



INTO THE FOLD

May 2019

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Ponderings by Pastor JoEllyn....

Connect-The-Dots

My favorite part of dentist or doctor appointments, when I was young, was the time spent in the waiting room. WHY? Because that is when I would investigate the newest addition of *Highlights Magazine for Children*. I would look first for my favorite activity, Connect the Dots.

Ever since I was young, I've loved connecting dots. In my childhood it was dots with numbers on paper that stranded together to form an object. As I threw my attention to the page and followed the numbered steps, a picture developed. A new creation appeared that brought joy to my little-girl heart.

My grown-up dot-connecting challenges are far from a kid's fun sheet. There are daily life dots, like: [family](#) dots, [faith](#) dots, emotion dots, relationship dots, [church](#) dots, parenting dots and decision dots. I continually struggle to make sense of situations and circumstances and I long, for a simply numbered life sheet to give me guidance and direction.

Do you ever feel that way? Do you ever wonder how to connect the practical instruction of God's Word to your daily choices, challenges and behaviors? Do you

struggle to understand how to connect the dots between your questions and God's answers? Between the decisions you need to make and God's wisdom?

If you have a pulse, I'm guessing you deal with this dot-connecting life stuff regularly like I do. The Lord knew we would struggle with this, and He gives each of us the power to connect our life dots. How? Through His Holy Spirit.

In Scripture, we see a beautiful promise. Before His crucifixion and resurrection, Jesus told His disciples that He must die in order to connect the sinful hearts of man to the holy heart of God. He explained that though He was leaving this world, His followers would not be left alone or without power.

¹⁵ "If you love me, you will keep^[a] my commandments. ¹⁶ And I will ask the Father, and he will give you another Advocate,^[b] to be with you forever. ¹⁷ This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in^[c] you." ----John 14:15-17

Jesus went on to say, *²⁵ "I have said these things to you while I am still with you. ²⁶ But the Advocate,^[a] the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.*

---- John 14: 25-26

The Promise of the Holy Spirit works in and through us to connect the life dots between our hearts and the heart of God. He's the connector between our problems and the solutions we are desperate for.

When we humbly go to God in prayer and ask Him to help us take the next step, or make the next decision, or choose the next response, He faithfully leads us to the next dot with wisdom through the power of His Holy Spirit.

Invite the Holy Spirit to lead your decisions and emotions today.

Open your heart to His counsel. Call on His wisdom and listen for the whispers of His truth. As you do, He will connect your life dots in a way that brings glory to God the Father.

Imagine what our lives, families, churches, and communities would look like if we allowed the Spirit of God within us to connect our life dots each day. Without a doubt, the world would see a fresh and beautiful faith picture.

Where does this promise find you and I today? Whatever you are facing, know that the Holy Spirit is ready to guide and comfort you. Write down your thoughts about this and ask God to connect the faith dots for you, so you can bring Him glory in your circumstances and experience His peace.

After telling His disciples about the Holy Spirit in John 14, Jesus blessed them with this peace promise:

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

---- John 14: 27

Praying You Through,
Pastor JoEllyn

Bette's Pen:

I went to see the "Breakthrough" movie with my daughter Roseann, and daughter of my heart, Tammie, this past Saturday night...

It was a very good movie, and I would recommend seeing it if you have the opportunity. The movie reminded me once again of the power of prayer...

A couple months ago, as you remember, Rose Lenig, suffered a stroke, and things didn't look very good for a time. Lots of prayers were lifted & stormed up to heaven.. God heard, and answered. Although not 100% yet, Rose is well on the way back to her usual, on the go "Rose". Prayers answered..Yay God!

Two weeks prior, Dave complained of the worst headache he ever had, suggested he should go to doctor but he resisted. On Thursday, May 9th, 2013, 6 years ago, Dave, fell out of the shower, suffering a brain aneurysm. God's hand was on Dave from that moment. I should have already left for work at South Bend Chocolate. I know is hard to believe, but I was running late, (later) than usual that morning. I was just in the motion to get going, when I heard, what???, a thud??? Some sound coming from where? I went to the bathroom door and asked Dave if he was ok? No answer. I slide open the door, and my heart fell as my eyes took in the sight of Dave laying there on the floor. Water still running, Shampoo suds still in his hair & on his hands. With pounding heart I hurried to him kneeled down, saying his name, asking," what happened?" tapping his cheek, trying to wake him up.. Panic was beginning to over take me, but he needed me to keep calm to get him help. He was out cold, not responding, although he was breathing it didn't sound right. Praying to God, I went in search of one of the three phones we have, to call 911 for an ambulance. I am

praying, asking God to help Dave. Little did I know when he left in the ambulance, at 7 am. still not conscious that Thursday morning, it would be 2 & ½ months before he would set foot back home. During the time that all this is happening you don't realize how God is at work. We have a dresser in bathroom, that when Dave fell out of shower, he should of hit the corner, but as I think back, it is as if God had Dave's head cushioned in His hands and laid him just on the other side of it. God kept me from leaving when I should have already been gone, so I would be there, to get him the help he needed. God had the best neurosurgeon on call at Laporte Hospital, Dr. Filipowicz, and Dr Troy Payner, the neurosurgeon at Methodist Hospital in Indy, who said Dr Filipowicz's decision to put the brain drain in before sending Dave to Indy was reason Dave survived the aneurysm that Dave should not have come back from. God had Pastor Dorothy, & Vivian show up at Indy Hospital exactly when I needed someone the most. God had my friend Gayle, and my manager, Sheila, at South Bend Chocolate to call me when I just thought "How am I going to get thru all this". God had the song "Overcomer" by Mandisa come on the radio just at those times when I thought I would surely be pulled under. And then, there were the prayers that stormed heaven, on Dave's behalf... I posted updates on Facebook of Dave's progress and asked for prayers. People I knew and those that I didn't know, lifted prayers. They spread the word about Dave, to their friends & family asking for prayers for him. Dave's name was whispered, by many, in God's ear, praying for Dave's recovery. And God heard & healed.

3 months after Dr Filipowicz, sent Dave to Indy, certain that Dave would not make it, we walked into his office

for Dave's appointment, where Dr Filipowicz could not believe that not only did Dave survive, but that he was able to walk, talk, and other than a severe cognitive thinking issue, was in amazing shape from suffering a big brain bleed. He said Dave was a miracle. He was, directly from God who had His hand on Dave from the very beginning of his health ordeal... And I am so thankful that He did... Thank you God!! I also want to thank all of you again, for all those prayers that stormed heaven during those early day & over these 6 years... There is no doubt that God healed Rose, & Dave and continues walking beside them & all of us.. There is nothing like the "power of prayer."

Do any of you have a power of prayer moment, a God Wink, or God Moment that happened in your life you would like to share? Let me know, and we can put in the newsletter...

Blessings & Peace be yours,

Bette

EVENTS & MEETINGS 2019

UMW MEETING

Tuesday May 14, 9:30 a.m.

Best Years

Wednesday May 15,
Noon Black Smith Shoppe
Council/Board Meeting

Wed May 15, 6:30 p.m.

2019 Music Fest & Pulled Pork Dinner

Saturday, May 18, 3:00 pm – 7 pm
Music Fest Set up Sat. Morning 8 am



ADULT SUNDAY SCHOOL

We will continue with the study 3:16 THE NUMBERS OF HOPE by Max Lucado, for the month of May... Digging deeper into the meaning of these 26 words. "For God so loved the world that he gave his one and

only Son that whosoever believes in Him shall not perish but have eternal life."

He loves. He gave.

We believe. We live.

Believers and seekers alike have flocked to this hope and continue to share this message with those they love. Please join us in unpacking these words of hope and what do they mean to us & for us...

Please come & join us. class meets at 10:30 right after fellowship hour.

CHILDRENS CHURCH:

The Children continues with the last unit of the Spring Series of Deep Blue Connects, AT HOME with GOD...Family Friends, : Best Friends, Courageous Friends, The Four Friends, & Prayerful Friends...



The April meeting of Best Years met at the Blacksmith Shoppe hosted by Connie Galloway, with 25 present. Iva said grace.

Happy Birthday was sung to Jim Williamson, who's BD was that day 4/17.

May Birthdays are Bette Schaefer, May 10, Arlos Scofield, May 16, Steve Everingham, May 18. Anniversaries are Terry & Joann Nickerson, May 29. Ben & Karen Rison, May 30.

Attendance prizes were won by: JoEllyn Chadwick, Deannie Ebanks, Joe Knowlton & Iva Wasielewski.

Others present were: Steve & Linda Everingham, Mary Kessler, Susan Knowlton, Sharon Campos, Ann Riedstra, Connie Reynolds, Myrna Everill, Evelin Hamilton, Art & Rose Lenig, Shirley & Wayne Kirkham, Bette Schaefer, Lester Chadwick, Harold Carlson, Herb Scofield.

The May meeting will be hosted by JoEllyn Chadwick.



11 Rick & Shirley Novak

17 Mike & Deb Harris

18 Andrew & Kimberly Davis

21 Robert & Grace Siford

21 Thomas & Mallory Floyd

25 Neal & Suzanne Syverson

27 Aaron & Amanda Askew

29 Terry & Joann Nickerson

30 Ben & Karen Rison



May

BIRTHDAYS
THIS MONTH

01 Connie Smith

02 Morgan Phillips

05 Jesse Williamson

07 Tonya Nickerson

07 Garret Obenchain

07 Shirl Sater

10 Jim Davis

10 Bette Schaefer

11 Karyn Schuck

13 Sarah Huff

14 Justin Chadwick

16 Arlos Scofield

16 Stacey Moody

18 Amanda Askew

18 Bruce Parker

18 Benjamin Hakes

18 Dawn Swanson

18 Dennis Masek

18 Steve Everingham

19 Troy Nickerson

23 Lori McCarty

25 Mark Dillon

27 C.J. Daley

28 Kevin Kinsey

29 Jackie Watnick

31 Anthony Nickerson



If you have a need or you know someone that needs prayers, Call Pastor JoEllyn and she will relay to the next person to activate the Prayer Chain.

Pastor JoEllyn's Cell phone # for After Hours Emergency & Prayer Chain Request
(219)-363-5061

FOOD PANTRY Requests

Always Need plastic bag



May:
**Applesauce,
Any kind
of Soup,
Toothpaste..**

**Culver Cares
give back day
was a success
for the food
pantry.. The
Pantry**



**collected \$308 from that event. All
thanks to you who had breakfast,
lunch, dinner or a sweet treat
Thursday April 11th**



Mother's Day Trivia:

Excerpted from <https://osr.org/blog/tips-gifts/20-fun-facts-about-mothers-day/> & <https://www.calendarlabs.com/holidays/shared/mothers-day.php>

Mother's Day in 2019 is on Sunday, the 12th of May (5/12/2019).

Mother's Day is on the 132th day of 2019. There are 233 days left in the year.

Mother's Day is celebrated in honor of mothers. It is celebrated every year in USA and in other countries on 2nd Sunday of May.

Anna Jarvis, the founder of Mother's Day suggested the idea of celebrating Mother's Day in honor of mothers and motherhood in 1907. Anna never had any children but wanted to carry out her own mother's wishes of having a day just for moms. Anna tirelessly campaigned and on May 8th, 1914 President Woodrow Wilson signed a Joint Resolution designating the second Sunday in May as Mother's Day.

Everyone has their own way to celebrate Mother's Day. Some people give cards, gifts or flowers to their mothers, some prefer to dine

out and spend the whole day with their mothers. Mother's Day is the busiest day of the year for restaurants in the USA and according to Hallmark, each Mother's Day around 162 million greeting cards are sent, making it the third largest card-sending holiday in the world.

Whatever the way, the soul aim of this day is to thank mothers for everything they have done and make them feel very special.

The carnation is the flower most often associated with Mother's Day. Red and pink carnations for moms who are still living, and white carnations for mothers that have passed away. According to legend, this association goes back to the passion of the Christ. Seeing Christ's sufferings, his mother Mary shed tears, which fell on the ground. These tears are supposed to have turned into the fragrant and beautiful carnations.

In the United States alone, around 122 million phone calls are made to moms on Mother's Day. Approximately \$14 billion dollars is spent on Mother's Day.



The United Methodist Women would like to give a shout out to Harold Carlson, for helping us set up for the Spring UMW Meeting that was held at the church and then he



came back later to get everything back in its place.....Thank U



Thank you to all the ladies who made soups, salads, rolls, bread, muffins, for us to enjoy. They

were delicious & for the help in getting ready for this meeting..

Thank you to all who gave up some of their Saturday Time for Spring cleaning of the Church.



Thank you to all who purchased Lilies & hyacinths to beautify the Sanctuary for Easter

Morning. Their fragrant scents filled the sanctuary, Those with allergies, so sorry that the flowers' scents aggravated them...



By Penny Derucki

On April 9,2019, the United Methodist women came together with twelve members present. Our President, Barbara Parker opened our meeting and devotions were given by Bobette Elkins and Pastor JoEllyn.

We enjoyed coffee cake and fresh fruit parfaits provided by our hostess Bobette Elkins

We shared joys with Myrna Everill, welcoming a new great-granddaughter and with Rose Lenig as she continues her recovery. We lifted up in prayer Rose and Art Lenig's great-grandson, Trea Terry, who had been in a serious car accident in Florida, and our Sisters in Christ Pam Dixon and Barbara Parker. Myrna Everill read from our Prayer Calendar , the Mission Witness: One of the opportunities I have is to educate people who work with low-income families, which often brings me to advocate for those less fortunate, especially when I come across a doctor or social worker who talks about "those people' don't want to learn how to stay clean" or

"they choose to wear dirty clothes." I've told these professionals that it may be them and their staff who need to be educated and I have a training for them-Sherri L. Buehl, Order of Deaconess and Home Missioner, Bethesda, Ohio. The Mission Focus is on Iglesia Colombiana Metodista, Columbia. Healthcare for Families Most Impacted by the Drug War-supporting the work and healthcare provided to rural communities near the Clinton Rabb Clinic.

Thank-you so much for sharing your blessing and contributing to our

Thank banks. We have collected almost \$40.00. I will continue to share with you some of the mission institutions that receive these funds. Our Program today, **Tell me the Story of Jesus**, shared by Pastor JoEllyn.

Salome speaks – Oh, hello, I don't believe we've ever met. You've come to Jerusalem today? Then you haven't heard about the events of the past few weeks. Oh, what a stir of excitement there has been. Do you have a moment? Would you mind if I told you? I realize we're strangers to each other, but---well this news is so glorious I just can't keep it to myself. As a matter of fact, it would be a sin to keep it to myself. You see, it's about the man called Jesus. Oh, you *have* heard of His name. Did you ever hear Him preach? To hear Him speak! His words are full of love and mercy. **Voice of Jesus;** "Blessed are the poor in spirit: for theirs is the kingdom of God." His words are commanding, authoritative! **Voice of Jesus:** "Let your light so shine before men that they may see your good works and glorify your Father, which is in heaven." His words reveal that he is none other than God Himself! **Voice of Jesus:** "I and my Father are one." His words are so compassionate. His words are like a parable, at times they are difficult to understand. His words were like no

other man's. When he opened up the Holy Scriptures to us, it was as if...He were their author! There is so much to tell you! Do you see those two men over there? They could do much better than I in describing the life of Jesus to you. They were two of his closest disciples, James and his brother John. James and John speak – We were, and still are, disciples of Jesus. He chose twelve of us to work side-by-side with Him in His ministry. It is quite an honor to be His follower. You see, we believe with all our hearts that He is the Christ, the Messiah, the One sent from God, the One for Whom all Israel has waited. We are fishermen. It's our family's business. I never would have believed we would leave it...Our fishing partners, Peter and Andrew, also left all to follow Him. Little did we know when we made the decision to follow Jesus and become, fishers of men, as He called us, what unusual and exciting events we would witness. Jesus made many friends. Three of his closest friends were a man named Lazarus, and his sisters, Mary and Martha. What a blessing they were to His Ministry! Their home was always open to Him, for they loved Him greatly. But there were some who didn't love Him; in fact, they hated him. They were our own religious leaders. It was jealousy, simple as that. Jesus had revealed their hypocrisy; how they would appear to be so righteous on the outside, but were rotten on the inside. It was about two days before the feast of the Passover when Jesus announced to us, He would be crucified. Crucified! Mary, the mother of Christ, speaks – Oh, my son! My Son! I hardly, recognized you! The terrible things they did to You! I tried to think back to happier times, to the day that Gabriel appeared to me and told me

God had chosen me to be the Mother of His son! What had I done to deserve such an honor? I was but a poor handmaid: I had no earthly treasures, no great name. I was a sinner like anyone else. "Jesus," the angel had told Joseph. "You shall call him Jesus, for He shall save His people from their sins. If it were not for Gabriel's announcement, or the time the angel warned Joseph to take You into Egypt to escape Herod's wrath or Simeon's prophecy-I would lose hope. But I know that somehow all of this was in God's plan for You. I know You are the Son of God! And though my soul is torn apart, I know that joy comes in the morning, that I will see You again, that You have a perfect plan in all of this that is hidden to us at the moment. Only strengthen the faith of your followers, my Son. Strengthen the faith of all of us, that we may be true to You no matter what may come. Taken from "Tell Me the Story of Jesus" by Sandi Zimmerman Robert We heard her story and enjoyed the music from her dulcimer as she sang in her beautiful God given voice, Lord of the Dance. Due to a timing restraint, we will not be having our "Your Treasurers" Open Air Market that had been planned for June 1, 2019. We hope to have it next year. We will not be having our Mother-Daughter salad bar for our May 14, 2019 meeting this year. It will be a regular meeting starting at 9:30 am. Rose Lenig will be our hostess and Barbara Parker will give our Program.

Come join us.... We'll be saving you a seat....

Vacation Bible School



The Education team has decided to have VBS this year. The date will be Monday July 29 & Tuesday July 30... 10 a.m. to 1 p.m.

The Kid's will kick up their heels at Yee-Haw VBS, as they stampede through the wild frontier and celebrate the greatest truth of all - God is GOOD!



We are in need of helpers. Please Prayerfully consider helping in some way for this very important

project. To man a station or help get lunch ready & served for VBS...

Want to help,

Please See Karen Fitzgerald.....

Be sure to come as we will be "Celebrating God's Greatest Gift" Have the children invite their friends. It's going to be so much fun...



Pat Tucker (Congestive Heart Failure & Afib, Lisa's grandmother) (Joe Spence (health

issues brother in law Joe Knowlton) Mike Harris (Chemo) Pam Dixon, (Recovering Surgery), Sally Grindle (knee replacement, friend Joyce Blint), Walt (Chemo) Betsy (kidney stone) Singleton friends of Jeff & Bobette Elkins) Ron Eckert (fell out of tree, friend Sue & Dan Hartwick) Trea Terry (serious car

accident, great grandson, Art & Rose)
 Joe Knowlton (health issues) Carrie
 Chadwick (maintain back pain, Pastor
 JoEllyn daughter) Scott Thieme (health
 issue), Brad Nimitz (Health Concern,
 Sherry & Paul Iwaszewski son-in-law &
 aunt Louise Gray recovering from fall)
 Bette Elkins (Chemo,) Phillip Heminger
 (cancer) Kathy Heminger (Health Issue,
 cousins Bobette & Jeff Elkins) Debbie
 Baughman (back surgery, Apr. 26, sister
 Bobette/Jeff Elkins) Betty Schimmel
 (cancer, sister Jeff/Bobette Elkins) Bob
 Lenters (Cancer & Heart, Ann Riedstra
 brother & daughter in law) Alice
 Riedstra (cancer), Richard Asvitt
 (feeling better, brother Virginia/Dave
 Bradford) Jim Williams (Shawna from BSS,
 father, recovering after Heart Surgery) We
 have a few very special people in our
 church family that are struggling with
 various health concerns who wish to
 not be named. Please keep their
 UNSPOKEN REQUESTS lifted in
 prayer, as God knows who each of
 them are and what it is they need.
 Give them strength Oh Lord, to deal
 with whatever their struggle... Let
 them feel your arms embracing them
 with your warm, wonderful, love..
 Bless them with your Peace. Thank
 You, God...

RIP: Frank Chlupacek, Jr, 2 mo. old
 great nephew
 Joe & Susan Knowlton &
 Brian Barker nephew Joe & Susan

If you want someone to remain on or
 add please fill out new request card or
 call Pastor JoEllyn or
 Bette 219-778-2910



Missions is having a
 bake sale during
 Music Fest and
 would love that you
 donate your favorite, yummy
 baked dessert for their bake sale
 table...

Sign up sheet on credenza



Jacob Adams US
 Army- States
 grandson Chris
 Adams
 Craig Carlson,
 (pilot) US Air
 Force son Harold &
 Carrie Carlson
 Matthew
 Chadwick US Army
 - son

Lester & JoEllyn Chadwick
 Michael Showalter Marines,
 grandson Wayne & Shirley Kirkham
 Matthew Rompca Air Force
 nephew Shirley & Wayne Kirkham
 Katelyn Williamson U S Marines
 Daughter of Al and granddaughter of Jim
 Williamson

If you have someone serving and would
 like on our prayer list please let Bette
 know...

Please lift all those serving our country,
 who are struggling, for whatever the
 reason; being alone, illness, divorce,
 loss of job, loss of loved ones, going
 through the firsts
 after death of loved one.
 Give thanks for everything....
 Hear our Prayers, Oh Lord!

Thank you to those who have given
 to the Kings Club to
 support the
 missions of our
 church.



**Kings Club Offerings for the month of
 April include:**

- A donation was given
 in celebration of
Jenny Goodspeed's
 birthday 4-7
- A donation was given
 in celebration of
Dawn Swanson's
 birthday 5-10

*Kings club offerings go to support
 the local missions supported by the
 Missions and Outreach Committee.
 Which includes The Rolling Prairie

Food Pantry, Hope Rescue Mission,
 Broadway Christian Parish, the Local
 Emergency Fund, and the Journey to
 Bethlehem. Donations of any
 amount are appreciated and
 accepted.

MUSIC FEST

The 3rd annual Pulled Pork Dinner &
 Music Fest will once again be held at
 the Rolling Prairie United Methodist
 Church. This is a wonderful venue of
 performers showing off their musical
 talents God has gifted them....

**Please be sure to mark your
 calendars for MAY 18,
 3 – 7 P.M. (CST)**

The free family friendly outdoor
 music festival will kick off at:

3:30 p.m. CST with the New Prairie
 High School Jazz Band.

Other performances include:

4:00 Down By the Dock Jazz Band,
 5:00 Portage High School Jazz String
 Orchestra, 5:30 Portage High School
 Jazz Combo, 6:00 Portage High
 School Choraliers Vocal Jazz, 6:30 Old
 Tyme Bluegrass Band. These fine high
 school and community groups,
 featuring over 150 musicians, will be
 performing a variety of music ranging
 from jazz to blue grass styles. These
 ensembles are high energy and
 geared to entertain! The festival will
 be held on the church lawn with the
 groups performing from the pavilion.
 Bring lawn chairs and blankets for
 lawn seating. In case of inclement
 weather, the event will be moved
 indoors. The directors of the Portage
 High School ensembles are Carrie
 Ann Carlson, William Timmerman
 and Jordan Dollins. The director of

the New Prairie High School Jazz Band is Patrick Teykl. Rick Sprague conducts the New Prairie area jazz band and the Michigan City Senior Center sponsors the Old Tyme Blue Grass Band! During the music festival, RPUMC will be offering dinners for sale. The dinners will include pulled pork, baked beans, potato salad, slaw, bread, pickles and desserts. Cost: Adults \$10.00, Students 6-12 \$7.00, Children 5 and under eat for free! Pre-sale, at-door and carry-out available. Rolling Prairie United Methodist Church is located 3444 U.S. HWY 20, in Rolling Prairie, IN, 46371. For more information or to reserve advance dinner tickets, contact the church office at (219) 778-2910.



Don't start your day with broken pieces of yesterday. Every Morning we wake up is the first day of the rest of your life...



The Power of Fruits and Vegetables

I have written repeatedly about adding fruits and vegetables to your daily diet. Now I would like to talk about why fruits and vegetables are so valuable.

1. Antioxidants- antioxidants are a chemical found only in plant based foods and what they do inside our body is amazing. They fight off free radicals, which are the "bad guys" who cause disease in our body (heart disease, cancer, etc.). By consuming foods high in antioxidants,

we can help protect the inside of our body from free radicals and long term, chronic disease.

2. Fiber- fruits and vegetables (in their whole form) also contain fiber. Fiber that is found in fruits and vegetables help to move food through our GI tract quickly. The reason that this is so beneficial is that it limits foods that may be harmful to the body from creating toxins and harming our insides. Make sure to keep on the peels of your fruits and vegetables as that is where most of the fiber is contained.
3. Vitamins & Minerals – fruits and vegetables are loaded with a variety of vitamins and minerals. Vitamins A, C & E are the most powerful vitamins (serving as antioxidants). These vitamins also have other beneficial properties. Many fruits and vegetables are also a good source of potassium which is helpful in controlling our blood pressure, working against sodium.
4. Nutrient Dense- for a few calories you get lots of nutrients. Compared to a candy bar or soda, where you get a ton of calories with fat and sugar as the only nutrient value, fruits and vegetables give you a few calories packed with fiber, vitamins, and minerals. Fruits and vegetables are a great snack any time of the day.

I hope that this has convinced you to add a few more fruits and vegetables to your diet every day. The general recommendation is to consume around 5 servings of fruits and vegetables (together, not separately) each day. Need some ideas on how to get more?

- Cut them up ahead of time and put in the refrigerator as a quick snack on the go. Many fruits and vegetables go well with a good source of protein like peanut butter, hummus, or yogurt.
- Chop up some vegetables nice and small and add them to your taco meat, lasagna, soup, casserole, or other dish. Onions, garlic, carrots, and celery are the easiest to add to almost any meal, increasing the nutrients in your dish.
- Got a sweet tooth? Try some fruit to replace that high calorie dessert. Adding a bit of whipped cream or a yogurt dip can make it seem even more dessert like.
- Want to get all your servings of fruits and vegetables out of the way at once? Make a smoothie loaded with a variety of fruits and vegetables. Surprisingly, spinach makes a wonderfully smooth drink and cannot be noticed (well except for the green color is makes your drink). Other foods like chia seeds or flaxseed can be added to provide even more bang for your buck (both are a source of Omega 3 fatty acids which help reduce inflammation). Look online for a lot of great recipes.

Whatever your method of adding more fruits and vegetables know that it will be worth the while.



You may have noticed that the new Choose My Plate that the USDA provides as a guide for

healthy eating recommends that half of your plate for each meal should be made up of fruits and/or vegetables. So next time you sit down for a meal see if you are getting enough.

Hears to your health,

Gretchen Krivak MS, RD, CGFI



Only God can turn a mess into a mess-age, a test into a test-imony, a tri-al into a tri-umph, a vic-tim into a vic-tory..

God is Good....
All the time!

Scripture says, this is how God showed his love among us:

He sent his one and only Son into the world that we might live through him. This is love: not that we

loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. And he has given us this command: Whoever loves God must also love his brother. 1 John 4:9-11, 21 (NIV)



May has a very special day in it. Do you know what that day is? You're right! It's Mother's Day. Are you planning to make or buy your Mom a card and a present for Mother's Day? The Mother's Day card you make or buy, I'm sure will say, "Mom, I love you!" Do you think your mother likes to hear you tell her that you love her? Of course she does! But do you know what your mother would like even more? She would like for you to show her that you love her.

What are some ways you can show your mother that you love her? Well, you might help out around the house. You could clean your room or empty the trash. You could show her that you love her by obeying her when she tells you to do something. You can show her you love her by getting along with your brothers and sisters. It is easy to tell your mom that you love her, but if you really love her, your actions will show it!

Do you think that God likes to hear us tell Him that we love Him? I know He does. But He likes it even better when our actions show Him that we love Him. How do we do that? The Bible tells us that, "God showed his love for us by sending His one and only Son so that we might live through him." It goes on to say that, "since God loved us so much, we ought to love one another." One of the best ways to show our love for God is to love one another. Yes, God likes to hear us say, "I love

you," but He would rather see us say, "I love you."

As we celebrate Mother's Day, this month, let's tell Mom that we love her, but more important, let's remember to show her that we love her. And as we worship today, let's tell God we love him, but more important, let's remember to show him we love him by loving one another.

Dear Lord, we have come to today to say, "I love you." Help us to go out of here today and show you that we love you by our actions. Amen.

Excerpted from:

https://www.sermons4kids.com/show_love.htm



If you can trust a puzzle company to make sure every piece is in the box to complete the puzzle, then why can't you trust GOD that every piece of your life is there for a reason....

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Doesn't the Memorial Flower Garden look beautiful? Be sure to Thank Marilyn Livinghouse. She was out there sprucing the Garden up after a long winter, to get into shape for Easter, spring & summer season...



Hold
On with
Patience and
Expectation