

COMMON GROUND

Newsletter of United Campus Ministry
P. O. Box 750118, Fairbanks, AK 99775
(907) 474-7804

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Longing for Light

Psalms 27:1 The Lord is my light and my salvation; whom shall I fear?

This morning I was listening to the radio and on the CBS Health Minute it talked about "Some Sort of Blues." I can't remember the name but that is not important but the gist of these blues was that you did not feel like doing anything. The cause for this is a lack of sunlight. I am not sure why they did not refer to this as SAD (Seasonal Affective Disorder) possibly because it is not as severe. Their remedies were to make the lights in your home as bright as you safely can. They also recommended taking a walk five times a week in order to get out and enjoy the sun even if it has to shine through the clouds. I believe that not only is the sunlight good for us but also the walk gets our blood flowing, the breeze refreshes our soul, and doing something positive helps us to feel better about ourselves. The report went on to say that on your walk you should not look down but walk with your head up looking forward.

As Alaskans we are all aware of what a lack of sunlight does to your system. When we were in California in January it was very easy to wake to the sun shining through our hotel window. It was quite the shock to my system to come back to the cold and the sun rising at 10:30.

In our spiritual lives sometimes we experience this same darkness. Sometimes it is because of sin, sometimes because of tragedy, and sometimes because of an inexplicable dryness that creeps over us.

I believe there are several ways to overcome this darkness in our lives. First, change the lights in your house (your own spiritual house I mean). If you are not praying set up a regular prayer time. If your prayer time is dry, change it around. If you write down your prayers, start just saying what comes to mind. If you just pray randomly, write down your prayer request and see if it doesn't help you to stay more focused. If you are not reading your Bible, read through the gospels (Matthew, Mark, Luke, and John). If you are reading your Bible, but it is not seeming to hit home with you, there are lots of great Christian books to read. I have been greatly blessed by several Christian books that have reawakened my heart and helped me to reconnect with God. I have several in my office including Max Lucado's "In the Eye of the Storm," Phillip Yancy's "What's So Amazing About Grace," and Millard Fuller's "The Theology of the Hammer". I would be happy to loan you these books as well as others I have in my office.

It is also important to get out and enjoy the Sonlight of fellowship. If you have not been to Vespers or Dinner & Bible Study or church in a while I encourage you to get up and do it. Christ has called the body of believers to be a light. But the light of fellowship can't shine on you unless you are that light feeling the warmth that good fellowship can bring.

Finally, walk with your head up and your eyes wide open. See the beauty of the sun, the snow as it melts, and the mountains. Look for the love, the kindness, and the compassion in our world. God is closer than you think. Open your heart, your soul, and your eyes and let Him fill you with His amazing light. John 8:12 "Then Jesus again spoke to them, saying, 'I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of Life.'"

*David

WEEKLY EVENTS

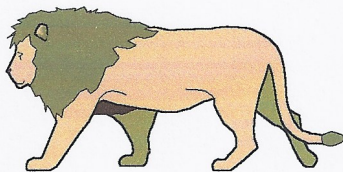
MONDAY: "Ra-Mon-Day"--Have a free Burrito lunch with friends in the UCM office (306 Constitution Hall)
Drop in anytime between 11:30 and 1:30 pm

MONDAY : Music Practice -- Come to the office at 1:30 pm to sing, play guitar or just listen as we practice the music for Tuesday's Vespers service.

TUESDAY : Vespers -- A casual worship service, Upper Lola Tilly Commons, 7:30 pm

THURSDAY: Dinner & Bible Study -- At 5:30 pm we meet at the office and go to the home of David Moore for a great home cooked meal and a casual bible study.

SUNDAY: Leadership -- Open to anyone interested in planning UCM activities and willing to make a commitment to leadership. UCM office @ 3pm



**"March comes in like a Lion,
and goes out like a Lamb."**



SPECIAL UPCOMING EVENTS

Game Night: On **March 29th** we will meet at the **office** at **7pm** and caravan to **First Methodist Church** for another evening of fun, fellowship and games. Please bring games, and some sort of snack or drink to share.

Annual Dinner: On **April 14th** we will have our Annual Dinner at **University Community Presbyterian Church**. We will meet at **4pm** at **UCPC** to prepare the meal for our donors. We will eat shortly after 6pm. The evening will include a slide show, singing and a review of the year. It is great fun and I hope that you can make it.

Intramural Football: If you are interested in playing it is not too late to sign up and enjoy the action. Games will be played on **Sunday Nights** beginning **March 24th**.