

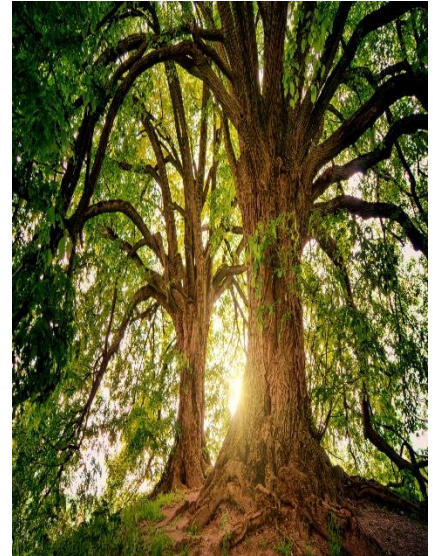
THE MISSION GAZETTE

UNIMAGINABLE ABUNDANCE

According to John 10:10, the word of God tells us that, “The thief cometh not, but for to steal, and to kill, and to destroy. I am come that they might have life, and that they might have it more abundantly”. Jesus said, I have come that they might have life and have it more abundantly. Jesus speaks in the present tense, “I have come,” to emphasize that this life is available now. Apostle Paul’s doxology reminds us of the unimaginable abundance available to believers. Scripture says, “Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us” (Ephesians 3:20). This abundant life is available to us now as believers. This abundance and power come through knowing Jesus Christ. Through this relationship, we see that he took upon himself on the cross our sins, diseases, sickness, oppression, and injustice so that we are healed. In continuing the metaphor of abundance, we, like sheep, need a shepherd to watch over us as we go out and come in to his green pastures. By nature, sheep are docile and oblivious

to potential threats. In this context, Jesus Christ is the good shepherd —our refuge and strength, an ever-present help in trouble, as Psalm 46:1 reminds us. Similarly, in this life, there is always the possibility of thieves and attacks against our person, health, mind, body, and spirit. The thief is lurking to steal, kill, and destroy, but Jesus, the good Shepherd, has come by nature to protect and guide us. Building on this, the abundant life comes to us when we decide to follow him. Reconciliation begins. As Scripture declares, “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here”! (II Cor. 5:17) In this newness, old things pass away. All things become new, bringing fullness of joy and strength for mind, body, and soul. He is the gate. As we follow him, we grow in the Lord and obtain all his benefits. Ultimately, embracing this journey secures for us a life filled with purpose, hope, and lasting transformation.

-Rev. P.A Caldwell



Living Well, Today

Roasted Okra Recipe

My simple and delicious **roasted okra recipe** turns the biggest okra skeptics into okra lovers! This tasty side dish is smoky and savory with a delightful texture.

Prep Time 10 minutes

Cook Time 25 minutes

Total Time 35 minutes

Course: Side Dish

Cuisine: African, American, Southern

Diet: Gluten Free, Vegan, Vegetarian

Servings: 4 servings

Calories: 104kca

Author: Kristen Wood



Ingredients

- 1 pound fresh okra ends and stems removed, sliced into 1" pieces
- 2 tablespoons oil of choice I like to use avocado oil
- 1 teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon fennel seeds
- ½ teaspoon cumin seeds or ¼ teaspoon ground cumin
- ½ teaspoon salt

Instructions

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper and then set it aside.
2. In a large mixing bowl, combine the sliced okra, oil, garlic, paprika, fennel seeds, cumin, and salt. Mix well until the okra is well coated in the oil and spices.
3. Place the okra on the parchment-lined baking sheet in one even layer.
4. Bake for 25-30 minutes, or until the edges of the okra pieces are crispy, golden, and no sliminess remains.
5. Serve and enjoy!

MOON and spoon and yum | <https://moonandspoonandyum.com/okra-recipe>



Importance of Self-Care

As ministers, we put ourselves at risk for burnout when we neglect ourselves. We become so busy with our jobs, school and all that is involved in pastoring, that we not only neglect ourselves but shortchange the very ones we hold near and dear to our hearts. Failure to prioritize our lives can cause an imbalance affecting us physically, emotionally and spiritually. So much so that we can become of no effect to anyone, much less ourselves.

As a pastor for over twelve years, I have learned that it is vitally important to be committed to a self-care plan due to the fact so many ministers are leaving their pastoral positions, suffering burnout and even committing suicide due to lack of caring for themselves.

Say "yes" to self-care for yourself!

Keep On Moving,

Keep Moving.....

- **Deep Breathing**
- **Stretching**
- **Bending**
- **Walking**
- **Bike Riding**
- **Hiking**

Stretchhhhhhhhhhhhh.... The Body

Work that body

Work that body

Work that body

Work that body

STRETCH...



“Trust in the Lord, and do good. So you will live in the land and will be fed. Be happy in the Lord and he will give you the desires of your heart. Give your way over to the Lord trust in him also and he will do it.” Psalms 37:3-5





Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is more people who have come alive."

-Howard Thurman



The Road Not Taken

By Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

SAMPLE SELF-CARE PLAN

Psychological Should the need arise the Pastoral Care Plan has resources and a hotline available at all times	Work be intentional in not bringing work and all that it entails into my home environment
School Set a scheduled time to study to establish a routine around family, church, and friends	Family Plan weekly activities with my family, such as walks in the park, movies, game night, drive to the lake for a change of scenery
Relationships - Connect and not neglect special relationship regularly - Be good to myself	Time Management Manage time to stay ahead of schedule to avoid procrastination
Ministry - Seek God first through a discipline prayer life - Use technology to communicate with the congregants more to minimize the travel involved as an itinerant	Nutrition - Eat healthy well-balanced meals, including lots of fresh fruits and vegetables - Supplement with vitamins, per my physician



THANK YOU

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