

Prayer Requests

January 19, 2024

Short Term

Marshall Duke • Dustin • Patty Kendrick • Anthony Smith • Bill Matthews •
Carrie Woodard, sister of Savannah McClure

Long Term

Family of Linda Adams • Family of Diane Allen, sister of Kelli Sander • Family of
(Charles) Sy Symonds, the Bjork and Symonds • Family of Claire Brainin • Family of
Eunice Bruhjell, sister of Pat Koskenin • Family of David Campbell • Family of Emma
Dooley • Family of Nancy Ewald, sister of Robert Rhoads • Family of Estee Goree •
Family of Hayward Hosch, Jr • Family of Vanod Brown Luna • Family of Molly Mul-
lins • Family of Sarah Reynolds • Family of Ric Scripps • Russ Sims, son of Annette
Woodward • Family of Sue Stockard • Family of Bill Strother • Family of Katherine
Werner • Family of Virginia Wiley • Family of Martha Woodard, mother of Savannah
McClure • Family of Sammie Woolum

Continued prayers for those that wish to remain anonymous or have an unspoken need.

Let us know how we can pray for you.

Name: _____

Email: _____

Phone: _____

Prayer need:

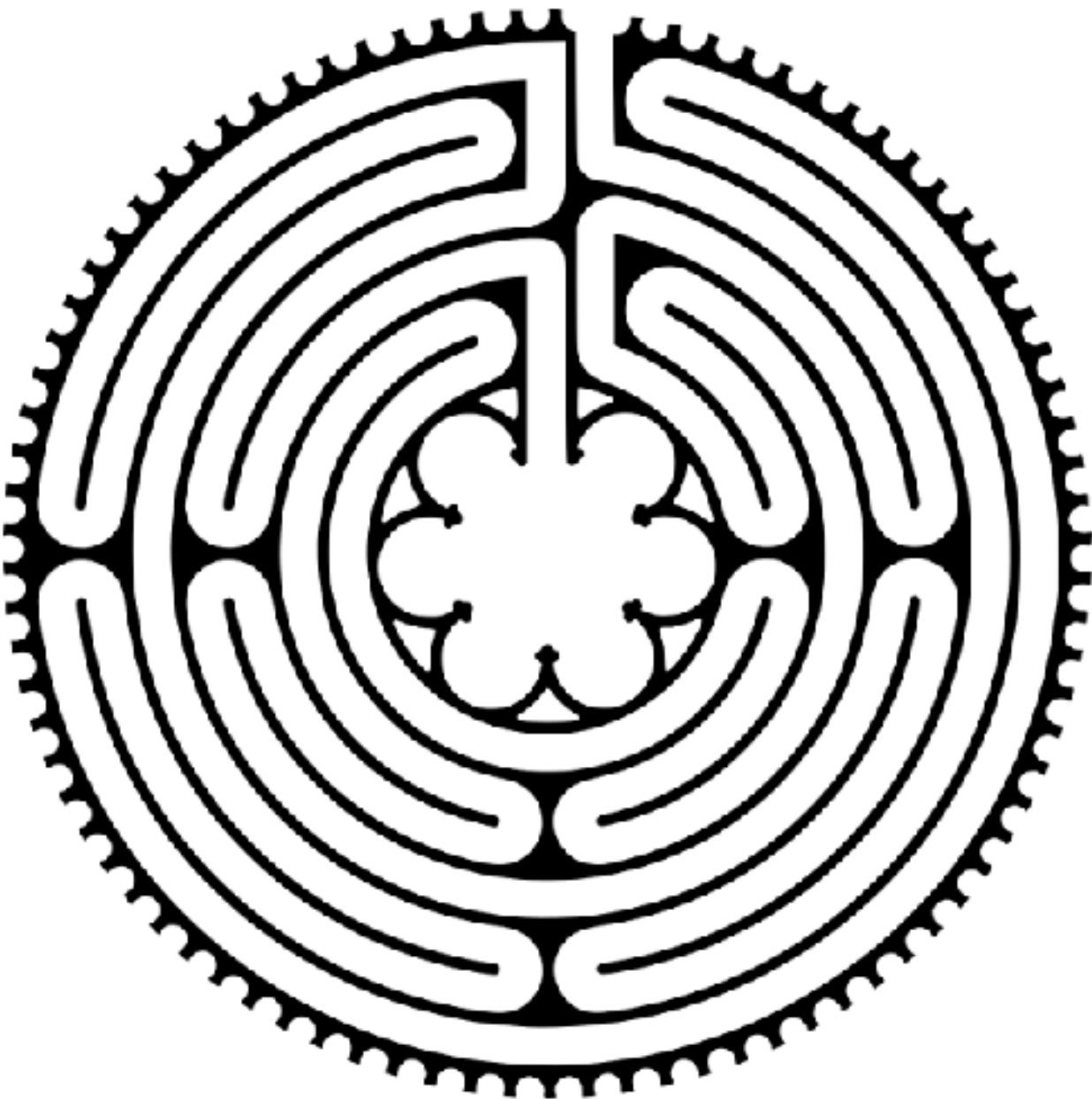
Would you like your name to be added to the church wide prayer list? Yes No Short term

Would you like a pastor to contact you? Yes No Long term

Prayer requests and
prayer lists
can be found online at
upumc.org/prayer or
through the QR code
found here.



Trayer's Labyrinth
Name your worry
Center your thoughts
Give your burdens to God



- Place your finger on the outside entrance of the labyrinth and trace its inward journey to the center of the maze. As you move toward the center, quiet your mind. Allow yourself to confront your innermost worries and fears. Begin naming them to God, who is walking alongside you as a guide and companion.
- You have reached the center of the labyrinth pattern. You may arrive with an insight, or feel a sense of peace or joy at completing your journey in. This is a time to receive whatever God has for you. Take the time to stop and pray, expressing what is on your heart.
- Keeping your finger on the pattern, begin moving away from the center back towards the entrance. Reflect on your experience and prepare to go back into your day. Take a greater awareness of God's presence with you.