



The Pastor's Ponderings

One of our church family, Kenny Werner, breathed his last this weekend. We will celebrate his life this Saturday at 2 pm at Ford and Sons funeral home. You are invited to the service and there will be a public viewing beginning at noon. I would love to hear your memories of Kenny's life and share some of them as we lift him up and commend him to God on this weekend. Feel free to email or call my mobil number (562-396-8039).

I've been contemplating breathing. More specifically, the very breath of life.

Spirituality teacher Christine Sine writes,

"It was the Desert Fathers and Mothers withdrawing into the Egyptian desert about three centuries after Christ to pray and meditate on God's word, who really developed breath prayers as a spiritual discipline.

Evidently they would often sit outside their cells weaving baskets and contemplating Christ's presence in quiet solitude meditating on short, one breath prayers. They breathed in God's word slowly and deeply, reverently repeating the prayer over and over, letting it permeate their minds and descend into their hearts. Sometimes they would breathe their prayer before going to sleep at night, repeating it until it lodged deep in their souls. When they woke in the morning the prayer was still on their lips.

Many scholars believe that the Desert Fathers and Mothers picked up one of the most common prayers of the Psalmist: "Lord, have mercy" and developed it into a breath prayer that later became known as the Jesus Prayer. Sometimes it is expanded as "Lord Jesus Christ, Son of God, have mercy on me a sinner."

One of my favorite teachers Father Richard Rohr says that the very name of God, "Yahweh" is the sound of inhalation and exhalation. We breathe in (Yah) and out (Weh) from the moment we are born, until our final breath.

Each breath we take expresses the very nature of the God who created our universe.

Christine Sine again,

"Deep breathing is important for our physical and spiritual bodies. As we age there can be a 20% reduction in blood oxygen levels due to normal shallow breathing.

Practicing deep abdominal breathing for five minutes several times a day where we consciously fill our lungs using all our abdominal and thoracic muscles reduces stress, calms our souls and reduces our risk of heart and respiratory disease.

Learning to breathe properly, not just allowing breath to fill lungs but also to fill our souls as we breathe in the loving presence of God is a wonderful way to strengthen our physical and spiritual bodies. And it only takes a few minutes a day."

She describes the way she practices this breath prayer practice as,

"I breathe in YH
I breathe out WH
This name of God
The breath of life.
This miracle of love and peace and presence.
I breathe it in,
I breathe it out.
Every moment of everyday,
I breathe in God.
YHWH, YHWH, YHWH"

I hope you might feel inspired to practice this Breath of God prayer practice, and be blessed with a fuller knowledge of the presence of God within your being and your life.

May you be deeply blessed!

Pastor E

Outreach Opportunity

In talking with Renita Green (People's Shelter), she told me that she is in need of volunteers to do laundry. Every day that the shelter is open they have a bag of towels that need to be washed, and weekly there is bedding to be washed. There is no personal laundry for those who sleep at the shelter; it is just bedding and towels. There is no washer or dryer at St James, so Renita depends on volunteers to pick up the laundry, wash and dry it, and return it to the church. Basically the same volunteers have been doing the laundry from the beginning and she is losing some of them and is in need of more helpers. If you feel called to help this ministry in this way, please be in touch with me.

Karen Piker, Outreach



**ABBEY ROAD CHRISTIAN CHURCH
(DISCIPLES OF CHRIST)**

2411 Abbey Road
Cape Girardeau, MO 63701

Elaine Schoepf, Pastor
562-396-8039 pastorelaines@gmail.com

David Dickey, Associate Minister
573-450-1013 dldhistorian@gmail.com

2020 Board of Elders Officers

Chair: Jim Main
Chair-Elect: Leslee Pollina
Past Chair: Steven Piker
Finance Chair: Deborah Balsano
Board Secretary: Judy McLain
Trustee Chair: Dennis Underwood
Elder-At-Large: Darla Snider

Phone: 573-335-3422

Fax: 573-335-6996

E-mail: capearcc@gmail.com

www.abbeyroadchristianchurch.com

 [FACEBOOK.COM/ARCCDOC/](https://www.facebook.com/ARCCDOC/)

Worship Notes February 2

Attendance: 54

1st time guests: 7

Offering: \$3770

February 9

Salt (for the earthen oven?)

Matthew 5:13-16

Elaine Schoepf

Serving on Sunday, February 9

At the Table: Jim Main (c), Glenda Zink (o)
Distribution: Peggy Bentlage, Carolyn Taylor
Communion Prep: Kilja Israel
Scripture Reader: Glenda Zink
Greeters: David Dickey, Sue Kemp
Ushers: Jamie Koehler, Anne McDonough
Abbey Road Adventures: Steven Piker
Worship Capt.: Charles Baldwin
Soundboard: Breedon/Dean

CALENDAR

Thursday, February 6

8:00am Women's Breakfast Group at IHOP

Friday, February 7

9:00am Church Women United Board mtg. & Bible Study at ARCC
10:00am ARCL: Genealogy

Sunday, February 9

9:30am Worship
9:30am Abbey Rd. Adventures for children, K-6th grade
10:30am Fellowship
10:45am Sunday School

Tuesday, February 11

8:00am Golden Boys at My Daddy's Cheesecake

Wednesday, February 12

9:30am Bible Study
6:00pm New Life Singers practice
6:30pm Movie Night: *The Peanut Butter Falcon*

- **Golden Boys** will meet at 8:00 on Tuesday at My Daddy's Cheesecake. Please join us for breakfast and conversation.
- This Sunday, February 9, is Scouting Sunday. We invite all current & past Scouts, leaders, & parents to wear their uniforms or Scout emblems to worship.
- We are saddened to lose long time member & friend, *Kenny Werner*, who passed away over the weekend. Services will be held on Saturday, February 8, with visitation at noon & service at 2pm at Ford & Sons Funeral Home.
- **Congratulations to Marianne Dean** for winning a High Point trophy & taking 3rd place in her age group at the Cape swim meet last weekend!

MOVIE NIGHT: FEBRUARY 12, 6:30PM: A modern Mark Twain style adventure story, **THE PEANUT BUTTER FALCON** tells the story of Zak (Zack Gottsagen), a young man with Down syndrome, who runs away from a residential nursing home to follow his dream of attending the professional wrestling school of his idol, The Salt Water Redneck (Thomas Haden Church).

Volunteers are needed to **pack food bags for children in need** in the Cape Public schools. Packers are needed on **Monday 2/10/20 from 11:00 to 12:30** at the School Board office. Please email Debbie Balsano debbiebal-sano@outlook.com if you are interested and available!



SAVE THE DATE! Tuesday, February 25, is the annual Mardi Gras party at ARCC! This year, it's a Murder Mystery Party: **MURDER AT MARDI GRAS!** Bring a heavy appetizer/finger food to share. The fun begins at 5:30pm.



John & Deborah Browne, Luther Hunt, Mary Ann Heinsman, Maxie McKenzie & family, Mark Faith, Bill Cox, Gerry Thomas, Ada "Dottie" Cruce, Joe Robb Blattner, Debbie McCormick, Susan Spooler, Carol Gleason, Debbie Bradley, Thelma Nelson, Dawn Knoderer, Kim Farrar Frank, George Amick, Ruth Hopkins, Bill & Iris Likens, Pat Murray & Wally Allstun, Ed Sheridan & Nita Brackin, Becky Tinsley, Felicia Fox, Pauline Filla, family & friends of Kenny Werner, relatives & friends serving in the military, all who are hurting, lonely, and afraid.

Do you have someone to add to our prayer list? Please inform the church office or fill out a form found at the back of the sanctuary.