

# THE MESSENGER

Main Street United Methodist Church

**MAKING DISCIPLES OF JESUS CHRIST FOR THE TRANSFORMATION OF THE WORLD**  
by reaching out with a warm heart and making a difference

AUGUST 2020

## FLATTEN THE CURVE OF FEAR



Greetings to you in the Name of Jesus Christ our Lord and only Savior!

Let us be honest, the current global pandemic ravaging the world has somewhat raised the curve of fear. Men and women, old and young, the rich and the poor, clerics and laity, employers and employees, developed and developing countries, Christians and non-Christians—everyone—one way or the other expresses

certain degrees of fear. This virus has created and heightened various fears in peoples of nations—fear of the unknown, fear of death, fear of when the novel Corona virus will fizzle out of human space, etc.

At one end of the fear spectrum are the likes of men of Ephraim (Psalm 78:9)—those who are adequately equipped to conquer fear but give in to it anyway. At the other end of the fear spectrum are the likes of David (Psalm 56:3)—those who acknowledge their fear but put their trust in God. In the middle of the spectrum of fear are the likes of Elisha's servant or minister (2 Kings 6:15-16 not Gehazi)—these are persons who fear and panic at the slightest rustle but who are easily influenced by faith-based persons or circumstances and as a result overcome fear.

Various professionals and leaders such as politicians, physicians, college professors, epidemiologists, immunologists, and so forth have proffered various means to flatten the epidemic curve. Indeed, some countries and states have flattened the coronavirus curve and slow down the spread of the virus, while many countries and states are experiencing peak. Residents of these various places are not immune to fear. Yet, fear, they say, kills faster than ballistic missile.

In Psalm 56, David, who killed a lion, a bear, and Goliath did not pretend to not be afraid when his life was in danger. The title of the psalm says it all—it was a time “When the Philistines had seized him in Gath” (see 1 Samuel 21:12-15). David faced non-stop life-threatening attacks from multiple enemies. David's foes severally twist his words, set traps for him, and attempted ambushes against him. The onslaught as well as the perpetrators were violent. David acknowledged his fear, but

amidst his fear, he employed spiritual strategy to flatten the curve of his fear.

So what does this have to do with us? How did David flatten the curve of fear?

First, David acknowledged his fear and put his trust in God. “When I am afraid, I will trust in you” (Ps. 56:3). What makes the difference between David's spectrum of fear and the men of Ephraim (above) is the response. It is no shame to acknowledge the presence of fear and immediately respond with a total trust in God for salvation. It is a healthy posture of a faith-full Christian. However, it is unbiblical to remain perpetually fearful; and it is hypocritical to be afraid and deny it. If you are afraid, acknowledge it but don't let it hold you down—overcome it with a daring trust (faith) in God.

Second, David feasted on God's word. “In God, whose word I praise, in God I trust; I will not be afraid... In God, whose word I praise, in the LORD, whose word I praise” (Ps. 56:4,10). These words are not mere repetitions, they signify constancy, frequency, and resolution. Like David, when you and I are afraid and we choose to feast on God's word by praising Him in songs, psalms, hymns, musical instruments, etc., we will flatten the curve of our fears and dislodge the enemy. Singing God's word amidst fearful situation like covid-19 boosts faith.

Third, David called for help. “Then my enemies will turn back when I call for help” (Ps. 56:9). You and I are helpless without God. Apparently, with the recent rise in the number of confirmed cases of coronavirus and death tolls, it is evident that while science is good and important, it is not the answer to all human problems. God is the answer. God can change any unwanted situation, give us beauty instead of ashes, and clothe us with garment of praise instead of a spirit of despair. But we need to call on Him for help.

Keep in mind, though, this admonition to flatten the curve of fear is not an exchange for social distancing and other everyday preventive actions. Fear is not a preventive action. Fear is a powerful weapon in Satan's arsenal. It is destructive to your body, mind, and spirit. Stop living in fear because it is slavish. Reject it today and start walking in the abundant freedom, faith, and trust in God and His word. Fear fears faith! Dare to flatten the curve of fear now!

Rev. Dr. Samuel A. Odubena  
Pastor, Main Street UMC



## STAFF @ Main Street UMC

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PRESCHOOL STAFF  
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Director

RHONDA BUTZIN  
KOLEEN MURPHY



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Main Street United Methodist  
Church, Peru



*“As each has received a gift, use it to serve one another, as good stewards of God's varied grace.”*

1 Peter 4:10 ESV

*The article below appeared in the Kokomo Tribune July 23, written by Carson Gerber. Jason and Denise Gornto are members of Main Street United Methodist Church.*

### Keep Cahhlm, carry on: Peru teachers create handheld device for anxiety

PERU – Jason Gornto, the choir teacher at Peru High School, said three years ago a student was having an anxiety attack in his classroom.

He was holding a warm coffee mug at the time, and he knew holding a warm object could help his student through her attack. But he didn't want to hand it to her and draw more attention to the situation.

“That led me to do some research about what I could get to have in my classroom to help students like this,” Gornto said. “Nothing existed.”

Fast forward to today, and something does exist. It's called the Cahhlm Disc, and it was invented by Gornto and his wife, who is an English teacher at Peru schools.

Earlier this month, the two launched a website and started selling their new device to help students, or anyone else, who suffers from diagnosed anxiety disorders or just day-to-day stress.

The circular device is a little smaller than the palm of a hand, where it fits snugly and discreetly. Inside are discs that can be warmed or cooled. The

outside of the device has surfaces that are smooth, rough, hard and soft, creating different tactile sensations that calm the holder.

The disc even has a special area where users can add a scent to create the effects of aromatherapy, which many find helps soothe anxiety and stress.

Today, the device is trademarked, patented and being sold online. Gornto said he and his wife assembled the first round of devices themselves, but a manufacturer in Elkhart will be making the discs in the future.

But, Gornto said, it took three years of painstaking research and development to turn his ah-ha idea into an actual product.

He said he and his wife spent about two years coming up with a design they liked. Another teacher in Peru, who had access to a 3-D printing machine, helped create some of the first prototypes of the device.

Then they took those prototypes to SHAK Makerspace in Kokomo, where a designer helped engineer and print the first working Cahhlm Discs. (cont. pg 3)

## AUGUST *birthdays*

Masyn McGuire	08/01
Anastasia Spahr	08/01
Sawyer Collie	08/02
Joan Guyer	08/02
Susan Jordan	08/02
Rosemary Rice	08/04
Barbara J Conner	08/05
Ella Pennington	08/06
Ann Hubbard	08/10

Jerry Garber	08/12
Wm. Roger Powers jr.	08/14
Robert Rohde	08/14
Rowynn Hall	08/15
Larry Jordan	08/15
Barbara A. Conner	08/18
Sarah Kotterman	08/18
Penelope Smith	08/19
David Swihart	08/19

Richard Galvin	08/20
Michael McMinn	08/21
Jennifer Hoover	08/23
Kim Brown	08/25
Rohnda Butzin	08/26
David Carswell	08/27
Arch Wiltshire	08/29
Elsie Walters	08/31
Marcia Worland	08/31



Cassandra Blong has been active at Main Street for years. She routinely serves as an acolyte and has been a liturgist on Youth Sunday. Just last month, Cassandra was among the 10 youth confirmed and received into membership through her Profession of Faith. It was a big day for the Blong family as her brothers, Kamon and Tobin also were confirmed.

As an active member of Main Street's Youth Group, she enjoys the friendships she's made and all of the fun activities. Her favorite activity was Camp Crosley.

This soon-to-be 12-year old has an interesting life. One thing you might not know about Cassandra is that she loves to

collect coins. In her free time she enjoys visiting coin stores and when asked if she could go anywhere where would she go? Her answer, "To coin stores."

In addition to coin collecting, Cassandra enjoys hiking and has done some traveling. Her trip to the Grand Canyon was her favorite so far. The 20-mile round-trip hike on the Brite Angel Trail was challenging and exciting.

This sixth-grade, Blair Pointe student lives life to the fullest. What a blessing it is to have Cassandras as part of our church family.

(cont. from pg 2)

Gornto said they spent the next year handing out their prototypes to school counselors from districts all over the area, who passed them along to students who had diagnosed anxiety disorders to see what kind of response they got.

And the response was positive. Gornto said many students who used the device came back to the counselors again and again to use the disc when they were struggling with anxiety or stress.

"It's really, really effective," he said. "The research we did with the counselors, and the people who used them with diagnosed anxiety disorders, has been really promising. People say it's helped them a lot."

From there, Gornto worked with the Indiana University School of Law to patent the device, and then received tips and advice from the Ball State Entrepreneurship Program on how to market and sell the product.

"It's been like this whole team effort between the schools and SHAK and everyone else to get this product from an idea in my head to, three years down the road, thousands of devices ready to sell and help people," he said.

And it couldn't have come at a more appropriate time. Gornto

said with the COVID-19 outbreak, many people are feeling anxious and stressed. He said he hopes the new device can offer some relief.

"We've been working on this for three years, but I think particularly right now, a lot of people are experiencing stress and anxiety over what's happening in the world with coronavirus. It's taken a long time to get here, but I think the timing will really be helpful for people."

The Cahlm Disc has been on the market now for nearly two weeks, and sales have been promising, Gornto said.

But although he may be starting a business to make a profit, the real goal is to help people like his former student who live with anxiety and a constant threat of panic attacks, Gornto said.

"Everyone I know that has experienced anxiety or stress or even a fear of public speaking – anyone that I've shown it to – has really been engaged with it and excited to buy one," he said.

More information about the product can be found at [www.cahhlmdisc.com](http://www.cahhlmdisc.com).

*Carson Gerber is a reporter for the Kokomo Tribune and can be reached at 765-854-6739, [carson.gerber@kokomotribune.com](mailto:carson.gerber@kokomotribune.com) or on Twitter @carsongerber1.*

# Starting in September

## ALPHA & OMEGA

*A monthly prophetic prayer gathering*

- Do you need a touch from God?
- Do you hunger and thirst for more of God's enabling grace?
- Do you believe in the power of prevailing prayer?
- Do you believe in the saving, healing, delivering, and restoring power of His resurrection?
- Do you believe that God – the Alpha & Omega wants you to triumph daily through Jesus Christ?

**Then join us online (Facebook and YouTube) and experience the**

### **Joy of *Believing Prayer***

#### **WHEN?**

**The first day of each month from 6 a.m. - 7 a.m.**

Alpha & Omega is a monthly prophetic prayer gathering with the sole purpose of touching heaven and changing lives in our community by the manifest power of the almighty God.

It is a vision borne out of the need to enthrone Jesus consciously through intercession over our lives, our ministries, our families, our country, and the different nations of the world for the manifestation of God's will and blessing as we go into each month.

You are cordially invited to participate in this monthly event. Be part of this great move of God. Amazing time awaits us as we stand in the gap to seek God's face **every first day of the month.**

Rev. Dr. Samuel Odubena

(859) 553-5534 for the Convener



### **VERSES to put to memory**

Week 1 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." ~ Isaiah 41:10

Week 2. "When I am afraid, I put my trust in you." ~ Psalm 56:3

Week 3 "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." ~ Psalm 23:4

Week 4 "Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid." ~ John 14:27

### **COVID update**

We will continue to have only the 9 am service August 2 and 9. There are tentative plans to begin two services, 9 a.m and 10:30 a.m., again on August 16 if conditions are agreeable. If you have any questions or concerns contact the office at 765-472-3323. Until you are comfortable joining us for in-person services, you can worship online with Main Street in the following ways:

Facebook: Search for Main Street United Methodist Church, Peru

You Tube: Search for Main Street Calendar

Website: <http://www.perumainstreet.com>

As a reminder, there is on one service during the month of July and it begins at 9 a.m. Sunday School follows immediately.