

Common Ground

Newsletter of United Campus Ministry P.O. Box 750118, Fairbanks, AK 99775 (907) 474-7804 /
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Relax, Rest and Renew!!!

By David Moore

The following is an e-mail I received from a friend:

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 8 oz. to 20 oz. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. "If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance."

"In each case, it's the same weight, but the longer I hold it, the heavier it becomes." He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work/life down. Don't carry it home. You can pick it up tomorrow."

"Whatever burdens you're carrying now, let them down for a moment if you can. Relax; pick them up later after you've rested. Life is short. Enjoy!"

God gave us the Sabbath as a means to provide us rest and a time to seriously reconnect with God. I know that there is a lot to do and I believe it is very important to work hard. But, it is also essential to stay rested so that the quality of your work is excellent. It is also critical to stay connected to God. There may be time

when you feel as if you can carry the load on your own but some day the storm will

come and the rain will fall and the only foundation that will hold you steady will be our Father in Heaven. Take time, make time, to rest, reconnect, and renew your commitment to Christ daily.

Peace,
David

Introduction & Testimony **by Sheila DesRivieres**

Hi! My name is Sheila and I am the new administrative assistant for United Campus Ministry. I came all the way from Michigan with my husband and we are enjoying every minute of being in Alaska! I figured I should tell a little bit about myself and how I became a Christian. To my benefit, all my life I was raised going to church. However, I did not accept Jesus Christ as my Savior until the age of 13. Our church was having a revival service and I was sitting in the back pews with the rest of the youth of our church. All of the sudden I felt something grab my heart and tears started gathering in my eyes. I couldn't figure out where all this emotion was coming from. I then felt a push forward and realized it was God calling me to accept him into my heart. I grabbed my friend Jessica and we went to the front of the church and it was after I was baptized a week later I began my spiritual journey. I thought that after becoming a Christian and being baptized that everything in my life would go smoothly from then on. Of course this was not what happened. Over the years I have found that I probably have even more challenges in my life because I am a Christian. However, if I depend on God to help me through I know that I can easily overcome them. Moving away from my family and to Alaska was a very difficult transition for me, but through much prayer I was able to find a great spiritual group in UCM and I am so thankful to be here! I am looking forward to meeting everyone at UCM and having a great year!

Upcoming United Campus Ministry Events

Vespers

We meet Tuesdays at 7:30pm in the lounge above Lola Tilly to participate in an 'Evening of Worship.' Come join us for singing, prayer, a message, and time with friends!

Bible Study

Thursdays from 1-1:50pm we meet in the lounge above Lola Tilly for a mid-week Bible Study. We will be discussing the Old Testament book of Nehemiah throughout this semester. Come study with us this great book full of struggles and victories in the Lord. Snacks will be provided, feel free to bring your lunch.

Music Ministry

If you play an instrument or like to sing, come join us on Mondays. We will meet at 4pm Monday afternoon in the UCM office to play through songs for Tuesday Evening Worship. If you would like to be involved but cannot make this time let David know.

Fall Fundraiser Dinner

Saturday, October 13th, is our annual Fundraiser Dinner. We will meet at the UCM office at 5:30pm and head to the Fairbanks Princess Lodge. Join us for a sit down dinner and entertainment in the Jade Room. The evening will include singing, a slideshow, student testimonies, and door prizes. If you have any questions feel free to contact the UCM office about this event. Come join us for an evening of fun.