

SUN	MON	TUE	WED	THU	FRI	SAT
	1.	2. Tuesday Prayer Group Parlor 9:30AM	3. Office Closed  Jerry Lane	4. Office Closed	5. Custodian Out	6. Jerry Out
7. <i>2nd Sunday after Pentecost</i>  Worship Service 10:30AM Dan Carter Preaching	8.  Brooke Williamson	9. Tuesday Prayer Group Parlor 9:30AM	10.  Trish Sherrill	11.	12. West Plains Annual Conference Amarillo	13. West Plains Annual Conference Amarillo
14. <i>3rd Sunday after Pentecost</i> <i>Flag Day</i>  Worship Service 10:30AM  	15.  Dan Vance	16. Tuesday Prayer Group Parlor 9:30AM	17.	18.	19. 	20.
21. <i>4th Sunday after Pentecost</i> <i>Fathers Day</i>  Worship Service 10:30AM Third Sunday Dinner   Debbie Kirby	22.	23. Tuesday Prayer Group Parlor 9:30AM	24.	25.	26.	27.
28. <i>5th Sunday after Pentecost</i>  Worship Service 10:30AM   John Wesley Birthday Judy Sherrod	29.  Steve Sherrill	30. Tuesday Prayer Group Parlor 9:30AM				

FIRST METHODIST CHURCH  
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Our Mission:  
Putting our faith into action to make new disciples of Jesus Christ who  
worship passionately, love extravagantly, and witness boldly.

## Living A Spiritual Life

Throughout this journey from birth to death, many people choose to question life, strive for improvement, seek out knowledge, and search for the divine. Simply put, this is the real meaning of spirituality.

One's spiritual practice can take on many forms, because embracing the spiritual is a very personal pursuit. While many people do relate their spirituality to God, this quest for the divine, or oneness with the universe, always springs from within. The important factor is that we are all fundamentally spiritual beings and the core of that lies in knowing one's true self and finding peace that comes from within rather than the outside world.

Things will never make us happy but having that relationship with God and Jesus Christ will give us the peace that we are all looking for. That doesn't mean that from now on our path will be easy because of that, it just means that knowing that Christ is at our side through every turmoil gives us the strength to face it.

The spiritual path springs forth from a daily routine that reaffirms our personal connection with our Savior who gives us purpose and a way of life. As Brother Alan stated at Baccalaureate that the words compassion, love, understanding, humility, caring, etc. are words that are decreasing and the word me, I'm the important one, etc. are the ones that are invading our life. When we practice compassion, gratitude, appreciation, forgiveness, generosity, meditation, we are building and strengthening our spirituality.

If you're new to exploring your spirituality, remember that it is important to spend some time each day giving yourself a spiritual gift by praying, going to a sanctuary, reading the Bible, and spending quiet time listening. Spirituality is important for it makes one closer to God and creation and it promotes healthy living. It helps us understand others and have compassion and empathy. One is able to see and understand the interconnectedness of all things.

As you explore your "inner being and work," you will be walking your spiritual path and feeling your oneness with God and our Lord Jesus Christ. In this journey you will discover that most experiences you have may also come from the simple details that make up your life.



In His loving and wise counsel,  
Jerry R.