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**Special Points of Interest:**

- Crossword and Word Search Puzzles, 5-7
- Monthly Meetings, Back Page
- June Birthdays and Anniversaries included with Calendar

**Administrative Assistant Office Hours:**

**Monday:**  
8:00 AM-4:30 PM

**Tuesdays-Fridays**  
8:00-10:30 AM



**God is good-all the Time. All the time God is good.**

When we encounter tough times, when we are blindsided by sudden illness or financial stress, when our hopes and dreams are crushed then we ask ourselves: Did Jesus suffer? Was he sometimes lonely? Was he tempted to be discouraged? Was he misunderstood, maligned, and criticized unjustly?

The answer is a resounding YES! Jesus knows our deepest hurts and sorrows and He walks with us as we go through them. The Christian life does not exempt us from suffering, loneliness, discouragement, or unjust criticism, because God is developing within us the character of Christ, and, in order to do this, he must take us through all of the circumstances in life through which he took Christ. Does this mean God causes tragedies or makes us suffer? No. God is good, and he will not cause evil or do evil. But God's hand is in the dark and stressful times for good. He'll use them to teach us to trust him, to show us how to help others, and to draw us closer to other believers.

The Bible says in 2 Corinthians 4:8b-9, *"We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead"* (NLT).

So, what should you do when you're going through difficult times?

First, cultivate a thankful heart. Not for the pain or the hurt or the stress but for how God will use those things in your life.

Second, remember God is with you. Jesus will never leave you nor forsake you and every trial has a limit. It will not last forever and it will not overwhelm you.

Third, you don't have to go it alone. Share your struggles with at least one person that you trust and have them pray for you.

Finally, trust in God's protection and guidance. Pray, read scripture and ask God to moment by moment fill you with His Spirit.

We all go through difficult times. The difference, for those who believe in Jesus, is that "God is good-all the time. All the time God is good."

## Prayer Requests

Remember our church members & friends who are less mobile and are unable to join us as often as they would like, including:

**Colony Court Memory & Care Suites:** Ann Swenson

**Colony Court:** Millie Groh, Ardella Draheim, Nina Youngberg, Leona Quast, Muriel Jenkins

**Lakeshore Inn:** Florence Gutknecht, Hazel Henkensiefken

**Latham Place:** Liz Corchran

**Oaklawn Health Care Center:** Jim Keller, Bill Brooks

**Tower Light, St. Louis Park:** Darlene Lynch

**Those who also need our prayers:** Willie Mahler [Home Hospice]

**Prayer Requests from Sunday Worship:** Bruce and Deb Hering, Leona Quast, Kookie Kukacka, Peter and Verna Fog, Marilyn Possin, Chuck Youngberg, Brenda and Kipp Westrum, Jim Keller, Bill Brooks, Lynne Swenson, Les Wells, Dick and Elaine Westrum, the Kellers.



## Sit and Fit

A new exercise class is on **Tuesdays at 10:00 a.m.** This exercise will be stretching and relaxation from the comfort of a chair. If you are not able to take the walks you see other people doing, or attend the Silver Sneakers class, but still would like to participate in some type exercise, I encourage you to try the "Sit & Fit" class. We will be using a DVD with chair exercises. Be sure to check with your physician before attending the class. Come and try something different. Cost is \$1 for each session.



## Walking Club

Come join the fun and fellowship of a walk with friends. We will meet at the top entrance at church. We will start walking at: 9:30 a.m. on Mondays, 6:30 p.m. on Thursdays

Please wear comfortable shoes. We'll walk for 45-60 minutes during the summer and fall. If it's raining and/or less than 60 degrees we won't walk.

## Faith Crafters and Stitchers

Faith Crafters and Stitchers will meet **Thursday, June 9**, from **1:00-3:00 p.m.** in the **Fellowship Hall**. You are invited to bring your own project to work on or share ideas and supplies for Bazaar 2016 items that we can all work on. Snacks will be provided. Call Sandy Voshell at 835-4122 if you have any questions.

## Nurse's Notes: Choosing Relationships

Relationships are complicated. Healthy ones are a blessing. Unhealthy relationships cause turmoil in our lives.

Here is a list of guidelines taken from our "Aging Mastery Program." Choose a few relationships and decide by this criteria "Relationship Bill of Rights" if these relationships are positive or negative. Take time to think through how these relationships can improve and act on it. Don't expect others to be mind readers. You need to have a conversation! Forgiveness is also an important aspect of healing a relationship.

Relationship Bill of Rights\*

### I have the right to:

- Have and express my own feelings and opinions, whether or not others agree.
- Make decisions about myself and have equal decision-making power in my relationships.
- Choose my own friends and maintain relationships with those friends.
- Participate in activities and spend time with people aside from my significant other.
- Control my own possessions.
- Live free from fear and abuse.
- End a relationship if it's not healthy for me.
- Express my emotions in a healthy, constructive, and non-threatening manner.
- Be understood and cared for.
- Understand and care for whomever I choose.
- Be happy.

### What would you like to add to this list?

*\*Adapted from Relate2You: <http://relate2you.com/relationship-bill-of-rights>*

Wishing you a healthy and happy summer.

Your Parish Nurse, Sherry Scholljegerdes, RN

UMW UNIT MEETING MINUTES, MAY 16, 2016

HOSTESSES- EXECUTIVE BOARD-SERVED A DELICIOUS STRAWBERRIES AND JELLO OVER ANGEL CAKE WITH COOL WHIP AND PUDDING TOPPING

DEVOTIONS BY Janet Welch, read A passage from Luke 10 , Love your neighbor – Show Mercy! Be kind to all my other children

PROGRAM BY Char Frankenbery –Showed slides about the Midwestern Distribution Center – located in Springfield, Ill. The MWD C serves as one of the many supply networks in the US where volunteers can go to help heal people where tragedy may have occurred. Some of the volunteer works would be: Project Health Kits, Flood Buckets, build Desks for schools, Rebuild donated Bicycles. Rebuild donated Sewing Machines, And put together many projects to help the many people who have had tragedies in the US and all over the world.

Donations are accepted – none of the donations go to the staff !!!Volunteers are welcome as they have lodging for 32 Units -Reservations needed. For more information call – Sherry S at 835-4304

20 HEALTH KITS WERE ASSEMBLED – PAID FOR WITH UNIT MONEY

BUSINESS MEETING CALLED TO ORDER BY OUR PRESIDENT -SHERRY

SECRETARY REPORT WAS APPROVED

TREASURER'S REPORT WAS APPROVED

Sandy V. reported a nice “Thank you” from The Intermediate School and Elementary School for our donation of \$300.00 to their “Angel Account”

OLD BUSINESS:

Report on Spring Gathering – Barb Friedl reported about 60 attended North Mankato gathering. Faith United Methodist Waseca, received a 5 Star Award and it was reported that our Southern Prairie District made their Pledge for the year!

Diaper Day- 13 gals attended and made 46 diapers for older children who are confined in a hospital or orphanage in Haiti.

NEW BUSINESS:

Guest Night, TUES, AUGUST 16<sup>TH</sup> at 7:00. Co Chairs – Karen Ferch and Shirley Hansen, Speaker, Tina Haroldson, from Amboy , Mn.

Fall Gathering – Sept 24, at Faith United Church in Waseca- Executive Com. will buy supplies for meal and will be reimbursed by District. Members bake pies. Volunteers will be needed. Plans underway.

Discussion took place on Fall Bazaar 11/5/16 Day Apart. Hector, Mn 6/14

Mission U and Mission U Too, 7/12 – 15 and 7/16

NEXT MEETING: HOSTED BY ELIZABETH CIRCLE, AUG 22<sup>ND</sup> 2 P.M

Shirley Burdick, Secretary



Fun at Youth Diaper Day. May 10, 2016.



Health Kits Assembled at May UMW General Meeting.

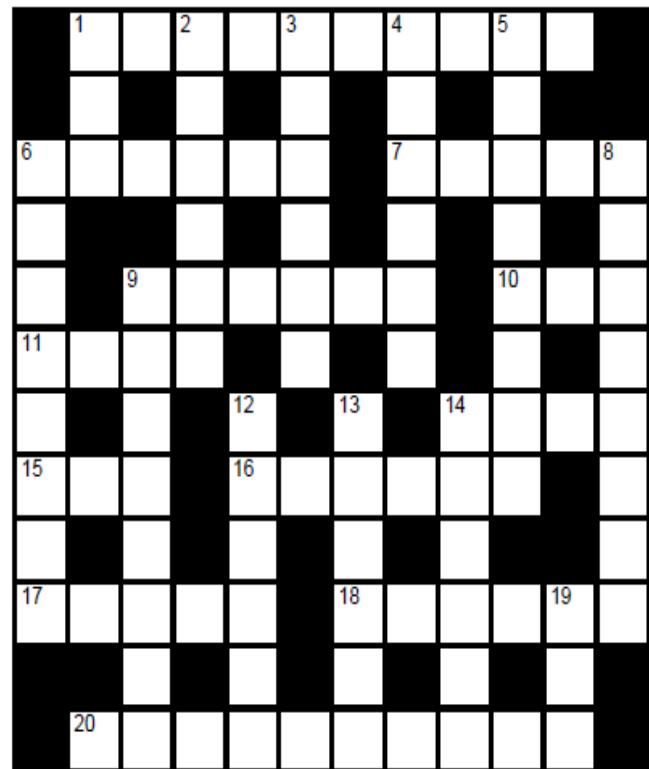
# QUICK BIBLE CROSSWORD I

**Across**

- 1 Remorse (10)
- 6 Consecrate (6)
- 7 Break a Commandment (5)
- 9 Make a hole (6)
- 10 Pot (3)
- 11 What Ai became (4)
- 14 This initially watered the earth (4)
- 15 Samuel's mentor (3)
- 16 Small river (6)
- 17 Mount that Moses climbed (5)
- 18 Prophet in David's time (6)
- 20 Biblical garden (10)

**Down**

- 1 Take flight (3)
- 2 One of the twelve (6)
- 3 All living things (6)
- 4 Response (6)
- 5 Guardians of Eden (8)
- 6 The father of Levi (8)
- 8 Grow (8)
- 9 Forbearance (8)
- 12 Second longest book (6)
- 13 Statue metal (6)
- 14 Sister of Lazarus and Mary (6)
- 19 Wood splitter (3)



by Philologus

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## BIBLE WORD SEARCH

Y Z Y A H Y Q Z X Q U D K L F  
 T M R F T H O T E H O E U V N  
 F G M N I K A L N C T U X P T  
 R K A U A T B D T E V T Z Y I  
 E E S J F A C G R D P E Z G L  
 D C H U R C H N Y Q C R O U A  
 E S N A I T A L A G F O E F U  
 E A P L X L Q V D S D N X S B  
 M E H E L H T E B F M O S E S  
 G O L I A T H Z R Y C M W K I  
 R D F I E J U I T P L Y P T C  
 A E R Q L L D Z T A Q Y A E T  
 C M W G L A S T S U P P E R C  
 E G N X Y K G P O L A D S Y J  
 B K T O Q L R D L Y W Q R X Y

FAITH

GALILEE

CHURCH

GOLIATH

GOOD FRIDAY

BETHLEHEM

GRACE

PAUL

REDEEM

MOSES

LAST SUPPER

SANCTIFY

SERPENT

GALATIANS

PSALMS

DEUTERONOMY

ETERNAL LIFE

PARABLE





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56093

**Change Service Requested**

**Come Worship with Us**  
We have room.

**MONTHLY MEET-UPS:**

*Elizabeth Circle*

UMW Elizabeth Circle will **not meet** in **June**.

*Mary Circle*

UMW Mary Circle will meet at **Char Frankenberry's lake cabin** on **Tuesday, June 21**, at **noon** for a picnic.

*Ruth Circle*

UMW Ruth Circle will meet **Tuesday, June 14th**, from **10:30-Noon** at **Roberta Walker's home**.