

Pastor's Letter May 2021

Hello all,

I pray that this note finds you well. Recently the weather changes from warm to cold have been keeping us on our toes. After the first few days of warm weather, I put my cold weather clothing in storage bins and replaced them with my summer clothes. Then God said "Ha ha, I got you" dropped the temperature, and not only made me laugh but also reminded me that He is in control. Fortunately, for me, I missed a few pieces that were in the laundry so when those cooler days came along, I had a couple of warmer pieces to wear. My husband laughs at me frequently as I will get dressed in the morning, go to the front door open it up and come back in and change because it is either warmer or cooler than I had anticipated. Oh well, I tell him that the laughter is good for his circulation and mental stability. He tells me that he must have great circulation and mental stability because he is always laughing at something I have done or said.

Laughter is a wonderful gift given to us by God. I loved reading the "Laughter is the Best Medicine" jokes that were printed in the Reader's Digest. As I look around the world today, I see many things that can rob us of our laughter. One of the things I will always remember about my dad is his laughter. You could hear the joy in his laughter. Sometimes it would be loud and at other times not so much. I wish I could put how it sounded in this writing, but I can't; it is one of those things that you would had to have been there to hear for yourself in order to understand. There are several scriptures that relate to laughter, one is from Proverbs 17:22. It reads "A merry heart does good, like medicine." A merry heart means cheerfulness, to be cheerful is to be ready to greet others with a welcome, a word of encouragement, an enthusiasm for the task at hand, and a positive outlook on tomorrow. Such people are as welcome as "pain relieving medicine." (NKJV, Life Applications Bible.)



I don't know about you, but laughter makes me feel better. Even in times of sorrow or hardship God encourages us to remember that he is in control and that we are to remain on the positive side of every situation. Just like a spoonful of sugar makes the medicine go down, a good dose of laughter lifts our spirits and usually calms the soul.

In our world today we need laughter. When I listen to or read the news the smile leaves my face and, if I allowed it the news could crush my spirit. God does not want me to allow that to happen. I say to others and continually remind myself that in the end God will be the winner in a big way and I am his child and he is going to take care of me. That knowledge alone puts a smile on my face.

I think quite a while back I wrote these items in another Pastor's page article, however at this day and time I think they bear repeating: 1) Laughter is a natural pain killer, 2) Laughter strengthens your heart, 3) Laugh to ward off disease, 4) Laughter tones your abs, 5) Laughing boosts immunity, 6) Laughter decreases blood pressure, 7) Laughter banishes stress, 8) Laughter helps relieve depression.

I always feel better, after a good laugh, after all it is a gift from God. I pray that all of you will be able to incorporate some laughter in your lives on a daily basis.

A joke to bring a smile: **I Don't Want To Go To Church!**

A mother went to wake her son for church one Sunday morning.

When she knocked on his door, he said, "I'm not going!"

"Why not?" asked his mother.

"I'll give you two good reasons," he said. "One, they don't like me. Two, I don't like them."

His mother replied, "I'll give you two good reasons why YOU WILL go to church.

One, you're 47 years old. Two, you're the pastor!"

Laugh out loud and not only make yourself feel better but hearing you laugh may bring a giggle to someone else.

In Christ's service,
Pastor Lynn

Rev. Lynn Wilson Contact Information—Office: 304-267-4542—Cell: 304-279-6800
Email: pastorlynnumc@comcast.net—Website: calvaryum.org