



Lexington United Methodist Church
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Visit www.lexingtonumc.org for more information.



Dear LUMC Family,

Don't worry. Have you ever heard that one before? What did it do for you? Probably not a whole lot to ease whatever worry you felt in that moment. I think our current cultural experience across generations has seen a deep increase in worry, anxiety, and other types of mood disorders.

In his book *The Anxious Generation*, Jonathan Haidt describes the worrying trends he's noticed, especially in kids. The data shows a deep decline in mental health between 2010-2015. Teen depression rates dramatically surged. Reports of anxiety, depression, and self-harm spiked suddenly after years of stability. This was true not just in the US, but across the globe, across races, income levels, and backgrounds.

Much of this for Haidt ties back to the widespread adoption of the smartphone. For all the benefits that the smartphone gave us, the ability for us to consume digital media, social media, news media, and any other kind of media on demand has taken a toll on us. Haidt says social media has replaced critical activities in our children's lives that are key to their development. Such as unstructured play. Not only has it affected the lives of our kids, but I think it's taken a toll on all of us as well.

How many of us have googled an illness before talking to a doctor, worked ourselves up, only to find out it wasn't as serious as our googling led us to believe? How many of us have read or watched something on the news and been so worried only for it not to be as bad as they predicted? How many times have we scrolled through our Facebook or Instagram feeds for it to be full of advertisements, AI-generated content, and people complaining about everything, rather than things that build us up and connect us. All of that takes a toll on us and on our spirit.

I gave up all social media for Lent. And truly, the first 10 days felt something akin to withdrawal. My brain craved the hits of dopamine that came from mindless scrolling. But, after those first 10 days, I felt a lightness I hadn't felt in some time.

In some ways, we've traded the physical and spiritual home for a digital one. The longtime NYT columnist David Brooks remarked that, "When people do not believe they have a secure emotional, physical and spiritual home, they become risk-averse, stagnant, cynical, anxious and aggressive."

Now, I know worry and anxiety are deep-seated issues. I'm not saying that if you stop going on Facebook, your anxiety will be fixed. I recognize that anxiety, depression, and other mood disorders are incredibly serious. Sometimes they need therapeutic and/or medical intervention.

Over the next few weeks, I want to look at what the bible says about worry and peace. Many of us are self-described worry warts, overthinkers, or nervous wrecks. Yet, some of that is contrary to the life God wants us to live. I think there is for many of us a spiritual path to peace that we can walk to help heal the worry that goes on in our lives. I hope you'll join us.

Blessings,
Pastor Chris

Backpack Buddies

We continue to serve about 55 kids each week. We supplied double bags during Christmas and spring breaks. The youth of the church helped pack 300 bags last month. The group of homeschool coop kids and their Moms packed 600 bags on April 23rd to get us through the end of the year and to begin the next school year. They work so well together and did an amazing job. This will help feed many children! I so appreciate all the youth that have helped get this process perfected this past year! Thank you for your continued support!

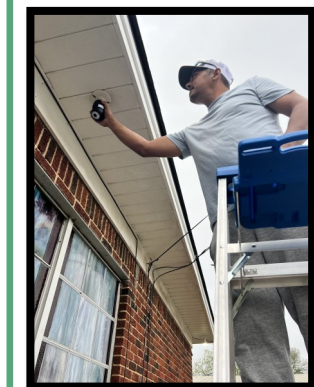


Easter 2026



May 20th
Baccalaureate
May 22nd
Graduation

LUMC had a wonderful time out at Early Chapel Cemetery Celebrating Heritage Sunday! We hope to see you there next year!



Special Thank You to Jesse Taizan for always making time to help out around the church!!

A Gift was given to Lexington UMC

In memory of Bobby Rodgers

by... Judy Jackson Dobson



"...I thank God for you—the God I serve with a clear conscience, just as my ancestor did. Night and day I constantly remember you in my prayers." 2 Timothy 1:3

To make a memorial write "memorial" in the memo line of your check and place it in the offering plate or mail it to the church office.

Our Youth going to Camp and Big House this summer held a Bake Sale at Snow's BBQ on Saturday, April 25th. They also visited the Auction Barn and Baseball Fields to help raise the funds. Thanks to generous donations we were able to raise \$1,676. **THANK YOU** to all who baked, helped or shopped!!



Up Next: Car Wash



Lexington United Methodist Church Welcomes You Home!

Join Us for...

Pancake Breakfast
Saturday 7-10 am
(or until the food is gone)
in the LUMC Family Life Center

Nachos/Frito Pies on the Square
Saturday, Serving starts at 9 am

Worship Sunday
Contemporary Service at 9:30 a.m.
Sunday School at 10:30 a.m.
Traditional Service at 11:15 a.m.

Rev. Chris Waks
"Like" us on Facebook:
Lexington United Methodist Church

508 North Rockdale in Lexington | 979-773-2728 | lexingtonumc.org

GRADUATION Sunday

Graduation Sunday—Congratulations Class of 2026! Please join us for Graduation Sunday on May 17th for a reception with cake and punch at 10:30 a.m. in the foyer of the Family Life Center. Graduates will be honored during both worship services.

- May Birthdays*
- 1—Cal Turner
 - 6—Chad Robertson
 - 8—Coen Stowers
 - 8—Keely Schumpert
 - 14—Judy Dobson
 - 17—Laura Harris
 - 18—Laurie Brewer
 - 23—Cara Carter
 - 25—Jan Lynn
 - 28—Bryson Carter
 - 29—Stephanie Kellenberger
 - 31—Kylee Retzlaff

Tithes & Offerings
THANK YOU!

Total Monthly Offerings for **March were \$21,541**

Thank you for continuing to send in your tithes!

Ways of sending in your monetary gifts:

1. **At Church:** during service, at the church office, or the drop box on the office door.
2. **Online:** www.lexingtonumc.org on the "donate" page.
3. **Mail or Bill Pay** (through your bank):
Po Box 116 Lexington, TX 78947
4. QR Code

mobile food pantry free will Lunch

The **Central Texas Food Bank** is bringing free, healthy food to Lexington! Every month held at the **Lexington City Park at 10 a.m.** If you know of anyone who would benefit from this program please let them know. This month's mobile food pantry is **Tuesday, May 5th.**

We have been blessed with another amazing year with M&M's and Youth. Thank you so much to our volunteers both new and regular for making this happen.

Women's Group

The women's group are planning a trip to Kerrville to visit The Cross.

If you are interested in going please reach out to Terri Nolker at (512) 964-5411.

Summer—We are in need of Counselors!! We have 17 kids going to BIG House and 30 Kids going to Camp. Please let us know if you or someone you know would be interested; please reach out to Holly Newton (979) 571-6934.

Summer Dates
BIG House—June 10-14th
Camp—June 22nd-26th

VBS 2026 This year we will host "Road Trip: On the Go with God" in July in the evenings like previous years. Days are TBD. If you are interested in helping please let the office know!

Sunday Morning @ LUMC

Sunday School 10:30-11:15 a.m.

Men's Gathering; meet in the 2nd classroom with leader, John Gibbs

Journey Class for Adults; meet in the 1st Classroom

THE GREAT THANKSGIVING

This Sunday, May 3rd, 2026.

We will have communion in both services at 9:30 and 11:15 AM.

Communion Sunday's (the first Sunday of the month), we take a special offering at the rail for the **St. Stephen's Fund**. This money is used to help those in need in our community. With this fund, we help people in emergency situations and those that may need some help with their utilities.