

Prayer Needs

Zoey Bucher-recovery

Joanne Reinke-health

Hausted family-loss

Bob Sharp-health

Matt Ellis-health

Daryl Hauck-cancer

Frank Forbes-health

Young family-loss

Sindy Vorderstrasse-health

Victor Pastor-health

Contact Us

Office hours:

Monday, Wednesday, Friday: 10-2pm

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Assoc./Youth Pastor: Nate Elias

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Treasurer: Marsha Hansen

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Elder: Tom Toews

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Online: piedmontparksda.org

facebook.com/piedmontparksda

youtube.com/piedmontparkchurch

4801 A Street, Lincoln, NE 68510

Tithe & Offering

2/6 Church Budget

2/13 Adventist TV Ministries

Weekly church budget: \$3,349.00

January offering: \$7,417.77

Balance: -\$1,065.01

Give online at piedmontparksda.org



PIEDMONT PARK

SEVENTH-DAY ADVENTIST CHURCH

February 6, 2021

Call to Worship	Come Thou Fount of Every Blessing	334
Welcome & Prayer		Pastor Michael Halfhill
Gift from the Heart	I Will Praise Him Still	Darcy Pearcy
Offering	Church Budget	Linda Johnson
Lambs Offering		Pathfinders
Children's Story		Renee Schaecher
Announcements		Pastor Nate Elias
Prayer		Cindy Sly
Scripture	Ephesians 5:25-27	Carol Leonhardt
Sermon	Bible Love Stories	Pastor Michael Halfhill
Song of Dedication	How Deep the Father's Love for Us	
Prayer of Blessing		Pastor Michael Halfhill

Musicians: Darcy Pearcy, Jade Covel, Salissa Tonkin and Kristin Sydow

**Please put your Lamb's offering & tithe envelopes in the basket at the Welcome Desk*

Online Viewing

9:30am - Sabbath School lesson study

11am - Church Service and Livestream Service

View at [YouTube.com](https://www.youtube.com/channel/piedmontparkchurch) in our Channel: [piedmontparkchurch](https://www.youtube.com/channel/piedmontparkchurch)

Calendar

Sabbath, February 6

(sundown 5:42pm)

9:30am-Adult, Youth & Children's Lessons

11:00am-Speaker: Michael Halfhill

Wednesday, February 10

2:00pm-Bulletin Deadline

6:30pm-Prayer Meeting

Sabbath, February 13

(sundown 5:59pm)

9:30am-Adult, Youth & Children's Lessons

11:00am-Speaker: Michael Halfhill

Announcements

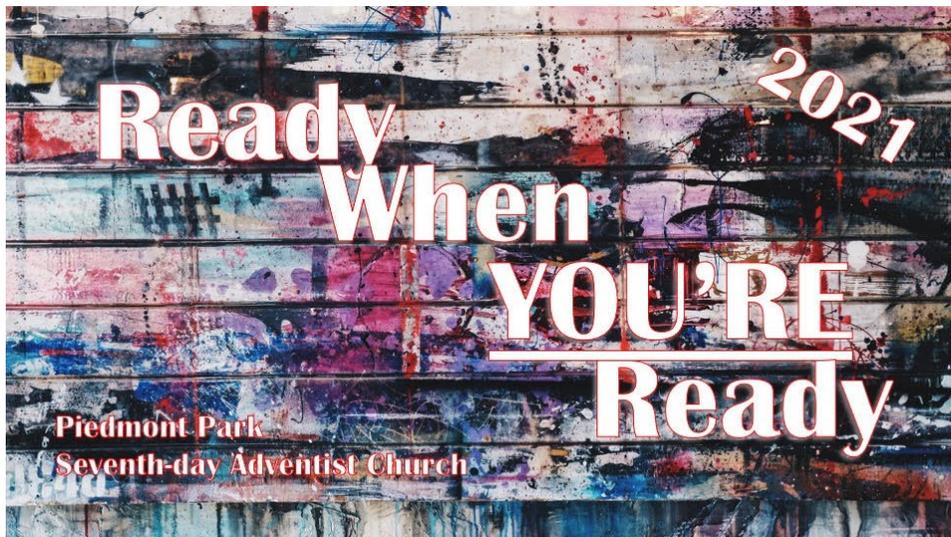
1st Reading of Transfers OUT: Adam Schwimmer to Holland, Lincoln, Nebraska

Virginia Myers will be turning 93 on Sabbath Feb 13, 2021. She is not embarrassed for people to know her age. Peter and I (The Adams' Family) would like to host a Come and Go Birthday Celebration of Living in her honor at her apartment at Chatelaine that afternoon, Feb 13, from 2-4 pm. No cards or gifts are necessary. Virginia is interested in seeing the smiling faces of those she knows and loves. We will not be serving any food or drinks due to the current safety health measures, but would love to have those who feel they can come out (weather permitting), stop in and say hello! That would make her day very special! Contact phone for questions: Tammy 402-613-7627

Pastor Nate mentioned at the conclusion of his sermon last week that one of the things you can do to help our church grow inter-generationally is to complete the Spiritual Growth Assessment. Your response to this assessment will be completely anonymous unless to enter your name and email in the last section. Thank you in advance for supporting our efforts to be a growing intergenerational church. https://docs.google.com/forms/d/e/1FAIpQLSevmbOHDn2OKt_9rPNQN8V7A-a9BF8eNrvSFNTJFykGTiko-w/viewform?usp=sf_link

Saturday Singalong will be today, February 6 at 6:30pm.

Junior Room Zoom Sabbath school class is on Saturdays. It's a recurring meeting for the next seven weeks. Below is the Link for the Zoom meeting and Meeting ID: 975 6273 7858 / Passcode: 040506



Encouraging Message: Kendra Carlson

Have you wondered why we're so stressed when we aren't foraging for food or being attacked by lions? I have. Last I checked, my cortisol levels were high all day, which isn't healthy. Large amounts of cortisol are released in the body in response to stress. So why is my body even experiencing a stress response? My life doesn't seem threatened.

It turns out we are socially interdependent mammals. This means God created us to live in groups and our survival depends on others in community. We're not meant to live as lone wolves. For example, I would've died in childbirth if weren't for medical professionals. Our bodies are fully aware of this dependence and interpret a breakdown in relationship as a life or death threat. When we don't feel seen, heard or understood in a relationship, we attempt to resolve it with communication and if that fails, our stress response engages. The stress response puts you in a state of fight, flight or freeze. Our body's routine functions get deprioritized and all our energy goes to helping us survive. Digestion, reproduction - even frontal lobe function - is not important if you're running for your life, right?

The trouble is, if we get stuck in this state, our bodily processes are *never* functioning full steam ahead. It's no way to live. The struggle isn't just physical either. Fear scrambles our brains. If you've ever wondered what's going on with teenagers, their amygdala is developing, which means they slip into stress response easily. I have teenagers and watch them panic, responding with big emotions or desperate words/actions. I wait a beat for them to know they aren't threatened and once their frontal lobe is back online, they get a redo.

So how do we get out of the stress response? First, notice our feelings. We may feel panic, desperation, paralysis and more during a stress response. Those feelings provide us the information that we're stressed so we can do something about it. God created us with two sources of information: intellect and feelings. Both tell us what we need to know to navigate life. If we refuse to use one, we limp through life like a person who doesn't want to use both their God-given feet.

Second, we do something to tell our bodies we're safe. This can be physical activity, laughing, crying, a positive social interaction, physical touch and breathing.* Slowing and deepening our breath is one thing that's always available to help our bodies calm down.

It's okay to get stressed by people you love and be upset by a lack of connection. Our humanity notices what's not right in our community and wants to put it right. While we may not be able to put external things right, God built into us the ability to move in and out of stress to live life abundantly. He's given us tools to get back to what we're capable of when we aren't stressing: enjoying ourselves, thoughtfully listening to people, and finding creative solutions to problems. I'm deeply grateful He's provided us the ability to not only cope, but thrive.

*Burnout by Emily and Amelia Nagoski