St. Paul's Epistle An Inviting Community of Christ's Disciples

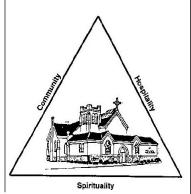
St. Paul's United Methodist Church 105 E. Main St. Elida, OH 45807 419~339~3801

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<u>pastorespc@gmail.com</u>

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Inside this issue: Upcoming Events 2-3 Books for Children Listen to Shepherd's Voice 4 5 The Business of Church 6 Faith in Action Daily Bible Readings Seniors Day Out 8-9 Remember When... 10 Connecting With... 11 The People of St. Paul's 12 May Calendar 13 14 Recipes Kidz Korner 15 Living Our Faith 16



One of the things I enjoy doing with the kids is setting down in the evening and watching a movie together. There are many good movies but occasionally there is a favorite line that will worm its way into family conversation for years. One such line comes from the movie Finding Nemo.

It is the line from Peach the starfish on the morning of the big escape. She says "It's morning everyone, todays the day, the sun is shining, the tank is clean and we are getting out of Uhh! The tank is clean. THE TANK IS CLEAN!" This quote always seems to come into play at this time of the year as Spring cleaning gets into full swing. Like you we have been working on things outside to prepare for summer. Garden prepared, spraying for weeds, getting lawn furniture out, the list goes on and on. The church like your house is due for a good sprucing up this year as well. The trustees are inviting you to come out Saturday May 3rd at 8am bring your tools and a set of gloves and help clean up around the church.

May also brings us to graduation which we will celebrate on the 18th of May. If you or someone you loves is graduating this year please contact the office this week so we can include you in our graduation celebration. AS well as the service on the 18th being run by the young people of our church. Also this month we have rescheduled Heather Brake to come speak to us about Camp Wesley and the work that is being done there and how we can help. I would also like to see several children from St. Paul's attend camp this summer at Wesley so we can continue to build the connection we have with Camp Wesley.

Something to look forward to in June, besides sunshine and warm weather, will be a new sermon series about happiness. We have spent the season of lent remembering our sins and repenting, now it is time to rejoice and sing to the Lord. Happiness (Joy) is a gift from God and as my mother always said "Laughter is the best medicine" so come stock up on joy and see God's strength in your life.

Yours in Christ,

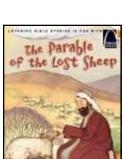
Pastor Paul



Thought for the Month:

Spring is God's Amen! to Creation





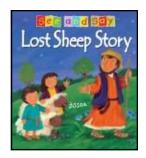


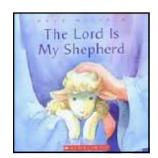
Books for Children

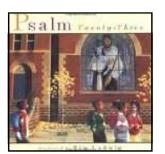
Here are children's books about the sheep stories from the Bible: good shepherd (John 10), the lost sheep (Luke 15), and the shepherd's psalm (Psalm 23). Check your church or public library for other stories about sheep and shepherds.

The Joyful Shepherd, Cyncie Smith.
The Lord Is My Shepherd, Christopher Webber
The Lost Lamb, Melody Carlson
Parable of the Lost Sheep, Helen Caswell
Psalm 23, Tim Ladwig, illustrator









Upcoming Events for St. Paul's



May 11, 2014



St. Paul's Book Club Saturday, May 3, 2014 9:00 AM

Book discussion about

The Language of Flowers:

A Novel

by Vanessa Diffenbaugh

by Vanessa Diffenbaugh Bring your own breakfast.

St. Paul's Epistle

is published by St. Paul's United Methodist Church

Subscription Rate: NONE							
Secretary:	Gail Fessler						
Secretary:	Jone Lane						
Organist:	Linda Holman						
Pianist:	Lois Cook						
Choir Director	Judy Chaffins						
Custodian:	Dave Decker						

CLEAN-UP DAY

The Trustees are holding a outdoor clean-up day on Saturday, May 3 at 8:00 AM. We will be cleaning the outside of the church. All able bodies please come and help.



Newsletter deadline: the **I6th** of each month



Congratulations Graduates

CONGRATULATIONS TORIF MCADAMS

TORIE MCADAMS will graduate from Elida High School on Sunday, May 25, 2014. Torie, daughter of Brent and Vicki McAdams, 7300 Ridge Road, Elida, Ohio 45807, has plans to attend Toledo University this fall with a major in Occupational Therapy.

Graduates Sunday will be May 18, 2014.

CONGRATULATIONS ON GRADUATION FROM COLLEGE JACINDA (FLETCHER) PERRY

JACINDA PERRY is graduating Ohio Northern University on May 11, 2014. Jacinda will receiving a BSBA degree She Marketing. is currently following employment leads for a position in the marketing field and will continue in her managerial position with Burger King until she can secure other employment. Cards can reach Jacinda at 2034 N. Metcalf Street, Lima, Oh 45801.

Upcoming Events for St. Paul's



Camp Wesley Mission Sunday May 4, 2014

Guest Speaker: Heather Brake

Carry-in dinner following the service

ដ្ឋមានប្រមាណ

May 18th is the last Sunday for St. Paul's Chancel Choir. They will return in the Fall after summer break.

Anyone interested in doing Special music for the summer contact Judy Chaffins or the church office.



Seniors Day Out

May 20, 2014 12:00 Noon

Corinne Piper will share her experiences from her mission trip to Mexico.

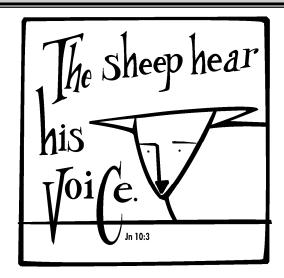
All seniors welcome!



We Remember

Memorial Day May 26, 2014

Listen to the Shepherd's Voice



A friend and I once had a serious conversation about religion. He had a very bad experience with religion when he was a child. For that reason, he has always looked upon the time when he was able to say no to religion as the time of his emancipation.

He has little respect for religion of any kind. As far as he is concerned, religion is a form of slavery, an insidious instrument of control that those in power apply to maintain order. What he struggled to understand was how and why even "people of substance" (as he put it), well-educated, intelligent people, could fall for the hoax. How could they not see through the big lie and understand it for what it is: a conspiracy to control the weak?

I knew that his references to "people of substance" and the "big lie" were aimed at me. Strangely enough, I at once agreed and disagreed with him. There was a side of me that understood where he was coming from. Yet there is something about my faith in the gospel message that I know I can't trade for anything. Far from being confining and oppressive, my faith in Jesus is affirming, freeing, and life-giving.

I was unable to give my friend a satisfactory explanation at that time. He was talking about religion. I was trying to explain a relationship. We simply couldn't connect on the same wavelength. Had the parable of the good shepherd come to mind at that time, I might have been able to bridge the gap.

In this parable Jesus presents three images:

the sheep, the shepherd, and the sheep pen. The world is a dangerous place for sheep. Sheep are innocent living creatures that need protection and guidance in order to stay alive. There are thieves, hostile animals, and all sorts of other dangers out there. That is why it is necessary to build a sheep pen; to keep the sheep out of danger and therefore alive.

The sheep pen is not an end in itself because keeping the sheep alive is not the final objective. It is only the beginning. The goal is to give the sheep a good life. And for that you need a shepherd to develop a relationship with the sheep.

Jesus says that the good shepherd calls the sheep by name. The shepherd talks to them, sings to them, and leads them to green pastures. The sheep know the shepherd's voice. They trust the shepherd and they will go wherever the shepherd leads them because there is a loving relationship between them. The sheep will, therefore, wait patiently in the sheep pen. It is worthwhile to stay alive and wait in that holding place because they know that sooner or later the shepherd's life-giving voice will come. They know that when the shepherd comes, they will be led to green pastures. They know that the shepherd will care for them and lead them to a good life.

So it is with us in our relationship with God through Jesus. The good news comes to us by way of religion. It is what we human beings have built in order to transmit the message of the gospel. Religion, like the sheep pen, is necessary to protect the message of life. But it is not an end in itself. It is only the visible shell from which comes the voice of the good shepherd, and it is that voice that gives life. It is the voice that makes it worthwhile to relate to religion.

When my friend criticized religion, I was in agreement with him because religion can be an empty shell. There are people who will do anything in the name of religion but have no love in their hearts. They are alive, but not living. They may talk about God's love, but have not experienced true love.

Jesus says: "I came that they may have life, and have it abundantly." There is more to the gospel than just religion. It is about a life-giving relationship that allows us to lead a good life.

- Isaac Kawuki-Mukasa, excerpted with permission from The Minister's Annual Manual, © Logos Productions.

The Business of Church

Hopefully by the time you receive this newsletter, snow will no longer be mentioned during the daily weather forecast. Winter 2013 certainly was one for the record books. But with a church comes angels. Don't believe in angels? Ask resident subject matter expert Jan Wyant on the effects of these heavenly spirits. But I digress.

Our church was blessed with snow angels this season. Denny Thompson and Ron Steiner spent considerable time and expense plowing our parking lots and sidewalks. Actually, Denny and Ron have plowed our grounds for many years along with Art Holman. Denny donates his truck-mounted snow plow and Ron has operated over the years a snow blower, lawn tractor-mounted snow plow, or recently, a Bobcat with front-end blade. Art has been a snow blower operator for St. Paul's for many, many years and is usually out ahead of Denny and Ron or working simultaneously with them. Between the three of them, they have logged countless hours and have donated considerable fuel expense.

And there has been a large cast of support snow shovel operators assisting Denny, Ron, and Art: Scott Fessler, Marty White, Larry Moser, Jamie Wyant, Brian Nartker (I'm sure I've missed a few) braved the early hour and frigid temperatures to assure our church building is accessible on a snowy Sunday morning.

Unique this year with this snow removal chore was the fact that Denny, Ron, and Art sometimes had to snow plow/blow twice in one day. It seemed like a never-ending event. But strong minds, bodies, and spirits prevailed and our church budget did not suffer the hardships as did perhaps other organizations or businesses and for this we are blessed. Many thanks to the snow angels of St. Paul's U.M.C.!!





Committee Chairs	2014
PPR Chair	Dwain Metzger
Trustees Chair	Ron Steiner
Finance Chair	Marty White
Treasurer	Margie Best
Education Chair	Jan Wyant
Administrative Council	Art Holman
Worship	Pastor Paul Scannell
Nurture	Linda Holman
Missions	Tim Piper

Faith In Action



Worship Atte	ndance:
March 30, 2014	87
April 6, 2014	91
April 13, 2014 Palm Sunday	108
April 17, 2014 Holy Thursday	39
April 20, 2014 Easter Sunrise	58
April 20, 2014 Easter	141

Financial Giving

Weekly Need for Unified Ministry Budget \$3,466.00



Unified Min	Other:	
March 30, 2014	\$1,949.50	\$540.91
April 6, 2014	\$4,922.00	\$601.00
April 13, 2014	\$2,486.00	\$428.00
April 20, 2014	\$3,612.00	\$1,252.13

Sunday School A	ttendance
March 30, 2014	20
April 6, 2014	20
April 13, 2014	18
April 20, 2014	14

Greeters	
May 4, 2014	Jerry & Becky Bean
May 11, 2014	Ruth Burgoon & Susan Nartker
May 18, 2014	Marla & Cody Scannell
May 25, 2014	Julie, Anika, & Makayla Bok Cari Metzger

Flower Calendar								
May 4, 2014	Brent & Vicki McAdams							
May 11, 2014	Ruth Hardy							
May 18, 2014	Gary & Deb Hurd							
May 25, 2014	Dan & Margie Best							

Communion Servers MAY 4								
Station #1	Contact Church Office							
Station #2	Or							
Station #3	Sign up on sheet on hall way bulletin board							

Daily Bible Readings

Thursday 5/1

Psalm 18, Daniel 2:31-49 1 John 2:18-29, Luke 3:1-14

Friday 5/2

Psalm 16, 17, 134, 135 Daniel 3:1-18 1 John 3:1-10, Luke 3:15-22

Saturday 5/3

Psalm 20, 21, 110, 116, 117 Daniel 3:19-30 1 John 3:11-18, Luke 4:1-13

Sunday 5/4

Psalm 114, 115, 148, 149, 150 Daniel 4:1-18 1 Peter 4:7-11, John 21:15-25

Monday 5/5

Psalm 9, 15, 25, Daniel 4:19-27 1 John 3:19-4:6, Luke 4:14-30

Tuesday 5/6

Psalm 26, 28, 36, 39 Daniel 4:28-37 1 John 4:7-21, Luke 4:31-37

Wednesday 5/7

Psalm 38, 119:25-48 Daniel 5:1-12 1 John 5:1-12, Luke 4:38-44

Thursday 5/8

Psalm 37, Daniel 5:13-30 1 John 5:13-20(21) Luke 5:1-11

Friday 5/9

Psalm 105, Daniel 6:1-15 2 John 1-13, Luke 5:12-26

Saturday 5/10

Psalm 30, 32, 42, 43 Daniel 6:16-28 3 John 1:1-15, Luke 5:27-39

Sunday 5/11

Psalm 63, 98, 103 Daniel 7:1-14 1 Peter 5:1-11, Matthew 7:15-29

Monday 5/12

Psalm 41, 44, 52, Daniel 7:15-28 Colossians 1:1-14, Luke 6:1-11

Tuesday 5/13

Psalm 45, 47, 48, Daniel 8:1-14 Colossians 1:15-23, Luke 6:12-26

Wednesday 5/14

Psalm 49, 53, 119:49-72 Daniel 8:15-27 Colossians 1:24-2:7, Luke 6:27-38

Thursday 5/15

Psalm 114, 115, Daniel 9:1-14 Colossians 2:8-23, Luke 6:39-49

Friday 5/16

Psalm 40, 54, 51, Daniel 9:15-27 Colossians 3:1-11, Luke 7:1-17

Saturday 5/17

Psalm 55, 138, 139, Daniel 10:1-9 Colossians 3:12-17, Luke 7:18-35

Sunday 5/18

Psalm 8, 24, 29, 84 Daniel 10:10-21 Thessalonians 2:13-17 Matthew 7:7-14

Monday 5/19

Psalm 56, 57, 58, 64, 65 Daniel 11:1-13 Colossians (3:18-4:1) 2-18 Luke 7:36-50

Tuesday 5/20

Psalm 61, 62, 68 Daniel 11:14-24 Romans 12:1-21 Luke 8:1-15

Wednesday 5/21

Psalm 72, 119:73-96 Daniel 11:24-35 Roman 13:1-14. Luke 8:16-25

Thursday 5/22

Psalm 70, 71, 74, Daniel 11:36-45 Romans 14:1-12, Luke 8:26-39

Friday 5/23

Psalm 106, Daniel 12:1-6 Romans 14:13-23, Luke 8:40-56

Saturday 5/24

Psalm 23, 27, 75, 76 Daniel 12:7-13 Romans 15:1-13, Luke 9:1-17

Sunday 5/25

Psalm 93, 96, 1 Timothy 3:14-4:5 Matthew 13:24-34a

Monday 5/26

Psalm 77, 79, 80 Deuteronomy 8:1-10 James 1:1-15, Luke 9:18-27

Tuesday 5/27

Psalm 78, Deuteronomy 8:11-20 James 1:16-27, Luke 11:1-13

Wednesday 5/28

Psalm 119:97-120, 2 Kings 2:1-15 James 5:13-18, Luke 12:22-31

Thursday 5/29

Psalm 8, 24, 47, 96, Ezekiel 1:1-28 Hebrews 2:5-18 Matthew 28:16-20

Friday 5/30

Psalm 85, 86, 91, 92 Ezekiel 1:28-3:3 Hebrews 4:14-5:6, Luke 9:28-36

Saturday 5/31

Psalm 87, 90, 136, Ezekiel 3:4-17 Hebrews 5:7-14, Luke 9:37-50

Seniors Day Out



The Seniors enjoyed a delicious meal on April 15, 2014. Linda Craft presented a slide show and spoke about her recent trip to Israel.









See more pictures on page 9.

Senior's Day Out













You missed a delicious dessert if you couldn't attend.

Remember When...



rentered world world when the second second

1983 Confirmation Class

1991 Confirmation Class





1986 Confirmation Class, above

1988 Confirmation Class, below



Page 10

Connecting With ...



Congratulations to Dom and Kelly DeRose on the birth of their daughter Demi Mae DeRose born April 3, 2014. She weighed 7 lbs 5oz. Her proud Grandparents are Scott and Beth Warris and Great Grandparent is Dottie Jennell. Cards may be sent to 3418 Musser Dr, Elida, OH 45807

> **Prayer List Updates** Please Contact Lavonne Segovia



Remember in Prayer

Recovering from Surgery or in the Hospital

> Karen Bible Kelly DeRose Shirley Moser

Homebound Members

Hazel Dunn

Jean Redd

Jealing,

Lealing, Those in Need of Healing, Support, Strength & Encouragement

> JoannaHurd 🥙 Rodney Lee

In the Military & Missions

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Eddie Mault Jason Stanley

Confirmation Class Rosters

1983: Matt Brown, Scott Holmes, Travis Williams, Mark Puffenberger, Cindy Wheeler, Leslie Adams, Kara Holman, Tracy Mault. Rev. Allen Puffenberger and Rev. Ralph Shunk

1986: Julie French, Jodi Stopher, Krista Holman, Michael Neely, Stephanie Stopher, Will Brown, Bethany Holmes, Brad French, Tracy Metzger, Angela Puffenberger, Mary Jo Massay. Rev. Allen Puffenberger

1988: Rachel Neiford, Jennifer Morrisey, Jennifer Hines, Kate Holman, Brian Steiner, Wendy Gossett, Mark Massay, Emily Henne, Bryan Craft, Amy Gladfelter, Joy Reinoehl, Mark Neely, Gary Adams, Eric Puffenberger, Pam Moser, Angeline Neiford. Rev. Allen Puffenberger

1991: (Front) Jennifer Gossard, Jaime Koch, Christie Steiner (Back) Zach Broshes, Mandee Massay, Nathan Craft Rev. Eric McGlade

The People of St. Paul's

To my Church Family,
Thank-you SO much for taking such
good care of me the past year, and
thanks again for the recent flowers
(since I just got a new hip!) I had been
walking around on my own broken hip
for 3 weeks! The doctors thought that
the radiation and chemotherapy I had
received weakened the bone...rats!...
I was just gaining some independence.

The past year has been pretty rugged for me. I apologize for my apathy. I went from being bed-bound, to a wheelchair, to a walker, to a cane, to being cane-free. I had a Stage 4 CANCER diagnosis, a couple surgeries, many trips to the University of Michigan Cancer Center, and a couple nursing home stints. I've had 8 months of physical therapy, and 4 months of lymphedema therapy. Yikes.

The best part of this whole deal is the wonderful, emotional, spiritual experience of understanding how powerful prayer is (I'm teary now!) When the doctor and I looked at my scan (one of many), and he said "I don't see any cancer," my first thought was not the new chemo drug I'm taking, but that everyone's prayers saved me. I am well (well, sort of...) because of your thoughtfulness and kindness to pray for me.

I am so grateful for everyone's calls, visits, gifts, cards (so many cards! I still have every one), encouragement, that beautiful crocheted dusty rose and forest green throw, and of course, prayers.

Today is Good Friday. Thank-you Jesus. Have a blessed Easter. Hope to see you soon.

Karen Bible

I sure appreciate
St. Paul's newsletter each
month. The daily Bible
readings are a blessing to
my life. My grandson in
Cleveland enjoys the
Kidz Korner.
Thanks again and God
bless St. Paul's
Congregation!

Norene Parish



I would like to thank
Pastor Paul and my
church family for their
flowers, cards and phone
calls since I have been
sick. They gave me
encouragement and a
positive outlook. I want
to thank the Crafty
Creatures for the prayer
shawl and the cards and
especially Pastor Paul
for the visits.

Ray and Phyllis Trigg

Dear St. Paul's. Thank you for supporting Heartbeat of Lima with your financial donations in 2013. Your generous donations helped us reach out and assist families in need. In 2013, we had 2,963 client visits, over 300 pregnancy tests and 155 ultrasounds. These services allowed us to offer hope, education and resources to those in need. Through the course of the year, we have seen clients strengthen their parenting and life skills. increase their involvement in their child's development and reach many educational and job related goals. We have also had the opportunity to work with abortion-minded women who had a change of heart and now they will experience the gift of life. None of this would have been possible without our donors!

Heartbeat of Lima

St. Paul's Friends, Thank you very much for the prayers, cards, and wind chimes sent after Tony's father, Richard Shoup, passed away. We are so blessed to be a part of St. Paul's!

> Tony, Shirley, and Zack Shoup

Meetings

May 5, 2014 **PPR...7:00 PM**

May 6, 2014 **Trustees...7:00 PM**

May 7, 2014 **Worship Mtg..6:00 PM**

May 12, 2014 Finance...7:00 PM

Finance...7:00 PM

May 12, 2014 **Ad Council...7:30 PM**

No Missions Meeting

Sundays Prayer...8:45 AM Sunday sch...9:00 AM Fellowship...9:30 AM

Worship...10:00 AM

Wednesdays Chancel Choir...7:00 PM

Anniversaries

Pat & Pam Gaghen May 3

Gary & Deb Hurd May 19 30 years

Rod A Nancy Gesle4r May 27 42 years

Dan & Margie Best May 28

May 2014

Sun Mon Tue Wed Thu Fri Sat

1

Lily Bice

2

Bill Nichols

3

s I							
I I I S O I	4	5 Shelly Reiff	6 Zack Shoup	7	8	9 Michael Whetstone	10 Larry Brunk
	11	12	13 Glenna Kohli	14	15 Logan Kinney	16 Mary Irvin Jennifer Kinney	17 Martha Vazquez Mary Williams
	18	19 Korbin Crates Aaron Thompson Marlene Weaver	20 Karen Bible	21	22	23	24 Isaac McAdams
•	25 Carter Kuenzli	26 Torie McAdams	27 Scott Warris	28	29	30	31

Page 13

Featured Recipes from St. Paul's Great Cooks

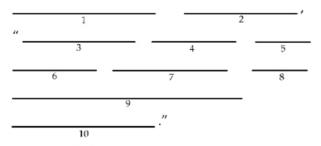
Spinach Dip By Sue Theodore **Ingredients** Instructions 1 pint Sour cream Mix sour cream, mayonnaise and soup mix together. 1 pkg. Knorr's vegetable soup mix Squeeze all water out of spinach and tear into pieces. Stir onion and spinach into other mixture. Refrigerate for several hours to blend 1 1/2 cups Hellman's mayo flavors. 2-4 Tbl. Green onion, sliced Serve in hollowed out pumpernickel bread with bread pieces for 1 pkg. Frozen chopped spinach, dipping. thawed, drained Pumpernickel or favorite flavored bread

Crock	Pot Roast	
		By Margie Best
Ingredien	nts	Instructions
1 pkg.	Ranch dressing mix	Place roast in crock pot.
1 pkg.	Brown gravy mix	Mix all 3 envelopes of mixes together and sprinkle on top of
1 pkg.	Italian dressing mix	roast. Pour 1/2 cup warm water into bottom of crock pot.
1/2 cup	Warm water	You can also add potatoes and carrots to the crock pot.
1	Beef roast	Cook on low for 6-7 hours
	Potatoes—optional	Cook on low for 0-7 hours.
	Carrots—optional	

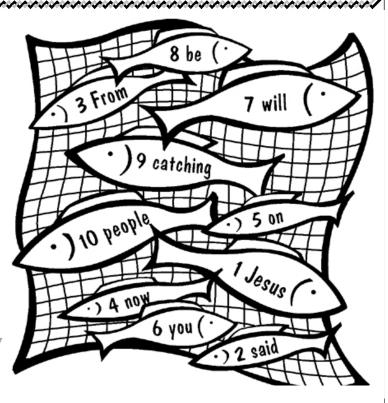
KIDZ KORNER

A Fish Story

In Luke 5:1–11, Jesus teaches people about God while he sits in a boat. Then he went fishing with his disciples. Read the story. Then choose words from the fish in the net that will fill each blank below. Then you can read what Jesus told his disciples.



Answer: Jesus said, "From now on you will be catching people." Luke 5:10



How Big Is Your Faith?

Cross our every other letter (the first one is done for you). Then write the remaining letters in the space provided to find out how Jesus described heaven.

X	T	Ī	Н	G	Е	В	K	Ī	1	G	N	В	G	1	D	G	0
В	М	1	0	G	F	В	Н	1	Е	G	Α	В	٧	1	Е	G	Ν
В	1	_1_	S	G	L	В	1	1	K	G	Е	В	Α	1	М	G	U
В	S	1	Т	G	Α	В	R	1	D	G	S	В	Е	1	Е	G	D
В	1	1	Т	G	1	В	S	1	Т	G	Н	В	Е	1	S	G	М
В	Α	1	L	G	L	В	Е	1	S	G	Т	В	0	1	F	G	S
В	Е	I	Е	G	D	В	S	1	В	G	U	В	Т	1	G	G	R
В	0	1	W	G	S	В	Т	1	0	G	В	В	Ε	1	Т	G	Н
В	Е	I	G	G	R	В	Е	1	Α	G	Т	В	Е	I	S	G	Т
В	0	1	F	G	Т	В	R	1	Е	G	Е	В	S	1	•	G	•

Answer:
The kingdom of heaven is like a mustard seed. It is the smallest of seeds, but grows to be the greatest of trees. Matthew 13:31- 32.

St. Paul's United Methodist Church

105 E. Main St. Elida, OH 45807

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Our Web Address: www.elidastpaulschurch.org



May 2014

Living Our Faith

Jesus, Our Shepherd

The Bible tells us many things about Jesus. As far as we know, he never worked as a shepherd, but this is one word the Bible uses to describe him. What do you know about shepherds? A shepherd is someone who:

- * Takes sheep to pasture and places where food and water can be found.
- * Watches over and protects them from wild animals.
- * Helps them up if they fall or get hurt.
- * Brings them back safely to the sheepfold at night.
- * Goes and looks for them if they are lost.
- * Knows each sheep.

Can you see now why people think of Jesus as our shepherd?



Feeling Jesus' Love

A shepherd is a source of comfort for his or her sheep. This activity can help you remember and experience feelings of comfort you have had.

Find a blanket and fold it three times; then sit down and hold the folded blanket in your lap. Think about what it feels like to be loved. Open your blanket, one fold at a time, as you remember these things:

- * Open it once and think about someone who makes you feel safe and happy.
- * Open it again and think about the story of Jesus, caring for you just like a good shepherd cared for his or her sheep.
- * Open it all the way and think about how much Jesus loves you.
- * Now take the blanket and wrap it around your shoulders as you read these words from the Bible: "Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long" (Psalm 23:6).