



THE Canterburian

A *welcoming* Christian community building lives of faith and service for Jesus Christ through life-transforming worship, learning, and service.



The More and Better Life

"The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly." (John 10:10, NRSV)

Rev. Dale Cohen

SENIOR PASTOR

"The Spirit of the Lord is upon me because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor." (Luke 4:18-19, NRSV)

Theologians agree that there are two biblical passages where Jesus self-describes his purpose. If we want to know what Jesus is about, in the three short verses above, you have an accurate picture.

In the first passage, Jesus likened himself to a shepherd who lovingly cares for the sheep. The sheep respond to his commands because they know he has their best interest at heart. A thief, on the other hand, will attempt to lure the sheep away from safety. Far from the watchful eye of the good shepherd, he can steal them for his own. The thief robs us of our hopes and dreams and leaves us with a diminished life. Jesus, on the other hand, inspires our hopes and dreams and leads us into the abundant life.

In Eugene Petersen's translation of the Bible, he describes the abundant life as "the more and better life." This description illustrates there is always more life available to us, and a better life is always possible. At Canterbury, we hope to help people discover the more and better life Jesus frees us to live. And this is where the second passage offers us some guidance. When Jesus was first beginning his ministry, he returned to his hometown synagogue in Nazareth. He preached from the book of Isaiah. Part of the passage he chose highlights his mission where it says, "[God] has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free..." Jesus came to set us free to live the more and better life. We can't have it apart from Jesus for it is his love and grace that activates the more and better life.

Many of us settle for the false and diminished life the thief peddles as the best possible life. We fall prey to the lie that hedonistic pleasures can satisfy our souls. The shallow promises of money and power tempt us to pursue them as the means towards meaning and fulfillment. We put our trust in our social status and our beauty, only to learn the fleeting nature of both. The thief has nothing lasting to offer, so our hope dies, and our dreams lie in the dust.

My desire is for you to be able to see beyond the lies of the thief and into the eyes of our Savior. I want to point you to the more and better life that comes through following Jesus and listening to his voice. My wish is that you would grow in an ever-deepening relationship with God that fills your soul with joy and peace. My hope is that you and your family can experience the new life that comes when we turn our backs on the ways of this world and live as if the Kingdom of God has already come. My goal is to help you discover the more and better life Jesus frees us to live. What may I do for you today?

Dale

Dale Cohen, Senior Pastor

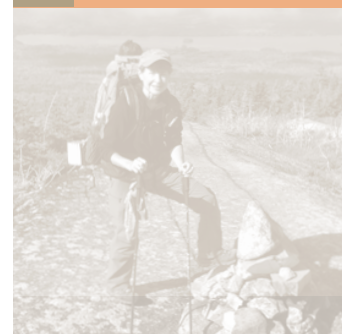
1 Sermon Series: Soul Keeping



2 AvonFest 2016



3 United Methodist Women





September 11-25

Join us this fall as we turn our focus inward, during our church-wide study on *soul keeping*.

It's been said that we are human beings, not human doings, but when we look at our over-packed schedules and endless to-do lists, our days are overwhelmingly filled with the "doing," leaving not much time for the "being."

"We spend so much time taking care of everyone else, taking care of our job, taking care of our house, and we may even take some time to take care of our body, but there's danger of not taking any time to take care of our soul," says Senior Pastor Dale Cohen. *"But more so than our family, our job, or our home, the ultimate expression of who we are is our soul. So instead of it getting the least amount of our attention, we want to help people consider ways they can tend to their soul so that they have more energy, more creativity, and more capacity to take care of everything else."*

"September is a busy time. We are in full swing at work and the kids are back in school and playing sports in all directions. It often feels like when we leave the office on Friday, we are going, going until we clock back in on Monday morning," says Associate Pastor Drew Clayton. *"How and when do we find the time to take care of ourselves?"*

Beginning September 11, through the series "Soul Keeping" we'll spend three Sunday mornings focusing on getting ourselves equipped to tend to our interior lives. "We're going to be doing something

almost countercultural as we look at our lives that are so easily overwhelmed and redefine what is the most important part," says Drew.

Using John Ortberg's book, *Soul Keeping*, as our base, throughout the series we'll explore questions such as:

WHAT IS A SOUL?

In prayers and songs we often reference the soul, but do we really understand what is a soul? Author John Ortberg quotes philosopher Dallas Willard, "Your soul is not just something that lives on after your body dies. It's the most important thing about you. It is your life."

WHY ARE WE SOUL-CHALLENGED?

John writes, "Somebody said a long time ago that if the Devil can't make you sin, he will make you busy, because either way your soul will shrivel." He adds, "The busy soul gets attached to the wrong things. We mistake our clutter for life." And that, "there is a difference between being busy and being hurried, Jesus was often busy, but never hurried."

WHAT DOES YOUR SOUL NEED?

Like the rest of our body, our soul needs certain things to be fully nourished. John writes that it is "the nature of the soul to need" things like rest, being with God, and gratitude. "When you are connected with God and other people in your life, you have a healthy soul."

WHAT CAN WE DO TO NOT ONLY RESTORE OUR SOUL, BUT ALSO HAVE IT THRIVE?

"This is going to be a how-to series," says Dale. "We know that none of us needs a laundry list of what we have to do, but we do need simple solutions that will have big impact. We'll be offering practical steps to help people deal with a 21st century life while nurturing an eternal soul."

"Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life."

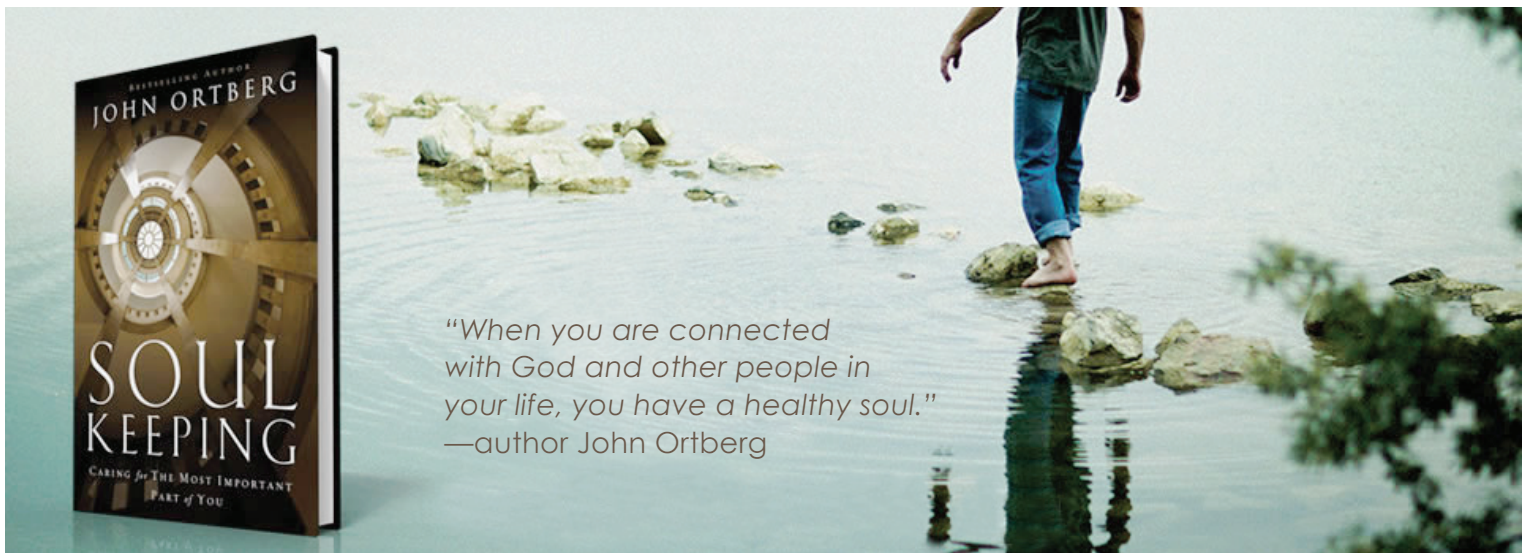
—Philosopher and Author Dallas Willard, from the book *Soul Keeping*

Continuing the Conversation...

We encourage you to dive even deeper into this subject through additional study and discussion. John Ortberg's book, *Soul Keeping*, is available in Canterbury's Resource Center or through most major booksellers. Read and reflect on his writings. Join the Wednesday night discussion with Drew and Tori Hastings. Encourage your Sunday School class or other small groups to make this their study focus. Be in conversation with your friends and family. Talk to the Canterbury staff about where you are in your walk with God. Invest this time in yourself; you—and your soul—will be glad you did.

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"One of the greatest gifts we can give the world is for us to show up fully alive wherever we are," says Drew. "This is so crucial at the juncture of personal spirituality and changing the world. Just imagine a church of 4,000 people thriving spiritually individually—then imagine what's possible when we all come together to make a difference!" ■



"When you are connected with God and other people in your life, you have a healthy soul."
—author John Ortberg

2 AvonFest 2016



**SUNDAY,
SEPTEMBER 11
5:30 - 7:30**

Cahaba Brewing Company
4500 5th Ave South Building C,
Birmingham 35222

\$50 donation
(includes all food and beverages)



Mark your calendars for Sunday,
September 11 to come enjoy a fun evening
supporting our partner ministry,
Avondale Samaritan Place.

“Avondale Samaritan Place is our church's most intentional effort to provide outreach in the Birmingham community,” says Ralph Yeilding. “This annual fundraiser gives us an opportunity to shine a spotlight on the ministries ASP operates and to lift them up to the congregation in an extremely fun way.”

Throughout the AvonFest event you'll have the opportunity to:

- dine on delicious eats from local food trucks such as Eugene's Hot Chicken, Taco Morro Loco, and Steel City Pops;
- enjoy non-alcoholic beverages and craft beers by Cahaba Brewing Company, including our very own special John Wesley Barley Brew;
- bid on the close to 70 amazing items donated for the silent auction, including vacation rentals, family excursions like horseback riding and fishing, and a gourmet dinner for 10 prepared and served in your own home;

- take your chance in the wine pull, where a \$20 donation might just get you a very high-end bottle of wine; and
- learn how your family can sponsor one of the 30 families participating in the Food Ministry Co-op for just \$150 a year.

All money raised from AvonFest directly supports the various ministries of Avondale Samaritan Place, including its Food Ministry Co-op, Beeson Lunch Bunch, Car-

penter's Hands, Wellness Wednesdays, Books, BBQ, and Basketball, and Yard Works Ministry. "From the stories we hear, we know how we're affecting lives," says Ralph. "So even if you can't come to the event, consider purchasing a ticket as a donation. It's important for us to get outside our bubble and beyond our tribe to understand the struggles in other people's lives and to try to be a light. Through our ministries we help them, but invariably, they shine back on us in unexpected ways." ■



"My favorite part of being involved at ASP is helping aid other families that need help. I came to ASP for the first time after losing my job four years ago. Being surrounded by love and respect at ASP has helped me gain my self-esteem back.

—Pamela, Food Co-op Client



"Samaritan Place means getting together and fellowshiping and enjoying people in the neighborhood that I would otherwise usually pass and not say anything to. This place has brought us closer together as friends and as a neighborhood. Also, I don't have to worry about food anymore and I know my kids will eat. I thank God for Samaritan Place every day."

—Lonza, Yard Works Ministry Supervisor and Food Co-op Client



"At ASP, we are all one BIG different background, different colored, different family situation GLORIOUS FAMILY collectively put together as one. Visit us sometime and you will be blessed!"

—Julia, ASP volunteer



"Every Monday I look forward to seeing my friends at ASP whom I would never have met otherwise. We greet each other with smiles, hugs, and a big "Hello!" After our work is complete, the morning ends in fellowship and prayer. What better way to start your week!"

—Shaun, ASP volunteer

"Samaritan Place is special to me because I like helping older people, and in return it helps me because I am raising three grandkids with no help but family. And, without the food we receive I don't know where we would be. I am truly thankful to be a part of Samaritan Place."

—Willa Mae, ASP client and volunteer

SAVE THE DATE: Sunday, October 9 from 12-2:30 p.m., our 6th **annual Day of Service in Avondale!** Join us for a picnic lunch and then head out to serve! Register @ www.canterburyumc.org/service today! Projects for all ages! It's going to be a great day!! Contact Rachel Estes at rachel.estes@canterburyumc.org.



Cathey Leach (shown here) will share her "incredible journey of the heart and feet" hiking the entire Appalachian Trail when she joins us next month at the UMW Kickoff Coffee. All members, guests and visitors are welcome to come meet Cathey and hear of the spiritual experiences and life lessons she learned during her time hiking the trail. Please join us in Wesley Hall on September 12 at 10:30 am.

Calling all women!

Come join Canterbury's UMW as they kick off a new year of study, fellowship, and outreach.

“We want you to be a part of UMW,” says UMW President Clayton Walton. “The connections we make as United Methodist Women give us the power and confidence to work together and really make a difference in the lives of women and children here in Birmingham, and around the world.”

THREE EASY WAYS TO GET INVOLVED:

Attend a General Meeting

Canterbury's UMW hosts three general meetings throughout the year: the September Kick-off, the December Christmas Coffee, and the Spring Special Recognition Luncheon. These meetings are fun times when all of the circles come together for conversation, music, and a speaker. All are welcome, so it's also a great time for those not currently involved to come and not only spend time with other women at Canterbury but also learn more about the organization.

This September's meeting promises to be an inspiring time as we welcome special guest speaker, Cathey Leach. As part of a group of four women, this retired kindergarten teacher—and wife of a Methodist Minister—has backpacked national parks across the country, including the entire Appalachian Trail. She'll share with us her stories of how she's been transformed through the spiritual experiences of this "incredible journey of the heart and feet."

Join a monthly circle

With the addition of three new circles starting this fall, Canterbury's 11 circles offer opportunities for women at every age and stage of life. "We want everyone to know there is a place for them in UMW," says Clayton. "I'm so excited for us to be starting these new circles for teens, college women, and young adults, and to continue to offer a place for all women to participate. UMW is a very doable commitment that provides such a great opportunity to come together with other women within your church family."

Teen Circle: "This is place where these girls can gain confidence in who they are and what they believe, helping them make the right decisions based on their confidence and relationship with the Lord," says Clayton. The group will gather one Sunday a month, prior to MYF to host speakers, do outreach projects, and enjoy Christian-based fellowship.

College Circle: "We're so excited to give college girls a home base in the church and a group to belong to that is positive," says Clayton.

In 2016, Canterbury's UMW has given over \$28,000 to 18 different mission organizations.

Young Adult Circle: "The twenties is a big transition stage with lots of new beginnings, whether through location, work, or relationships," says Clayton. "We hope that this can be a group that can help and support each other in their journeys."



Contact Clayton at clayton.walton@canterburyumc.org for more information on the three new circles and find a full list of all 11 circles, including contacts and meeting info, at www.canterburyumc.org/umw.

Support UMW Fundraising

In 2016, Canterbury's UMW has given over \$28,000 to 18 different mission organizations, from our own children's ministries and Panama initiatives to close to 40 scholarships for kids to attend summer camps and activities such as Camp Sumatanga and Operation Classroom. They are only able to do this thanks to your support of their two big fundraisers, the Holiday Cheese Ball Sale and the Tea & Tablescape event in the spring. Watch for more information on both! The UMW also always welcomes donations; contact

Clayton at clayton.walton@canterburyumc.org for more information.

UMW DATES TO NOTE

Sunday, September 11

(UMW Sunday)

Visit the UMW displays along the Commons Hallway. Members of each circle will be there sharing information about their group and its activities. Also look for women wearing the green and gold ribbons and ask them why they love UMW!

Monday, September 12

UMW Kickoff Coffee & General Meeting
10:30 a.m. in Wesley Hall

Guest Speaker Cathey Leach, "Hiking the Appalachian Trail"

All women are invited!

Throughout September

Monthly Circle Meetings

See list at visit www.canterburyumc.org/umw for specific locations and times.

Come join us! New members are always welcome! ■



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Birmingham, Alabama 35213-0699

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205.871.4695
www.CanterburyUMC.org

DIRECTIONS

Off Highway 280, at Brookwood Mall, take
Mountain Brook Parkway east to Overbrook
Road and turn left.

MINISTERS

[Rev. Dale Cohen](#) [Rev. Warren Nash](#)
[Rev. Sam Williamson](#) [Rev. Drew Clayton](#)
[Rev. Sheryl Thornton](#) [Rev. Tori Hastings](#)

ADDRESS SERVICE REQUESTED



GET THE OUTREACH NEWS AND OPPORTUNITIES SENT RIGHT TO YOU

To stay up-to-date on outreach needs, projects and hopes please "like" Canterbury Outreach Facebook page and sign up for the monthly outreach newsletter through the website at www.canterburyumc.org/newsletters.

