

DOCKET

DOCK WOODS**RESIDENTIAL LIVING TRIPS CONTINUED...**

...success depends on obedience, trust, and covenant faithfulness. The trip includes a **12:30 p.m. family-style lunch at Hershey Farm Restaurant**, followed by the afternoon show. The cost is **\$168.00 per person**, which includes motorcoach transportation, all gratuities, lunch, and the production. **Reservations may be made with Eileen Burks** at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org. Residents and guests will board the coach at the **Fisher Auditorium entrance ONLY**. Approximate return to Dock Woods is **7:30 p.m.**

DUTCH APPLE DINNER THEATRE "MARY POPPINS"
THURSDAY, AUGUST 6
9:00 a.m. (trip)

The Living Branches coach will be traveling to Lancaster, to enjoy the hot buffet and afternoon show, "Mary Poppins." Everyone's favorite nanny is back! Adventure abounds as you get whisked away by dancing chimney sweeps and an array of colorful characters in this beloved musical. Hear classics like *Supercalifragilisticexpialidocious*, *A Spoonful of Sugar*, and *Chim Chim Cherr-ee*. The price of this trip is \$90.30 per person for the transportation, hot buffet, and afternoon show. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or eileen.burks@livingbranches.org. The coach will pick up at each entity beginning at 9:00 a.m. Approximate return to dock woods is 6:00 p.m. Guests are welcome!

WELLNESS CENTER

The walk-in Wellness Clinic is open daily Monday through Friday from 8:45-10:45 a.m. and on the 2nd and 4th Friday of the month from 1:30-3:30 p.m. or by appointment at any other time. You can schedule a time to see Maria during her normal office hours of 7:00 a.m. to 3:30 p.m. Monday through Friday. Grandview Hospital Lab Services are available by appointment only for residents of Dock Acres, Dock Gardens, the Villas and residents of Dock Manor who have joined the Wellness Center. Please bring your lab and any therapy orders to Maria Popp in the Wellness Center at least 48 business hours before your requested appointment. Labs are drawn Mondays at 9:00 a.m., Tuesdays at 7:30 a.m. and Thursdays at 7:30 a.m. in the Wellness Center Clinic. To make an appointment with the following doctors, please inform them that you will be seen at Dock Woods.

Dr. Alexandra Parish and Dr. Stephanie Varghese

Montgomery Podiatry

Call: 215-361-5769 to schedule

Brigitte Harken, CRNP,

TriValley Primary Care

Call: 215-723-7833 or Call Maria, the RL nurse, if you need to see Brigitte urgently.

Dr. Madelynn Petrancuri and Dr. Holly Forst

Live Better Hearing + Balance

(Associates in Hearing)

Call: 215-855-4217

Dr. Adam Millis, Optometrist

Health Drive 888-964-6681

Jennifer LeBlanc, Massage Therapist

484-680-2372 to make an appointment

OUT OF OFFICE: Eileen Burks will be on vacation June 29 – July 3 and returning on Monday July 6. Have a good week! Happy 4th of July!***

★★★★ **STRAWBERRY/BLUEBERRY FESTIVAL WEEK** ★★★★★

Living Branches is celebrating the 250th Anniversary of our country on each Living Branches campus with our Strawberry/Blueberry Festival of Red, White, and Blue June 1-5! We invite you to enjoy all the exciting events planned throughout each day at the campus of your choice! At Dock Woods there will be a variety of activities planned throughout the week such as outdoor games, Patriotic Sing Along, Woodrow Wilson one-man show, Captain's Market Food Truck, delicious Strawberry/Blueberry Festival Food at the Bistro, return of The Red Satins, Jugglers, Petting Zoo, music with Bill Monaghan, a Waffle Truck, and historic interpreter, Carol Spacht as "Betsy Ross." Make your food selection for the food truck set-up at 11:00 a.m. until 1:00 p.m. on June 3 with Eileen Burks, and on June 4 the Waffle Cabin Truck will be here for two hours outside the Fisher Auditorium entrance for \$3.00 cash per person. (No large bills please). You will receive a ticket at the table set up under the carport to receive your food truck selections and a ticket on Waffle Cabin Truck Day to receive your delicious waffle topped with ice cream, strawberry and blueberries. Remember to wear your Red, White, & Blue and on June 1, (Bandana Day), join us at the morning outdoor games and afternoon Seated Chair Volleyball to receive a free Patriotic bandana. (First come first served). Please check your calendar, Docket, and portal for all the great scheduled events. Come celebrate! (additional schedule of events may be found on page 2)

FBI's ELDER FRAUD PRESENTATION

Residents are invited to attend this presentation on **Monday, June 8 at 2:00 p.m. in the Derstine Chapel**, led by Tanya Jeter, Community Outreach Specialist with the FBI's Philadelphia Division. Elder fraud refers to financial schemes that specifically target adults aged 60 and older. Since 2018, the FBI has increased national efforts to educate seniors on recognizing and reporting these crimes. Jeter, who has served with the FBI for nearly 36 years, will discuss common red flags, prevention strategies, and steps to take if fraud is suspected. The session aims to help community members protect themselves and support others who may be vulnerable. Residents are encouraged to attend. Shuttle service will begin at 1:20 p.m. from each entity.

FATHER'S DAY ROOT BEER FLOATS AND STUART RUDNICK – "COMEDY MAGICIAN"

As we celebrate Father's Day this month, on **Wednesday, June 17 at 2:00 p.m. in the Fisher Auditorium**, we have invited Stuart Rudnick – Comedy Magician to entertain us as we enjoy a root beer float together. Stu has a fresh style, breath taking magic and innovative illusions, which have earned him numerous accolades for creativity and showmanship. He combines magic, comedy, audience participation and live animals. Stu's comedy magic show, is a PRODUCTION! All are welcome to attend! A shuttle will pick up at each entity beginning at 1:20 p.m. **HAPPY FATHER'S DAY!**

THE QUAKERTOWN BAND

Mark your calendars and join us in the **Derstine Chapel at 7:00 p.m. on Wednesday, June 17**. The band, under the artistic direction of Jonathan Lechner, is more than just a local band performing at church festivals, and civic events, The Quakertown Band is known across the region for its performances of both historic and contemporary music. The band is now 149 years old and has a unique direct connection with the music that comprises the heritage of band literature. The 50+ member organization is comprised of both amateur and semi-professional musicians of all ages, many holding music degrees. The typical program includes overtures, Broadway and movie show tunes, big band, swing, Dixieland music, and marches. The Quakertown Band was one of four selected from across the United States for a documentary entitled "Meet the Band – Celebrating over 200 Years of Community Bands." Following the concert a DONATION will be received. A shuttle will pick up at each entity beginning at 6:20 p.m. Invite a friend to come along!

COMMUNITY EVENTS

STRAWBERRY FESTIVAL ACTIVITIES

MONDAY, JUNE 1 "BANDANA DAY"

10:00 a.m. – MORNING GAMES
(SIDE GRASS AREA OUTSIDE FA –
BACK GRASS AREA BEHIND
PARKING AREA)

2:00 p.m. – SEATED CHAIR
VOLLEYBALL (FA)

TUESDAY, JUNE 2

2:00 p.m. – PATRIOTIC SING
ALONG WITH SETH &
JENNA (BISTRO PATIO) (Shuttle)

7:00 p.m. – NEILL HARTLEY,
ACTOR ONE-MAN SHOW -
"WOODROW WILSON and THE
GREAT WAR" (CH) (Shuttle)

WEDNESDAY, JUNE 3

11:00 a.m. – 1:00 p.m. – CAPTAIN
MARTIN'S FOOD TRUCK (FA
PARKING LOT ENTRANCE)

11:00 a.m. – 1:00 p.m. – JUGGLERS
(FA PARKING LOT)

7:00 p.m. – THE RED SATINS
VOCAL GROUP (CH) (Shuttle)

THURSDAY, JUNE 4

10:00 a.m. – 12:00 noon – PETTING
ZOO (OC COURTYARD)

2:00 p.m. – 4:00 p.m. – WAFFLE
CABIN FOOD TRUCK (FA PARKING
LOT)

2:00 p.m. – BILL MONAGHAN
MUSIC (BISTRO PATIO) – (Shuttle)

FRIDAY, JUNE 5

2:00 p.m. – CAROL SPACHT,
HISTORIC INTERPRETER – "BETSY
ROSS" (CH) (Shuttle)

SHRED EVENT JUNE 6

9:00-11:00 a.m. (FA Carport)

SOUDERTON ALUMNI MEN'S CHORUS

MONDAY, JUNE 8

7:00 p.m. (CH)

You are invited to attend the 7:00
p.m. concert in the Derstine Chapel
on Monday, June 8 with the
Souderton Alumni Men's Chorus.
The chorus under the direction of
Jon Leight, will be performing
arrangements from their spring
repertoire of music. Many of the
chorus members are alumni of
Souderton Area High School, along
with some new members from our
local community. This chorus has
received outstanding accolades for
their concerts, and this is one that
you don't want to miss. A
DONATION will be received
following the concert. A shuttle will
pick up at each entity beginning at
6:20 p.m.

MUSIC & DRUMMING FOR FITNESS

TUESDAY, JUNE 9 & 23

10:00 a.m. (OC3)

Bring a friend and join the PC
residents on the 3rd floor of
Oakwood Court for an exciting 30
minutes of seated drumming set to
having fun and with energetic
music! The group will drum to a
variety of themed hit songs that
you will recognize. Drumming to
music is an excellent way to work
out while having fun with your
friends.

RL JUNE BIRTHDAY CELEBRATION

WEDNESDAY, JUNE 10

2:00 p.m. (FA)

ALL Residential Living resident are

invited to the monthly birthday
celebration. If you are a June
birthday celebrant and plan to
attend and receive your birthday
plant, please make your reservation
with Eileen Burks by calling or
emailing her at 215-368-4438,
extension 44121, or

Eileen.burks@livingbranches.org

This month we have
guitarist/vocalist Steven Barth
performing for the birthday
entertainment. A shuttle will pick up
at each entity beginning at 1:20 p.m.

SEATED CHAIR BINGO

THURSDAY, JUNE 11

2:00 p.m. (BISTRO PATIO)

PRIZES! PRIZES! PRIZES! Join us on
the Bistro Patio as we enjoy playing
a variety of bingo games, with a new
bingo sheet per game. Don't forget to
bring along a marker or pen, and a
book to place your bingo sheet on.
Contact Eileen Burks and reserve
your winning seat! See you there! If
inclement weather, we will play in
Fisher Auditorium.

MEN'S BREAKFAST

FRIDAY, JUNE 12

8:00 a.m. (FA)

This month we have invited Chris
Boswell as our guest speaker. Chris
is the Museum Director of General
Carl Spaatz National USAAF Museum
in Boyertown and he will be
speaking about the "Fighter Aces,"
and the celebrities in the military.
Come and enjoy his amazing power
point presentation and learn about
the history of our men and women
who have served in our military.
Please make your reservations with
Eileen Burks by calling or emailing
her at 215-368-4438, extension
44121, or
Eileen.burks@livingbranches.org
The price of the breakfast is \$8.70

RESIDENT BIRTHDAYS AND UPDATES

This page was removed to protect the privacy of our residents

RESIDENTIAL LIVING TRIPS

DINE AROUND-MOCCIA TRAIN STOP THURSDAY, JUNE 18 4:00 p.m. (TRIP)

The Living Branches coach will be traveling to Schwenksville to enjoy dinner at 5:30 p.m. at Moccia Train Stop. You will be seated at tables of four and six, order off the menu and receive separate checks. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org. The coach will pick up at each entity beginning at 4:00 p.m.

RL PICNIC SHUTTLE TO FISCHER'S PARK FRIDAY, JUNE 19 10:30 a.m. & 11:30 a.m. (TRIP)

The Living Branches coach will be transporting RL residents with reservations to the Bull Penn Pavilion at Fischer's Park, located on Bustard Road in Towamencin Township. The shuttle will begin to return to Dock Woods beginning at 2:30 p.m.

PERKIOMEN TOURS & TRAVEL MUSEUM of the AMERICAN REVOLUTION PHILADELPHIA, PA TUESDAY, JUNE 23 10:30 a.m. (TRIP)

The Perkiomen Tours & Travel coach will be transporting residents and guests with reservations to Philadelphia to enjoy lunch at Spasso's Italian Grill at noon and to enjoy the 2:00 p.m. guided tour of "Stories of the Revolution" at the Museum of the American Revolution. The coach will depart from the Fisher Auditorium entrance ONLY at 10:30 a.m. and return home at approximately at 6:00 p.m.

OCEAN CITY, NJ DAY TRIP THURSDAY, JUNE 25 8:00 a.m. (TRIP)

The Living Branches coach will be traveling to Ocean City, NJ for a relaxing day at the beach, where you can enjoy walking the boardwalk and sampling its many food options. The coach will make a rest stop en route, and upon arrival will drop everyone off at the Music Pier entrance on 8th Street. Pickups will begin at each entity starting at 8:00 a.m. We will depart Ocean City at 4:00 p.m. and expect to arrive back at Dock Woods at approximately 7:00 p.m. The cost of the trip is \$20.20 per person for transportation. To reserve your spot, please contact Eileen Burks at 215-368-4438, extension 44121, or email her at Eileen.burks@livingbranches.org. The coach will begin picking up at 8:00 a.m.

INDIAN VALLEY PUBLIC LIBRARY MOVIE: THE WALK, A TRUE STORY TUESDAY, JUNE 30 1:15 p.m. (TRIP)

The Living Branches coach will be transporting residents to the Indian Valley Public Library to enjoy the 2:00 p.m. movie, *The Walk, A True Story*. This 2015 American biographical drama film stars Joseph Gordon-Levitt as Philippe Petit, the French high-wire artist who in 1974 performs a tight ropewalk 1,368 feet in the air between the Twin Towers of the World Trade Center. This Frenchman caught the attention of jaded New Yorkers and was initially regarded by police as a perpetrator and was arrested as soon as he left the perch, though charges were soon dropped. The walk of this fine acrobat lasted 45 minutes. The price of this trip is \$3.50 per person for transportation. Sign up with Eileen

Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org. The coach will pick up at each entity beginning at 1:15 p.m.

LEHIGH VALLEY IRON PIGS BASEBALL GAME FRIDAY, JULY 10 4:30 p.m. (TRIP)

The Living Branches coach will be traveling to Allentown to enjoy the 6:45 p.m. baseball game with the Lehigh Valley Iron Pigs vs. the Columbus Clippers (Cleveland Guardians Triple – A affiliate). Upon arrival, there will be time for you to purchase food and beverage. (NO CASH – credit cards only) After the game there will be a spectacular fireworks display. The price of the trip is \$24.05 per person, which includes the game ticket and transportation. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org. The coach will pick up at each entity beginning at 4:30 p.m.

PERKIOMEN TOURS & TRAVEL SIGHT & SOUND THEATRE "JOSHUA" LANCASTER, PA THURSDAY, JULY 30 10:00 a.m. (TRIP)

You are invited to sign up for a Perkiomen Tours & Travel trip to **Sight & Sound Theatre** in Lancaster, to enjoy the **3:00 p.m. production of Joshua**. Experience the inspiring journey of the people of Israel as they navigate newfound freedom in the wilderness. Based on the Book of Joshua, this powerful production highlights God's faithfulness to His promises and reminds us that *Continued back page...*

COMMUNITY EVENTS CONTINUED

plus tax. Ladies are invited to attend the 8:30 a.m. presentation.

JEFFERSON HEALTH OUTREACH MONDAY, JUNE 15 2:00 p.m. (CH)

Please join Susan Smith, a member of the outreach team from Jefferson Health for this month's topic, What's That? Come learn about hearing health, hearing loss, assistive devices and coping with hearing loss. A shuttle will pick up at each entity beginning at 1:20 p.m.

SPEECH THERAPY PRESENTATION TUESDAY, JUNE 16 2:00 p.m. (CH)

Please join Speech-Language Pathologist, Cassidy Slocum M.S. CCC-SLP, for an informative seminar to learn more about speech therapy and how it supports communication, memory, voice, and swallowing. This is a great opportunity to gain insight, ask questions, and have a better understanding of the benefits of speech therapy in everyday life. A shuttle will pick up at each entity beginning at 1:20 p.m.

STEPPIN' OUT w/ANNETTE, SETH AND KIM THURSDAY, JUNE 18 10:00-11:30 a.m. (RR)

Do you have a loved one experiencing dementia or other health challenges, and you're hoping to find meaningful, enjoyable ways to support them? STEPPIN' OUT is a new, uplifting program designed to engage your loved one in activities that spark joy, connection, and creativity. Participants can enjoy interactive music-making, hands-on art projects, and friendly, relaxed conversation in a supportive environment. Our facilitators know how to meet each person where they are and help them feel comfortable, included, and

engaged. You're welcome to stay and share the experience — or take a little time for yourself and STEP OUT to the Bistro for a well-deserved break. We'd love to welcome you both. Arrive any time after 10:00 a.m., pick up your loved-one by 11:30 a.m.

RL PICNIC BULL PEN PAVILLION FRIDAY, JUNE 19 11:00 a.m. – 3:00 p.m. (FISCHER'S PARK)

Make your reservations with Eileen Burks and come enjoy the RL Picnic. Remember to dress comfortably and wear your sun screen! You will enjoy your picnic food, outdoor games and walk through the park. See page 6 for shuttle information, or you may drive (carpooling is recommended). If you like table games please bring them along and get some afternoon games going!!! Hope to see you there! Let the SUNSHINE in!

AMICI OPERA COMPANY SUNDAY, JUNE 21 2:30 p.m. (CH)

You are invited to join artistic director and founder of Amici Opera Company, ralph Tudisco, in the Dertstine Chapel at 2:30 p.m. for the afternoon opera, "MOZARTS, MARRIAGE of FIGARO." Residents of Living Branches receive free admission with their ID badge. There is a fee charged to guests at the sign in table located at the Chapel porch hallway. Come enjoy your Sunday afternoon listening to these talented musicians.

WINE IN THE WOODS MONDAY, JUNE 22 4:30 p.m. (BISTRO PATIO)

*** (Please note the day of the week change)*** This month we will celebrate summer and enjoy Wine in the Woods on the Bistro Patio (in case of inclement weather this will be in

Christopher's). It is time to get out your summer hats and beach attire and join us at this fun event! Just a reminder that this is a BYOB wine/social hour. Bring your own wine and take home your remaining wine after the social. **Plastic glasses** will be available for you along with some other beverages. Great summertime appetizers will be available for you to enjoy while enjoying the company of others! Please make your reservations with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org

FRIENDSHIP & FUN HOUR FRIDAY, JUNE 26 2:00 p.m. (FA)

Join us in the Fisher Auditorium for this month's meet-up and plant your own flower, vegetable or herb! Bring along a small garden tool and we will provide the soil, plant and pot. Come and learn how gardening is good for the body and soul! We will also enjoy some seasonal refreshments and get to know one another. If you would like, share a garden photo with us! Hope to see you there! A shuttle will pick up at each entity beginning at 1:20 p.m.

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FUND DEVELOPMENT

Leave a Legacy

Thank you for your generous support of the Living Branches Foundation. Your contribution to our benevolent care ministry is vitally important to many Living Branches residents. Estate gifts enable us to plan for the future support of our residents who need financial assistance for the long term. In recent years, Living Branches has provided some form of benevolent or unreimbursed care to about 100 residents each year. The Living Branches Foundation funds are typically able to provide grants of over \$1.6 Million from fund earnings to offset a portion of the costs of care. But that only covers about one-third of the actual cost, so there is still much more work to be done to grow the balances in our benevolent care funds. By including the Living Branches Foundation in your will or trust, you create lasting security for residents and ensure their well-being for years to come. More than just a gift, your estate donation becomes a powerful legacy—one of compassion and generosity. Any percentage or amount makes a difference. To learn more, contact: Colin Ingram at 215-723-9881, extension 44304.

Online Donations Gladly Accepted!

Just a reminder! Living Branches Foundation continues to accept donations online at livingbranches.org/donate. The Foundation's primary goal is to raise funds for the benevolent care ministry which enables us to care for all residents, including those who have been wise stewards of their money but have outlived their resources. We appreciate your support.

SARA SPOTLIGHT

Be WYSE Wear Your SARA Everywhere

What do I do if my SARA is alerting (flashing red) and I did not intentionally set it off? If you accidentally set it off on campus, please stay in place and campus personnel will be contacting you shortly. If you accidentally set it off while you were away from campus, the SARA system will not recognize that your SARA is alerting. Please contact your campus receptionist to have someone reset your SARA.

ACORN SHOP

Stop by the Acorn Shop each week to see what's on sale!

Stop by for a wonderful selection of gifts and cards for Father's Day! All Dr. Squatch items are 25% off

Hours: Monday-Friday: 9:30 a.m. -3:30 p.m. and Saturday: 1:00 -4:00 p.m.

GIFTS AND TREASURE SHOP

All purses are 25% off.

Hours: Monday-Friday: 1:00-3:00p.m.
Saturday: 1:00-4:00 p.m.

Nook Shelf

Be sure to stop by the Nook Shelf located outside of the Acorn Shop to see what awesome thrift items are on sale. Please pay for these items in the Acorn Shop. If the Acorn Shop is closed, you may pay with exact change or check made out to Dock Woods and hand your payment in at the Welcome Center. Check the TV in the hallway and/or the binder on the Nook Shelf to see what furniture items we have available for sale.

Your purchases at our Acorn Shop and Thrift Shop benefit the Benevolent Care Ministry of Living Branches. The proceeds from the Dock Woods Acorn Shop and Gifts & Treasures Shop go directly to the Sharing Fund. The Acorn Shop has a donation box by the register for the Sharing Fund.

NO SOLICITING POLICY

In the interest of maintaining a safe environment and preventing inconvenience to others, solicitation of residents is not allowed at Living Branches by residents, staff, non-residents, or non-staff. Residents and/or staff should notify the administrative office if they are aware of solicitors or door-to-door salespersons on the grounds.

VOLUNTEERS

Just a reminder to all our volunteers, please make sure you are logging your volunteer hours! There are a few ways you can do that. You can handwrite your hours in one of our logbooks around campus, you can enter them online through VicNet, our online volunteer tracking

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system, or you can call them in to the volunteer office or leave a note under the volunteer office door. This helps us to recognize you for your service as well as helping Living Branches keep its not-for-profit status. Feel free to call Jennifer Wilson at extension 44189 if you have any questions or need help getting caught up on your hours.

MONDAY SOCIAL LUNCHESES

All Dock Woods residents are invited to Monday social lunches which take place in the Hearthside Bistro from 11:30 a.m. to 1:00 p.m. Buy your lunch or bring a packed lunch to enjoy while meeting and talking with other residents. A resident host will seat you at randomly assigned tables. This is a great opportunity to meet new people and begin new friendships.

DINING SERVICES

June Chef's Dinner Tues., June 23, 5:00 p.m.

A Night Devoted to the Humble Cucumber Cool. Clean. Unexpected. Join us for a chef-crafted celebration where the season's most refreshing ingredient takes center stage in a five-course menu of bright flavors, bold techniques, and summer's first true crunch. To make your reservation please call 52407 or email fooddw@livingbranches.org.

You're invited to bring Stoney Run Winery's Riesling and Pinot Grigio to enjoy with the chef's creation.

A M U S E - B O U C H E - Mediterranean cucumber hummus bites

S O U P - Chilled cucumber soup

I N T E R M E Z Z O - Cucumber mint sorbet

E N T R É E - Ginger, chili marinated orange roughly, cucumber arugula salad, Asian five-spice rice, lemon zested asparagus

D E S S E R T - Cucumber cheesecake with apple orange jam

PASTORAL CARE

This spring, my husband and I celebrated our first Mother's Day and Father's Day as empty nesters, with no kiddos or pets at home. Even though we raised our three children to be independent, watching them go off in three distant directions is bittersweet. Back at home, it feels a little too quiet. There are too many spaces in our house without life or activity. So, I've been accumulating various forms of plant life inside my house and in the yard. Though it's a poor substitute for children and the sweet chaos of childrearing, I enjoy tending and occasionally talking to my plants!

The Apostle Paul reminds us of the source of life. We are God's offspring. God breathes life into us and created us with love. This is why we crave connection to God, our source of life and love, now and eternally. We are attracted to life, surrounding ourselves with reminders of life in its many beautiful physical and spiritual forms. Jesus says, "I came that they may have life and have it abundantly." (John 10:10)

What awakens your life? What reminds you of life's beauty? Perhaps it is listening to a favorite song, sitting by the window, smelling fresh flowers, biting a juicy piece of fruit, laughing with children, or hearing a loved one's voice. Perhaps it is a quiet moment, connecting with the Spirit of God who dwells within you.

We can speak life to another person, with life-giving and uplifting words. Tell someone you are happy to see them, quote your favorite scripture, share what you appreciate about them, or lift them up in prayer. Use your words and actions to engender hope, to celebrate a life well-lived, and to share God's delight in each one of our lives. In this way, we can be like mirrors that reflect the life-giving and hope-filled love that comes from God.

Pastor Susan Sciarratta