



“Experiences are one of the most important things that God uses to shape you for service.”

~ Rick Warren

In recent months, I have learned and re-learned many of life's important lessons. Listed below are just a few; perhaps these will give you food for thought in your journey in life.

- ♥ **Life is a precious gift of God.** It is to be cherished and honored each and every day to the fullest extent.
- ♥ **Family gives you roots and wings... celebrate both!**
- ♥ God gives us strength and courage to live through the most unbearable and painful situations. **Lean on the Lord!**
- ♥ Life is truly a mystery which cannot be solved by human thought; we are asked to live with the mystery, knowing **God is with us.**
- ♥ Miracles happen in ways we do not always expect. **Sometimes we see the miracle only when we look back on life.**
- ♥ Our faith journey begins with our baptism, pauses for a moment in Confirmation and then takes off into new directions. Henceforth, **Confirmation is the beginning not the end of the journey.**
- ♥ Graduations from high school and college are exciting and significant moments of celebration. These past and present experiences are to be cherished **while our eyes and hearts look to the future.**
- ♥ A **positive attitude is KEY to finding joy in life.** Life is much too short to get caught up in the minor frustrations; deal with them and move on.
- ♥ One needs to **make careful decisions about life.** Remember, it is not just your life that might be affected.

- ♥ One never knows when life might change dramatically; therefore, it is important to **speak the words of love that lie upon your heart**; speak them often!
- ♥ It is important to have discussions about what you want in the way of health care. **Talking openly and directly to family is important** so that your wishes might be known.
- ♥ **EVERYONE** should fill out a form naming a **durable power of attorney for Healthcare** and make a living will.
- ♥ **Take time to write up your medical history and keep it updated:** (Have a younger member of the family put it on the computer.) Keep this document in your car and home, and give it to the family members.
- ♥ **We need to be advocates for our own health care.** Ask questions; take notes; record conversations (with permission), talk to one another. Do not be intimidated; it is OK to get a second or third opinion. Be knowledgeable; it is your body and your life.
- ♥ Naming your anger, working through it directly with persons involved, forgiving one another **and letting it go... IS the path to a healthy and faithful life.**
- ♥ **A “thank you” or a kind word is a cherished gift.**
- ♥ **Joy is like the rainbow which appears after rain.** Sometimes we see the rainbow clearly; at other times it is just a faint glimmer. Yet, it is there!

May you take a few moments from your busy summer schedule, to reflect on YOUR experiences and how the Lord has shaped your life. **Let us remember, that God is present when the sun shines brightly as well as in the shadows of a dreary day.**

Something to Consider...



- > A person wearing a facemask has not been vaccinated; there may be other reasons for continuing to wear a mask!
- > A person not wearing a facemask has been vaccinated; this person may be choosing not to be vaccinated.

**Instead ... Let us respect the choice of others, as we hope they respect our choice.
Let us do whatever is best for us in order to be safe and healthy.**

Blessing to you and those you love! ~ Pastor Jane