



LET'S CHAT!

with Pastor D



SHARON SEVENTH-DAY ADVENTIST CHURCH

August 31, 2019

I have been stressing the importance of self care because we can't care for others if we are unhealthy. We continue this week by sharing the last practical idea for self care :

1. **Treat yourself.** It should be fine to do something fun for yourself without remorse or guilt.
2. **Take a break or vacation.** Taking time out can bring your body back to balance, and ease the stress of daily activities.
3. **Take time to exercise.** The key is to be real with yourself and stop making excuses.
4. **Spend time in prayer.** Many people don't view prayer as part of self-care. However, as I researched this topic, I observed that many psychologists suggest taking time for meditation or contemplation for better mental health. Let's face it, we live stress-filled lives!
5. **Start a hobby or do something you love.** From stamp collecting, decorating, to scrap booking. Many find solace in spending time doing something they enjoy.

Years ago I discovered carpentry. It was great to visit the hardware store and build a collection of power tools. It was an escape to take huge pieces of lumber and operate massive saws, drills and nail them into "works of art." Many people spend time in their careers while balancing family needs, and forget themselves. I listened to a couple early in ministry that invested years in their education, children and real estate and regretted many "wasted moments." When they became "empty-nesters," they realized they were strangers and had lost who they were as individuals. Sadly, they were unable to share one thing they personally enjoy and regularly practice. The key that saved their marriage and brought balance was to become passionate about things they always enjoyed.

KIDS CORNER

Books of Bible — Word Scramble

- Svrbproe _____
- Ervleaoit _____
- Omrnas _____
- Bwserhe _____
- Eouxsd _____
- Haeos _____
- Snaaltagi _____
- Ojnha _____
- Nspvailiph _____
- Eudtermooy _____
- Eihumjra _____

Find 10 differences:



URGENT prayer

- Duane Crosby, hospital
- Reid family, bereavement
- Kofi family, bereavement
- Cooper family, bereavement
- Daisy Hunt and family, bereavement and health concern



Bible Study Method

Scripture: write out one verse that was meaningful to you.

Observation: what was interesting in this passage? what did you learn? what was God saying to you?

Application: How can you apply this scripture to your life? How will you let it change you?

Prayer: Respond to God in prayer, use the scripture as a guide. Ask God to help you meditate and apply the scripture to your life.

LOOK AROUND.



THE FACE OF HUNGER ISN'T WHAT YOU THINK

Despite the improving economy, lower unemployment rates and better access to health care, many families still struggle to put food on the table. Oregon's food insecurity (the state of being without reliable access to affordable, nutritious food) rate continues to remain above the national average. A survey conducted in 2015 found that 82% of respondents reported that there were times in the past 12 months when they did not have enough money to buy food that they or their family needed.



Here is Debbie's story: I just turned 62 and I was widowed at 52. I thought I'd be living my good years with my husband right now. It just didn't work out that way.

My grandson had a grand mal seizure and was diagnosed with epilepsy. About six months after that he was diagnosed with leukemia, so I moved in with my daughter and son-in-law because they needed emotional and financial support. My daughter had to quit work because she had the little on home sick. That's when we started having to ask for help. People are very generous and in a very loving way. The ladies at the church knitted my grandson hats when he lost all his hair. They're just wonderful.

Somebody who needs help should never have to feel ashamed, embarrassed or afraid. They should be able to get the help they need without having to grovel for it, without feeling less than.

I'm not proud to say that there was a time in my life when I saw homeless people on the street and I thought, "Oh, they must be drug addicts or alcoholics; they've ruined their lives." You don't realize until you've walked in their shoes that there are so many reasons why people need to reach out and ask for help. We're human and we're supposed to be here for one another.

Please support our local Sharon SDA Community Service by helping ensure our pantry has items that may not be readily available through the Oregon Food Bank. Those items can include: sugar, flour, baking ingredients, kids' snack items (juice boxes, individual applesauces, etc.), toiletries (toothbrushes, toothpaste, shampoo, deodorant, etc.), specialty holiday treats like canned yams or vegetables from your garden.

If you're wondering what other items you could contribute, contact our Sharon church office and leave a message for a member of our Community Service team to call you back.

Sources: <https://www.oregonfoodbank.org/>