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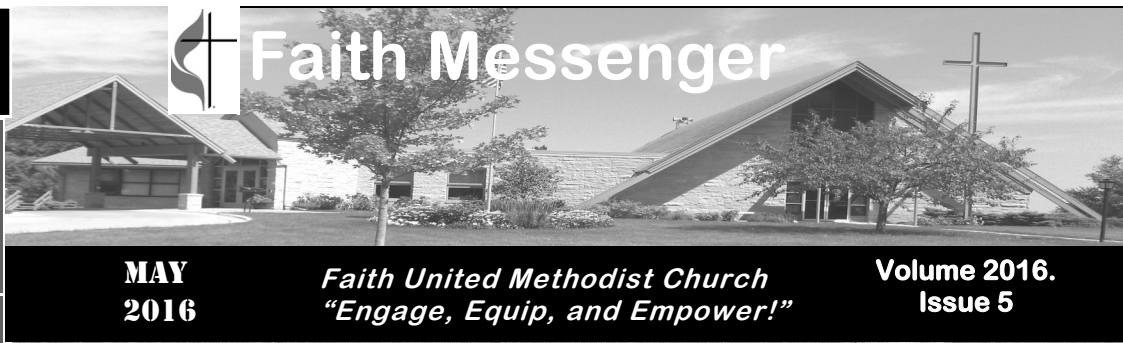
Special Points of Interest:

- UMW Update, Back Page
- May Birthdays and Anniversaries included with Calendar

Administrative Assistant Office Hours:

Monday:
8:00 AM-4:30 PM

Tuesdays-Fridays
8:00-10:30 AM



**The Art of Forgiving
By Lewis B. Smedes**

The Parable of The Prodigal Son Luke 15:11-24

11 Jesus continued: "There was a man who had two sons. 12 The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them. 13 "Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. 14 After he had spent everything, there was a severe famine in that whole country, and he began to be in need. 15 So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. 16 He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything. 17 "When he came to his senses, he said, 'How many of my father's hired servants have food to spare, and here I am starving to death! 18 I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. 19 I am no longer worthy to be called your son; make me like one of your hired servants.' 20 So he got up and went to his father. But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. 21 "The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.' 22 "But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. 23 Bring the fattened calf and kill it. Let's have a feast and celebrate. 24 For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate.

POINT ONE: GREED IS GREED

SUCCESS in the world does not cancel out FAILURE at home.

We are accountable for the wrongs we do, even if they bring a positive change in our earthly circumstances. The offense of this young son was the worst thing any child could do to his family. In the Hebrew culture, each child was expected to serve the father until the time came for the sons to take care of Dad in his old age. So when his son grabbed whatever cash had been put away for his future and headed off for who-knows-where without so much as a forwarding address, he was not just another grown-up leaving home to carve a life out for himself. For a Hebrew son, this offense was the same as killing his own father.

Through his actions, the son said, "You may as well be dead. Give me my inheritance. I cannot be bothered to wait for your death to leave home and spend it. I want it now."

POINT TWO: WHO SHOULD KNOW?

Repentance must often be done **OPENLY**. If you are truly sorry for what you have done, you will be more concerned with confessing your **OFFENSE** than protecting your **REPUTATION**. If someone who wronged you publicly is not willing to apologize publicly, **they may not truly be sorry for what they have done.**

(Continued on page 4.)

Prayer Requests

Remember our church members & friends who are less mobile and are unable to join us as often as they would like, including:

Colony Court Memory & Care Suites: Ann Swenson

Colony Court: Millie Groh, Ardella Draheim, Nina Youngberg, Leona Quast, Muriel Jenkins

Lakeshore Inn: Florence Gutknecht, Hazel Henkensiefken

Latham Place: Liz Corchran

Oaklawn Health Care Center: Jim Keller, Bill Brooks

Tower Light, St. Louis Park: Darlene Lynch

Those who also need our prayers: Willie Mahler [Home Hospice]

Prayer Requests from Sunday Worship: Bruce and Deb Hering, Leona Quast, Kookie Kukacka, Peter and Verna Fog, Marilyn Possin, Chuck Youngberg, Brenda and Kipp Westrum, Jim Keller, Bill Brooks, Lynne Swenson, Les Wells, Dick and Elaine Westrum, the Kellers.



Thank You

Thank you for all the beautiful cards, prayers and thoughts that everyone has given me as I go down this journey. I appreciate it very much. Everyone is so caring and thoughtful. Lynne Swenson

Thank You

I can't even start to explain how truly blessed I am to have you as my church family. Thank you so much for all the money and support for my trip to Haiti. I look forward to this trip so much and because of everyone I am able to fulfill my dream of going with my grandma to Haiti. Also, a huge thank you to all the ladies that made the delicious pies.

God Bless, Beth **Stankiewicz**

Prayer Support Team

A Prayer Support Team has formed to pray for Faith UMC. Edy Barber, Linda Lohse, Patrice Waters, and Karen Ferch will gather together on the third Tuesday of each month at 4:35 to lift the ministries, missions, and cares of our church to the Lord. We have also begun a short time of prayer for Pastor Victor just before the Sunday morning worship services. We welcome your prayer requests and invite you to join us at either of these times. Men and young adults are welcome to come and pray with us as well. We are eager to answer any questions that arise; point of contact is Edy Barber. You may email prayer requests to jimedbarber@gmail.com, leave a note in Edy's mailbox in the church office, or give a note to any team member. PLEASE BE ASSURED THAT ALL PRAYER REQUESTS WILL REMAIN CONFIDENTIAL.

Note also that this support team does NOT replace the current phone or email prayer chains which lift up your emergency prayers.

We share this quote from Max Lucado: "Our prayers may be awkward, our attempts may be feeble. But since the power of prayer is in the One who hears it and not the one who says it, our prayers do make a difference."

Graduation Fellowship

On Sunday, May 15 we will celebrate our two high school graduates, Clayton Tanner and Eliot Waters. During the worship service we will pray God's blessings over them. Everyone is invited to the Fellowship Hall after the service for cake and punch. Congratulations Graduates!

Annual Garage Sale

The **Relay for Life/Faith for a Cure Team** will be having its annual garage sale on **Saturday, May 7** from **8:00 a.m. to 2:00 p.m.** in the **church Fellowship Hall**. You can deliver your donations starting Wednesday, May 4. We will be receiving items each afternoon at 2:00 p.m. until 4:00 p.m. **Do not leave items at the church without someone from the team being there.** We have the right to refuse items that do not sell easily. We will accept furniture that is in good condition, but remember if it does not sell we will be asking the person donating it to please pick it up and take it back to their house. Last year too many things were dropped off that we could not sell and we had to dispose of. If you cannot come during our receiving hours, please contact Vada Dahnert or Sue Baldini to make arrangements to meet you at the church. We will also take baked goods for a bake sale and we at Faith United Methodist Church have the best cooks in the county (maybe even the state). All items are very much appreciated. Thank you.

Relay for Life/Faith for a Cure Team at Pizza Ranch

The Relay for Life/Faith for a Cure Team will be working at the **Pizza Ranch** again this year. We will be there on **Monday, May 23** from **5:00 to 8:00** p.m. Come for good food, good company and fast hard workers. We all love serving and waiting on you. All donations and proceeds go to the Relay for Life – American Cancer Society. Thank you.

Will You Help?

While we were fortunate for the lower-than-normal snow plowing this winter, the lawn mowing season is already upon us. Our finances are really tight this year, so any contributions toward the lawn mowing will really help. Just indicate on your giving envelope that your contribution is an extra one to help with the lawn mowing cost.

Thank you!

Trustees Meeting

There is a Trustees Meeting on **Thursday, May 19th** at **6:30 p.m.** in the **Lakeview Room**.

Walking Club Starts in May

Come join the fun and fellowship of a walk with friends. We will meet at the top entrance at church. We will start walking at:

9:30 a.m. on Mondays-May 2nd

6:30 p.m. on Thursdays-May 5th.

Please wear comfortable shoes. We'll walk for 45-60 minutes during the summer and fall. If it's raining and/or less than 60 degrees we won't walk.

Faith Crafters and Stitchers

Faith Crafters and Stitchers will meet **Thursday, May 12**, from **1:00-3:00 p.m.** in the **Fellowship Hall**. You are invited to bring your own project to work on or share ideas and supplies for Bazaar 2016 items that we can all work on. Snacks will be provided. Call Sandy Voshell at 835-4122 if you have any questions.

The Art of Forgiving By Lewis B. Smedes

A parable is a story meant to teach a moral lesson.

POINT THREE WHEN DOES IT STOP?

Those who sin against us may never come to repentance until they hit **ROCK BOTTOM**.

Humans are a prideful race, and as long as we think we're getting away with something, we will keep doing it until our conscience no longer allows us to breathe, but the Prodigal had totally ruined himself in what he had done, and there was no temptation to ever go back. The father, seeing his son's broken heart, took him back as a member of the family to which he no longer deserved to be a member. He showered favor upon the son, who our natural minds tell us, he should have shut out at the front door.

He took the finest, most expensive goods in the house and gave them to the son who just wasted the family fortune on prostitutes and thieves. To the natural mind, this is an incredibly stupid thing to do. But it is the way God works. He is in the forgiving business, and you and I should be grateful that he is.

" Before I rejoin you as a friend, I demand a price from you. That price is **REPENTANCE**. The currency of honesty is **HUMILITY** and **A BROKEN HEART**. There is no **FORGIVENESS** until that price is paid. A wise judge may let mercy **TEMPER** justice, but he may not let mercy **TRUMP** it.

POINT FOUR: IS IT TIME TO MOVE ON?

Forgiving does not obligate us to **ALLOW THE ABUSE TO CONTINUE** if there is no sign that the person who has hurt us will ever **TRULY REPENT**. If you have been hurt by a person time and time again and they show no sign of remorse, it is not your duty to stand by them and allow the abuse to continue.

I forgive you to release my own pain over what you've done to me. I do not run back to you with arms open wide as if no had happened.

Every victim goes through three stages of unfair pain. The first is the **ORIGINAL WALLOP**. The second is **REMEMBERING WHAT HAPPENED**. The third stage is **VENGEANCE**, the futility of wishing at least equal pain on the person who gave her pain. If the victim stays mired in vengeance, she allows the person who hurt her once to go on abusing her in her memory until she dies. Lewis B. Smedes

POINT FIVE: GUILTY OR NOT GUILTY?

Forgiving is for the tough-minded. It is not for the soft-headed who cannot abide people who make judgments on other people's actions.

If we dare not blame, we dare not forgive, so we only forgive the ones we **BLAME**.

So how do we know the person who wronged us is to blame? There are three simple tests.

He DID it. We know he did it. He knows he did it. Maybe he admitted it, maybe someone saw him do it. Maybe you were right there taking it on the chin when he did it. However you came to know it, you are sure that he is the one who did it.

He INTENDED to do it. He may not have intended that what he did should hurt you so much as it did. But he intended to do it. He made the conscious choice to pick up that bottle and take a drink, which started everything in movement. And that is why he is either a candidate for forgiveness or revenge.

He initiated the ACTION. Sure, his dad was a drunk. His uncle is a drunk and his brothers are all drunks. It's all in the genes. But it was he who got the notion to drive. It was he who turned the ignition key and put his foot on the pedal. And it was he who drove into the path of a car that was headed his way.

Notes:

(Continued on page 5.)

The Art of Forgiving By Lewis B. Smedes

POINT SIX: IN CLOSING...

Forgiving is when we let go of our wishes for divine justice and truly leave the other person in God's hands because we no longer dwell on the crimes committed against us. Surrendering our right to get even is the surrender of a very bad pain in the neck. What are you hanging on to from your past? Who has wronged you? Was it done in public? Or in private? Have they asked for your forgiveness, or is that impossible now?

The important thing to remember is **IT DOESN'T MATTER ANYMORE**. If you've allowed your hatred of that person to take over you mind, heart and soul, it's time to let it go.

Forgiveness we cannot avoid it. We are either in the position of being the offender or the offended. We are in need of repentance or forgiving our offender. It is what we pray every Sunday when we say the Lord's prayer.

'Forgive us our trespasses as we forgive those who have trespassed against us.'

I pray this article can be of help in all of our lives as we together learn the "Art of Forgiveness".

Pastor Victor

Mother's Day



I have many memories about my mother. She wore a hat on Sundays to church. She only had a few hats but if she got a new one it was for Easter or Mother's Day. I started wearing hats on those two days in memory of my mother.

Mother's Day is May 8th. I will be wearing a new (old) hat our daughter sent me, maybe you would like to wear a hat on Mother's Day, also, to honor or remember your Mother. *Roberta 'Berts' Walker*

Name that Hymn

During the summer months we will not have a Hymn Sing the first Sunday of the month BUT we will have NAME THAT HYMN. When you receive your bulletin, it will include a sheet for writing the name of the hymn Marlys will play. There will be 15 to 20 songs (more or less) for you to identify. The first Sunday in June will include songs only from the Red Hymnal. The first Sunday in July will include songs only from the Black (Praise) Hymnal. The first Sunday in August will include songs from both hymnals. NAME THAT HYMN will begin at 9:15 with quiet listening music beginning at 9:00. Come join the fun and test your knowledge of hymns!

MONTHLY MEET-UPS:

Elizabeth Circle

UMW Elizabeth Circle will meet **Wednesday, May 18, at 12:00 p.m. at Out-to-Lunch**. Please call Karen Ferch at 833-2515 by Monday, May 9th, if you plan to attend so she can make our reservations. Guests and visitors are welcome.

Mary Circle

UMW Mary Circle will meet **Monday, May 16, at 1:30 p.m.** in the **Fellowship Hall** for a short meeting.

Ruth Circle

UMW Ruth Circle will meet **Tuesday, May 10th, from 10:30-Noon at the home of Eunice Gasner**.

Nurse's Notes Fast Foods and Diabetes

Fast food is closely linked with health problems including obesity, type 2 diabetes and cardiovascular diseases. "A 15-year study showed that people who ate at fast food restaurants more than twice a week had significant weight gain and had twice the insulin resistance than those who ate at fast food restaurants less than once a week."

The following are common disadvantages to be found amongst fast food.

- Highly calorific
- Nutritionally poor
- Low in fiber
- High in fat, sugar and salt
- May include additives such as MSG
- May contain trans fats
- Often contain processed meats
- CAN HAVE ADDICTIVE PROPERTIES
- "One study carried out by the Scripps Research Institute showed that fast food over stimulated reward pathways in the brain which leads to addiction to avoid a state of 'negative reward.'"

March 2010 excerpts from Diabetes.co.uk.edu

The Global Diabetes Community

Now that spring and summer are here, it's a good time to break the habit of fast food restaurants.

Peace, may it be yours, Sherry Scholljegerdes, RN

Your Parish Nurse



OBESITY

More than **600 million** people meet the World Health Organization's standard for obesity, which puts them at risk for some surprising complications.

EYES

Pulmonary problems caused by obesity affect blood vessels in the eye, causing **sight to deteriorate**.



MIND

**CLINICAL DEPRESSION
ANXIETY OTHER MENTAL
DISORDERS**

BRAIN

INFLAMMATION subtly **diminishes memory** and other cognitive abilities.



NECK & THROAT



Excess neck fat puts pressure on nerves, contributing to **headaches and neck pain**.

More fat around the neck can also close off airways when a person is lying down, causing **momentary stops in breathing** when asleep.

A condition known as sleep apnea.

INTERNAL ORGANS

Obesity raises the risk of **cancer and other diseases** in the:



COLON



LIVER &
GALLBLADER



KIDNEYS

SKIN

Hormone changes can cause the skin to **thicken and darken**. Swelling and stretching cause **irritation**.

JOINTS

More weight means more strain on the **body's joints and lower back**.

This can lead to **osteoarthritis**, a breakdown of cartilage and bone in a joint.



EXTREMITIES

Feet become **chronically sore** from carrying extra weight.

CIRCULATORY SYSTEM

Accumulation of fat hardens arteries, leaving a narrower space for the passage of blood. **Reduced blood flow to the heart can cause a heart attack.**

Narrowed arteries can also cause blood clots, which might lead to a **stroke**.

Blood pressure rises.



DIGESTIVE SYSTEM

Excess abdominal fat **puts pressure** on the muscle at the bottom of the esophagus.

This pressure allows stomach acid to flow up from the stomach, causing **acid reflux**.



IMMUNE SYSTEM

Obesity can cause **dysfunction** in immune system responses.





Faith United Methodist Church

"Engage, Equip, and Empower"

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We've got room.

UMW Updates

The next UMW meeting will be **Monday, May 16th** at **2:00 p.m.** in the **Fellowship Hall**. Board are hostesses. Devotions will be given by Janet Welch. The program: Char Frankenberry will speak about her passion for Midwestern Distribution Center.

Activity: We will put together 20 health kits. These will be supplies furnished by our unit. Please plan to attend and bring a friend.

Remaining 2016 Calendar for Southern Prairie District

Saturday, June 14: Day Apart-UMC @ Hector

Tuesday-Friday, July 12-15-Mission U @ St. John University, Collegeville

Saturday, July 16: Mission @ St. John University, Collegeville

Saturday, September 24: Southern Prairie Fall Gathering @ Faith UMC OF Waseca

Saturday, October 8: MN Conference UMW Annual Gathering @ 1st UMC of St. Cloud

Saturday, November 12: Executive Team Retreat @ Faith UMC in Sleepy Eye