

RELIGION

PASTOR’S COLUMN

Set aside some BREW time



SHAZZY BRITZ

SENIOR PASTOR, FIRST CONGREGATIONAL CHURCH, SPENCER

Kirk Byron Jones is a well-known author whose primary focus is on the mental health of Christian leaders, specifically pastors. However, everyone can benefit from reading his books. Since October is Mental Health Awareness month in the USA, and considering that our mental and spiritual health impacts one another, I will share something valuable from one of his books titled “Fulfilled.”

All Christians are called to make disciples, and this book especially convicted me to focus on spiritual disciplines and spending quiet time with God. If we (all Christians) do not spend time feeding ourselves with God’s word, how can we expect to minister to others? How can we retain what we have read if we do not reflect on it? How can we hear what God is saying to us when we do not take the time to listen? Sometimes we don’t allow God to speak to us in stillness because we are too busy to pray, give thanks, and say amen.

Life is a hustle and bustle for most of us. It is so fast-paced that many of us battle continual exhaustion from the mental gymnastics we perform to try to keep up with the never-ending demands.

We’re constantly stimulated by work-related distractions, social media, after-school programs and life itself. Even our so-called “quiet time” is anything but quiet, as we run through one spiritual task after another, checking them off our list, satisfied with our accomplishments. Although our bodies may be still, our minds continue to race. Our stress levels increase, anxiety sets in and our mental health declines. Even the idea of stillness seems almost alien as we realize there is so much to do and so little time, and we tell ourselves, “Surely God understands.” But how does He feel about it?

In Psalm 37:7, the Psalmist says, “Be still before the Lord and wait patiently for him. ...” That’s right. Stop. Be still and wait.

Jones provides us with an acronym, BREW, which refers to a daily ritual involving stillness; an acronym coffee and tea lovers will certainly not forget.

BREW stands for: be still; receive God’s love; embrace yourself, others and all of creation; and welcome the day or moment. Let’s explore the acronym. Begin by setting aside some time in the morning to spend in stillness. Without interruptions, use your imagination and focus on emptiness. The rationale is that when we “be still,” we will be able to begin our morning with a new lease on life, with a renewed, empty, open mind, ready for the reception of innovative ideas and thoughts to fill us up throughout the day. No-

tice how “listen” spells “silent,” and we cannot listen to God if we are not silent and still. Importantly, we will experience God on His terms, not ours.

In “Receiving God’s love,” we should focus on our inner self, instead of trying to please others, and accept that we are all children of God. The truth is that no matter what we do or how hard we try, we will never be able to please everyone, every time, in every situation. In seeking to embark on “embracing ourselves, others and creation,” Byron Jones suggests we should imagine giving ourselves a great big hug (Yes, it may sound weird), but how often do we neglect ourselves? We pour into others and beat ourselves up at the same time. Therefore, we should stretch our imagination as we see ourselves hugging ourselves and others. One giant extending hug. The last part of the acronym refers to beginning the day with a positive mindset as we seek to “Welcome the new day or moment.” By doing this, we should endeavor to enter the new day with compassion and kindness, not only to others but to ourselves. Welcoming the day this way will fill us with gratitude, resulting in less time for complaints and unhappiness and more time to be in the moment with God.

I pray that you will intentionally set aside some BREW time to prepare for the new day the Lord has blessed you with. Amen.

AREA CHURCH LISTINGS

ASSEMBLY OF GOD

Foundation Church, Spencer
Rev. Nicholas Hanges, Senior Pastor
1410 W. 18th St.
712-262-6292
foundationspencer.com
• Sunday School K-12, 9 a.m.
• Sunday Prayer/Fellowship, 9 a.m.
• Sunday Worship, 10 a.m.
• Kids Church Sunday, 10 a.m.
• Wednesday All Ages, 6:30 p.m.

• Saturday Service, 4:30 p.m.
• Sunday Service, 11 a.m.
Livestreamed at:
spencersacredheart.com/onlinemass

CHURCH OF CHRIST

Trinity United Church of Christ, Hartley
140 N. Fifth Ave.
712-728-2889

CHURCH OF THE NAZARENE

Spencer Family Church, Spencer
Rev. Larry Neiderhiser
905 Fifth St. SW
712-262-7298
spencerfamilychurch.org
• Sunday Worship, 10:30 a.m.
• Sunday Kid’s Church, 10:30 a.m.
• Wednesday Life Group, 7 p.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Church of Jesus Christ of Latter-Day Saints, Spencer
1701 W. 11th St.
712-262-6172
• Sunday Sacrament Meeting, 10 a.m.
• Sunday School; Primary and Youth Meetings, 11:10 a.m.
• Sunday Men’s Priesthood Meeting and Women’s Relief Society, 12:10 p.m.

CONGREGATIONAL

Grace Congregational Church, Greenville
Rev. Tonna Parsons
• Sunday Worship, 10:30 a.m.

EPISCOPAL

The Way Station, Spencer
Rev. Beth Preston
120 W. Fourth St.
712-580-5463
revbethpreston@gmail.com
• Sunday Service, 3 p.m.

St. Alban’s Episcopal Church, Spirit Lake
Rev. Carolyn Tuttle
23rd and Zenith
712-336-1117
• Sunday Mass/Eucharist, 10 a.m.

All Saints Episcopal Church, Storm Lake
Rev. Stacey Gerhart
121 W. Marina Road
712-202-6624
• Sunday Eucharist, 10 a.m.

EVANGELICAL FREE

Riverside Evangelical Free Church, Linn Grove
• Sunday Worship, 9:30 a.m.

• Ignite: 6:30 p.m.
• Salt Youth: 7:15 p.m.

CrossWinds Church, Spencer
Campus Rev. Jordan Gowing
Rev. Dr. Kurt Trucksess
1900 Grand Ave, Suite A
712-584-3151
spencer@crosswinds.tv
• Sunday Worship, 8:30 a.m. and 10:15 a.m.

FIRST CHRISTIAN

First Christian Church, Spencer
(Disciples of Christ)
Pastor Interim
915 Fourth Ave. SW
712-262-2945
• Sunday Service, 9:30 a.m.
In-House and Facebook Live
• Wednesday Kids Sunday School: 4:30 p.m.

FIRST CONGREGATIONAL

First Congregational Church, Peterson
712-295-7150
• Sunday Worship, 8:45 a.m.
• Sunday School, 10 a.m.

First Congregational Church, Spencer
Rev. Shazzy Britz
1212 First Ave. W.
712-262-4392
• Worship, 10:30 a.m.
Livestream on YouTube

LUTHERAN

Hope Lutheran Church, Everly
Rev. Dan Taylor
206 N. Washington St.
712-834-2767
• Sunday Worship 10 a.m.
• Sunday School and Adult Education, 9 a.m.
Services livestreamed on YouTube at “Hope Lutheran Church — Everly, IA”

Lost Island Lutheran Church, Graettinger
Rev. Peter Morlock
• Sunday Service, 8:45 a.m.
• Fellowship, 9:45 a.m.
• Sunday School, 10 a.m.

St. Paul’s Evangelical Lutheran, Hartley
Rev. Christopher Nitzel
60 N. Central Ave.
712-728-2711
• Sunday Worship, 9 a.m.
• Sunday School 10 a.m.

• Fellowship, 10:30 a.m.
• Confirmation, 11 a.m.
• Choir Practice, 11 a.m.

Harbor of Joy Lutheran Church, Milford
Rev. Tim Voth
1204 L Ave.
712-338-2355
• Sunday Fellowship,

9:30 a.m.
• Sunday School, 8:30 a.m.
• Sunday Worship, 9:30 a.m.

First Lutheran Church, Milford
1525 Three Cross Road
Rev. Perry Aalgard, Senior Pastor
Rev. Brian Jack, Associate Pastor
712-338-4514
3cross.org
• Sunday Worship, 8:30 a.m. and 11 a.m.
• Sunday Fellowship, 9:30 a.m.
• Education/Sunday School, 9:45 a.m.

Bethlehem Lutheran Church, Royal
Rev. Dr. Mark F. Wilms
207 Church St.
712-933-2229
• Sunday Worship, 9:30 a.m.

Zion Lutheran Church, Ruthven
Rev. Eric Patten
• Sunday Service, 9:30 a.m.
• Sunday Fellowship, 10:30 a.m.

First Lutheran Church, Sioux Rapids
Rev. Tonna Parsons
• Sunday Worship, 9 a.m.

Bethany Lutheran Church-ELCA, Spencer
15 W. 14th St.
712-262-2327
bethluthspencer.com
• Worship, 9 a.m.

Christ the King Lutheran Church, Spencer
Rev. Michael McGinley
500 Fourth Ave. SW
712-262-2244
• Sunday Worship, 9 a.m.
• Bible Study and Sunday School, 10:30 a.m.
• Services on Facebook, 9 a.m.
Podcast” released Sundays

Faith Lutheran Church, Spencer
Rev. Ben Unseth
2912 Highway Blvd.
712-580-4316
• Sunday Worship, 9 a.m.
• Sunday School, 10:30 a.m.
Services are streamed on YouTube
flcspencer.org

First English Lutheran Church, Spencer
Rev. Paul Kaldahl
1311 E. 18th St.
712-262-5598
spencer-church.com
• Divine Worship, also broadcast on 1240 AM and 102.5 FM, 8 a.m.
• Fellowship, 9 a.m.
• Child care in the nursery, 9:15 a.m. to Noon

• Sunday School, 9:30 a.m.
• Bible Class, 9:40 a.m.
• Divine Worship, 10:45 a.m.
• Communion on first and third Sundays.
Services & Bible Class livestreamed via website

Riverview Terrace Chapel, Spencer
1501 St. Luke Drive
712-262-5932
• Sunday Worship, 10:45 a.m.

St. Luke Home and Services, Spencer
Rev. Perry DeGroot
1301 St. Luke Drive
712-262-5931
• St. Luke Lutheran Home Worship, 10 a.m.
• Riverview Terrace Worship, 10:45 a.m.

Trinity Lutheran Church, Spencer
Rev. Renae Behrends
900 11th Ave. W.
712-262-1287
• Sunday Worship, 9:30 a.m.

NONDENOMINATIONAL

Faith Community Church, Milford
805 Okoboji Ave.
Rev. Jennifer Hesebeck
faithcommunitymilford.com
fcc@milfordcomm.net
• Sunday Worship, 10:30 a.m.

The New Light of the Lakes Friends Church, Okoboji
• Sunday School, 9:30 a.m.
• Sunday Service, 10:30 a.m.
• Group Bible Study, 5 p.m.

Living Word Outreach Ministries, Spencer
Rev. Barb Dean, Lead Pastor
Rev. Mark Feauto, Associate Pastor
905 10th Ave SE
712-262-9545
livingwordspencer.org
• Sunday Worship, 10 a.m.
• Livestream id also available on the website, Facebook and YouTube.

River’s Edge Church, Spencer
Rev. Tim B. Frasher
Pastor Joseph Leggett
701 E. 18th St.
712-580-3013
• Sunday School, 9 a.m.
• Sunday Worship, 10 a.m.

Spirit Life Fellowship, Spirit Lake
Rev. Eric Holdeman
2504 Enterprise Ave.
712-336-0114
• Sunday School, 9 a.m.
• Sunday Worship, 10 a.m.

Maple Grove Church of God, Sutherland
Rev. Michael Hyde
• Sunday Worship, 9:30 a.m.
• Sunday Fellowship, 10:30 a.m.
• Sunday School, 11 a.m.

PENTECOSTAL

Faith Pentecostal Church, Spencer
1700 11th Ave. SW
712-262-3368
fpenspencer.com
Rev. Brad Wallace
Rev. Dale Hodges
• Sunday Worship, 10:30 a.m.
• Wednesday Bible Study, 6:30 p.m.

REFORMED

Good News Community Church, Okoboji
Rev. Brandon Morrow
1010 Julia St.
712-332-5698
• Sunday Worship Services, 9 a.m. and 10:45 a.m.
• Fellowship. 10:15 a.m.

Hope Church, Spencer
Pastor James Runcorn
919 Grand Ave.
712-262-3016
• Sunday Worship, 8:30 a.m., 10:45 a.m.
• Sunday School, 9:45 a.m.

SEVENTH DAY ADVENTIST

Seventh Day Adventist Church, Spencer
1910 10th Ave. E.
712-262-5766
• Saturday Sabbath School, 9:45 a.m.
• Saturday Worship, 11 a.m.

UNITED METHODIST

Calvary United Methodist Church, Arnolds Park
Rev. Chris St. Clair
209 N. Okoboji Grove Road
712-332-2447
• Saturday Worship, 6 p.m.
• Sunday Lakeshore Worship, 7:30 a.m.
• Sunday Worship, 9 a.m.

Dickens United Methodist Church, Dickens
Rev. Donna Gray
• Sunday Worship, 9 a.m.

United Methodist Church, Everly
Rev. Michael Eeten
301 N. Ocheyedan
712-834-2501
• Sunday Worship, 9 a.m.

Community United Methodist Church, Gillett Grove
Rev. Donna Gray
• Sunday Worship, 10:15 a.m.

United Methodist Church, Hartley
361 Eighth Ave.
712-928-2649
• Sunday Church School/Confirmation Classes, 9:30 a.m.
• Sunday Worship Service, 10:30 a.m.

United Methodist Church, Langdon
Rev. Chris St. Clair
• Sunday in-house and Facebook Live Worship, 11 a.m.

First United Church, Sioux Rapids
Rev. Dr. Mike Currier
Rev. Karen Currier
• Sunday Worship, 9:30 a.m.
Church of Christ, Spencer
Contact Jeff Cookinham
1304 St. Luke Drive
712-262-2294
• Sunday Worship, 10:30 a.m.
• Sunday Bible Study, 11:15 a.m.

First United Methodist Church, Peterson
Rev. Tyler Thomsen
103 E. Third St.
• Sunday Worship, 9:15 a.m.
• Sunday Fellowship, 10:15 a.m.
• Sunday School, 10:30 a.m.

First United Methodist Church, Royal
Rev. John Battern
408 Church St.
712-933-2489
• Sunday Worship, 9 a.m.

United Methodist Church, Ruthven
Rev. Kathy Kluis
• Sunday Worship, 9 a.m.

First United Church, Sioux Rapids
• Sunday Worship, 10 a.m.

Grace United Methodist Church, Spencer
Rev. Michael Slininger
311 Second Ave. W.
712-262-5970
• Sunday Worship, 9:30 a.m.

Zion United Methodist Church, Spencer
Rev. Michael Eeten
• Sunday School, 9:30 a.m.
• Sunday Worship, 10:45 a.m.

United Methodist Church, Terril
Rev. Terry Luiken
302 S. State St.
712-853-6549
• Sunday Worship, 10:30 a.m.

Trinity United Methodist Church, Webb
Rev. Kari A. Etherington
• Sunday Worship, 9:30 a.m.
• Fellowship, 10:30 a.m.

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