



The Proclaimer

Metolius Friends Community Church

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This past weekend, on June 25, 381 runners lined up to run 100 miles from Squaw Valley to Auburn, California on mountain trails. The Western States 100 Mile Endurance Run is one of the oldest ultra-marathons in the United States, and it actually began as a horse race. Gordy Ainsleigh entered this horse race in 1974, but his horse came up lame before the start, so he decided to run the race on foot. He finished in 23 hours and 42 minutes, ushering in the start of ultra-marathon racing.

For the 2016 race, a 26-year-old named Jim Walmsley, was looking to not only run his first 100-mile race, but break the record finishing time at Western States, which stands at 14 hours and 46 minutes. This equates to roughly 8 minutes and 51 seconds per mile for 100 miles! Not to mention running on trails through the mountains.

Walmsley started off his race amazingly, being on pace to shatter the course record only 16 miles in. For the first 60 miles of the race course he was flying, and on more than one occasion he would reach a check point/aid station where food and water were available and they wouldn't even be set up yet. No one was expecting him that fast. At mile 62 of the race each runner is allowed to run with someone else, a pacer. The pacer is there to help the runner in any way he or she might need it; conversation, food, encouragement, etc...

Roughly around mile 70 Walmsley was outrunning his pacer, he couldn't keep up. This is the way the story went (he just kept getting better) until mile 93. With only 7 miles left in this grueling race and on pace to set the new record Walmsley disappeared. For well over an hour nobody could find him. He had missed one of the last turns and ended up going a few miles off course. Finally, a crew of photographers found him laying down on the side of a road in 105-degree heat. He ended up finishing the race 4 hours later, having to walk the final miles.

Now, what does all this have to do with following Jesus? In 2 Timothy 4:6-8 Paul says this, "For I am already being poured out as a drink offering, and the time of my departure has come. I have fought the good fight, **I have finished the race**, I have kept the faith. Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that Day, and not only to me but also to all who have loved his appearing."

Friends, I encourage you to finish the race well. In Paul's context, finish your life here on Earth well. But, in the grand race there are many other races that we run. Maybe your race is getting through the week, finish it well. Maybe your race is a battle against a sin in your life, finish it well. Maybe your race is parenting your children, finish it well. Maybe your race is dealing with old age and some of the struggles that come with that, finish it well. Don't miss the last turn in your race and go off course. Keep your eyes fixed on Jesus, the author and perfecter of our faith, and you won't lose your way in the race you are running.

"May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light."

Colossians 1:11-12

youth group ACTIVITIES

YFC 4th of July Block Party — July 4 @ 5:30-10:30 p.m. at Madras Free Methodist Church

Leaders: Zak & Katrina Caldwell

Hotdogs, Hamburgers, Bouncy House, 12' Tall Water Slide, Yard Games, Fireworks.

Families are invited.

Youth Group — July 10 @ 6:30 p.m. at the home of Jim Struck

Leader: Jim Struck - - "Who am I and what am I worth?" Psalm 139:14

"Ride Along the Deschutes" — July 17 @ 2:00 p.m. in Bend

Leaders: Jadon & Audrey Ross

Renting bikes/surreys, walking around the Old Mill District, eating supper

Church will pay for rentals, kids will pay for supper

Youth Group — July 24 @ 6:30 p.m. at the home of Jim Struck

Leader: Jim Struck - - "Where did I come from?" Genesis 1:1; John 1:1-5

YFC Christmas In July Party — July 25

Leaders: Zak & Katrina Caldwell

More details to come...



1st - Karen O'Hara

7th - Mona Hardman

Michele Quinn

12th - Sandy Cloud

13th - Addison Martin

Trevor Martin

14th - Elijah Powell

16th - Angel Phillips

19th - Jim Struck

20th - Susie Messinger

21st - Margaret Drahn

25th - Mike Macy

26th - Barb Hutchins

Norm Winters

29th - Brenda Vigil

30th - Lilita Apgar

31st - Bob Bozarth

1st - Melvin & Rosalie Hoke

2nd - Jim & Barb Hutchins

9th - Gene & Naomi Smith

10th - Ray & Hilda

Stephens

11th - Ray & Betty Fretheim

18th - Kevin & Tanya

Canaday



Metolius Friends All Church Campout
August 26-27 at Walton Lake
Group Site 2, large area



You are invited to come and
enjoy an evening of Fellowship.

Wednesday, July 13th

6:00 p.m. Ice Cream Social,
hosted by the Missions Ministry Team

7:00 p.m. Guest Speaker, Elizabeth Todd
and Mister, our first DSA (Dog Serving Abroad)
will be here from Ramallah.



Congregational Meeting for Business
with Potluck Lunch

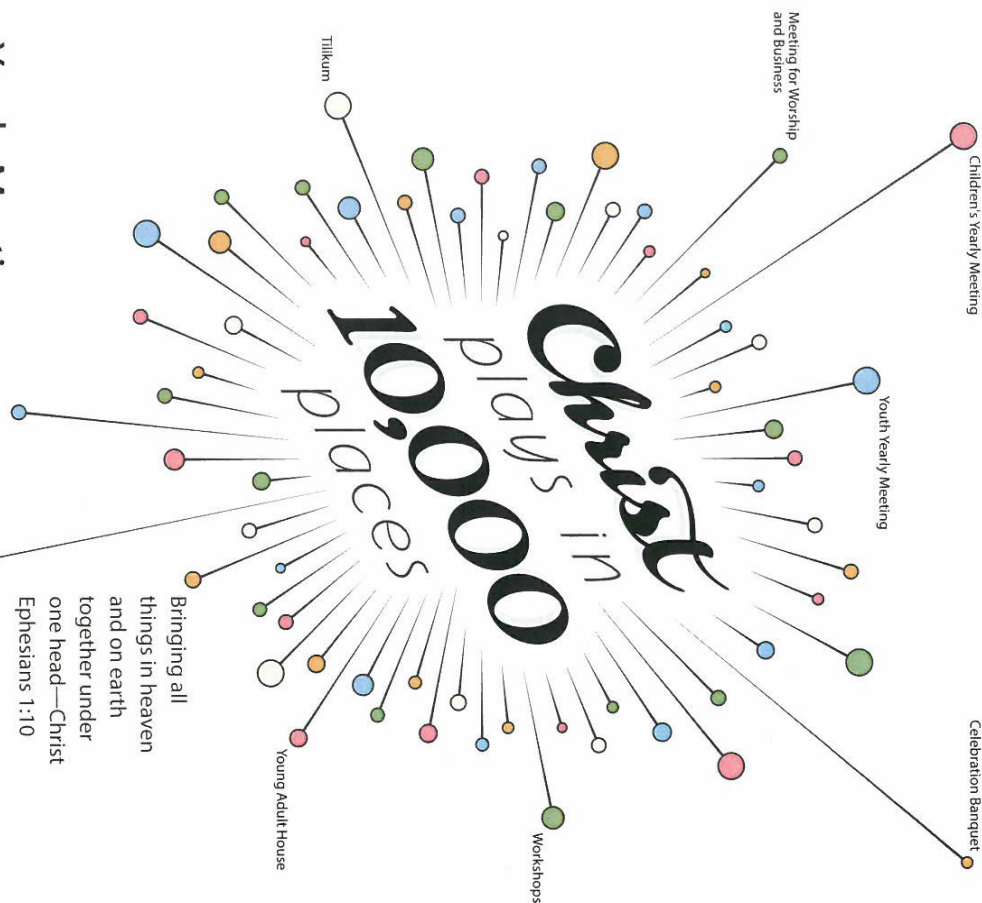
Sunday, July 10th. The Potluck will be at 12:15 and the
Meeting will begin at 1:00pm.

Please bring a main dish *and* a salad or dessert to share.

We are wrapping up our search for a Minister of Children's Programming. Currently one candidate has applied. If God leads them and the Church into joining our paths together, there will be a recommendation at our Business Meeting.

We invite everyone to stay for the Potluck and the Meeting.





Yearly Meeting Sessions

July 24-28, 2016

George Fox University,
Newberg Oregon
For more information visit:
nwfriends.org/ym-sessions



Dr. Miriam Adeney from Seattle Pacific University will be our evening speaker.

YEARLY MEETING 2016

Join us for a family reunion of **Friends** from around the **Northwest**!

All ages will gather Sunday, July 24 through Thursday, July 28, on the George Fox University campus in Newberg, OR. Whether you come for just a banquet, evening service, the closing celebration, or the whole week, plan now to make Friends and Yearly Meeting 2016 part of your summer activities!

View details and register online at www.nwfriends.org/ym-sessions

Sunday Evening, July 24

- Banquets for grade school-age and up
- Friends Men and Women Banquets
- Keynote address, 7 p.m.

Monday-Thursday, July 25-28

- Meetings for worship and business
- Challenging workshops
- MS Students will be learning about discernment using the Tilikum challenge course, and building community by staying on campus at GFU. HS Students will be meeting together for business sessions lead by youth officers, and participate in broader yearly meeting events in the afternoon and evening.
- Greenleaf Friends Academy Reception
- Dr. Miriam Adeney will be our speaker, she is an anthropologist, a missiologist, an author, and a professor at Seattle Pacific University. Her passions include global Christianity, gender, and preparing workers for cross-cultural living.

REGISTER ONLINE
www.nwfriends.org/ym-sessions

CLOSING CELEBRATION – Thursday, July 28, 5 p.m.

On Thursday evening the yearly meeting will gather to celebrate the ministry of Becky Ankeny as General Superintendent. Becky has served as General Superintendent of NWYM for the past four and a half years, where she ministered alongside pastors, churches and leaders of the yearly meeting. Newly recorded Ministers will be recognized during the service.

See the brochure at your church display table for schedule and workshop descriptions, or online at nwfriends.org/ym-sessions



JULY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 5:00 pm AA Meeting @ the church
						2
3 9:45 am Sunday School 10:45 am Worship 6:00 pm Bible Study	4 OFFICE IS CLOSED 	5 9:00 am Mom's Group @ the church 6:30 pm Bible Study @ Drahn's	6 4:30 pm Elder Ministry Team Meeting	7 9:00 am Coffee Fellowship @ the church 6:00 pm Community Kitchen	8 5:00 pm AA Meeting @ the church	9
10 9:45 am Sunday School 10:45 am Worship 12:00 pm Potluck and Meeting for Business 6:00 pm Bible Study 6:30 pm Youth Group At Jim Strucks	11 8:00 am Breakfast Fellowship @ Beetle Bailey	12 9:00 am Mom's Group @ the church 6:30 pm Bible Study @ Drahn's	13 6:00 pm Ice Cream Social 7:00 pm Elizabeth Todd From Ramallah	14 9:00 am Coffee Fellowship @ the church 6:00 pm Community Kitchen	15 5:00 pm AA Meeting @ the church	16
17 9:45 am Sunday School 10:45 am Worship 6:00 pm Bible Study 2:00 pm Youth Event "Ride Along the Deschutes"	18 8:00 am Breakfast Fellowship @ Beetle Bailey	19 9:00 am Mom's Group @ the church 6:30 pm Bible Study @ Drahn's	20 5:30 pm Women's Music in the Canyon 7:00 pm Stewardship Ministry Meeting	21 9:00 am Coffee Fellowship @ the church 6:00 pm Community Kitchen 7:00 pm Christian Ed Ministry Meeting	22 5:00 pm AA Meeting @ the church	23
Gordon & Teren's Vacation						
24 9:45 am Sunday School 10:45 am Worship 6:00 pm Bible Study 6:30 pm Youth Group At Jim Strucks	25 8:00 am Breakfast Fellowship @ Beetle Bailey	26 9:00 am Mom's Group @ the church 6:30 pm Bible Study @ Drahn's	27	28 9:00 am Coffee Fellowship @ the church 6:00 pm Community Kitchen	29 5:00 pm AA Meeting @ the church	30
Ross Family At YM Sessions						
31 9:45 am Sunday School 10:45 am Worship 6:00 pm Bible Study						

Come Worship with Friends



Now the Lord is the Spirit,
and where the
Spirit of the Lord is,
there is freedom.

2 Corinthians 3:17

Sunday

9:45 am Sunday School

10:45 am Morning Worship

6:00 pm Evening Bible Study

Metolius Friends Community Church
575 Hood Ave.
Metolius, OR 97741