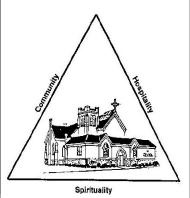
St. Paul's Epistle

An Inviting Community of Christ's Disciples

St. Paul's United
Methodist Church
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419-339-3801
officeespc@gmail.com
Rev. Paul Scannell
419/909-9419
Cell Phone: 734/660-1984
pastorespc@gmail.com
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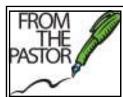


Inside this issue:

2-3 Upcoming Events Prayer 5 Methodist History 6 Faith in Action Daily Bible Readings Hvmn History 8 9 Sunshine Bags 10 Missions Thank You 11 12 The People of St. Paul's 13 April Calendar Recipes

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I hope you all had a wonderful Easter Sunday and if you happen to receive this newsletter before Easter, by all means, join us for Easter service online or in person. As we leave Lent behind us and celebrate a Risen Christ Jesus who has freed

us from our bondage to sin and set us free with the promise of eternal life. I give thanks for all my blessings, and even for the tragedies, I have encountered throughout my life. They have let me see how God is present with us and works through the kindness of other Christians, who have helped me through difficult times. I know that God is always with us, giving us the faith we need to persevere and the strength to overcome the obstacles we encounter. But I always look forward to eternity with Jesus, where every day will feel even better than my best day, here on this mortal Earth. So, when I say I hope you had a wonderful Easter, I mean, Hallelujah, Christ is Risen!

We are beginning to slowly get back to normal following the year of strangeness we have lived through. We will slowly reintroduce "normal" worship. I have no idea when Ohio will stop mandating facemasks, but until they do I am sure our Ad Council will keep our mask policy in place. I know, I want to get rid of masks too, but as I have said in the past I am one of those people who is more cautious, so for now, we are wearing masks in church.

A couple of things to be on the lookout for this Spring and Early Summer; Sunnydale House will be looking for volunteers to help around the property, and when I know dates and times I will pass them onto you. Last but not least, Family Promise families are moving out of the Motel and will be going back to staying at local churches throughout Lima. That means, when they come to Immanuel here in Elida to stay, we will not only be responsible for providing a meal, but we will need several volunteers to stay on sight to keep an eye on things overnight. If you have questions about any of these ministries, you can talk to me or Tim Piper and we will do our best to answer your questions.

I'll see you in the mission field,

Pastor Paul

Thought for the Month:

April ... hath put a spirit of youth in everything.

-William Shakespeare

Kidz Korner

Living Our Faith

Coins for Communion

April 4

Will benefit the 5 Loaves Food Pantry at The Church at Allentown



Food Pantry Sunday

April 11
All proceeds go to the
5 Loaves Food Pantry
at the Church At Allentown



Family Promise Mission

April 30

Meals are provided to those families being housed through Family Promise Mission.

Contact Tim Piper for more information.

Upcoming Events for St. Paul's

Newsletter deadline: the **16th** of each month

| St. Paurs Epistie | | |
|---|---------------|--|
| is published by St. Paul's United Methodist Church | | |
| Subscription Rate: NONE | | |
| Secretary | Gail Fessler | |
| Newsletter | Jone Lane | |
| Organist | Linda Holman | |
| Pianist | Lois Cook | |
| Choir Director | Judy Chaffins | |
| Custodian | Dave Decker | |

St Paul's Enistle

Christian Symbol

LILY

The lily that blooms around Easter is a symbol of Christ's resurrection because it rises from a seemingly lifeless bulb decaying in the ground. It is also used as a symbol of Christ himself. The lily, a symbol of purity, is often used to represent the Virgin Mary.

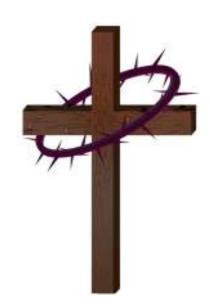


The Cross

Way-station for the weary Where I lay me down to sleep, Content to be His little lamb Pastured among His sheep.

Soul-safety for the warrior, Where I lay my armor down; Exchanging Death for Heaven's Life —My saber for a crown.

Confidence for the sinner Where His blood covers me: Happy, humble, willing servant In awe upon my knees



Upcoming Events for St. Paul's

April 1 Holy Thursday 7:00 PM



April 4 Easter Worship 10:00 AM



The Special Easter offering will be divided between:

½ to UMCOR U. S. Disaster Relief Fund ½ will be divided among the recipients of our monthly Coins for Communion.



Prayer

God Doesn't Really Need Us

I am continuing with thoughts on intercessory prayer from the book <u>Intimate Intercession</u> by Tricia McCary Rhodes.

I (Corinne) sometimes wonder why I should pray. If God wants someone or something to change, He can certainly do it without me. If God knows the ultimate plan and I am praying for something not in alignment with that plan, why bother praying. Tricia McCary Rhodes has a thought about a wonderful gift from God.

"Some theologians suggest that joy within the Godhead bubbled up and over, until one day—like a volcano that couldn't be contained—the Lord exploded with creative energy" and formed the Universe. Humans were created from that joy and are allowed to share in it. "Generation after generation of glory-bearers filling the earth until the globe radiated with God's beauty like a ball on fire".

God doesn't <u>need</u> us to pray to work within the world. He <u>allows</u> us to pray to be part of His glory and His creation! When we fail to pray, God isn't limited but we miss the blessing of sharing in His outcomes. When we find joy in the taste of different kinds of chocolate, we want to share that experience with others. When we glorify God and feel the wonder of His touch in this world, we want to share that glory with others.

Join us on Sunday mornings at 9:30 a.m. in the Prayer Chapel to share in God's glory as we pray for those on our prayer list. This is a short session in which we say the names of those on our hearts.



An Easter Prayer

From the grave's depths, Lord Jesus Christ, you emerged, breaking the hold of sin, death and hell, that those who trust in you might share in your righteousness, life and beloved community with God the Father and all God's children. We bow in awe before your majesty, giving thanks for your grace extended so bountifully to us. By the power of your Spirit who lives within us, may we share the astonishing news of your resurrection with others, that they also may know your saving grace. Amen

Methodist History

John Wesley And The Methodist Society

John's father wanted him to take up his work at Epworth which he could no longer do because of age and ill health. But john felt that his gifts did not belong to so small a place. Hearing about James Olgethorpe and the colony he had founded in 1773 in America for debtors and religious refugees, both John and Charles wanted to become involved. John, sponsored by the Society for Propagation of the Gospel in Foreign Parts, would go as a minister and missionary to the Indians and Charles, recently ordained as a Church of England priest, would act as secretary to General Oglethorpe. They worried about how their mother, recently widowed, would accept the idea. But her eyes lighted up with pride as she said, :Had I had twenty sons, I would rejoice if they were all so employed." In October, 1735, they sailed with 80 other Englishmen and 26 Moravians (German Protestant refugees) to the New World. On this voyage John was much impressed by the Moravians. They were a pious group with a strong and simple faith in God. They were calm when storms rocked the small ship. Fear was absent and faith in God dominant. A new kind of Christian experience was opening up to him. In the new colony he was at first received by most of the people and he worked diligently. He preached and administered the sacraments of the church of England not only in English but also in German, French, Italian, and Spanish. He organized a society of the more serious and studious, patterned after the Oxford Society. He later referred to this society as the First Methodist Society after Oxford. He had great expectations of work with the Indians, but they were so well contented with their manner of living that they would accept no interference by him. But trouble arose in Savannah because he was so strict in his church discipline and plain in his preaching that many were offended and turned against him. He returned to England in December, 1773, a discouraged man. Even though he wrote in his journal, "I, who went to America to convert the Indian, have never, myself, been converted to God." It is true that he left a real consciousness of God in the hearts of many Indians. The little Methodist Society he organized in Georgia may rightfully be called the forerunner of the Methodist Church in America.

John did not give up entirely. He was restless and talked often with his brother, Charles, and their Moravian friends in London, especially Peter Bohler. These conversations led them to a new understanding which finally took them to a religious society meeting at Aldersgate in May, 1738. Charles felt the heart-warming spirit of God on the 21st and John on the 24th. This was the turning point. They now had a purpose in life which was to awaken the spirit of religion slumbering within the church. They felt assured that salvation was through a faith in Christ. They soon discovered that they differed widely with the Moravians on the doctrine of Christian perfection and the means of grace.

Faith In Action

Financial Giving

Weekly Need for Unified Ministry Budget \$3,466.00

| Worship Attendance: | | |
|-------------------------------|----|--|
| February 28, 2021 | 38 | |
| March 7, 2021 | 42 | |
| March 14, 2021 | 48 | |
| March 21, 2021 | 63 | |
| March 28, 2021 Palm Sunday | 62 | |

| Unified Minis | Other: | |
|-------------------|------------|------------|
| February 28, 2021 | \$3,003.00 | \$880.00 |
| March 7, 2021 | \$6,348.00 | \$646.97 |
| March 14, 2021 | \$3,190.00 | \$595.00 |
| March 21, 2021 | \$2,581.00 | \$227.00 |
| March 28, 2021 | \$3,739.00 | \$2,680.00 |

"Goodbye" came from "God bye" Which came from "God be with you."



| Altar Flowers | | |
|----------------|---------------------|--|
| April 4, 2021 | Easter Lilies | |
| April 11, 2021 | Virginia Hollar | |
| April 18, 2021 | OPEN | |
| April 25, 2021 | Marty & Kathy White | |

2021 Altar Flower Calendar

There are several openings for Altar flowers for 2021, the flower chart is on the hallway bulletin board or call the office at 419-339-3801, or e-mail the office at officeespc@gmail.com.

Please specify if the flowers are in honor of, or in memory of someone, or a special occasion.

Daily Bible Readings

Thursday 4/1 *Holy Thursday*Psalm 102, 142, 143
Jeremiah 20:7-11
1 Corinthians 10:14-17, 11:27-32
John 17:1-26

Friday 4/2

Psalm 22, 40, 54 Genesis 22:1-14 John 19:38-42

Saturday 4/3

Psalm 95, Job 19:21-27a Hebrews 4:1-16 Romans 8:1-11

Sunday 4/4 Easter Psalm 118, 148, 19, 150

Exodus 12:1-14 John 20:19-23

Monday 4/5

Psalm 66, 93, 98 Jonah 2:1-9 Acts 2:14, 22-32 John 14:1-4

Tuesday 4/6

Psalm 103, 111, 114 Isaiah 30:18-21 Acts 2:26-47 John 14:15-31

Wednesday 4/7

Psalm 97, 99, 115 Micha 7:7-15 Acts 3:1-10, John 15:1-11

Thursday 4/8

Psalm 146, 147, 148, 149 Ezekiel 37:1-14 Acts 3:11-26 John 15:12-27

Friday 4/9

Psalm 118, 136 Daniel 12:1-4, 13 Acts 4:1-12, John 16:1-15

Saturday 4/10

Psalm 104, 145 Isaiah 25:1-9 Acts 4:13-31, John 16:16-33 Sunday 4/11

Psalm 111, 112, 113, 146, 147 Isaiah 43:8-13 1 Peter 2: 2-10, John 14:1-7

Monday 4/12

Psalm 1, 2, 3, 4, 7, Daniel 1:1-21 1 John 1:1-10, John 17:1-11

Tuesday 4/13

Psalm 5, 6, 10, 11, Daniel 2:1-16 1 John 2:1-11, John 17:12-19

Wednesday 4/14

Psalm 12, 13, 14, 119:17-30 Daniel 2:17-30 1 John 2:12-17, John 17:20-26

Thursday 4/15

Psalm 18, Daniel 2:31-49 1 John 2:18-29, Luke 3:1-14

Friday 4/16

Psalm 16, 17, 134, 135 Daniel 3:1-18 1 John 3:1-10, Luke 3:15-22

Saturday 4/17

Psalm 20, 21, 110, 116, 117 Daniel 3:19-30 1 John 3:11-18, Luke 4:1-13

Sunday 4/18

Psalm 114, 115, 148, 149, 150 Daniel 4:1-18 1 Peter 4:7-11, John 21:15-25

Monday 4/19

Psalm 9, 15, 25, Daniel 4:19-27 1 John 3:19-4:6, Luke 4:14-30

Tuesday 4/20

Psalm 26, 28, 36, 39 Daniel 4:28-37 1 John 4:7-21, Luke 4:31-37

Wednesday 4/21

Psalm 38, 119:25-48 Daniel 5:1-12 1 John 5:1-12, Luke 4:38-44

Thursday 4/22

Psalm 37, Daniel 5:13-30 1 John 5:13-21, Luke 5:1-11 Friday 4/23

Psalm 105, Daniel 6:1-15 2 John 1-13, Luke 5:12-26

Saturday 4/24

Psalm 30, 32, 42, 43 Daniel 6:16-28 3 John 1-15, Luke 5:27-39

Sunday 4/25

Psalm 63, 98, 103 1 Peter 5:1-11 Matthew 7:15-29

Monday 4/26

Psalm 41, 44, 52 Colossians 1:1-14, Luke 6:1-11

Tuesday 4/27

Psalm 45, 47, 48 Colossians 1:15-23, Luke 6:12-26

Wednesday 4/28

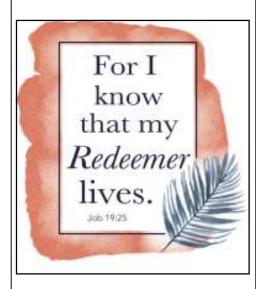
Psalm 53, 119:49-72 Colossians 1:24-2:7, Luke 6:27-38

Thursday 4/29

Psalm 59, 60, 114, 115 Colossians 2:8-23, Luke 6:39-49

Friday 4/30

Psalm 40, 51, 54 Colossians 3:1-11, Luke 7:1-17



Hymn History

He Lives

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

1933

He is not here; for He is risen, as He said. Matthew 28:6a

Why should I worship a dead Jew? That question—and a dreadful sermon—inspired this hymn.

Alfred Henry Ackley was born in Pennsylvania in 1887. He showed great promise as a child, and his musician-father personally tutored him before sending him to New York City to study music. From there, it was on to the Royal Academy of Music in London. Alfred then returned to the states to attend Westminster Seminary in Maryland, and he was ordained into the Presbyterian ministry in 1914. after pastoring a church in his home state of Pennsylvania, Alfred was called to a congregation in California.

It was there in 1932, that Alfred met a Jewish man to whom he began witnessing. But the man resisted the Christian faith, saying, "Why should I worship a dead Jew?"

That statement played on Alfred's mind as he prepared his Easter Sunday message. Rising early to prepare for the day, Alfred flipped on the radio as he shaved and was astonished to hear a famous liberal preacher in New York say: "Good morning— it's Easter! You know, folks, it really doesn't make any difference to me if Christ be risen or not. As far as I am concerned, His body could be as dust in some Palestinian tomb. The main thing is, His truth goes marching on!"

Alfred wanted to sling the radio across the room. "It's a lie!" he exclaimed. His wife rushed into the bathroom, asking, "Why are you shouting so early in the morning?"

"Didn't you hear what that good-for-nothing preacher said?" Alfred relied.

That morning, Ackley preached with great vigor on the reality of Christ's Resurrection, and he did the same at the evening service. But later that night, he was still exercised over his friend's question and the morning's radio sermon. "Listen here, Alfred Ackley," his wife said at last. "It's time you did that which you can do best. Why don't you write a song about it and then maybe you'll feel better?"

Alfred went to his study, opened the Bible, and re-read the Resurrection account from Mark's Gospel. A thrill went through him, and he began writing the words to "He Lives." A few minutes later, he was at the piano putting it to music, not dreaming it would become on of the Church's most triumphant Easter Hymns.



Sunshine Bags

Thank you so much to Judy Chaffins for leading her helpers with the task of packing sunshine bags. These bags provided the people of St. Paul's with a little ray of "sunshine" during these past several months of uncertainty. Thank you to all who provided items for the bags, and to those who filled them. Thank you to Pastor Paul and Cody who was the delivery team. Not only did it bring sunshine to those who received them, I believe it brought great joy and fellowship to all who helped throughout this mission.



HEAR



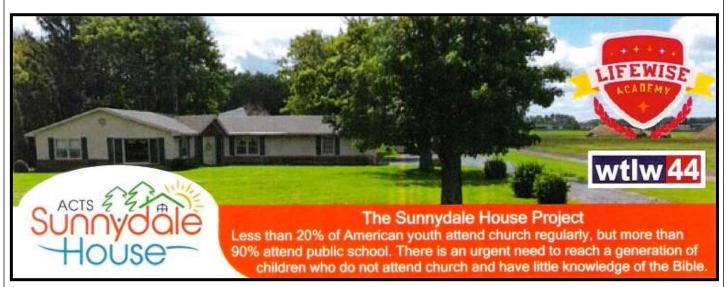








Missions





Our Missions Team at Elida St. Paul UMC 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 an hour a week, faith-based class in building character and in Bible study. Besides donating funds from our Missions fund, we will be asking our parishioners to prayerfully consider donating to this worthwhile mission. More information will be provided in the next few weeks.





Friends.

Thank you for your gift to the ministry of Samaritan's Purse. Your support makes it possible for our ministry to respond immediately in times of crisis, and to do the work God has called us to in more than 100 countries. I am deeply grateful for your partnership and prayer.

May God bless you, Franklin Graham

Thank You



Thank you to the Sunshine people, Paul and Cody, and a big thank you to our snow angels, Paul, Cody, and Brittany. We would like to thank our friends of the church for all your prayers, visits, and well wishes.

Love, Connie and Denny Mault

To Whoever did the nice "Sunshine Bags",

Tony and I thank you for such a kind gesture and the gift of our Sunshine Bag! What a great way to add Sunshine to an otherwise very cold winter day. Everything in it was a delight and will get well used, read, eaten, or challenged (Crossword puzzle book), which became Tony's right out of the bag. Thank you so much again for blessing us.

Sincerely, Pam and Tony Lozano

Dear friends at St. Paul's UMC, What a treat it was to receive a Sunshine Sack last Saturday! It truly brightened a cold winter day! We are enjoying all the goodies and other little treasures found in the sack! We appreciate it very much.

Sincerely, Roger and Jackie Henderson Dear Church Family,

Thank you so much for the Sunshine Bag. We greatly appreciated opening all the fun goodies. The "Sunshine" was much needed this winter.

Thanks so much, Brad, Slone, Jenson, and Lena

Thank you for the Sunshine Bag! We enjoyed receiving it and everything in it. Thanks to Pastor Paul and Cody for delivering it. Thank you to everyone who packed and contributed to the bags.

The people of St. Paul's are the best! Tony and Shirley Shoup Dear Friends,

Thank you for the cards and gifts, and helping us to celebrate our 50th wedding anniversary.

God bless you for your Thoughtfulness, Larry and Shirley Moser

The People of St. Paul's

Dear St. Paul's Family,

Thank you for the pretty flowers you sent me after my wrist surgery. They are still sitting on my counter and look beautiful.

I am grateful to have you all in my life and they help me remember how many times God has blessed me by you in so many different ways.

I appreciate the prayers, messages and many other gestures you have given me. I pray daily for our church, it's people and Pastor Paul and ask for God's guidance for us all. We'll get through this pandemic and be able to worship without worry soon. I am so looking forward to it!

Blessings, Judy Chaffins



Thank you for the flowers, cards, and prayers during my short stay in the hospital. I am home now and back to feeling like my normal self.

Iean Thomas

Thank you, Thank you, for our cards, calls, food, love and prayers. It certainly has been the unexpected woes. We are so blessed to be a part of a special church family.

Jack and Cindy Swihart

I would like to thank Carole Grapner for the beautiful prayer blanket she made for me. We had a wonderful visit catching up on the members and events at St. Paul's. I would also like to thank all of the other women who contribute prayer blankets. They really make you feel special.

Joyce Nichols

Remember in Prayer

Recovering from Surgery or in the Hospital

જુલીકું હુલીકું હુલીકુ

Gary Hurd //
Jean Thomas //

Homebound Members

Hazel Dunn Glenna Kohli

Those in Need of Healing, Support, Strength & Encouragement

Jan Sodders

In the Military & Missions

Nathan Stewart

Congratulations to Austin and Lauren Clark on the baptism of their son, Calloway Tyler Clark, on March 27.



Meetings

No PPR

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

April 7, 2021 Worship Mtg.10:00 AM

No Ad Council/ Finance Mtg.

APRIL 2021

Sun Mon Tue Wed Thu Fri Sat

| N0 Missions | | | | | | | |
|-------------------------------------|----------------------------------|---|--|--------------------|-------------------------|---------------------|-------------------|
| Sundays Prayer9:30 AM | | | | | 1 Jim Michael | 2 Michael | 3 Demi DeRose |
| Worship10:00 AM | | | | | | Crates | David Scannell |
| | | | | | | | |
| APRIL | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Lynda Evans Madelyn Thomas | Peyton Przekora | | Dan Best | | | Pam Lozano |
| | | | | | | | |
| ANNIVERSARIES | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| • • • • • • • • • • | Brittany Scannell | | | Anne White | Todd Chaffins | Denise Thomas | Doug Guess |
| Carl & Lois Rabley April 4; 57 yrs. | | | | | | | |
| John & Joy Fletcher April 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Tony L Pam Lozano April 17 | Pastor Paul Scannell | Maedene Holmes Thaddeous Strauch | Kelly DeRose Lori Motzer Aaron Piper | Krista Slemmons | | | |
| Robert & Jacquie Bice April 19 | | | | | | | |
| | 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | | Gerald Strayer | | |
| | | | | | | | |
| ****** | | | | | | | |

Featured Recipes from St. Paul's Great Cooks

| Monte | rey Spaghetti | | | | |
|------------|--|--|--|--|--|
| Ingradian | 40 | By Deb Hurd Instructions | | | |
| Ingredien | ts . | This is uctions | | | |
| 4 oz. | Spaghetti, broken into 2" pieces | Cook Spaghetti. | | | |
| 1 lrg. | Egg | In medium bowl, beat egg. Add sour cream, parmesan cheese & garlic powder. | | | |
| 1 cup | Sour cream | Drain spaghetti; Add to egg mixture with Monterey j cheese, spinach, and 1/2 the onions. Pour into greased 2 | | | |
| 1/4 cup | Parmesan cheese, grated | baking dish. | | | |
| 1/4 tsp. | Garlic powder | Cover and bake at 350 degrees for 30 minutes. Top with remaining onions, return to oven for 5 minutes. | | | |
| 2 cup | Monterey jack cheese, shredded | Temaming emons, return to oven for a minutes. | | | |
| 10oz. Pkg. | Spinach, frozen chopped thawed & drained | | | | |
| 1 can | French fried onions | | | | |
| | | | | | |

| Fruit S | Salad Dessert | |
|------------|----------------------------------|--|
| Ingredien | ts | By Myrna Metzger Instructions |
| | | |
| 1/2 cup | Sugar | Stir sugar and cornstarch together in saucepan. Blend in 3/4 cup pineapple juice, lemon juice, orange peel, and |
| 20 oz. can | Pineapple tidbits, reserve juice | orange juice. Cook over medium heat, stirring constantly until mixture thickens and boils. Boil and stir 1 minute. |
| 1 Tbl. | Lemon juice | While hot, pour over fruit. |
| 1/3 cup | Orange juice | Refrigerate uncovered several hours or overnight. |
| 2 Tbl. | Cornstarch | |
| 1 tsp. | Orange peel, grated | |
| 11 oz. can | Mandarin oranges | |
| 2 | Bananas, sliced | |
| | Marachino cherries | |

KIDZ KORNER



The hidden surprise in these sweet rolls hints at the reason behind Easter's joy.

What you need:

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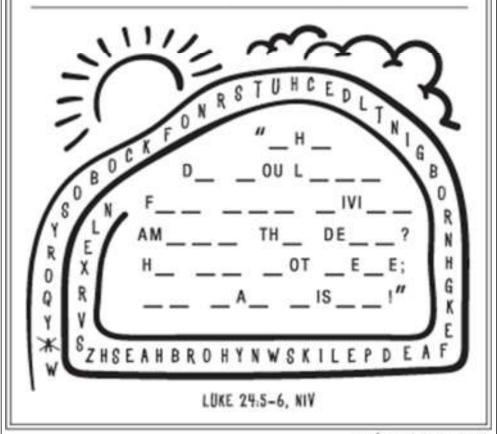
- ½ cup chopped pecans
- 10 uncooked frozen rolls, thawed
- 10 large marshmallows
- · ½ cup sugar
- 1 tsp cinnamon
- · 1/2 cup melted butter
- ¼ cup brown sugar
- Adult help

What you do:

- Grease a round baking dish. Sprinkle pecans on the bottom.
- Flatten each roll. Place a marshmallow in the center, wrap dough around it and pinch edges together.
- Combine sugar and cinnamon. Dip each roll into melted butter and coat with cinnamon-sugar. Place in pan, seam side down.
- Sprinkle brown sugar and remaining butter over rolls.
 Cover with plastic wrap and let rise 30 minutes.
- Bake at 350 degrees until golden brown, about 30 minutes. Cool in pan.
- As you bite into a roll, you'll see the marshmallow has melted, leaving an empty center — just like Jesus' empty tomb!



Directions: Cross out every other letter in the maze. Write the remaining letters in order to complete Luke 24:5-6, NIV.



risen!" Luke 24:5-6, NIV

Answer: "Why do you look for the living among the dead? He is not joint he has

St. Paul's United Methodist Church

105 E. Main St. Elida, OH 45807

*Return Service Requested

Our Web Address: www.elidastpaulschurch.org

Our Facebook page Elida St. Paul's Church

Twitter Account @ESPCHURCH





Living Our Faith

Believing In

Sometimes we get caught up in thinking we need to understand God in order to have faith. But faith is more about trust than knowledge; it's more about believing in someone than believing information. A child, for instance, doesn't have to know the precise roads to Grandma's house; he only needs to believe *in* his parents and their ability and desire to get him there safely. Similarly, we need not understand all the intricacies of how God works; we can take a cue from the disciples and let belief *in* the risen Christ transform and empower us.

In the words of Madeleine L'Engle (*The Rock That Is Higher*): "The disciples did not bother to try to understand the resurrection body. They doubted, and then they believed. They believed something so wonderful that it changed this broken, fragmented, beaten-down little group of men and women in a moment from depression to enthusiasm, from despair to new life, vibrant and unafraid."

Cultivating Kindness

Kind hearts are the gardens. Kind thoughts are the roots. Kind words are the flowers. Kind deeds are the fruits.

Take care of your garden and keep out the weeds. Fill it with sunshine, kind words and kind deeds.

—Henry Wadsworth Longfellow

