

# St. Paul's Epistle

An Inviting Community of Christ's Disciples

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July, 2021

St. Paul's United  
Methodist Church

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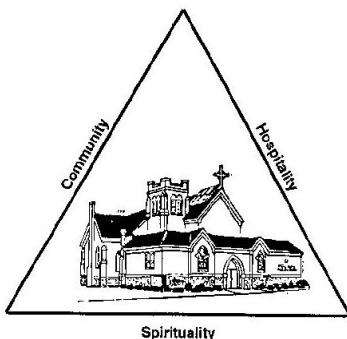
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## Inside this issue:

Upcoming Events	2-3
2021 Annual Conference	4
Prayer	5
Faith in Action	6
Daily Bible Readings	7
Hymn History	8
Methodist History	9
June Happenings	10
Connecting With...	11
The People of St. Paul's	12
July Calendar	13
Recipes	14
Kidz Korner	15
Living Our Faith	16



July the middle of Summer, the halfway point to Christmas, and the slowest month at church. Which means there is not a lot to talk about in this letter, but I still have to write something. We have been spending our Sundays talking about, a thinking person's guide to faith, and as you are reading this, we have two more weeks left. We will be talking about the love of God, and the logic of Hell, and we will finish the series by looking at God and suffering. Why God allows bad things to happen.

The only opportunity I have for you to help out around the church and in the community is a chance to help the Sunnydale House with the 5k they are having on Labor Day. We are manning or womaning 2 water stations; One, in front of the church; Second, at the fieldhouse parking lot. I hope you come out and join us in supporting Elida students and our local community.

Finally, I want to invite you to be a part of our online community when you are not able to join us in church for Sunday worship. Take us to the lake with you, or even join us for church while you are on vacation. Let us know where you are watching from, in the comments of the video on Facebook. I love to see all the places people take the church when they are away from Elida.

Until next month, I will see you in the mission field.

*Pastor Paul*



## Thought for the Month:

Faith sees the invisible,  
believes the incredible  
and receives the impossible.

-Corrie ten Boom



**July 11**

**Five Loaves Food Pantry  
At The Church at Allentown**



## Christian Symbol

### OIL

In the Old Testament, oil symbolized consecration to God. The temple altar and king's heads were anointed with oil to set them apart as holy. In the New Testament, oil often represented the Holy Spirit. Jesus and his followers were anointed for their ministries (see Luke 4:18 and Acts 10:38).



## Upcoming Events for St. Paul's

Newsletter  
deadline:  
the **20th**  
of each month



### St. Paul's Epistle

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Secretary	Gail Fessler
Organist	Linda Holman
Pianist	Lois Cook
Choir Director	Judy Chaffins
Custodian	Dave Decker

### Sunnydale House Project 5K Run

**September 6, at 9:00 AM  
(Labor Day)**

The people running the Sunnydale House project are sponsoring a 5K run. St. Paul's church has volunteered to man a couple watering stations for the runners, in front of the church on Main St., and at the fieldhouse parking lot.

If you would like to help, there will be a sign-up sheet at the media desk.

Thanks,  
Tim Piper, Missions Chair



## MEMORIAL GOLF OUTING



**Saturday, July 10**  
Tee Time: 9:00 AM  
Hot Dogs at the turn  
Games/Contests all day

Colonial Golfers Club  
10985 Harding Hwy.  
Harrod, OH 45850  
419-649-3350

July 4  
'Coins for Communion'  
to benefit the  
**Brad Joseph Memorial Fund**

## *Upcoming Events for St. Paul's*

### SCHOOL KITS

- One pair blunt scissors (**Round Tip**)
  - Three **70 count** spiral notebooks (**Wide Ruled**)
    - One ruler (12" – **metric**)
    - One hand-held pencil sharpener
- One large eraser (**no pencil cap erasers**)
  - Six new #2 pencils with erasers (**unsharpened, remove from package**)
    - One box crayons (**24 ct.**)
- **\$2.00** for processing and shipping kits

Pack kit in a **2 gallon size ziplock bag** and place at the altar.

### HEALTH KITS

- One hand towel (@15"x28" to 16"x32", **no micro-fiber**)
    - One washcloth
  - One **wide-tooth** comb (**If you wish to purchase a comb from Bev Nesbitt, include \$1.00 in your kit**)
  - One finger nail or toe nail clipper (**remove from package**)
  - One bar of soap (**bath size in wrapper**)
  - One adult size toothbrush (**in original package**)
    - **Ten** standard size Band-Aids
  - **\$2.00** for processing and shipping kits
- Seal kit in a **gallon size ziplock bag** and place at the altar.



**Collection Deadline is September 5**



## 2021 Annual Conference

### Annual Conference Summary

The 52<sup>nd</sup> Session of this year's conference was a virtual gathering of nearly 1,800 clergy and lay members. Bishop Palmer presided over the conference under the theme of Perseverance, using scripture from Hebrews 12:1-2. During the Episcopal Address, the Bishop spoke to the weariness facing church leaders and congregations. He reminded conference members of the stories throughout the bible of people who persevered. "Their stories remind us that we aren't the first to walk this journey. We have been called to be like those who persevere even in the midst of obstacle and inconvenience," he said.

The Legislation voted on six recommendations. Four of the recommendations were passed.

1. 2022 Budget passed -#1.
2. 2022 Commission on Equitable Compensation passed - #2. Minimum salaries increase 2%.
3. Board of Pensions passed -#3.
4. Loved as the Image of God passed - #5. West Ohio Conference desires to be aligned with a United Methodist Church witness that is inclusive of all people and is theologically diverse.

Recommendation #4 - Christmas Covenant was referred to West Ohio Conference General and Jurisdictional Conference delegations for further study and review. The Christmas Covenant legislation would establish regions across the denomination, including the United States. It was authored and advanced by delegates in Central Conferences including the Philippines and Africa. They asked the West Ohio Conference to fully support the Christmas Covenant and encouraged West Ohio General Conference delegates to support the Christmas Covenant and send a letter to the General Conference Secretary in support of the legislation. My understanding of this is that the Central Conferences do not want the United Methodist Church to split because it would negatively impact mission support financially.

Recommendation #6 was tabled. This recommendation asked that the Board of Ordained Ministry consider requests for ordination and conference membership without prejudice toward a candidate's sexual orientation or gender identity.

Other business included commissioning two provisional deacons and seven provisional elders, ordaining one deacon and nine elders, honoring retirees, commissioning three Deaconesses, and authorizing the Annual Conference Planning Committee to determine the location of the 2023 Annual Conference session. Lastly, Bishop Palmer advised the body of his short-term assignment to the Illinois Great Rivers Conference to provide oversight while their Bishop is on medical leave.

The 2022 West Ohio Annual Conference will be held June 2-5 at Lakeside Chautauqua.

Linda Craft, Lay delegate

# Prayer

## The Contemplative Intercessor

(Please don't be scared off by the title of this article)

*By Corinne Piper*

When you read “contemplative intercessor” do you conjure up a picture of a medieval monk or nun kneeling on a cold, hard floor? Do you immediately think, “Not me!” and turn the page? I was right there with you until I read Intimate Intercession by Tricia McCary Rhodes. Rhodes’s definition of contemplative means “to spend time in the quiet of God’s presence”. No mention of kneeling on a hard, stone floor or getting up in the middle of the night to pray on that hard, stone floor which is good since my knees couldn’t stand it, and I don’t think well in the middle of the night!

To be a contemplative intercessor just means that before someone starts hitting up God with requests, that person just finds a way to become “in tune” with God. Maybe that means sitting in your favorite chair before the household comes to life like Rev. Paul’s grandmother used to do. Maybe that means taking a walk and thinking about God rather than talking on your phone. Once we pay attention to listening to God, we begin to know who He wants us to pray for and think about.

The tough thing about this is that it takes discipline and “putting ourselves on the shelf”. I have a couple of shelves of books on how to pray and have read them off and on for years. I want to have the quick method to get to God’s side, but the truth is there is no quick method. It takes the discipline of setting aside a prayer time and then closing my mind’s mouth and be open to God. It takes time and practice, very hard things to work on.

Rhodes has a beautiful statement in her book: “Because when we sit at God’s feet and learn from Him, we cannot help but see things as He sees them...” I am trying to just “sit at His feet” more often. How about you?

Join me on Sunday mornings at 9:30 a.m. in the Prayer Room (former Bride’s Room) to list those on our prayer list by name and listen to God’s heart regarding their needs.





# Faith In Action

## Worship Attendance:

May 30, 2021	58
June 6, 2021	58
June 13, 2021	53
June 20, 2021	59
June 27, 2021	44

## Financial Giving

Weekly Need for  
Unified Ministry Budget  
\$3,879.00

Unified Ministry Giving:		Other:
May 30, 2021	\$2,658.00	\$530.00
June 6, 2021	\$3,838.00	\$270.00
June 13, 2021	\$4,216.00	\$470.00
June 20, 2021	\$2,400.00	\$215.00
June 27, 2021	\$6,491.00	\$520.00

## Children's Church Attendance

June 6, 2021	6
June 13, 2021	0
June 20, 2021	3
June 27, 2021	0



## Liturgist Needed:

Liturgist are needed to assist the Pastor, during Sunday morning worship service. If interested in serving in this capacity, please let the office know. Liturgist usually serve a month at a time, but if you are unable to serve on a particular Sunday, other arrangements can be made. Please prayerfully consider participating. I have a Liturgist for July. The rest of the year is open.

## Flower Calendar

July 4, 2021	Tim & Corinne Piper
July 11, 2021	Jone Lane
July 18, 2021	Tim & Sue Theodore
July 25, 2021	Lois Cook

# Daily Bible Readings

## Thursday 7/1

Psalm 83, 85, 86  
1 Samuel 2:27-36  
Acts 2:22-36, Luke 20:41-21:14

## Friday 7/2

Psalm 88, 91, 92, 1 Samuel 3:1-21  
Acts 2:37-47, Luke 21:5-19

## Saturday 7/3

Psalm 87, 90, 136  
1 Samuel 4:1-11  
Acts 4:32-5:11, Luke 21:20-28

## Sunday 7/4

Psalm 19, 46, 66, 67  
1 Samuel 4:12-22  
James 1:1-18, Matthew 19:23-30

## Monday 7/5

Psalm 89, 1 Samuel 5:1-12  
Acts 5:12-26, Luke 21:29-36

## Tuesday 7/6

Psalm 95, 100, 1 Samuel 6:1-16  
Acts 5:27-42, Luke 21:37-22:13

## Wednesday 7/7

Psalm 101, 109, 119:121-144  
1 Samuel 7:2-17  
Acts 6:1-15, Luke 22:14-23

## Thursday 7/8

Psalm 105, 1 Samuel 8:1-22  
Acts 6:15-7:16, Luke 22:24-30

## Friday 7/9

Psalm 102, 107:1-32  
1 Samuel 9:1-14  
Acts 7:17-29, Luke 22:31-38

## Saturday 7/10

Psalm 33, 107:33-43, 108  
1 Samuel 9:15-10:1  
Acts 7:30-43, Luke 22:39-51

## Sunday 7/11

Psalm 118, 145, 1 Samuel 10:1-16  
Romans 4:13-25  
Matthew 21:23-32

## Monday 7/12

Psalm 106, 1 Samuel 10:17-27  
Acts 7:44-8:1a, Luke 22:52-62

## Tuesday 7/13

Psalm 120, 127, 1 Samuel 11:1-15  
Acts 8:1-13, Luke 22:63-71

## Wednesday 7/14

Psalm 128, 129, 130, 119:145-176  
1 Samuel 12:1-6, 16-25  
Acts 8:14-25, Luke 23:1-12

## Thursday 7/15

Psalm 133, 134, 135  
1 Samuel 13:5-18  
Acts 8:26-40, Luke 23:13-25

## Friday 7/16

Psalm 140, 141, 142, 143  
1 Samuel 13:19-14:15  
Acts 9:1-9, Luke 23:26-31

## Saturday 7/17

Psalm 104, 137, 144  
1 Samuel 14:16-30  
Acts 9:10-19a, Luke 23:32-43

## Sunday 7/18

Psalm 111, 112, 113, 146, 147  
1 Samuel 14:36-45  
Romans 5:1-11  
Matthew 22:1-14

## Monday 7/19

Psalm 1, 2, 3, 4, 7  
1 Samuel 15:1-3, 7-23  
Acts 9:19b-31, Luke 23:44-56a

## Tuesday 7/20

Psalm 5, 6, 10, 11  
1 Samuel 15:24-35  
Acts 9:32-43, Luke 23:56b-24:11

## Wednesday 7/21

Psalm 12, 13, 14, 119:1-24  
1 Samuel 16:1-13  
Acts 10:1-16, Luke 24:12-35

## Thursday 7/22

Psalm 18, 1 Samuel 16:14-17:11  
Acts 10:17-33, Luke 24:36-53

## Friday 7/23

Psalm 16, 17, 22  
1 Samuel 17:17-30  
Acts 10:34-48, Mark 1:1-13

## Saturday 7/24

Psalm 20, 21, 110, 116, 117  
1 Samuel 17:31-49  
Acts 11:1-18, Mark 1:14-28

## Sunday 7/25

Psalm 114, 115, 148, 149, 150  
1 Samuel 17:50-18:4  
Romans 10:4-17  
Matthew 23:29-39

## Monday 7/26

Psalm 9, 15, 25  
1 Samuel 18:5-30  
Acts 11:19-30, Matthew 1:29-45

## Tuesday 7/27

Psalm 26, 28, 36, 39  
1 Samuel 19:1-18  
Acts 12:1-17, Mark 2:1-12

## Wednesday 7/28

Psalm 38, 119:25-48  
1 Samuel 20:1-23  
Acts 12:18-25, Mark 2:13-22

## Thursday 7/29

Psalm 37, 1 Samuel 20:24-42  
Acts 13:1-12, Mark 2:23-3:6

## Friday 7/30

Psalm 31, 35, 1 Samuel 21:1-15  
Acts 13:13-25, Mark 3:7-19

## Saturday 7/31

Psalm 30, 32, 42, 43  
1 Samuel 22:1-23  
Acts 23:26-43, Mark 3:19b-35

For in this  
**HOPE**  
we were  
**SAVED.**

Romans 8:24



# Hymn History

## Eternal Father, Strong to Save

"Then Sings My Soul" Book 1, By Robert J. Morgan

**1860**

*Behold, He who keeps Israel shall neither slumber nor sleep. Psalm 121:4*

Psalm 121 has been called the "Traveler's Psalm" because it requests God's watch-care over the comings and goings of His people: "The Lord shall preserve your going out and your coming in from this time forth, and even forevermore."

Nineteenth century hymnbooks usually had an entire collection of hymns echoing prayers for God's protection of travelers, especially for sailors. *Hymns for Christian Melody*, for example, published in 1832 by Rev. David Marks contains 24 hymns under the section: "Mariners." An 1857 hymnal published by the Freewill Baptist Printing Establishment in Dover, New Hampshire, devotes pages 928 to 943 to hymns for sailors.

The Most famous mariners' hymn, "Eternal Father, Strong to Save", was written in 1869. It is called the "Navy Hymn" because of its association with the Naval Academy in Annapolis. It was Franklin Roosevelt's favorite hymn and was sung at his funeral. In November of 1963, its solemn strains accompanied the casket of John F. Kennedy as it was carried up the steps of the U.S. Capitol to lie in state.

The deeply moving melody was written by the famous composer, John B. Dykes, who named it MELITA after the island where Paul was shipwrecked in Acts 27.

Little is known about the author of the words, William Whiting of London. He was Master of an Anglican school for musicians, and he wrote several hymns; but only "Eternal Father, God to Save," is widely sung today. William reportedly wrote this hymn as a prayer for a friend who was preparing to sail to America:

*Eternal Father, strong to save,/ Whose arm hath bound the restless wave,/*  
*Who biddest the mighty ocean deep / Its own appointed limits keep; /*  
*Oh, hear us when we cry to Thee, / For those in peril on the sea!*

There follows a verse addressed to the Son, and one to the Holy Spirit. Then a closing verse requests traveling mercies from the Trinity. In more recent years, other verses have been added by various writers:

- *Lord, guard and guide the men who fly / Though the great spaces in the sky...*
- *Eternal Father, Lord of hosts, / watch over the men who guard our coasts...*
- *God, Who dost still the restless foam, / Protect the ones we love at home...*
- *O Father, King of earth and sea, / We dedicate this ship to Thee...*





# Methodist History

## Francis Asbury

*August 1745- March 1816*

*One of the first bishops of the Methodist Episcopal Church in the United States.*

Francis Asbury was appointed a full-time Methodist preacher at the age of 21. In August 1771, John Wesley selected Richard Wright and Francis Asbury to assist with the American work. Wright quickly faded from the scene, but Asbury became the leader of American Methodism. In September 1771, eight days out to sea on his voyage to America, Asbury wrote: "Whither am I going? To the New World. What to do? To gain Honor? No, if I know my own heart. To get Money? No, I am going to live to God and to bring others to do so." Having spelled out his purpose, he never deviated from it.

On October 27, 1771, he landed in Philadelphia. Life in the towns was pleasant enough but harsh in the boondocks. Asbury noted, "My brethren seem unwilling to leave the cities, but I think I shall show them the way." Show them, he did. Almost as soon as he was assigned to New York, he pushed his horse twenty miles out of the city to preach at Westchester. Visiting other villages, he formed a "preaching circuit." Such circuits would form the backbone of American Methodism. Circuit riders would push through such bad weather it became a common saying, "Nobody out but the crows and the Methodists."

Assigned to Maryland, Asbury tripled its circuits and doubled its membership in just one year. Rain or shine, heat or cold, he was in the saddle. While riding, he read, sang hymns, learned languages, fasted, and prayed. Freeborn Garrettson, a notable circuit rider himself, said that Asbury prayed the best and prayed the most of any man he knew. He preached to any audience he could find, despite threats, fines, and illness.

Sickness plagued Asbury. He half-killed himself with overwork and exposure, unable to lie still long enough to get well. He preached hundreds of sermons with an ulcerated throat and burning fever. Often he was so weak he had to be lifted onto his horse and tied to the saddle. But his passion to serve God and save souls was unflinching. He exclaimed: "O, what would one not do, what would he not suffer, to be useful to souls, and to the will of his great Master!"



## June Happenings

**June 6**  
Children's Moments  
"Stump The Pastor"



Our Missions Team has voted to financially support the Likewise Academy's Sunnydale House Project, next to the new Elida Elementary School. The project involves the option for elementary school students in Elida to attend a faith-based class in building character, and in Bible study, an hour a week.

**June 30**  
Guest Speaker, Joe Wassink, of ACTS/TV 44  
Spoke about the Sunnydale House Project,  
and gave the morning sermon.



## Connecting With ...

Members of the Lima Host Lions Club, including Tim and Corinne Piper, joined with others in our community to start building the second All Weather All Abilities Playground in Allen County. The first one is up and running and open to the public at Camp Robin Rogers on Conant Road. The newest one will be on the west side of the Board of Developmental Disabilities (next to Marimor School) and adjacent to Ottawa Metro Park. It, too, will be open to the public. The project costs \$1.25 million and the fund raising is only \$35,000 away from completion. The Lima Host Lions Club obtained a matching grant of \$98,000+ from Lions International to help build the new playground. We are still taking contributions of any amount, so let Corinne or Tim know if you would like to be part of this great project.





## The People of St. Paul's



Our condolences to the family of Hazel Dunn who passed away June 18, at the Springs of Lima. Hazel was 101 years old and a close cousin to Evelyn Sarber. Hazel was a long time members of St. Paul's. A memorial service was held on Monday, June 21, with Pastor Paul officiating.



Congratulations to Bill and Joyce Nichols who will be celebrating their 75th Wedding Anniversary on Tuesday, July 27. Cards may reach them at, 5129 Willow Dr., Elida, OH 45807



### Remember in Prayer

#### Recovering from Surgery or in the Hospital

Carl Miller  
Cindy Swihart

#### Those in Need of Healing, Support, Strength & Encouragement

Denny Mault  
Cindy Swihart

#### In the Military & Missions

Nathan Stewart

*I would like to thank the church for the flowers while I was in the hospital. I also would like to thank all of you that sent cards, called, and lifted up prayers for me. I am slowly getting my strength back.*

**Thanks Ron Steiner**

**THANK**  
*You*  
**SO VERY much**

Dear Friends in Mission,  
The dear people you just helped with your gift (\$955) to UMCOR, may never have the opportunity to meet you, but if they did, I am certain their response would be - Thank You!

UMCOR US Disaster  
Response and Recovery

Thank you for your generous support of the Sunnydale House mission.

ACTS Character Academy, LLC

# Meetings

## No PPR

July 6, 2021  
Trustees... 7:00 PM

July 7, 2021  
Worship Mtg...10:00 AM

July 12, 2021  
Ad Council / Finance  
7:00 PM

Missions Mtg... To Be  
Announced

Sundays  
Prayer...9:30 AM  
Worship...10:00 AM

# JULY 2021

Sun Mon Tue Wed Thu Fri Sat

## JULY ANNIVERSARIES

*Doug & Ginger Fox*  
July 6

*Mitchell & Kathy*  
*Furry*  
July 8; 43 yrs.

*Travis & Julia Bok*  
July 17

*Tim & Corinne Piper*  
July 17; 45 yrs.

*Bill & Marlene*  
*Weaver*  
July 18; 70 yrs.

*Tim & Sue Theodore*  
July 20

*Denny & Carole*  
*Grapner*  
July 26; 58 yrs.

*Bill & Joyce Nichols*  
July 27; 75 yrs.


				1 Anika Bok Lucy Chaffins Jenni Jankovsky Jean Thomas	2	3
4	5	6	7	8	9	10 Don Holmes Tony Matlock
11 Emma White	12	13	14 Gloria Brunk Brady Emmons Jackson Lane Hayden McKee Drew White	15	16 Kim Crates	17
18 Madeline Kuenzli Zachary loose	19 Macy Chambers	20	21 Savannah Emmons	22 Travis Bok Carole Grapner	23 Bryan Craft	24
25 Ian House	26	27 Ella Motzer Gretchen Woeller	28 Katie White Juniper Jankovsky	29	30 Jonathan Perry Ethan Thomas	31 Jan Wyant



# St. Paul's Featured Recipes

## Cheddar Tuna Casserole

*By Susan Nartker*

Ingredients		Instructions
1 small	Onion, chopped	<p>Heat oven to 350 degrees.</p> <p>In large sauce pan stir in onions, butter on medium heat for 5 minutes or until tender.</p> <p>Add 1/2 cup Cheddar cheese and remaining ingredients; mix well. Spoon into 1 qt. casserole dish.</p> <p>Bake 30 minutes. Top with remaining cheddar cheese; bake 5 minutes or until melted.</p> 
2 TBS.	Butter or margarine	
1 cup	Sharp cheddar cheese, shredded, divided	
2 cups	Egg Noodles, cooked and drained	
1 can (10 3/4 oz.)	Cream of Celery soup, condensed	
1 can (5 oz.)	Tuna, drained & flaked	
1/3 cup	Milk	
1/4 cup	Parmesan Cheese, grated	
2 Tbl.	Pimento, chopped	

## Ribs with Apricot Preserves Sauce

*By Weldon LaRue*

Ingredients		Instructions
4 to 6 lbs.	Pork spareribs	<p>Preheat oven to 350 degrees.</p> <p>Cut ribs into serving size pieces.</p> <p>Place with bone side down on a rack in a shallow roasting pan. Cover and bake for 1 hour or until the ribs are tender. Drain.</p> <p>Combine remaining ingredients. Brush some of the sauce over the ribs. Bake for 30 minutes uncovered, brushing occasionally with sauce.</p> <p>These can also be grilled over medium coals.</p>
3/4 cup	Soy sauce	
3/4 cup	Apricot preserves	
3/4 cup	Honey	
	Garlic salt or 2 minced garlic cloves	



# KIDZ KORNER



Make this refreshing treat on a hot summer day.

## What you need:

- Baking sheet
- Parchment paper
- 1 cup plain Greek yogurt
- 2 Tbsp. honey
- ¼ cup granola or cereal

## What you do:

1. On a baking sheet covered with parchment paper, spread yogurt in a thin layer, about ½-inch thick.
2. Drizzle honey evenly over yogurt. Sprinkle granola (or cereal) on top.
3. Freeze about 30 minutes, or until firm.
4. Crack frozen yogurt into pieces and peel away paper. Enjoy!



## As sweet as honey




Honey is both a sweetener and a medicine. How can our words be used in the same ways?



Directions: Use the hexagon key to fill in the missing vowels and complete Proverbs 16:24, NIV.



Grocooos words  
oro o honoocomb,  
 swoot to tho soo  
ond hooolong   
 to tho bonos.



PROVERBS 16:24, NIV

Answer: Gracious words are a honeycomb, sweet to the soul and healing to the bones. Proverbs 16:24, NIV

**St. Paul's United Methodist Church**  
 105 E. Main St.  
 Elida, OH 45807

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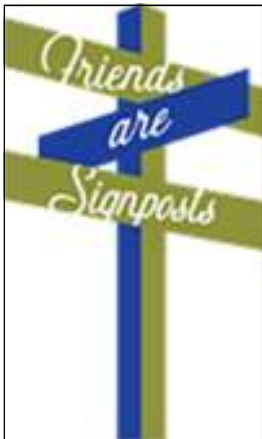
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## Living Our Faith

### Friendly Signposts



We need friends. Friends guide us, care for us, confront us in love, console us in times of pain. Although we speak of "making friends," friends cannot be made. Friends are free gifts from God. But God gives us the friends we need when we need them if we fully trust in God's love.

Friends cannot replace God. They have limitations and weaknesses like we have. Their love is never faultless, never complete. But in their limitations they can be signposts on our journey towards the unlimited and unconditional love of God. Let's enjoy the friends whom God has sent on our way .

—Henri Nouwen, *Bread for the Journey*

### Reach the Sun

The quickest way for anyone to reach the sun and the light of day is not to run west, chasing after the setting sun, but to head east, plunging into the darkness until one comes to the sunrise. ... Walk into the darkness rather than try to outrun it.

