



DOING SABBATH

Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do. Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day. (Deuteronomy 5:12-15)

Dwight Howard is a young star in the NBA. He's a classy young man who exhibits a desire to learn and grow as a player. In the past few months, he struck up a friendship with former Boston Celtic great, Bill Russell. In his 15-year basketball career, Russell's Celtics won 11 championships! He is a legend in the world of professional basketball.

Recently, I saw a brief segment of the 75-year-old Russell conversing with the 23-year-old Howard. The primary piece of advice that Russell gave the young man was this: "When the season is over, don't pick up a basketball for a month." Howard was stunned! He said, "But I want to keep improving my game. I can't do that if I don't keep at it all year long." Russell said, "But after a grueling season, you need rest; your body needs rest and your mind needs rest."

That conversation reminded me of the commands of God about Sabbath. We often respond like Dwight Howard: I have too much to do. I have things to accomplish. I have to change the world. I don't have time to take a Sabbath. God knows all about the pressures of our lives. Do you think that the Israelites who had none of the time-saving devices we enjoy had any less pressure? Yet, God says that if you want to be His follower, if you want to have a healthy relationship with Him and live fully and freely in this world, honor the Sabbath.

In light of our hesitancy to obey this command, let me make a few suggestions that can help us with Sabbath keeping this summer.

1. **Extend your time for prayer and the Scriptures.** The Sabbath is primarily about knowing God. If we miss this, we forget God's presence and love to us and we miss the heart of God's plan for us.
2. **Commit to time with family and/or friends at least once a week.** You don't have to plan something spectacular; just be together: play a game, take a walk, play catch, sit and talk. Nurture your closest relationships that often get pushed aside in the busyness of life.
3. **Enjoy the beauty of God's creative genius.** When you are outside, look for beauty that you might miss in the busyness of life. Look at the brilliant colors of a flower or the veins on a leaf, gaze at the hills and valleys as you drive around our county (make sure you keep your eyes on the road, too). If you are around water, watch the waves come in and out and ponder the vastness of the lakes and oceans that God has made. Let your senses envelop you. Just remember that opening your senses to creation doesn't happen in a few moments; it takes some time. Give them time.
4. **Do something for someone else that has no visible return for you.** Help someone complete a project, assist your neighbor with yard work, volunteer to work in the nursery or Children's Church so that someone else is able to attend church. It goes against the grain of our natural inclination, but giving of ourselves can be restorative.
5. **Spend some time every week doing nothing.** For a few hours or for a day, let go of your schedule and let yourself be "unproductive" for what normally drives you in your work—at home or at the office. Don't think about what you can accomplish; just sit back and relax: think, read a book that has nothing to do with the typical requirements of your life, play tennis or golf, sit down at the piano and play a little without thinking about how good you are or what else you need to accomplish. The key here is to not feel guilty about "wasting time." You're not wasting time; you're replenishing your body, mind, soul, and spirit.

The purpose of Sabbath is clear: to trust that God can do more in us and through us in six days than we can do ourselves in seven, to spend more intentional time with God so that we become more like Him, to rest from the pressures that bombard us every day, perhaps every moment of every day. If we never pull back, if we never release the tension of life and its demands, we will never know the joy and peace and strength of trusting God's Sabbath wisdom for every element of our being.

Sabbath is not a suggestion; it's a command...because God created us to need it. We all need to put down the ball for a while. Let's celebrate Sabbath together this summer.

In Christ,
Pastor Wes

FROM THE ASSISTANT PASTOR

One of the many activities that take place in Houghton during the summer is the Western New York District Family Camp. The organizers are calling this year's camp "Refresh '09." This is a unique event in which the Wesleyan churches in Western New York gather together for worship, fellowship, Bible study, and fun!

The guest speaker this year is Rev. Rick Kavanaugh, the Senior Pastor at First Wesleyan Church in High Point, North Carolina. Rev. Kavanaugh was ordained in The Wesleyan Church in 1991 and has been involved in ministry and leadership in his district and in the denomination in various ways. He has a commitment to expositional preaching and is eager to assist his church in an intentional discipleship journey and has a love for local and global mission work.

The Refresh '09 program includes age-appropriate classes and events for nursery, 1st-3rd grade, 4th-6th grade, and teens. Adult seminars and Bible classes will be offered in addition to morning chapel and evening worship services. Check out the details online by visiting www.wnydistrict.com and clicking on Refresh '09.

If you are in Houghton during this time, I encourage you to take part in Houghton Family Camp / Refresh '09. You will find them a blessing.

In Christ's Love,

Pastor Todd

DISTRICT CONFERENCE: Delegates from 32 Wesleyan churches in Western New York gather on July 24 for District Conference at the Wesleyan Church of Hamburg. Please be in prayer for the leaders of our district and for decisions that are made at the conference. Delegates may pick up materials at the church office.

SUMMER SABBATH: In order to give most of our church volunteers a rest from the regular routine of ministry, to allow each of us to spend more time with our family and friends and to give extended time to rest and spiritual refreshment, we will once again observe a Summer Sabbath: June 28 – August 8. During these weeks we will meet for Sunday Worship at 10:00 am. All other regular activities and meetings are cancelled. May God bless you and your family with a wonderful time of Sabbath rest.

ELDERS INFORMATION

Vice-Chair: Bob Danner

Nominating Committee: Terry Paige

Finance Committee: David Lewis

Discipleship Committee: Betsy Webb

College Ministries Committee: Beth
Beardsley

Youth Committee: Kathy Reitnour

Personnel Committee: Gus Prinsell

Worship Committee: Wil Zike

Missions Committee: Skip Lord

TRUSTEE INFORMATION:

The Trustees elected Dick Halberg to serve as Chair of the Trustees for this year.

Thank you for your many expressions of love and kindness in the celebration of our 25th wedding anniversary. We are overwhelmed by your generosity and thoughtfulness. We are privileged to be a part of this wonderful church: to serve you and to serve with you in ministry. We love you.

Pastors Wes and Cindy

SAVE THE DATES:

- ❑ **July 8 - Darien Lake** – Meet at the church at 9am and return around midnight after the laser light show. All day at Darien Lake for \$25! Includes: transportation, ticket to the park, hotdog lunch AND a ride back to Houghton! **Deadline for registration is June 30.** Permission slip available on the website or outside of Pastor Jon's office.
- ❑ **July 25- PowerFest** at the Fillmore Youth Center. Events happening all day. **Registration deadline July 10.**
- ❑ **July 29- Cuba Lake Tubing Trip** -Cost \$5; leave church at noon and return about 7:30. **Registration deadline is July 24**
- ❑ **August 2-5, KINGDOM BOUND 2009** - Commuting each evening; three-evening pass is \$75; leave the church at 4 p.m. **Registration deadline July 22.**
- ❑ **August 27: Rochester Red Wings Baseball, 5 p.m. to ?** The Houghton Wesleyan Kids' Choir will be singing at this game. Let's support our kids and have some fun at the ballpark. Cost \$5.50. **Registration deadline is August 14.**



Wesleyan District Kids' Camp

The Really Amazing Race

Camp Mission Meadows on Chautauqua Lake, 5201 Route 430, Dewittville, NY

Open to all children in grades 3-6 (Campers must have completed grades 3-6).

Cost - \$170 per camper (\$150 early bird discount with deposit postmarked before July 1). Each additional camper from the same family is \$125 if postmarked before July 1 or \$150 thereafter. Please note that a \$50 deposit per child is due with registration no later than July 18.

Please pick up a brochure/registration form about our Western New York Wesleyan District Kids' Camp in the church or Christian Education foyer to learn more about Camp Cherith of Western New York.

CAMP CHERITH OF WESTERN NEW YORK is a Christ-centered, Bible-based outdoor program. They teach Christian values and life-skills. Their unique program promotes a personal relationship with Jesus Christ in every aspect of daily life. Campers grow spiritually, socially, and emotionally in a safe and nurturing environment:

Girls' Resident Camp - June 28-August 1

Boys' Resident Camp - June 28-July 11

and more!

Please pick-up one of the Camp Cherith brochures in the church or Christian Education foyers or visit their website, www.campcherithwny.org to learn more about all of the various camps and options available this summer.

NOTE to Church Family:

Campbell's Food label insignias (not whole labels) are still being collected and mailed to Hephzibah Children's Home in Georgia. A box is on the shelf in the Christian Education Building foyer. Help us help these precious children.

We need YOU to make our Church Family Album complete!



Portrait sessions will take place at church on:

August 25th – 27th

September 11th – 12th and 14th- 15th

There is no sitting fee and each family will receive a FREE color 8x10 portrait and church directory for participating at no cost to our church.

We will be partnering with Lifetouch Church Directories and Portraits to help us create a Church Family Album which will help us connect familiar faces to names.

In your session you will:

- . Be professionally photographed
- . Be able to view your portraits immediately
- . Have an opportunity to purchase additional portraits – they make great gifts!

Two easy ways to sign-up!

- You can sign up before and after Sunday service in August.
- Online now at: www.hwchurch.org/FamilyAlbum.htm anytime

We are looking forward to seeing you in our directory! Watch for the **Portrait Sitting Guide** with tips on how to prepare for your session. *Make this a fun time – be creative! Bring your pet to include in the portrait; if you're musically inclined, bring your instrument; if you have a hobby, what not bring your favorite prop!*

We ask that you allow up to an hour during which time you will check in, be photographed and select your portraits.

Questions, contact: **Kirsten Jeffers (365-2143)** or email: jeffersk33@yahoo.com

W.K.F.M. Corner NEWS!

WHAT? Mini-Missions Conference--just for you!

- Story with resident missionary, Mr. Jim Szymanski
- Light lunch too.

WHO? All current WKFM children grades 1-5 plus all incoming 1st graders

WHEN? Saturday, August 22, 9:30 to 12:30

WHERE? Community Room at Houghton Wesleyan Church

WHY? Fun with missions--and each other!

*Bring one item made in a foreign country to share

HOW? R.S.V.P. to Mrs. Beth Beardsley (567-8117)



Valley PreSchool *a quality early childhood education program*

Applications are still being accepted for the fall. Classes meet from 9:00 to 11:45 a.m. on Monday, Wednesday, and Friday from September to May. Stop by the VPS Bulletin Board or in the church office 567-2264.

THE LIBRARY CORNER



Cecil Rhodes', empire builder of an earlier century, greatest ambition was to build a road from Cape Town, South Africa, to Cairo, Egypt. The road was never completed, but Erik Mirandette did the 9,000 miles on a dirt bike. "He takes readers to corners of the world and depths of human hurt they will never forget!" The book is called The Only Road North.

Inklings by Melanie Jeschke takes place under the spires of Oxford. The reviewer said, "(It is) a warm tribute to C.S. Lewis' life and legacy. Whether you're a Lewis devotee or simply a hopeless romantic, the story will delight you."

We always like to recognize books by local authors. The Covenant of Love and the House That Love Built by G. Edna Howard is such a book. Edna shares the heart-warming story of how she and her husband, Dale, renovated and rebuilt an old house. In the process she shares analogies to our spiritual life. The reviewer said, "It is a profound yet straight-forward exploration of the rebuilding of man's spiritual house and the similarities and differences in the rebuilding of our natural house."

A new children's VHS video is called: Record-Breaking Animals. An adult VHS is C.S. Lewis Through Shadowlands National Geographic has a new DVD, In the Womb, "exploring each trimester with amazing new detail."

Our Partners in Ministry: Chuck & Ruth Pierson – Global Partners, Sierre Leone

The Piersons have finished their full-time ministry at Kamakwie Wesleyan Hospital and turned the work over to Drs. Tom and Karen Asher from the East Michigan District. The Piersons have relocated to Berrien Springs, Michigan. Please be in prayer for Ruth as she undergoes surgery and chemotherapy for cancer.

Dear Friends,

We are overwhelmed at the love and generosity shown to us as you welcomed us once again to our home in Houghton. Thank you for the food "pounding" and meals and prayers during Lucy's recent illness. God has used you all in so many ways.

May the Lord continue to use the Houghton church body and community for His glory.

Hudson and Lucy Hess

Dear Friends at the Houghton Wesleyan Church,

Thank you for your many expressions of sympathy and acts of kindness with my mom's passing. Even though the last couple of weeks have been difficult, we rejoice in her homecoming and celebrate her life. Your support and care for us are truly appreciated!

Troy, Susan, Aaron, Devon & Cory Martin

Thank you to our many friends for the encouragement we have received through Rolland's recent illness. Your prayers and many messages through cards and personal notes have given us strength. We especially thank our pastoral staff and close neighbors for so lovingly exhibiting Christ's love in so many tangible ways!

Rolland and Alice Fletcher

2nd Grade Sunday School Class

On Sunday morning, June 21, in the 11:00 a.m. worship service, the 2nd grade Sunday School class shared one of the goals they accomplished this year in Sunday School by reciting the books of the Bible. Each child was then presented with a Bible, a devotional book, or a prayer journal. Thank you to teachers Jill and Karl Schmidt for their faithful leadership to this class. The members of the class are:

- ◆ Ava Breuer
- ◆ Alexis Breuer
- ◆ Katie Brubaker
- ◆ Rachel Doezema
- ◆ Hannah Fraser
- ◆ Booker Liddick
- ◆ Maddie Lingenfelter
- ◆ Adeline Roeske
- ◆ Micah Schilke
- ◆ Will Zarges

6th Grade Catechism Sunday School Class

On Sunday morning, June 14, in the 11:00 a.m. worship service, the 6th grade Catechism Sunday School class was honored for their accomplishments this year in Sunday School. Thank you to teachers Harold Blew and Paulette and Calvin Schierer for their faithful leadership to this class. Those who were a part of the class are:

- ◆ Elijah Beardsley
- ◆ Christopher Danner
- ◆ Amanda Haingray
- ◆ Hannah Hijleh
- ◆ Ethan Liddick
- ◆ Kelcie Mastin
- ◆ Jillian McNeill
- ◆ Janae Rangel
- ◆ Anna Schilke
- ◆ Katherine Stevic

Western New York Wesleyan Women's Convention

When: Saturday, July 18

Where: Gateway Center, Jamestown, New York
The Gateway Center is one building where many different ministries are represented: St. Susan's Soup Kitchen, Community Helping Hands, The Depot, Youth Center, Skateboard Park, and Christian Bow Hunters. Dale Peterson, director of Community Helping Hands, will speak about this ministry as well as give tours of the building. We will also hear from Amy Fleischauer, Director of Human Trafficking Victims from the International Institute of Buffalo, on how we can recognize human trafficking in Western New York. This will be a day packed full of information as well as fellowship and fun, and of course, good food, with a brunch provided by St. Susan's. Mark your calendars now for July 18th! More details will soon be available.

Sunday School Personnel Needed

for Fall 2009 through Spring 2010

(___?___ Indicates a ministry opportunity and/or prayer request)

Toddlers – Karen Liddick and ___?___

Two-Year-Olds – Doug & Judi Mayhle

Three-Year-Olds – Rose Jones and ___?___

Four-Year-Olds - ___?___ and ___?___

Kindergarten – Kathy Moore and Devon Martin

1st Grade – Emily VanEenwyk and Jenny Huyett

2nd Grade – Karl & Jill Schmidt

3rd Grade – Brian Presher and ___?___

4th Grade – Lauren Haggerty and ___?___

5th Grade – Ed & Tracy Taylor

6th Grade – Harold Blew and Calvin & Paulette Schierer

Please prayerfully considering yourself in this important ministry.

Thank you,
Robin Pawling
Sunday School Superintendent

Ministry Opportunities in Children's Church

During the Summer Sabbath we need teachers and assistant teachers for Children's Church during the 10:00 service for children ages 2-5. Please contact Mary Anne Majoros (567-2653), Kathy Bogdan (365-8359), Bitsy Mayhle (567-8241), Karry Beardsley (567-4631), or Pastor Cindy (567-2264) if you would like to learn more about these ministry opportunities or if you would like to help with Children's Church. Thank you.

Do you have changes or additions for the church Family Directory? We are including pages where you may list children who reside out of the Houghton area. Have you changed phone numbers or prefer a cell #? Please e-mail info@hwchurch.org to update your information. Thanks.

Wingate Memorial

Summer Carillon Recital Series 2009

Davis Memorial Carillon, Alfred University,
free admission; rain or shine, the show will go on
7 to 8 pm Tuesdays in July

July 7: Todd Fair, University Carillonneur

July 14: Dennis Curry, Kirk in the Hills Presbyterian

July 21: Laura Ellis, U of Florida School of Music

July 28: Jeremy Chesman, Missouri State

The Portageville Chapel

Summer Concert Series Saturdays, 7-8 p.m.

◆ July 18: Timothy Smith, organ

◆ August 29: Andrew Gordon, piano

www.portagevillechapel.org



BEARDSLEY BLACKTOP SEALING

- Three years experience
- Free Estimates
- Driveways and Parking Lots
- Call Matt Beardsley at (585) 305-0751

ADOPT-A-HIGHWAY 2

The Houghton College Creation Care Task Force will sponsor the second Adopt-a-highway clean up of NYS Rt. 19 through Houghton. We will begin at 9 a.m. on Saturday, July 18, with a rain date of Saturday, July 25. You must register in advance to participate. Please send email to andrew.cahill@houghton.edu Registration is limited to the first 10 people- no children please. Refreshments, safety gear and training provided. Plan to be done by 11 a.m. at the latest.

For Rent: upstairs apartment, 7 minute walk from campus; 1 Large Bedroom, Living Room, Bath, Kitchen, Hall/ Study, Partially Furnished, Private Entrance and Deck. No pets. No Laundry. Renter provides phone service. \$700/month. YoonHee_violinist@yahoo.com

House cleaning & organizing services. Kirsten Jeffers 808-2831

**FOR SALE: 27 ft. SunLine Travel Trailer and 1999 Silverado Truck with Extended Cab;
Truck & Trailer: \$10,000; Trailer only: \$6,000; -M. W. Kellogg (585) 567-2156**

FOR SALE: Troybilt Rototiller. \$200. Kirsten Jeffers 808-2831.

For sale: small floral sofa and chair and complimenting recliner. Call 571-451-6697.

For Sale: Thanksgiving Week Timeshare at Condominium in Orlando, Florida,

with two bedrooms/two baths and large living room. Create a carefree, family holiday tradition. YoonHee_violinist@yahoo.com

ART & GARDEN GLORY Saturday July 18, 10-5

An art show and sale in conjunction with tours of two local gardens located at 8217 and 8143 Pinewoods, Rushford

- ◆ Unique Country Gardens
- ◆ Live Music
- ◆ A vast array of quality artwork
- ◆ Refreshments for sale.

E-mail auntieplace@aol.com

PLAYGROUP
continues on Tuesday mornings in the Community Room, 9:30 to 11:30.

FAMILY FUN ON THE QUAD
Wednesday evenings at 6:30. Call Heather Templeton (567-4744) for information about Playgroup or Family Fun Night.

TAKE ME OUT TO THE BALLGAME!

On Thursday, August 27, the Children's Choir will be singing "God Bless America" during the 7th inning stretch at the Rochester Redwings baseball game.

For this special performance, all children who have completed Kindergarten through sixth grade are invited to come and sing with us! Please contact Mrs. Roorbach if you are interested in participating!

We hope family and friends can come and support the choir and enjoy a fun evening at the ballpark. Tickets are only \$5.50. The Redwings will be playing the Leigh Valley Iron Pigs at 7:05 pm. To purchase your tickets please contact Krista Roorbach (567-4515/ cell # 716-225-2073/ kristajoy75@yahoo.com) by August 17.

FOR SALE:

two 4' x 5' double pane, insulated glass windows
one 1 1/2' x 5' double pane, insulated glass window
Call (585) 610-3976 (cell phone) or (585) 365-2158

SUNDAYS IN JULY

July 5	10:00 am	Pastor Todd Leach
July 12	8:00 am	Houghton College Alumni Communion Service
	10:00 am	<i>Guess Who's Coming to Dinner?</i> (Luke 14:1-24)
July 19	10:00 am	Pastor Todd Leach
July 26	10:00 am	Pastor Todd Leach

SHORT TRACT TOWN THEATRE PRESENTS:

MEET ME IN ST. LOUIS!



A GREAT FAMILY SHOW, SET IN 1903 ST. LOUIS!

THURSDAY, JULY 16, AT 7:30PM

FRIDAY, JULY 17, AT 7:30PM

SATURDAY, JULY 18, AT 7:30PM

IN THE NEW FILLMORE AUDITORIUM

DIRECTED BY AMANDA COX

CONTACT AMANDA COX (567-4870) WITH ANY QUESTIONS

CHURCH STAFF

Wes Oden, Senior Pastor, 567-2024, woden@hwchurch.org

Todd Leach, Assistant Pastor, 567-8288, tleach@hwchurch.org

Jon Cole, Youth Pastor, 307-9950, jcole@hwchurch.org

Cindy Oden, Discipleship Pastor, 567-2024, coden@hwchurch.org

Amanda Cox, Worship Director, 567-4870, acox@hwchurch.org

Laurie Smalley, Volunteer Pastor for Outreach, 567-8302, ismalley@hwchurch.org