



Less Worry, More Gratitude by Katie Brubaker

As a young mom, I am well acquainted with the feeling of worry: Should I call the pediatrician? Did I handle that situation well? What if I make the wrong decision? When difficult situations crop up in our lives it's easy to go around and around in our minds about all the what-ifs. While some of that is a natural response and a way that we solve problems, a lot of the time we get stuck there, consumed by the fear of what might happen.

In our striving to control our messes, we become blind to this truth: Worrying takes our eyes off of our Maker. And so we create for ourselves a spiritual burden which gets piled on top of the physical burden that already exists. We increase our own suffering. But there is good news; we serve a God who is greater than our present circumstance. "May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, giving thanks to the Father who has qualified you to share in the inheritance of the saints in light. He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins." (Colossians 1:11-14)

This is the kind of perspective I want to have in my life. When difficult situations arise I am working to accept them as they come. Instead of lying awake at night and thinking about all the things that might go wrong, I am learning to say "It's ok if this is hard." Why? Because there is a joy that comes from communion with God that is greater than the pain we experience on earth. In Philippians Paul says, "I count everything as loss because of the surpassing worth of Christ Jesus my Lord". That is a powerful and difficult truth to grasp. Whatever it is that you think you stand to lose because of that difficult thing you are experiencing does not compare to the worth of knowing Christ. We need to stop forfeiting our communion with God in order to spend our time worrying about things that do not compare.

We can believe Paul when he says these things because we see the evidence in his life. He was in prison when he wrote to the Colossians saying "Now I rejoice in my suffering for your sake". Those are the words of a man who has found the joy that comes only from Christ and an eternal perspective. Later in the same letter, Paul writes, "As you have received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving". In my own life, I have found practicing thanksgiving to be a powerful combatant to worry. It is amazing how the things we focus on dictate the thoughts that we have and the way that we perceive our lives. If you are looking for eternal perspective, a wonderful place to begin is regularly and repeatedly acknowledging the power and goodness of our God.

"Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the Peace of God, which surpasses all understanding will guard your hearts and your minds in Christ Jesus"

Philippians 4:4-7

"Turn your eyes upon Jesus; look full in his wonderful face and the things of earth will grow strangely dim in the light of his glory and grace."

July 2022





Making Connections

Hello Franconia Women,

My name is **Kim Meyer**. I have attended Franconia Mennonite Church for the past 10 years as my husband, Josh, serves as one of the pastors. I grew up in a Christian family with loving parents but did not take my faith seriously until college. It was at Liberty University that I began my personal relationship with Jesus. I studied Religion, specializing in Cross-Cultural Studies and Women's Ministries. I loved my Bible classes, doing deep dives into Scripture!

But I did not realize what a Christian bubble I was living in until I attended Temple University for graduate school (social work). I went from a Christian University to being the only Christian in my program.

One night, I was in Philadelphia at a classmate's apartment, when she pulled my Bible out of my backpack. Two of my classmates sat on the ground and started reading my Bible. They would read out loud some of the sections in Ephesians and Philippians that I highlighted. At one point, my classmate stopped reading and looked at me, asking, "Why don't Christians follow what the Bible says?" I grieved as she and some of the other people present shared the hurt they had experienced from people who called themselves Christians.

I grew in my faith the most during this time period, being challenged out of my comfortable Christian bubble. I realized that while "mission field" includes going overseas, it also includes your classmates, neighbors, and coworkers.

After graduate school, I began working with older adults at Lutheran Community at Telford, Healthcare Center as the Director of Social Services. I am still there today and enjoy the challenges each day brings as I serve the residents and their family members. My team has grown together as we have experienced the highs and lows of the past couple of years from the pandemic.

Josh and I have been married for twelve years and have three children. Our oldest daughter Selah is 8, our middle daughter Eve is 5, and our youngest son Paxton is 2 years old. My kids are the light of my world. It has been a joy being their mom, watching them grow and change. Of course, there are always challenges. But we enjoy being together, exploring new places, and finding free or inexpensive activities to do on weekends. We are always going to a festival, finding a new hiking trail, watching the Union play, or just enjoying being outside.

My favorite time of day is early in the morning: going for a run or working out and then sitting on my front porch swing with a cup of tea (or coffee) to enjoy the beauty of the morning. That is a holy time for me. You are always welcome to join! :)

Thank you for taking the time to read this and hear a little bit about my journey. Keep Shining Your Light for Jesus!

Love, Kim

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 2 Corinthians 12:9





Get Involved!

Do you enjoy fresh air, exercise, and good conversation? Come join us for a



Walk in the Park

at Franconia Park

Thursday, July 7th

7:00 pm

All are welcome; walk however long you like!

Women's Ministry is collecting **reusable cloth bags** for Keystone Opportunity Center.



Please put your donations in the basket under the Women's Ministry table in the foyer by Aug 14.

Save the Date!

- Walks in the Park – Aug. 4 & 16, Sept. 22, Oct. 4
- Comforter Blitz – Sept. 13 & 14 (Childcare will be provided)
- Game Night – Oct. 21

Mini Golf & Ice Cream at Freddy Hill Farms

Wed, July 13th

6:45 pm

(Meet at the pavilion across from the batting cages)

Cost: \$5 for mini golf, plus \$ for ice cream if you want ☺

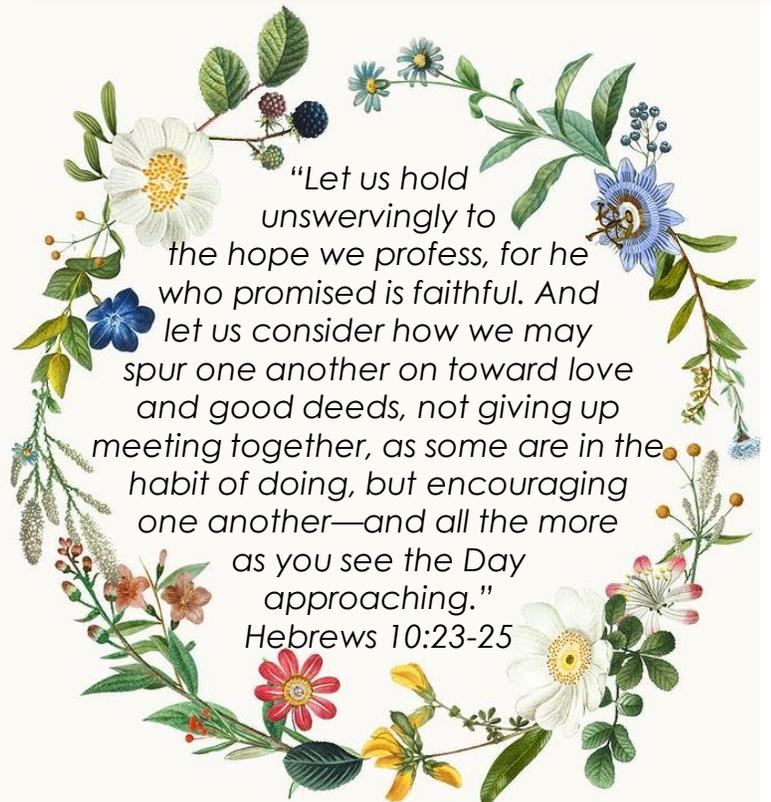


Come enjoy some summertime fellowship and fun with other ladies! (No skill needed!)



*Rain date: July 14

Sign up by July 10 at the Women's Ministry table in the foyer, or email franconiawomen@gmail.com (\$5 will be collected at Freddy Hill)



"Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."
Hebrews 10:23-25

July 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
				Walk in the Park 7pm		
10	11	12 Sewing Circle 8am-4pm Prayer Shawl Ministry 7pm	13 Freddy Hill Mini Golf & Ice Cream 6:45pm	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

CONTACT US: franconiawomen@gmail.com

Carol Landis | 215-723-2981 | caroldanlandis@gmail.com

Gail Reinford | 267-372-2168 | kgreinfeld@comcast.net

Janet Derstine | 215-723-7413 | bjderstine2@gmail.com

Jill Fallon | 610-287-3501 | bnjfallon@verizon.net

Julie Kratz | 717-525-3040 | jskratz@gmail.com

Julie Stitt | 610-287-7688 | sjstitt1@verizon.net

THE SPICE