



**SEPTEMBER~OCTOBER  
2017 HUG-IN-A-MUG**

**It is time to get back to that early morning coffee, ladies and gentle-men~ MORE HOLY GROUNDS FOR THOUGHT. AS I HAVE YOU ALL ON MY HEART ! and after the wonderful Fall District Retreat, we are so cognizant of how the heart functions...always and forever in our lives! Reaching out, as Proverbs 4:23 reminded us...that EVERYthing we do flows from "your guarded Heart," above all else.**

Dear Sisters and Brothers in Christ,

I wish to begin with my **Heart**-Felt apology for the tardiness of this brief message. A real place in *my heart*, with the loss of my first-born, is filled with such an emptiness, a happy voice gone silent, and the tears that just don't stop coming at the most difficult of times & places bear so true: Grief hurts! God promises His constant love to comfort me, a promise I cling to as healing begins. And as I looked beyond a painful Memorial, forward for days, lists, and packing to our Retreat and a car full of precious friends to get me and "my wheelie" there, I was ever reminded that the HUGS I would receive would be the perfect gift: one size fits all! So thank you, all, for all the hugs and kindness and healing that abounded, so freely and precisely given.

There were times, under the tutelage and guidance through four fine Bible studies by our animated Counselor Pastors...that I felt I was either in *Health Class 101* or *Science Class 405*. (Just teasing) But the weekend together gave me a new, heartfelt-appreciation for all the functions of this vital organ, our **hearts**. It drives our senses beyond imagination when we take time to dissect things. Example: who would have considered the theological anatomy of a **heart** the seat of our identity, emotions, thought, will & ethics??? Until it was explained to us thru Scripture; thanks Guys! I came away with a whole heart, a seeking heart, an open and entreating heart, understanding my selfish and willful heart....desiring to be true...daily revisiting the C.A.R. PROCESS: CONFESSION, ACCEPTANCE, RENEWAL OF MIND. { I know, for me, the Holy Spirit really does work overtime in keeping our hearts beating and behaving...but it's up to me to take time and tend to it. }

I pray now, on the heels of nine Fall Rallies across our state, you are lifted up in the **JOY** of the sisterhood we cherish and lean on. A lot of tending-time has been taken up in preparation for these events, and I pray the success was **JOY**-filled! And I hope we enjoyed the togetherness, the engaging Spirit that abounded over food and drink, and that there was clear vision focused on "the how-to's" we can bind the Fall into Winter and Spring forward. As fast as time seems to fly, we need to keep our eyes on the Mission opportunities abounding in our church family and communities in what has become a "fierce war-zone", commanding us to reach out and look all around us for the hurting, hungry, needy and lonesome. In-gatherings bring to mind how close to our churches are hundreds just fighting Satan's plagues amongst us, underlined by cataclysmic and natural disasters just miles away. We women of the LWML are visionary, as leaders, decision-makers, and orchestra leaders: we can take up the slack and be ever- available, when a simple phone call or e-mail can "rally the troops" to opportunities right here at home in Oregon. Our Fall Leaguer, was a perfect example, where on every page were "exuberant" ideas, planted on our hearts, of ways in which we societies DO and CAN DO...in

making our hearts and Mites and action plans be mighty amongst us. I close and rest in the Comfort, such that none will grow weary nor lose **heart**. Ezekiel 36:26: (from my new Today's LIGHT BIBLE) *I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.* Such is the promise from the God of all Comfort, Pat Reck, Chair Leader Development ☺ Vol. 30