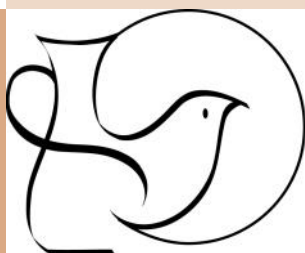
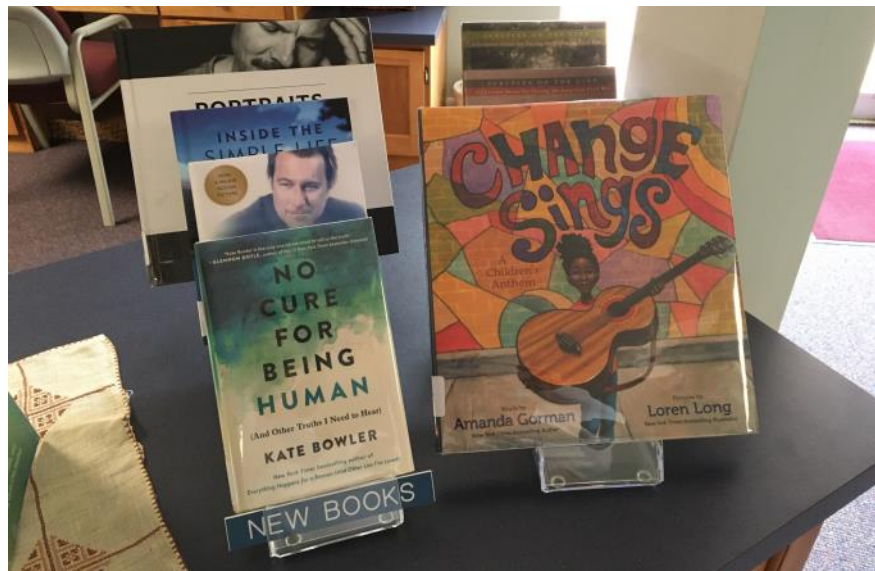


## What's new in the library?

See page 4 for a list of new titles.



July 10, 2022

# The Waterford Buzz

### **This Sunday**

9:00 a.m. - Worship  
10:30 a.m. - Nurture classes for all ages  
Intergenerational class-Pavilion  
5:00 p.m. - Ecuador Prayers

### **Welcome Team**

Ushers: Glenn Reinford,  
Dennis Myers, Ken Otto  
Audiovisuals: Colin Berkey,  
Steve Fath

### **This Week at Waterford**

**Tuesday**

Office Closed

**Thursday**

8:30 a.m. Mennonite Women

7:00 p.m. Facilities/Finance,  
Rm 15

**Zoom prayers**

Monday - 8:30 a.m.,

Thursday - 8:00 p.m.

### **Waterford Mennonite Church**

65975 State Road 15

Goshen, IN 46526

Phone 574-533-5642

office@waterfordchurch.org

www.waterfordchurch.org

## **Spilling the Tea: Practicing a Kinder Story**

*by JE Misz*

Earlier this spring, our dear chicken, “Aunt Pecky,” was attacked by a raccoon and is no longer with us. Katie and I were devastated by the loss of our little friend. The days after this event, I was filled with a sense of guilt. I began to question all the things I could have or should have done differently to protect her. It consumed my thoughts. I began to beat myself up for the mistakes I made, even though nothing I could say to myself at this point could change or fix the outcome. It was then that I was reminded of a tool to promote the telling of a kinder story to myself – the “self-compassion break.” This short exercise highlights the three components of self-compassion and allows one to experience a brief and simple moment of self-kindness.

The first task of the self-compassion break was to recognize my emotions and to acknowledge my pain. I could say to myself, “This is difficult,” and, “I am sad.” This is an important part of self-compassion because we cannot recognize the need for being compassionate if we cannot acknowledge the suffering.

The second task of self-compassion is putting our pain in the context of universal humanity. Often, our pain or views of ourselves can lead us to want to isolate. Recognizing our connection to others allows for us to validate our experience. I could say to myself, “Anyone who experienced something like this would feel much like I do,” or, “There might be others that feel this every day,” or simply, “I am not

*(cont. on next page)*

## Life at Waterford

### Last Sunday Attendance

Worship – 174

Nurture Hour – 140

### Finances – July 3, 2022

Operating Fund: \$7,451.00

Mennonite Education: \$2,605.00

Either Fund: \$3,204.00

**Budget subtotal: \$13,260.00**

Sharing Fund \$1580.05

Jubilee Fund \$575.00

MCC SALT \$150.00

**Total: \$15,565.05**

### Looking Ahead

July 17: Youth Civil Rights trip reporting

July 24: Sermon: Cindy Voth;  
Faces of Our Faith: Ethiopian Eunuch

### Pastoral Team

Cindy Voth, Team Leader

Monday - Thursday

Deron Bergstresser, Sr. Adults

Tuesday - Thursday

Frances Ringenberg, Interim

Melissa Chupp, Interim

Katie Misz, on Sabbatical

### Out of Office

Deron Bergstresser July 10-19

Elvina Schmidt July 10

### Office hours this week

Monday, Wed, Thurs 9-12, 1-3

Friday 9-12

The *Waterford Buzz* is published weekly for members of Waterford Mennonite Church. Items for inclusion should be given to the editor by 5 p.m. Tuesday preceding publication.

Janet Shoemaker,  
Editor

buzz@waterfordchurch.org

alone.” By acknowledging my connection to others, I put myself in a larger story, and it allows me to begin thinking about treating myself as I would hope to treat others who have experienced similar pain.

The final task of self-compassion is to share toward ourselves a statement of self-kindness, such as, “May I be gentle with myself as I experience this loss,” or, “May I love and accept myself as I am.” I like to imagine the voice of Jesus speaking these things over me as I share this last part of the self-compassion break, as a reminder of what Jesus might want me to know in my moments of self-doubt or pain.

Telling a kinder story to ourselves is what leads us to change and to grow. It also allows us to grieve the realities of a sometimes painful and imperfect world. This next poem was written as a reflection of an embrace of imperfect situations and a hope to see the beauty within them.

### *An Almost Perfect Blessing*

For every clouded sunrise  
Each hang-nailed rainbow  
The smeared-ink greeting or mangled embrace

For the rimmed-out putts  
The off-centered bullseyes  
Like near ripened avocados  
That are a bit harder to swallow

The sleeted Christmas  
The bittersweet chocolate  
That divine flaw

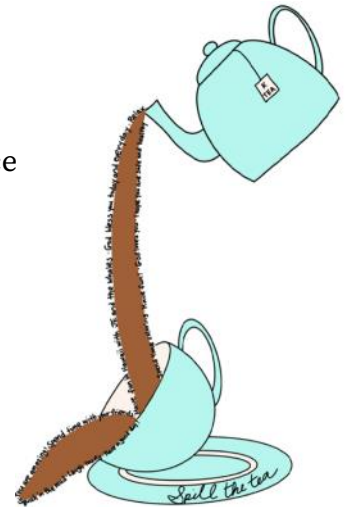
Each time you color outside the lines  
Or drive through yellow lights bound within them  
May your fog-veiled views  
Like stained glass  
Guide you to stories  
Crafted and blurry

And may the off-key harmonies with sharp-stringed instruments  
Lead you to sing along in unison  
And dance flat-footed  
Stumbling as you go

For it is on uneven floors that we learn to balance  
And hold ourselves upright

So may you seek the lessons  
You all but understand

And may you rejoice  
That beauty can come  
In the ideal blemishes  
That leave us wanting for more



*J.E. Misz*

# Waterford Announcements

In the **Intergenerational Sunday School** this week, we will learn to actively and mindfully welcome everyone through James 1:27–2:8, 14–17 and various activities at stations.

**Salt & Light weekly reflection** for [July 10](#).

**Listening Tour signup:**

Pastor Cindy: <https://calendly.com/pastorcindy/listeningtour>

Pastor Deron: <https://calendly.com/waterford-listening-tour/pastorderon>

Pastor Frances: <https://calendly.com/mfrancesvr/listeningtour>

If the links don't work, please copy and paste the address into your browser.

## Upcoming Community Events

Center for Healing & Hope's **2nd annual Festival of Hope/Festival de Esperanza** is Saturday, July 9, 12:00 p.m. - 6:00 p.m., at 315 W. Washington St. (The Goshen Brewing Co. lawn stage and parking lot). This free-to-attend fund-raising event will feature **live entertainment, food, kids' activities and** a pop-up COVID-19 vaccination clinic and a live GRID card printing from 12 p.m. - 4 p.m. at their office just across the parking lot. If you are interested in volunteering for this event, email Missy at [mkschrock@chhclinics.org](mailto:mkschrock@chhclinics.org).

**MCC Alumni & Friends Service Nights:** Join other local MCC alumni and friends at our MCC Material Resources Center in Goshen for an evening of fun and fellowship while helping to pack much-needed kits. There are two chances for you to join the kit packing event: Thursday, July 14 or Thursday, July 21 from 6:30-8:30 p.m. More information and registration at: [mcc.org/gl-alumni-service](http://mcc.org/gl-alumni-service).

**Gospel Echoes Team 50th Year Anniversary** weekend is July 15 - 17 at Clinton Christian School, 61763 CR 35. There will be music, story-telling and food throughout the weekend. See the poster on the bulletin board for the schedule of events.

## Opportunities

**Mennonite Disaster Service's Indiana/Lower Michigan Unit** is looking for volunteers who are willing to help with a **demolition project at Goshen College in July**. This will make more space for nursing labs and classroom space in response to both Covid-19 and a general increase in demand for registered nurses. Interested volunteers should contact Manass Hochstetler at 574-370-3564, or email [gcandmds@gmail.com](mailto:gcandmds@gmail.com).

**Serve with MCC**

[SWAP Location Coordinators - Harlan, KY](#)

[MCC Representative for Ukraine](#)

[Executive Office Admin Assistant - Akron, PA](#)

[MCC Representative for DRC](#)

[Research Associate - Akron, PA](#)

[Seek Young Adult Volunteers - Palestine and Israel](#)

## Mennonite Church USA

Now that the Special Session of the Delegate Assembly is over, and the resolutions have passed, you may have questions about what it all means. **Join Mennonite Church USA Executive Board and staff members** for the "Special Session of the Delegate Assembly: **What now?**" webinar, July 18 at 7 p.m. to explore these questions. Register here: [mennoniteusa.org/webinar-whats-next](https://mennoniteusa.org/webinar-whats-next)

Father's Day has passed, but the advice that Steve Thomas of Mennonite Men shares in his blog, **Fathers, continues to encourage fathers to build loving relationships with their children**. Read his advice here: [mennoniteusa.org/fathers](https://mennoniteusa.org/fathers)

At the height of the COVID-19 pandemic, **Gwen Gustafson-Zook** walked into a yarn shop and came to the realization that knitting would be the key to getting her through this difficult season. See how she uses knitting as a spiritual practice in her Menno Snapshots blog, "**Stitch by stitch: Knitting as a spiritual practice.**" [mennoniteusa.org/knitting-spiritual-practice](https://mennoniteusa.org/knitting-spiritual-practice)

## AMBS

**Political Idolatry: Countering Christian Nationalism: three resources.** Anabaptist Mennonite Biblical Seminary Assistant Professor Drew Strait, PhD, provides an overview of the destructive force of White Christian nationalism and offers practical tools for tough conversations. Available resources include a free webinar recording (60 minutes), a free group study video with discussion questions (30 minutes), and an online noncredit short course to be held April 12 – May 9, 2023, on Resisting Christian Nationalism with the Gospel of Peace. [ambs.edu/political-idolatry](https://ambs.edu/political-idolatry)

## New Books in the Waterford Church Library

### Fiction

**Scruples on the Line** series, by Evie Yoder Miller

*Shadows* (Book I). Authentic Voices shape this fresh look at a familiar story, the American Civil War. But the narrative grip comes through the eyes of Amish, Mennonite, and German Baptist Civilians, trapped in the conflicts of obedience to government and historic refusal to participate in warfare.

*Loyalties* (Book II). Set against the backdrop of three major American Civil War battles, the same five narrators return to tell the stories of what happened in their communities of conscience. They choose their loyalties when their traditional belief of not participating in warfare collides with the demands of Union and Confederate forces.

*Passages* (Book III). In this series finale of historical fiction from 1864 and 1865, all five narrators show versions of courage, adaptation, and survival. During the closing years of the American Civil War, no human experience can be ordinary. Through it all the ambiguities of freedom complicate the beliefs and actions of “the people with scruples.”

### Picture Book

Gorman, Amanda. *Change Sings: A Children's Anthem*. A lyrical picture book by American poet and activist Amanda Gorman, national youth poet laureate. A magical call to action that reminds kids they have the power to make change in the world.

### Adult Non-Fiction

Spurlock, Michael and Jeanette Windle. *All Saints: The Surprising Story of How Refugees from Burma Brought Life to a Dying Church*. A true story of a salesman turned pastor that inspired a movie. The church had 25 members, and was struggling with a mortgage beyond its means. Though the new pastor was ordered to shut down the church, the members decided to take a risk and welcome refugees from Burma. In their reaching out to help those in need, they received far more than they dared imagine.

Hougelman, Susan. *Inside the Simple Life: Finding Inspiration among the Amish*. Real stories paired with stunning photographs of Amish life as told by the author, who as an outsider was welcomed into the private and fascinating world of the Old Order Amish.

Swartz, Ted and Valerie Serrels. *Portraits from the Human Faces Tour - Mental Health Struggles and Resilience*. A visual and heartfelt addition to the important conversation around mental health. Here are the faces and stories of people who were willing to share their deeply intimate accounts of mental illness and suicide after attending Ted Swartz's performance of “Laughter is Sacred Space.” He wrote the play in search of healing after losing his best friend and theater partner to suicide. These faces remind us there is always hope.

Bowler, Kate. *No Cure for being Human: (And Other Truths I need to Hear)*. It's hard to give up on the feeling that the life you really want is just out of reach. What happens when the life you hoped for is put on hold indefinitely? Kate Bowler believed that life was a series of unlimited choices, until she discovered, at age 35, that she had cancer. With dry wit and unflinching honesty, Kate grapples with her diagnosis, her ambition, and her faith as she tries to come to terms with her limitations in a culture that says anything is possible. She finds we need one another if we're going to tell the truth: Life is beautiful and terrible, full of hope and despair, and everything in between. There is no cure for being human.