



# **MESSIAH LUTHERAN CHURCH** 3 SOUTH THIRD STREET, MIFFLINTOWN, PA 17059 717-436-6213

## **CHURCH OFFICE HOURS**

**Tuesday** – 9:00 a.m. – 5:00 p.m. **Thursday** – 9:00 a.m. – 5:00 p.m.

**Friday** – 12:30 p.m. – 4:30 p.m.

VICAR SAMUEL LEISTER: SLEISTER@GMAIL.COM

**WEBSITE: MLCMIFFLINTOWN.ORG** 

**EMAIL: MLCHURCHOFFICE@GMAIL.COM** 

**CHURCH TREASURER:** MLCHURCHTREASURER@GMAIL.COM

**SUMMER WORSHIP & COMMUNION -- 9:15 AM CHILDRENS SERMON OFFERED EVERY SUNDAY! WEEKLY SERVICE BROADCAST ON AM 1700** 

**USS-ARK NEWSLETTER** 

THE LUTHERAN MAGAZINE

# "Growing God's Love"

# ≝ Messiah Herald



## **VOICE OF THE VICAR**

Dear Messiah Family,

May the blessings of God the Creator, Jesus Christ our Lord, and The Holy Spirit be with you all!

Take a moment and read Matthew 28:16-20. 16 Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. 17 When they saw him, they worshiped him; but some doubted. 18 And Jesus came and said to them, "All authority in heaven and on earth has been given to me. 19 Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

This is the Great Commission give from Jesus to the disciples at the end of the Gospel of Matthew.

Put yourself in the place of the disciples, after all you too are a disciple of Jesus. A disciple is a learner and follower of Christ. A disciple is NOT defined or dependent on gender, age, race, culture, place of origin, language, preferred foods, clothing, style of music, favorite color, or any other worldly trait and characteristic.

We are to baptize nations. Nations are people joined by customs or culture. Nations are NOT defined by geography, use of technologies, or prior beliefs. The "nation" is NOT required to be absorbed, assimilated, and/or eliminated through baptism into the body of Christ in this world.

We are commanded. This leads toward the end objective, the end result. This leads to what Jesus wants to see happen, NOT what we want to see happen or how we want the baptized nations to be. We do not baptize to make people in our own image.

Verse 20 is also a part of His Great Commission; "teaching them to obey everything I have commanded you." Jesus tells us in Matthew 22:37-40 that the two greatest commandments are to love God and to love our neighbor. Baptizing the nations is only one part of the Great Commission. We are to teach the nations what Jesus taught us, to love Good and to love our neighbors.

As we at Messiah embark on a new journey together, let us all resolve to follow the words and will of Christ our Savior. Let us continue to serve others in need during times of grief, sickness, loneliness, and struggles. Remain steadfast in our faith in the Love of Jesus to bring to others consolation, attention, happiness, and the peace that passes worldly understanding. Share the message of hope with others around you. Find ways to carry God's Love to others whom we must for now remain physically at a distance but can and must embrace with our spiritual arms and our souls.

May the Lord be with you all!

Vicar Samuel Leister

# THE ORDINATION AND INSTALLATION OF REVEREND SAMUEL J. LEISTER AS PASTOR OF MESSIAH LUTHERAN CHURCH IN MIFFLINTOWN, PA

The Bishop of the Upper Susquehanna Synod will conduct the <u>PASTORAL</u> <u>ORDINATION SERVICE FOR VICAR LEISTER ON JULY 3, 2022, AT 3:00 PM</u> in the Messiah Lutheran Church sanctuary. All Messiah Lutheran Church members and Christian Believers are invited to attend this very special and historic ceremony.

Immediately following the Ordination Service, the Synod Bishop will conduct the *INSTALLATION SERVICE FOR REVEREND SAMUEL LEISTER* as the Pastor of Messiah Lutheran Church.

ON JULY 3, 2022, AT APPROXIMATELY 4:30 PM AN ORDINATION AND INSTALLATION RECEPTION AND CELEBRATION DINNER will be held in the Messiah Lutheran Church Fellowship Hall for all members and friends of Messiah Lutheran Church.

## **PRAYERS & CONCERNS**

If you wish to be included on the email recipient list for the Messiah Prayer Chain, please send an email to Vicar Leister at **sleister@gmail.com**. Also, if anyone has any needs or concerns, please contact Vicar Sam Leister. If you or someone you know is ill or hospitalized, please let Vicar Leister know as well. He can be reached at 717-436-8589 (home), or 717-348-1020 (cell), or email at **sleister@gmail.com**.

# **STORE GIFT CARDS**

Weis and Giant gift cards are available to purchase from the Disciples Class. This is a particularly important outreach ministry that helps neighbors in need in our own community. We thank each and every one for continued support of this very worthwhile project.

## **THANK YOU!**

Thank you to Messiah Lutheran Church for your generous donation to Juniata Meals-on-Wheels. Your gift will help deliver prepared meals to home-bound residents of Juniata County. Thank you for your support. –Esther Bratton, Treasurer, Juniata County Meals-on-Wheels, Inc.

Thank you to our church family for the flowers, thoughts, and prayers over the past few weeks. Dave's surgery was a success and we are now asking for God's healing powers. Thank you and God bless each of you. –Dave & Jan Smith

Dear Friends of Messiah....thank you so very much for the beautiful bouquet of altar flowers. After many years, I still so much enjoy working with the kids of Messiah. May God bless each of you. –*Linda Clark* 

## **PLEASE PRAY FOR THE FOLLOWING**

Peace in Ukraine & Russia
Victims of Gun Violence
The Family of Marge Warner
The Family of Jed Phelan
The Family of Joan Fulkroad
Congregation of Centre Lutheran
Church

Steve & Linda Bahorik
Donna Barton
Michele Boniewicz

Dan Brackbill
Don Bratton
Dan Brown
Randy Clark
Terry Coder
Jane Cook

Vincent Cramer Will DeLancy Fred & Dot Dowling

Seth Dowling Freda Durio

Cathy Dysinger Renee Dzikowski Neil & Pat Fisher

Janie Fogleman Mindy Fryer Bentley Fulkroad

Terri Gayer Deb Geedey Edie Kay Gill Claire Mummah
Beth Harris Ken Mummah
Amy Hart Paul Ogden
Joyce Hart Kari Ann (Reagan

Joyce Hart Kari Ann (Reagan) Petrine Sue Henderson Dave & Nancy Phelan

Lahryn Henry

Nox Hepburn

Jay Hockenbroch

Erin Husler

Brenda Imes

Terry Imes

Annie Ingle

Sandy Pines

Mia Raish

Betty Ranck

Blossom Ranck

Keith Ranck

Mike Rhoades

Diane Rowles

Andrea Kauffman Ron & Arlene Shearer

Pam Kennedy
Guy Kerstetter
Dave Smith
Vicki Souja
Pam Lawson
John Lehman
Andy Spigelmyer

Ray Long Stacey and Bonnie Swartz

Dorothy Towsey George Trego Molly Ulsh

Todd Wert & daughter

Austin Willi Jim Woltman Mackenzie Wray Phillip Zendt

George Zimmerman Linda Zimmerman

# **AND FOR OUR SHUT INS**

Michael Lozano

Anthony Martin

Carlen McClure

Alice McClure

Cecilia Miller

Elwood Miller

Larry Miller

Jim Minick

Shirley Miller

Zaden Mabey

#### BROOKLINE RETIREMENT VILLAGE

(92 VILLAGE DRIVE, MIFFLINTOWN, PA 17059) Jane Marhefka

#### **BROOKLINE MANOR**

(2 MANOR BLVD., MIFFLINTOWN, PA 17059)
Gail Henderson Carol Simonton

#### BERRY'S PERSONAL CARE HOME

(68 LEXI STREET, MIFFLINTOWN, PA 17059)
Alice Swartz Rich Smith

#### **HONNEMAN HOUSE**

(58 HONNEMAN HOUSE DR., APT. 108, THOMPSONTOWN, PA 17094)
Ruth Cisney Ray Bramm

#### WILLIAM PENN HEALTHCARE AND REHAB CENTER

(163 SUMMIT DRIVE, LEWISTOWN, PA 17044) Sieber & Ona Stoner

#### AT HOME

Edith Nipple Ken Stuck 1482 William Penn Hwy. 66 Eighth Street Mifflintown, PA 17059 Mifflintown, PA 17059

# **CHRIST IN OUR HOME**

A reminder to anyone who would like a daily devotional to jump start their day. There are plenty of devotionals in "Christ in our Home," which can be picked up in the church office or in the Adult Sunday School Room and are FREE!

## **Upcoming Servants**

#### **ALTAR GUILD**

June 27 to July 31 ......Linda Clark & Chris Martin

#### **MANNA MAKERS**

July 3	Diana Wise
July 17	Jean Berry

#### **LECTORS**

July 3	Haley Mummah
July 10	Kate Swailes
July 17	Jean Compton
July 24	Marina Holderman
July 31	Andrea Cameron

#### **ACOLYTES**

July 3	Brea Beward & Sofia Reed
July 10	Julia Martin & Nick Reed
July 17	Evan Miller & Braedon Walton
July 24	Slone Smith & Zeb Berry
July 31	. Olivia Mummah & Hannah Ehrisman

#### **COMMUNION/OFFERING PRESENTERS**

July 3 ..... Grace Miller, Zeb Berry & Thea Beward July 10 .. Paige Martin, Hannah Ehrisman & Gabby Reed July 17.... Gabby Reed, Hope Miller & Hannah Ehrisman July 24...Nick Reed, Haley Mummah & Braedon Walton July 31....... Thea Beward, Sofia Reed & Zeb Berry

#### **COMMUNION ASSISTANTS**

July 3	Zeb Berry & Thea Beward
July 10	Hannah Ehrisman & Gabby Reed
July 17	Hope Miller & Nick Reed
July 24	Haley Mummah & Braedon Walton
July 31	Harrison Mummah & Olivia Mummah

#### **FLOWERS**

July 3	OPEN
	Pines Family
	Debbie Meinsler
July 24	Don & Barb Geedey
	Carole Nace

# SUNDAY SCHOOL TEACHERS NEEDED!!!

September will be here before we know it! That means Sunday School will be starting up again. We only have **ONE** class – a group of 5 or

6 kids in grades two through five. We need <u>at least</u> two teachers for this class. The <u>more</u> volunteers we have, the **fewer** times you



will need to teach. So, **PLEASE** do not let these kids down! Keep Sunday School going at Messiah!! If you are willing and able to teach this Sunday School class, please contact Linda Clark at 717-348-8262 – for the kids!!!

# UPPER SUSQUEHANNA SYNOD YOUTH LEADERSHIP SUMMIT

**NOVEMBER 3 to 6, 2022** 

Each year the ELCA brings young leaders from across our church to gather for a long development, weekend of leadership networking, and faith formation. The Youth Leadership Summit will equip young leaders through workshops, speakers, and experiential activities. Youth will be inspired through music and worship. Participants will be challenged to take home what they learn and inspire action in synods, congregations, their own communities. Youth will also hear from leaders of young adult ministries across the ELCA to help our young people look ahead to their next faith community. This event is planned and led by the ELCA Youth Core Leadership Team and will be held at Carol Joy Holling Conference Center in Ashland, Nebraska.

## **JUNIATA COUNTY FOOD PANTRY JULY UPDATE**



Summer is off to a busy start at the Food Pantry with the Summer Backpack lunch program in full swing. Thank you so much for all the great community support! Our Backpack program is providing food for children in grades K-8 – children who might otherwise be going hungry this summer are instead receiving boxes filled with nutritious lunches.

In May 2022, the Food Pantry served 180 families in need – a total of 457 individuals. A special thank you to Free Spring Church of the Brethren for providing volunteers for the month of May.

Donations are beginning to slow down as families head off on vacation. Please don't forget that hunger doesn't take a vacation in the summer! If you'd like to come and give us a hand, we can always use volunteers.

#### **BACKPACK PROGRAM NEEDS:**

CANNED: Beets, Carrots, Potatoes.
Cleaning Supplies & personal care items
BACKPACK PROGRAM: Single serve fruit cups. Jell-O cups,
non-chocolate pudding, & single serve meals.
Monetary donations are also appreciated.

PO Box 44, 114 N. Main St, Mifflintown, PA 17059

Phone: 717-436-9718 Hours: Tue 9-12 and 1-5, and Sat 9-12

\*PLEASE MAKE CHECKS PAYABLE TO THE <u>JUNIATA COUNTY FOOD PANTRY</u>. (CONTACT PERSON: GLENDA FULTZ). Email: <u>jcfoodpantry@embargmail.com</u>

WEBSITE: www.jcfoodpantry.com

Our vestibule is open 24 hours a day to receive donations. Cash, checks, or gift cards may be deposited in the vestibule's mail slot. \*Non-perishable foods and non-food items may be dropped off at any time in our vestibule. Please deliver perishable foods only when someone is here to receive them. Thank you!

# **MISSION OF THE MONTH**

July's "Mission of the Month" at Messiah will for the Central Juniata Pool. The monies will be sent from Messiah directly to the pool to continue to serve our local community. In addition to your generosity, the PPC allocated funds to match congregational donations up to \$1,000.00. This is just one way in which we can continue to extend our mission in Christ's love beyond the walls of our church building.

# **2024 ELCA YOUTH GATHERING LOCATION ANNOUNCED**

The ELCA Youth Gathering is jazzed to announce that we will be heading to New Orleans for the 2024 Gathering, MYLE and the tAble! The Big Easy is filled with rich history, friendly locals, amazing food, and great music, and we just can't wait to go back. Mark your calendars for July 16-20, 2024, to join this transformational faith-formation event. MYLE and the tAble will take place immediately before the Gathering, from July 13 to 16. More information is available at <a href="https://www.elca.org/youthgathering">www.elca.org/youthgathering</a>.

# **DAILY BIBLE READINGS AND PRAYER FOCUS**

JULY 1 PSALM 66:1-9	JULY 22 JOHN 20:1-2, 11-18
THE HEALTH OF THE EARTH	PEOPLE STRUGGLING WITH ANXIETY
JULY 2 GALATIANS 6:[1-6] 7-16	JULY 23 COLOSSIANS 2:6-15 [16-19]
PUBLIC HEALTH WORKERS	INTERFAITH CONVERSATIONS
JULY 3LUKE 10:1-11, 16-20	JULY 24 LUKE 11:1-13
LAY LEADERS IN CHURCHES	PEOPLE WHO WORK WITH THEIR HANDS
JULY 4 JOHN 14:1-7	JULY 25 MARK 10:35-45
REFUGEES	PEOPLE ON A SPIRITUAL PILGRIMAGE
JULY 5PSALM 119:73-80	JULY 26PSALM 55:16-23
THOSE IN DESPAIR	THOSE EXPERIENCING THE PAIN OF BROKEN RELATIONSHIPS
JULY 6JAMES 2:14-26	JULY 27 MATTHEW 5:43-48
COMMUNITIES LIVING AMID FOOD DESERTS	PEOPLE STRUGGLING TO LET GO OF THE PAST
July 7 Deuteronomy 30:9-14	JULY 28 ECCLESIASTES 1:2, 12-14; 2:18-23
OUR COMMUNITY NEIGHBORS	PEOPLE FACING LIFE TRANSITIONS
JULY 8PSALM 25:1-10	JULY 29 PSALM 49:1-12
FIRST-CALL PASTORS	Procrastinators
JULY 9 COLOSSIANS 1:1-14 FARMERS AND GARDENERS	JULY 30 COLOSSIAN 3:1-11
JULY 10 LUKE 10:25-37	New believers in the faith
SOCIAL WORKERS	JULY 31 LUKE 12:13-21
JULY 11 JAMES 2:1-8	BANKERS, INVESTMENTS PROFESSIONALS, AND FINANCIAL
THOSE WHO ARE HOMELESS	EDUCATORS
JULY 121 JOHN 3:11-17	
EMERGENCY DISPATCHERS	HAPPY BIRTHDAY!!
JULY 13 ECCLESIASTES 9:13-18	JUNE 29 - Pastor Sam Leister (Belated!)
ALL WHO PREACH THE GOSPEL	JULY 1 – Wendy Goss
JULY 14GENESIS 18:1-10A	JULY 4 – Shane Grimm
WORKERS IN THE HOSPITALITY FIELD	JULY 6 – Bob St. Clair
JULY 15 PSALM 15	JULY 7 – Jace White
ADVOCATES FOR THOSE WHO LACK SAFE HOUSING	JULY 8 – Larry Wise
JULY 16 COLOSSIANS 1:15-28	JULY 10 – Linda Bahorik
PEOPLE WHOSE BODIES ARE BROKEN	JULY 12 – Larry Covert
JULY 17 LUKE 10:38-42	JULY 19 June Maelyn White JULY 25 – Clint Miller
CONGREGATIONAL MINISTRIES OF WELCOME	JULY 26 – Claire Mummah
JULY 18EXODUS 18:13-23	JULY 28 – Jean Compton
THOSE WHO VISIT THE HOMEBOUND	John 20 Jean Compton
JULY 191 JOHN 2:1-6	HAPPY ANNIVERSARY!!
VICTIMS OF INTERNET HOAXES AND HACKERS	
JULY 20JOHN 6:41-51	JULY 7 – Todd and Deb Wise
FARMERS, BAKERS, AND THOSE WHO FEED US	JULY 30 – Matt and Erin Harris
JULY 21GENESIS 18:20-32	JULY 31 – Shane & Kailey Grimm
JUDGES AND PARTICIPANTS IN THE JUSTICE SYSTEM	

# **MESSIAH ATTENDANCE & OFFERINGS FOR JUNE**

DATE	ATTENDANCE	TOTAL OFFERING	GENERAL FUND OFFERING	OTHER FUNDS OFFERING
Sunday, June 5	Worship - 35	\$2,189.00	\$2,023.00	Benevolence \$56.00 Building Fund \$76.00 Lutheran Disaster \$10.00 Flowers \$24.00
Sunday, June 12	Worship – 48	\$3,543.00	\$2,844.00	Benevolence \$115.00 Building Fund \$324.00 Lutheran Disaster \$110.00 Central Juniata Pool \$150.00
Sunday, June 19	Worship – 50	\$2,795.00	\$2,249.00	Benevolence \$13.00 Building Fund \$23.00 Central Juniata Pool \$10.00 Memorial Fund \$500.00
Sunday, June 26	Worship – 47	\$2,514.00	\$2,164.00	Benevolence \$213.00 Building Fund \$103.00 Central Juniata Pool \$10.00 Flowers \$24.00

# **PASTORS VACATION SCHEDULE**

Pastor Sam Leister will be on vacation from July 7 through July 18. If you need pastoral care during this time, please contact the church office at 717-436-6213.

# **JUST FOR LAUGHS... THE UNFAIR TRADE**

A preacher was making his rounds to his parishioners on a bicycle, when he came upon a little boy trying to sell a lawn mower. "How much do you want for the mower?" asked the preacher.

"I just want enough money to go out and buy me a bicycle", said the little boy. After a moment of consideration, the preacher asked, "Will you take my bike in trade for it?" The little boy asked if he could try it out first, and after riding the bike around a little while said, "Mister, you've got yourself a deal."

The preacher took the mower and began to try to crank it. He pulled on the cord a few times with no response from the mower. The preacher called the little boy over and said, "I can't get this mower to start."

The little boy said, "That's because you have to cuss at it to get it started." The preacher said, "I am a minister, and I cannot cuss. It has been so long since I have been saved that I do not even remember how to cuss."

The little boy looked at him happily and said, "Just keep pulling on that cord. It'll come back to ya!"

# In Home Services of Central PA

A Locally Owned, State Licensed HOME CARE AGENCY



# Is Pleased To Be Recognized By the PA Business Central As A 2022 TOP HEALTH CARE AGENCY (In Central PA)

We were also very appreciative to have received this same recognition in 2021!

"We Hire The BEST to Provide The BEST IN HOME CARE SERVICES."

Ken Stuck, NHA - Founder and CEO, is very proud of the compassionate TEAM of Heroes that makes up In Home Services of Central PA

SERVING CENTRE, JUNIATA & MIFFLIN COUNTIES www.InHomeServicesOfCentralPA.com
Corporate Office 717-363-4913 • 814-321-2145

# **JULY CALENDAR OF EVENTS**

SUNDAY, JULY 3: -9:15 AM – WORSHIP & COMMUNION

-3:00 PM - ORDINATION & INSTALLATION SERVICE FOR REV. SAMUEL J.

LEISTER

-4:30 PM - CONGREGATIONAL MEAL FOR REV. LEISTER

MONDAY, JULY 4: INDEPENDENCE DAY HOLIDAY

-7:00 PM -- AA IN YOUTH AREA

WEDNESDAY, JULY 6: -9:00 AM - "THE NEEDLERS" IN FELLOWSHIP HALL

SUNDAY, JULY 10: -9:15 AM -- WORSHIP & COMMUNION

MONDAY, JULY 11: -7:00 PM -- AA IN YOUTH AREA

THURSDAY, JULY 14: -1:30 PM – WELCA IN YOUTH AREA

Sunday, July 17: -9:15 AM -- Worship & Communion

MONDAY, JULY 18: -7:00 PM -- AA IN YOUTH AREA

WEDNESDAY, JULY 20: -9:00 AM - "THE NEEDLERS" IN FELLOWSHIP HALL

SUNDAY, JULY 24: -9:15 AM – WORSHIP & COMMUNION

MONDAY, JULY 25: -7:00 PM -- AA IN YOUTH AREA

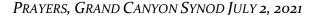
WEDNESDAY, JULY 27: -9:00 AM - "THE NEEDLERS" IN FELLOWSHIP HALL

FRIDAY, JULY 29: NEWSLETTER DEADLINE

SUNDAY, JULY 31: -9:15 AM – WORSHIP & COMMUNION; HEALING SERVICE

# A PRAYER FOR THE 4TH OF JULY

"Liberating God, you have given us this good land as our heritage. Make us always remember your generosity and constantly do your will. Bless our land with honesty in the workplace, truth in education, and honor in daily life. Save us from violence, discord, and confusion; from pride and arrogance; and from every evil course of action. When times are prosperous, let our hearts be thankful; and, in troubled times, do not let our trust in you fail. We pray in the name of Jesus Christ our Lord." — Amen







Women of the ELCA met on Thursday, June 9<sup>th</sup> at 1:30 P.M. in the Young Adult Sunday School Room.

Barb presented the program on Katie Von Bora Luther and Katie's Fund. The Ingathering offering will be going to Katie's Fund and Barb thought it would be a good idea to review some information on Katie and in turn her Fund. The Fund is a permanent endowment to provide a steady source of funding for ministry of the Women of the ELCA, such as global sharing, leadership development and growth in faith.

Katie was a very strong woman of her time and was only 3 when she was sent to a school and eventually became a nun. At the age of 26 the former nun married a 42- year- old former monk named Martin Luther. They had 6 children and she ran the household and organized the family She grew her own garden, raised livestock, and brewed her own beer. Katie turned a former monastery into a guest house and offered room and board for as many as 30 students and visitors at a time. After Martin's death she fled the plague in Lutherstadt Wittenberg in 1552 and died in an accident with her wagon and horses. She was 53 years old. Look up her name on the internet and you will be able to find more information on Katie.

Business meeting:

Cynthia reported that there is a balance of \$481.33 in our Treasury.

Barb read the last month's minutes as presented in the June Newsletter. There were no corrections or additions.

Old Business: The Juniata Valley Bank reminded our group that we need to remove the name of Margaret Guss from our checking account following her death. Since a second name is needed and there was no one else available, Barb Geedey agreed to have her name placed on the account. She will have to go to the bank to sign papers as will Cynthia. We need a copy of the minutes approving this action to give to the bank. The motion was made by Linda Leister and seconded by Pat Fisher to place Barb Geedey's name on the account with Cynthia. The motion passed.

Barb will get the minutes typed and a copy made for the bank.

New Business: Our Women's convention will be held at Camp Mt. Luther on Saturday, July 23<sup>rd</sup>. Anyone wishing to attend with Linda and Barb please let them know as soon as possible. The group agreed to give \$50.00 to Katie's Fund at convention. We also picked the following items to donate to the Shelter in Lewistown: dish detergent, shampoos conditioners, and deodorant, toothpaste/brushes, and hairbrushes. This is the in-kind Offering for the convention. If you would like to help with this collection purchase what you choose and place your items on the round table in the Adult Sunday School room. We will need these items by July 22<sup>nd</sup>.

We discussed which kits we are going to collect items for to send to Lutheran World Relief in October and Barb said she would contact them to see which kit is most needed right now. Barb did in fact contact them and she was told that the most needed kit right now is the Personal Care Kit so we will be listing those items following our July meeting.

We also decided that we would continue to collect the items for Children and Youth services as they are listed in the Newsletter and Bulletins.

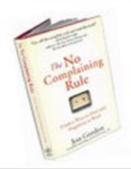
Our next meeting will occur on Thursday, July 14<sup>th</sup> at 1:30 P.M. Any woman wishing to attend is more than welcome.

We closed with our Purpose Statement.



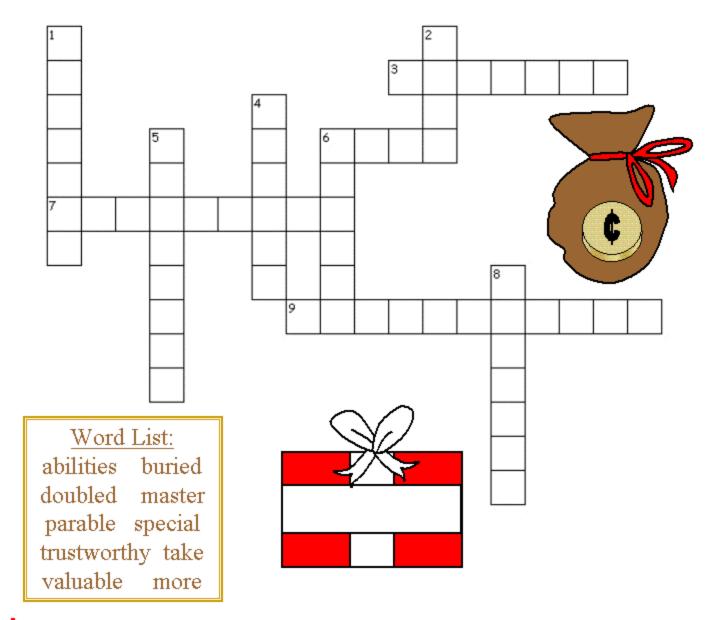
# 5THINGS TO DO INSTEAD OF COMPLAIN

- 1. Practice Gratitude. Research shows that when we count three blessings a day, we get a measurable boost in happiness that uplifts and energizes us. It's also physiologically impossible to be stressed and thankful at the same time. Two thoughts cannot occupy our mind at the same time. If you are focusing on gratitude, you can't be negative. You can also energize and engage your coworkers by letting them know you are grateful for them and their work.
- 2. Praise Others. Instead of complaining about what others are doing wrong, start focusing on what they are doing right. Praise them and watch as they create more success as a result. Of course, point out their mistakes so they can learn and grow, but make sure you give three times as much praise as criticism.
- 3. Focus on Success. Start a success journal. Each night before you go to bed, write down the one great thing about your day. The one great conversation, accomplishment, or win that you are most proud of. Focus on your success, and you'll look forward to creating more success tomorrow.
- 4. Let Go. Focus on the things that you have the power to change, and let go of the things that are beyond your control. You'll be amazed that when you stop trying to control everything, it all somehow works out.
- 5. Pray and Meditate. Scientific research shows that these daily practices reduce stress; boost positive energy; and promote health, vitality, and longevity. When you are faced with the urge to complain or you are feeling stressed to the max, stop, be still, plug-in to the ultimate power, and recharge.



The No Complaining Rule: Positive Ways to Deal with Negativity at Work www.NoComplainingRule.com

# Parable of the Talents Crossword



#### Across

- 3. The type of story Jesus told about the talents is called this.
- The master rewarded the servant who increased his talents by giving them \_\_\_\_\_.
- 7. The master gave to each servant according to their \_\_\_\_\_.
- 9. If you are \_\_\_\_ with a few things God will give you more responsibility.

#### Down

- 1. We are each given a \_\_\_\_ ability that no one else has.
- 2. If we don't use our special gift God will \_\_\_\_ it away.
- 4. The servant who received one talent did this with it.
- 5. Our abilities are very \_\_\_\_ to God, he wants us to use them wisely.
- 6. This person in the story is used to describe God.
- 8. The first two servants did this with their talents.