

PROVIDENCE PRESBYTERIAN CHURCH OF BUSTLETON



Providence Presbyterian Bustling's

Sunday, July 23, 2023 *Issue No. 165*

July 23, 2023 Eighth Sunday After Pentecost "Oh, taste and see that the Lord is good; blessed is the man who trusts in Him!" ~ Psalm 34:8 ~



The Importance Of Happiness

Jessica — Yardley, Pennsylvania - September 13, 2010



Happiness, what does it really mean? To me, it's going out with friends, playing sports, being with my family and even eating an ice cream cone. But no matter what, it is not to be overlooked that everyone should have their own happiness as much as possible. I believe being happy is the most important part of life.

Everyone wants to live longer, but what's the key to doing so? Simply by being happy. Over the past ten years scientists followed 1,739 healthy adults in Canada to find out if their attitude affected their health. They already knew unhappy people were more likely to get heart disease. The result of this study was that happy people will have a decrease in heart disease; therefore they will live a longer life. They tend to sleep better, eat better, don't smoke and get more exercise and all of these things lower heart disease. Also, happy people tend to laugh more and laughing has also been shown to make people healthier.

I never knew how important happiness was until I was on vacation and got into a fight with my friend over the phone. It was the first day of my vacation and she had called me about something that wasn't even my problem and then we ended up non-stop fighting. I was so caught up in the madness I didn't enjoy myself and was miserable. I missed out on my entire vacation because I let something get in the way of my happiness.

My belief was then formed. Happiness is like Lego's, one thing builds off of the next. For instance, if you're a happy person you will have more friends and be more liked.



I believe being happy is the most important part of life. Looking back on the fight I was in while on vacation, I realized I shouldn't have let anyone or anything interfere with my happiness. In addition, happy people live longer and are more liked by people. I hope you find happiness of your own

happiness can award you with things you never





I was glad when they said unto me, Let us go into the house of the Lord



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Prayer Requests will be added each week by your requests, and will run for two weeks unless a request to continue is received.



God's healing presence:

Fritz Wainwright, Eleanor Hathaway, Jean Miller, Joseph Celkupa,

Direction and strength for Polly caring for her son-in-law Donald & her daughter Ava who is in hospice,

Heidi Bonwell's father Robert and her brother-in-law Jimmy

Sheila Zier's daughter Brittany

For Chuck & Ginny's son Eric

For Robin Johnson after surgery this week

For Liz's mom Cynthia undergoing chemotherapy

For Carol Shore's continued recovery from back surgery. Her pain is gone, but the recovery will take some time.

Jack Harkins, Jerrie Glass, & Alice Garman

For Beth McDaniel being treated for a brain tumor

For Payton Buck recovering from a broken hip

For Alan's daughter, Krista progressing in rehab and in need of inner strength

God's comfort:

For the people of Ukraine

For the Caron family mourning the loss of Jen's father

For the family of Cole Silver upon his passing

For God's Guidance and Assistance:

Pastor Inna's mom and family in Kiev

For Pastor Inna & our Session

For a successful job search for Jess

In thanks and praise to God:

For God's provision of rain

For the miracles & wonders all around us

From Polly for the support of her church family and God's protection in her journeys.

Traveling Mercies:

For the Olsen Family going to Maine for a memorial service for Julie's Step Mom and Aunt.

Holy Father,

Thank you for being the rock upon which we can build our lives. Thank you for being our fortress, my refuge, and our salvation. Lord, we need strength to continue to pursue the race before us. We ask for happiness, boldness, and strength every day. While we know there will be hard times, we also know that with You, all things are possible. We wish to live a life that is full, and is a testimony to Your goodness. Empower us to do so, and help us to find both joy and happiness while doing so, even through hardship. In the name of Jesus, we pray, Amen.





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Inna Moment

Jacob from "Peculiar Treasures: A Biblical Who's Who" by Frederick Buechner

The book of Genesis makes no attempt to conceal the fact that Jacob was, among other things, a crook. What's more, you get the feeling that whoever wrote up his seamy adventures got a real kick out of them.

Twice he cheated his lame-brained brother, Esau, out of what was coming to him. At least once he took advantage of the blindness of his old father, Isaac, and played him for a sucker. He outdid his double-crossing father-in-law, Laban, by conning him out of most of his livestock and, later on, when Laban was looking the other way, by sneaking off with not only both the man's daughters, but just about everything else that wasn't nailed down including his household gods. Jacob was never satisfied. He wanted the moon, and if he'd ever managed to bilk heaven out of that, he would have been back the next morning for the stars to go with it. But then one day he learned a marvelous lesson in a marvelous and unexpected way.

It happened just after he'd ripped Esau off for the second time and was making his getaway into the hill country to the north. When sunset came and nobody seemed to be



Dream of Jacob (1986) by John August Swanson

after him, he decided that it was safe to camp out for the night and, having left in too much of a hurry to take his bedroll with him, tucked a stone under his head for a pillow and prepared to go to sleep. You might think that what happened next was that he lay there all night bug-eyed as a result of his guilty conscience or, if he did finally manage to drop off, that he was tormented by conscience-stricken dreams, but neither of these was the case. Instead, he dropped off like a baby in a cradle and dreamed the kind of dreams you would have thought were reserved for the high saints.

He dreamed that there was a ladder reaching up to heaven and that there were angels moving up and down it with golden sandals and rainbow-colored wings and that standing somewhere above it was God himself. And the words God spoke in the dream were not the chewing-out you might have expected, but something altogether different. God told Jacob that the land he was lying on was to belong to him and his descendants and that someday his descendants would become a great nation and a great blessing to all the other nations on earth. And as if that wasn't enough, God then added a personal P.S. by saying, "Behold, I am with you and will keep you wherever you go."

...Continued



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Inna Moment

Continued...

It wasn't holy hell that God gave him, in other words, but holy heaven, not to mention the marvelous lesson thrown in for good measure. The lesson was, needless to say, that even for a dyed-in-the-wool, double-barreled con artist like Jacob there are a few things in this world you can't get but can only be given, and one of these things is love in general, and another is the love of God in particular.

Jacob didn't have to climb his ladder to bilk heaven of the moon and the stars, even if that had been possible, because the moon and the stars looked like peanuts compared to what God and the angels were using the ladder to hand down to him for free.

Another part of the lesson was that, luckily for Jacob, God doesn't love people because of who they are, but because of who God is. "It's on the house" is one way of saying it and "It's by grace" is another, just as it was by grace that it was Jacob of all people who became not only the father of the twelve tribes of Israel, but the many-times great-grandfather of Jesus of Nazareth, and just as it was by grace that Jesus of Nazareth was born into this world at all.





We are still collecting plastic bags from the store, your pantry and your front door, i.e. produce, store, and ice bags; Ziploc & other recloseable bags, cereal box liners, bread bags; and newspaper sleeves, dry cleaning bags, and bubble wrap, for a recycling project. Please see Michelle Cox

for details.





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Mark your calendars and prepare yourself for a good time! Ginny and Chuck will be hosting our Annual Church Picnic at their home on August 20th. Time 2:00 pm; Dinner 4;00 pm.

Those who last names are between

A-M please bring a side dish.

N-Z please bring a dessert



Also do not forget to bring the most important thing: your bathing suit, towels and chair to cool off in the warm salt water pool. *Good times, good food, and great company!*

Presbyterian Women



- There will be no Bible Study during the summer months of July and August. Bible Study will resume September 5 and will study Last-Women of the New Testament Priscilla.
- October 3 Begin study of Women of the Old Testament.
- August 14 @ Villa Mannino (Rt 130, Bordentown)

We are holding a peanut butter drive for the Burlington County Food Bank.
Kindly contribute. A box will be provided in the back of the church.





Yoga / Zumba Classes in the CE building

Yoga – Instructor: Sue.

Held every Monday morning: 8:30 - 9:30am

Zumba – Instructor: McCleese

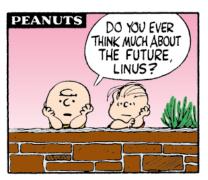
Held every Monday evening: 6 – 7pm (Zumba Toning)

Tuesday morning: 9 – 10am (Zumba Gold)
Friday morning: 9 – 10am (Zumba Toning)



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CALVIN & HOBBES









