improvement Services.***  
Tell a friend. Come and enjoy Fun, Fellowship and  
Great Exercise!

*Call the church office for more information*



# UNITED METHODIST WOMEN

## NEWSLETTER

APRIL 2009

UMW Web-Site: [gbgm-umc.org/umw](http://gbgm-umc.org/umw)

**Executive Committee** will meet Wednesday, **April 1 at 9:30 am** in the Parlor. All members are encouraged to attend and bring your ideas with you.

**Unit Meeting** will be in Hughlett Hall at 10:30am on Wednesday April 8. The Program will be given by **Sue Oden** and is entitled "*In the Garden—Who did You Invite?*" **Rachel Circle** is the host group. This is a good meeting to invite guests—A special Holy Week program.

### **CIRCLE:**

**Mary Deborah Circle** will meet at 9:30am in the Parlor on Tuesday April 14th. Please note change of time. Questions to **Genie Hardee or Marcene Jackson**.

**Lydia Circle** will meet April 15 (Wednesday) in the Parlor at 10:00am. **Pat Spencer** is the Hostess.

**Martha Circle** will meet Thursday April 16 at 9:30am with **MaryAnn Yotka**.

**Rachel Circle** will meet Wednesday April 15 at 10:00am with **Norma Ronstrom**. Norma will have the program and **Mildred Page** the devotion.

**Ruth Book Group** will meet April 22 at 9:30am in the Parlor. The book will be "The Guernsey Literary and '*Potato Peel Pie Society*' by Mary Ann Shaffer and Annie Barrows. The review and discussion will be presented by **Marcene Jackson**. Questions about book check with **Marcene Jackson** or **Nancy Glass**.

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### **"Seeing is Believing"**

Thanks to **Pat Spencer** and friends we saw how lopsided our wealth is distributed in the world. 20% of the people own 89% of the wealth. Many people do not have clean water to drink. This encourages us to be more concerned how we spend our money and how we use the World's Resources.

United Methodist Women cont.....



## **Mother/Daughter Banquet**

will be Friday **April 17 at 6:00pm** in Hughlett Hall.

Tickets are **\$7.00** and **\$3.00** for girls under 9. They are available from Circle leaders, church office, **Jacky Rothermund** or **Elsie Vasilivich**. Also you might bring canned items for our Food Pantry.

The theme “*There’s Something About Christmas*” will be seen in our decorations—**Nancy Glass** and Executive Committee . The program will be a “clever” skit concerning the Christmas fruitcake and Christmas music. **Marcene Jackson** is Chairperson of the program.

Our own **Margaret Russell** will prepare a great meal. (Roast Beef and all the trimmings) Carlos Page will recruit men to serve and **David Russell** will recruit dish washers.

Feel free to dress “Christmasy” if you’d like to blend with our decorations. **Genie Hardee** will be taking pictures—be sure and plan to have a picture made of your family. There will be some special recognitions made as part of our annual celebration.

Questions to our President **Vivian Scott** or to **Vice President Mildred Page**. The Mother Daughter Banquet is for all the church women not just UMW members.

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## **Church Women United**

World Day of Prayer was attended by **LaVonn Simpkins** and **Avis Waring**. The next celebration day will be **May Friendship Day** on **May 2nd at 9:30am** at St. David’s By The Sea, 600 4th Street, Cocoa Beach. This is a Potluck Lunch. Questions to our representative **LaVonn Simpkins**.

The “Least Coin” offering should be turned in at this meeting.

*Check your bulletin for any changes in dates or times concerning the Methodist Women.*

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## **Sunday School Information**

Searchers Sunday School Class met March 14 with **Carlos and Mildred Page**. The Group enjoyed seeing the Birds on the Banana River and a “Thanksgiving Dinner”. Lots of visiting – laughing-sharing. This class meets each Sunday in the Parlor at 10:00am Questions to **Mikael Hardee**.

## Sunday School continued . . .

**Adult Fellowship Class** enjoyed a “Brunch” out at Jimmies Restaurant on March 22. This class will miss our winter visitors BUT we will look forward to their return. Our “Party Committee” - **Byrds and Glass**’ would welcome ideas for parties or persons willing to host/plan a party.

The Class Meets in Room 316. **Mildred Page** is the teacher with **Lou Kotopka** as the assistant. **Don McCarter** is class president.

**The Awakening Café** has been put on hold. We are revamping the program and evening so please check your bulletins and DW’s for further information. It will be back!



## FIRST UMC EASTER EGG HUNT

Will take place  
Saturday, April 11th  
At 10:00am

There will be fun for everyone  
including a bounce house, face painting,  
Games and of course lots of eggs  
& activities for the entire family.

Bring your children and their  
friends and celebrate  
this wonderful time  
of year.

First United Methodist Church  
825 Forrest Ave  
Cocoa  
Tel: 636-4811



## APRIL 2009

- 4/02 Myrtle Caruso, Karl Matern
- 4/03 Judy Barker
- 4/04 Gretchen McGaffic
- 4/06 Robert Hickle
- 4/10 Judith Petty, Alma Graham,  
Shirley Cornelius,  
Eli Drobniowski,  
Maia Drobniowsk
- 4/13 Howard Lewis, John Owens,
- 4/15 Fleeta Lindley
- 4/17 Stephanie Mangum
- 4/18 Pastor Gene Yotka
- 4/21 Mitch Tidwell, Jeffrey Simmen  
Barry Slack, Cheryl Patrick,
- 4/22 Mary Stromire
- 4/24 Sharon Bauer, Heather Pearson
- 4/25 Dale Mitchell
- 4/27 Jim Beatty
- 4/29 Ann Harrison

## MAY 2009

- 5/01 Everett Stacy, Linda Underwood
- 5/02 Sid Mangum Jr.
- 5/03 Trena Hopkins
- 5/05 Bob Wilson
- 5/06 Laurel Lightowler, Tara Pearson
- 5/08 Bill McMillan
- 5/10 Sheryl Long
- 5/16 Graybill Harman
- 5/17 Alice Williams, Larry Booth,  
David Rothermond
- 5/19 Billy Anderson Ann Faulkner  
Margaret Russell
- 5/20 George Compson, Cody Krechting,
- 5/24 Larry Cuppett, Bobbie Tate,  
Sara Fellows
- 5/25 John McDonald
- 5/26 Coreen Lowe,
- 5/27 Mary Burgess, Barb Powell
- 5/29 Pat Van Riper
- 5/30 Genevieve Jensen
- 5/31 Thomas Charlotte.

**Please remember the  
Birthday Box in the  
Narthex of the Church**

Please join the Celebration Ringers Handbell Choir for their annual  
concert at the library (308 Forrest Avenue).

Admission is free.

*Another Embellished Afternoon*

*Sunday, April 5, 2009*

*2 o'clock*

*The Celebration Ringers of  
First United Methodist Church, Cocoa*

*Hosted by*

*The Central Brevard Library*

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# **Annual Spring Ring**

**Sunday, April 26, 2009**

**2 o'clock**

**presented by the Handbell Choirs of  
First United Methodist Church  
825 Forrest Avenue, Cocoa  
Nursery Provided**



**First United Methodist Church, Cocoa**  
**825 Forrest Avenue, Cocoa, Florida 32922**  
**321-636-4811**  
**[www.fumc-cocoa.org](http://www.fumc-cocoa.org)**