Ministers Staff **Elders**



House



Ed Gunselman



Josh Stutzman Campus Minister 541-753-4310



Maria Zhang Secretary 541-758-4456

Please Pray For Our Family

Please pray for God's healing hand to be on those with cancer:

Les Brooks (malignant leukemia)

Please continue to pray for:

Keith Cornell, Phil & Linda Weimer, Paul & Donna Johnson, Jean Woods, Linda Holland, Charlotte Bibb, Les & Joyce Brooks, Glenn Hallas & his family, Reneé Gunselman's mother, Deanna Patton, Tim Eastridge (recovery and physical therapy)

Pray Also For These Health Requests:

Pray for Alex's dad's cancer surgery that involves removing over half of his liver. Pray for the Gunselmans' friend Sally, with cancer, and for their friend Nancy as she comforts and cares for Sally. Pray for Cathy's friend, Debbie, recovering in rehab.

Pray for the Brooks' friends, Dave (cancer) and Ron (stroke).

Please pray for Karie Holland's friend Dan (hospitalized with infection and flesh eating bacteria). Please pray for Nora Cloutier, who is having a thyroid biopsy on May 18th. 5/21 Update: It was benign!!! Please continue praying for Thomas Pruett. 5/21 Update: Pray for Thomas' autoimmune disease to go into remission, for him to be placed on the heart transplant list, and for he and Amy to find a rental close to OHSU.

Pray for Alex's younger sister, who has chosen to leave home and is mentally ill. Pray for Ed and Reneé's friend Liama, who lost her son after a 7 month battle with stomach cancer. Pray for the Arnold family as they grieve.

Pray for our new Minister, Wes Hanson, and his family as they wrap up their time in Scappoose and prepare to move to Corvallis.

Pray for Cathy's friend Mary to become part of a congregation. Please pray for the Elders and the Minister Search Committee as they make a decision regarding our next Minister.

> Military: Justin & Briar Rogers in Oregon National guard Expecting Mothers: Marisol Uzochukwu, Moncia Allen

Widows, Widowers, and Orphans: Pam Briggs, Ed Calcote, Bobbie Cooke, Anna Dyk, Sarah Giboney, Loralea Glenn, Linda Holland, Susan Melero, Virgil Oakes, Florence Purvis, Jean Schreiber, Luci Spencer, Gregg Strawn, Jean Woods, Geri York; Christian Relief Fund, Mountain States Children's Home, Orphans' Lifeline of Hope

Praise that the new clothing donation box is in place! Thank you, Pat!

Deacons: Eric Bracht, Eric Jensen, Jose Reyes

Outreach Programs: Bay Area Rescue Mission, Christian Relief Fund, Clothing Drive, East Asian Missions, Food Boxes, Mountain States Children's Home, Orphan Sunday, Quilts for CASA, Special Situations, University Christian Center



541-758-4456 2020circle@gmail.com www.2020circle.com

May 21, 2023

2020 Circle Family Times

Sunday: 9:30AM Bible Classes for all ages

10:30AM Worship

Wednesday: Various Life Groups Office Hours: Monday-Friday, 8-5

Family Newsletter

Help Us Serve Our Community!



Blood Drive, Wed 6/7, 12-5pm. Sign up online!

Our Clothing Give Away Ministry is now accepting children's clothes. Please donate!



"The Main Thing"

- 1. To love the Lord our God with all our heart and with all our soul and with all our mind and with all our strength.
- 2. To **love our neighbors** as ourselves.
- 3. To **go and make disciples** of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything Christ has commanded us.

Upcoming Events

May 21st, 9:30am: Bible Class

May 21st, 10:30am: Sunday Morning Worship (Livestream available at 2020circle.com):

Robert Wood

May 24th, 7pm: "Peak of the Week" Life Group meeting at the building. All welcome.

June 4th: Graduation Celebration and Potluck

June 7th, 12-5pm: Blood Drive (Register to donate

online at redcross.org)

Laughter Is Good Medicine: By Reneé Gunselman
The year of the pandemic did not bring us much joy or laughter.
Families were separated, people were stuck in their homes, some lost loved ones, contact with people and companionship was at a minimum

loved ones, contact with people and companionship was at a minimum during those times. Even laughter for some was lost. But now we're on the other side of all that, so getting back into the habit of finding joy and things to laugh about is very healthy for all of us.

Here's an anonymous quote that will make you smile: "Laughter is like good chocolate or delicious cake. They make you feel good." Aristotle once wrote: "Laughter is a bodily exercise precious to health."

My mom has experienced some pretty detrimental health issues starting in 2005. There are too many to list, but I'm pretty sure the reason she is still alive and for the most part stable is because of the way she enjoys a good laugh. If you ask anyone that knows my mom to come up with a word that you think of when you think of my mom, Doris Hartley, across-the-board every person would say joy or laughter describes her best.

"Oh, that laugh of Doris with tears of joy streaming down her face!" I can't say my mom was always like this. There were some rough years when she was younger but, through all of that, I think God put It on my mom's heart how important laughter is for the soul. Although my mom has lost some physical, emotional and mental capacities in her dementia, she has not lost her joy, laughter and sense of humor. Mom Is known to love lemons. "Anything with lemon in it is the best" she will say. Recently, she told Joel he needed to find her a car. Joel asked her, "what kind of car do you want Nana?" She responded with, "Well definitely not a lemon" followed up with a deep gut wrenching belly laugh. Oh, the moments of precious laughter!

- Here are 11 health benefits I found about laughter:
- 1. Laughter is a natural pain killer. It produces endorphins.
- 2. Laughter strengthens the heart. It accelerates your heart rate.
- Laughter is a form of protection for your body. A Harvard study revealed that the more you laugh and approach life positively, the fewer chronic diseases you will develop.
- 4. Laughter tones your abs and causes your ab muscles to contract.
- 5. Laughing boosts immunity and activates your t-cells.
- 6. Laughter decreases blood pressure and protects the heart. It has been linked in studies to lowering risk of heart attack and stroke.
- 7. Laughter helps those suffering from depression. The act of laughing eases emotional and physical discomfort and pain.
- 8. Laughter improves your breathing. It empties your lungs of more air than it takes in, resulting in a cleansing effect.
- 9. Laughter banishes stress. It reduces the stress hormone, cortisol.
- 10. Laughter helps you lose weight. It speeds up your metabolism.
- 11. Most of all. God created jov. humor, and LAUGHTER.

Laughter Is a physical sign of the inward working of God. Laughter is an amazing ability that God gave all of us. It is found in scripture. Let me share a few.

Proverbs 17:22: "Laughter is good medicine"

Job 8:21: "He will fill your mouth with laughter and your lips with shouts of joy."

There are close to 40 scriptures about laughter found in the Bible so I take that as being pretty important to God.

As I close, let me share with you the words to a song that was written in 1963, that has been going through my mind for the last week.

"The Lord loves a laughing man, fits right into his heavenly plan. So come on and laugh whenever you can the Lord loves a laughing man".... A man who laughs and a man who sings leaves happiness everywhere. He who has a happy heart is richer than a millionaire. So laugh, sing and praise the Lord. These are things everyone can afford, so come on and laugh whenever you can. The Lord loves a laughing man."

Thoughts, Questions, Notes

Everyone is invited to celebrate our high school and college graduates at a potluck directly following Worship on June 4th! Please talk to Josh to sign up if you are planning on attending the potluck. **Graduates**, please let Josh or Maria know you are graduating by May 21st so we can celebrate you!

Last Week's Contribution \$6196.51 Year to Date Weekly Average \$4,424.85 Weekly Budget \$5,284.00



1655 NW Monroe Ave, Corvallis, OR 97330

Graduation Sunday, June 4:

Let's honor our grads! This is important for 2 reasons: 1) It builds a strong church family. 2) We should honor our young people for finishing this big commitment!

There will be a special Sunday service and a potluck after church. Please everyone sign up. You can either use the QR code or the sign up sheet in back near the mail boxes. Also, please everyone bring a dish and a card for our grads. Here are the grads I know so far: Emily Jensen, Emily Hoard, Thomas Wood II, Jason Kuo, Faith Conrad, and Sai Paramkushum. We will probably have a few more confirm this week, so buy a few extra cards. Also, if you know of someone graduating that we have missed, please contact Maria or I this week. Also, if you have any good photos of these students, please send them to me and I'll put them in the slide show. stuteman.joshua@gmail.com

Contact Numbers: 541-753-4310 UCC 503-866-9117 cell



Sunday Servants May 21

Elder of the Month: Rolland House

A/V: A Brooks/J Gunselman; J House/C Murphy

Song Leader: R House

Opening Prayer: Ca Jensen

Communion: J Stutzman

Closing/Pastoral Prayer: F Cloutier

Speaker: Robert Wood

Sunday Servants May 28

A/V: G House/J Boss/ N Cloutier/F Cloutier

Song Leader: G House

Opening Prayer: F Cloutier

Communion: C Long

Closing/Pastoral Prayer: E Gunselman

Speaker: B McCaughan

Ladies' Corner

You are invited to a Baby Shower for Monica Allen at 2pm on Saturday June 10th! Monica is registered at Target. Feel free to write a message in a book instead of a card, and consider bringing a package of diapers to enter the diaper raffle! Please RSVP to Lindy at 541-729-2578.

Many Hands Make Light Work...Get Involved! Circle Facilities Manager (Inside).... UCC Facilities Manager... ...Nathan Lopez, Bob Parsons ..Josh Stutzman, Eric & Chris Jensen Campus Ministry. Education Ministry... ..(CR-8th Grade) High School... ...Fric Bracht, Fric Jensen ...Rolland House . Jann Bracht Media/Web Ministry... ...Frank Cloutier, Bill McCaughan Men of Iron.. .Rolland House Clothing Drive Lead. ...Loralea Glenn Food Boxes Lead.. ..Charlene Franklund Quilts for CASA.. .Cathy Brooks Van Ministry.. .Bob Parsons, Chris Gollakner Widows Ministry. Women's Ministry. ...T Brown. M Freeman. R Gunselman, N Johnson, J Parsons, M Zhang ...Eric & Jann Bracht and Eric & Chris Jensen