



Sun Lakes United Methodist Church

Sun Lakes, Arizona

May 9, 2023

Kairos Vol. 8, Issue #18

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Friends,

I find myself in a state of anger and frustration. Why? Because of violence that continues to fester and explode in a variety of ways. It hurts to hear words used to demean and question the integrity of another person who does not fully agree. I find myself with tears as I shake my head over the mass shootings that continue in our country making folk fearful and wondering where the next one will occur. There are a variety of causes for this I know. From the breakdown of the family to bullying and mental issues, we are in a world of hurt. I wonder what can I do, how can I make a difference. There are no easy answers. Prayer is a first step. We need to find ways to listen and care for each other, including those with whom we disagree.



As I was working on this article, I received a phone call from one of our members telling me they would like to help provide a monetary gift to purchase shoes for students going back to school this fall. This mission project of our church can help students feel cared for and make a difference

in their lives.

Each of us, doing what we can, makes a difference in someone's life.

So, let's watch our words and actions which have the power to hurt or heal. Let's listen carefully to each other. And let's prayerfully join others in tangible ways to touch others.

Marvin

UNISON PRAYER



Eternal and loving God, the Bible tells us we are your chosen, loved and cared for children. Come to us and wrap us up in your strong arms of love. Clothe us again in your forgiving and renewing grace. Give us renewed power to confront and deal with the situations of our daily lives. We are frail, sinful, and vulnerable and we find ourselves dealing with more in life than we can sometimes handle. Lamb of God, you take away the sin of the world. Wash us, and we shall be clean. Take the soiled garments of our lives and wash them with the bleach water of your grace so they will sparkle with the rightness of your love for us. Dress us up to live for you each and every day of our lives until we come to dwell in the house of the Lord forever. Amen.

NEW MEMBERS!

A reception of new members was held on Sunday, May 7 in the worship service.

Please be sure to introduce yourself and welcome them to our family!

- Lydia Bute
- Lyn Bruin



If you are interested in joining Sun Lakes United Methodist Church, please stop and visit Pastor Marvin or call the Church Office at (480) 895-8766.

VETERANS CIRCLE OF HONOR

May is a busy month for the Veterans Circle of Honor Memorial.

The flags will be flown at half-mast from sunrise to sunset on Monday, May 15 for Peace Officers Memorial Day which pays



tribute to local, state, or federal police officers who have fallen or been disabled in the line of duty.

The flags will be flown at half-mast from sunrise to sunset from Saturday, May 27 through Monday, May 29 for the Memorial Day Weekend, honoring Military personnel who have died serving the United States.

Howard Strouse
Veterans Circle of Honor

UWF NEWS

United Women in Faith will be assembling personal hygiene kits with *Women4Women* on Wednesday, May 17, at 1:00 pm in Lindsay Hall.



United
Women
in Faith

This will not be a formal meeting as we are adjourned for the summer months.

All are welcome to attend to help with this worthwhile project.

MISSION NEWS



The Mission Team sends funds to *Hope Women's Center* in Coolidge and plans to collect children's shoes and sneakers as the next school year begins in July, 2023.

Do you remember how exciting it was for new clothes and shoes when the new school year was just around the corner?

We want to make it exciting for the Hope Women's Center kids to get new shoes for the school year! The shoes can be brought to the Church anytime and left in the red wagon or Mission tubs throughout the Church campus or if you prefer you may make a monetary donation to the Missions team.

Sounds great?! Thank you for your help!!

YOUR LIBRARY

Puzzles, puzzles, and more puzzles!

Trying to keep cool from the heat? Check out the SLUMC Library puzzle collection!



Interesting books for reading:

- *The Older the Fiddle, the Better the Tune: The Joys of Reaching a Certain Age* by Willard Scott and friends
- *How to Get the Most From God's Word* by John MacArthur
- *The Best Things in Life are Free* by Todd Outcalt
- *Triumphs of the Heart: Miraculous True Stories of the Power of Love* by Chris Benguhe
- *The Vision of His Glory: Finding Hope Through the Revelation of Jesus Christ* by Anne Graham Lotz
- *Growing Deep in the Christian Life* by Charles R. Swindoll
- *Happy to Be Here* by Garrison Keillor
- *From Beginning to End: The Rituals of Our Lives* by Robert Fulghum

STAYING POSITIVE WITH AGE



You know all too well the changes age has brought to your body. That image in the mirror probably doesn't look much like the young woman or man who used to look back at you.

The aging process differs from person to person. There is no timetable that everyone follows. Genetics, lifestyle, and disease affect the rate at which you age.

Remind yourself that every age is a package deal. You do not gain wisdom without some wrinkles. And growing older doesn't mean becoming static, nor does it automatically signal decline. Rather, the changes that come with aging can mean opportunities for new ways of thinking and doing. No one is ever too old to learn, hope or renew. Plus, you have earned the right to be selective. For many people, now is the time to finally focus on what you want to rather than what you have to. If looked at in a positive manner, later life can be a full and eventful chapter.

There is no one-size-fits-all solution to staying positive with age. There are as many routes to happiness and a sense of purpose as there are activities and goals to choose from. However, there are some common threads, including maintaining health, both with medical issues and in terms of living a healthy lifestyle, keeping active and socially engaged, and taking time to cultivate mental, emotional, and spiritual health. - Mayo Clinic Health Letter

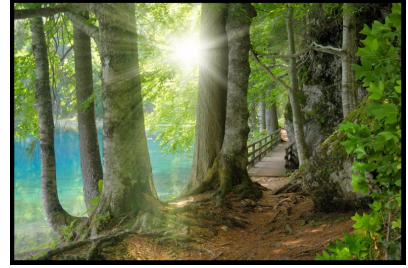
LOVE AND SYMPATHY

...to Melva Edwards, family, and friends on the

death of her husband, Bob Edwards, Monday, May 8. Memorial service information is pending.

...to the family and friends of Wilma Mirich who died on Tuesday, May 2. An inurnment will be held in The Gardens on Sunday, June 25 at 10:15 am.

...to Cheryl Gerblick, family, and friends on the death of her husband, Dann Gerblick, Wednesday, April 12. Memorial information is pending.



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