



A WALK IN THE PARK

Piedmont Park's Quarterly Newsletter

Our Vision: To encourage a closer walk with God and greater involvement in His Ministries in the Lincoln, Nebraska area through the medium of *A Walk in the Park*.

Our Mission: With God's leading, we will reach out to our church family, sharing stories of hope, encouraging all, and promoting active involvement in the various ministries of Piedmont Park Seventh-day Adventist Church



GOD SHOWED UP by Ilka Fuentes

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”
Isaiah 41:10 (NIV)

Last year, during a shift at my previous job, I was listening to my worship playlist on Spotify. Since I finished listening to it, Spotify automatically started playing random songs similar to the genre I was listening to. Suddenly, a song began to play called “There was Jesus” by Cain. This song talks about the different seasons in our lives where we feel that everything is falling apart. Those moments where you feel you are broken in a thousand pieces. At that time, I was going through a very difficult moment. I was in a place where I had prayed and prayed and prayed, and I felt God wasn't hearing me, and I really needed Him to show up. As I continued listening to the song, I noticed that it was not just a random song, this song was speaking directly to my heart. “Even when I didn't know it, or couldn't see it. There was Jesus” by my side, with me in that season of waiting, of hurting, of grieving, and searching. Isn't this amazing and beautiful? To know that Jesus is there with us when our lives are falling apart. He comforts and gives us hope. Let's remember that Jesus is still there, in the waiting, in the searching, in the healing and the hurting, even in the moments where we don't see Him or hear Him. I pray a season of blessing upon you . May today be the beginning of a new season in Christ; a season of victory, healing, joy and peace.

https://www.youtube.com/watch?v=_so0JpjSK-w&ab_channel=CAIN

SPECIAL THANKS TO OUR CONTRIBUTORS FOR THIS ISSUE!

Ilka Foentes
Pastor Joel Navarro
Hugh Davis
Renee Schaecher
Carol Leonhardt
Crystal Schaecher
Pastor Smerdis Foentes
Mary Ann Clinton
Clarissa Mishleau
Vanessa Schaecher

IF I COULD WALK

If I could walk, I would first run, arms stretched wide, to embrace that freedom of movement.

If I could walk, I would run playfully with a toddler, pausing to admire a leaf, or the gnarly tree bark, or a colony of ants.

If I could walk, I would kneel to eye level with a child and tell them how wonderfully they are made.

If I could walk, I would once again meander down the lane to the river. Taking off my shoes, I would step into the water, the waves lapping at my ankles, sand between my toes; there is something of eternity in that moment.

If I could walk, I would dance, dance the night away. My body would respond to each change of tempo like a tree responding to the wind.

If I could walk, I would kneel at the altar of God's house and give thanks for a life, though imperfect, that was filled with endless blessings from above.

By Mary Ann Kennerly Clinton, November 28, 2020

Mary Ann was a healthy, active child until, at the age of six, she found herself in a hospital far from home experiencing a sudden and unexpected full blown case of polio. At age six she was paralyzed from the neck down and spent time in an iron lung. She stayed in that hospital until she was nearly 7 1/2 years old. She is certain that her parents were one of the main reasons she made it through, but one cannot discount Mary Ann's indomitable spirit. She gives God all the glory for the fact that just one year after she returned home, she was strong enough attend a little country school full-time! By high school she was able to walk with the help of braces and crutches. She went on to drive a car fitted with hand controls, to live in a college dorm, to graduate with a bachelor's degree and two minors. Mary Ann met the love her life while in college. While he finished his education she worked full-time in an employment office. The clients brought her litte gifts of appreciation. Mary Ann is mother to a very musically talented son and has written her life story in her autobiography titled "*Not Your Average Tidewater Girl*" Mary Ann is up in years now and is still blessing others.

"Christlike Love is a VERB"

HEALTH SEMINAR

Piedmont Park's Health Ministry, led by Crystal Schaecher, presented a delightful and educational health seminar on January 21. The health seminar kicked off with a walk after our vegetarian potluck lunch. We then engaged with three health professionals who shared valuable lessons on making better health choices, setting goals using the SMART system and managing stress.

Dustin Stegen, a Registered Dietician, Crystal Schaecher, a Certified Personal Trained and Ingrid DeVries, an Independent Licensed Mental Health Practitioner & Alcohol and Drugs Counselor, were our guest speakers. The seminar was well attended by members of our church family and the community. It ended with a Q & A session and presenters staying afterward to answer personal questions. We look forward to hearing more in the future about how to our best selves and sharing the message of health and wellness with our community.

By Hugh Davis, - Community Connections.



SEEDS

A few weeks ago, my daughter and I officially kicked off gardening season. We did so the simplest and most frustrating way possible: by planting tiny seeds in gardening pots. First, we made little holes on the dirt and placed the seeds in them. Second, we watered them. Lastly, we gathered the pots around a grow light in our kitchen. Then, we waited.

We are still waiting.

For someone as impatient as I am, gardening is an excruciating activity. Before we planted the seeds, I was already dreaming of our harvest. I could smell the basil and taste the delicious eggplants and Roma tomatoes. Yet, when the job was done, I was left with nothing but long weeks of anticipation ahead of me. The temptation to run to the store and purchase the very things I had just planted was strong. Why should I wait for the good things I wanted?

While I hate gardening, I also find it necessary and delightful. There is something unique about nurturing a seed that sleeps on the ground for weeks, patiently anticipating what it will bring forth, that connects me to myself and to God. To myself, because Scriptures describe me as a living thing, a **“tree” (Psalm 1)** in need of constant and patient care. I am not a computer program that can be upgraded in a matter of minutes, or a machine with issues that can be fixed by replacing a couple of parts. I am a living being, and all living beings are beautifully slow and complex in their growth. Gardening also connects me to God, because the Bible describes Him as a Sower who plants seeds and cares for them (**Matthew 13, Isaiah 55 and 58**). Thankfully, He is not an impatient gardener, but is one **“who began the good”** work in us and **“will continue his work until it is finally finished on the day when Christ returns” (Philippians 1:6, NLT)**. For everything there is a season. It may be, just like the seeds in my kitchen, that you are in a season of waiting. Waiting to see what God can do with and through you. Do not grow impatient. Be available to God’s skillful care, and be at peace. He knows the garden He planted, and He will see it become a **“well-watered garden” (Isaiah 58:11)**.

By Pastor Joel Navarro



Lentil Stew (Tomato Free)
Created by Renee Schaecher

Combine All Ingredients in in a large crockpot and turn it on High heat

32 oz Vegetable Broth
(Full Circle Market Organic Brand—HyVee)

Add:
Finely Diced
1 medium sweet Onion
3 medium russet potatoes—peeled
2 large stalks celery
3 medium to large carrots

Add:
1 1/2 cup brown lentils—dry
2 cups water
2 medium bay leaves

Do not add salt yet....

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Cook in Crockpot on High
Four Hours or until lentils are tender

Add:
1 –2 tsp salt as desired
1/2 tsp onion powder
3/4 tsp garlic powder
1/8 tsp white pepper
1/2 tsp Dulse granules
1 tsp Umami (mushroom powder)
(Trader Joe’s)

Turn heat to low and let soup stand 30-60 minutes. Let flavors develop and mingle.

Serve with your favorite bread, or over rice. A fresh green salad is a good side.

Bon Appetit

GOOD THINGS COME IN SMALL PACKAGES, SOMETIMES TWO

You have heard this saying before, Good things come in small packages, but Ms. Rita Blue has taken it to heart. She has done it by sharing with those she meets a special treat that she creates with love and fills with something sweet. Rita has been a member of Piedmont for approximately eight years. But when COVID struck and the church temporarily closed, she missed her fellow church members and friends, so she started creating custom-made cards to send to those she missed. Then after several months, she said to herself, "This is just impacting the people within my church; what can I do to reach those outside the church?" From that question, an idea emerged to create what Rita likes to call "Little Treats."

These Little Treats are handmade small circular black cards with cute colorful paper glued on the top and bottom. Then she stamps the scripture Psalm 28:7 on one side and then stamps a cute animal or floral design on the back. Next, she colors in the design. When that is all done, she tapes a peppermint patty inside and then seals it with a small bow. Then they go into her purse for the day. Rita says, "I always have some in my purse, almost always. So if someone does something nice for me, I say hello, here would you like this?" "I had a procedure done at one of the medical centers, and everybody that had a part in the procedure I gave them one. When the doctors came in, I said I got something for you too. They said, what? No one has ever done this."

Rita said she chose Psalm 28:7 because it reminds her, and hopefully others, that you can't just depend on yourself. She also said she included a Bible verse so that the gift would be more than just a treat, and they would get two treats. Smiling, she said, "If they don't like the first treat, then maybe they will like the second one."

"When I give them to people, it usually puts a smile on their faces. I saw a lady at Walmart waiting for her family, and she was sitting there, and I said, would you like this? Oh, thank you, did you make this? It seemed like it made her day."

Rita believes her creativity comes from her mom. She said her mom was good at any hobby. Rita also loves knitting. She is still making custom cards but enjoys making her Little Treats. So far, she has made over 100. She also receives a few cards in return from people she has sent cards to, or sometimes a phone call. She didn't think this would amount to anything, but seeing smiles on people's faces was a blessing. Rita shared that one smile she will never forget is Pastor Michael's daughter. "I think seeing some old lady give her something surprised her. She said, well, thank you. I told the pastor about it, and he laughed. He said, "She told me you gave it to her. I am glad to hear that she said thanks."

Good things come in small packages, as well as blessings. Thank you Rita, for demonstrating how we can each make a difference and show the love of Jesus to those within our church and in our community.

by Hugh Davis, Community Connections





2023 VALENTINE'S TEA

On Sunday afternoon, February 12, Women's Ministries hosted a Valentine's Tea for women and their mothers, daughters, and friends at Chatelaine Residences Great Room. Women young and old from Piedmont Park and Chatelaine Residences were invited to enjoy a lovely light lunch of croissant sandwiches, scones with lemon curd and cream, fruit kabobs, fresh veggies with dips, Valentine's cookies and cupcakes, and chocolates. Delores Mishleau shared a devotional from a newly published book, *My House Renovated One Room at a Time*, written by her cousin Paulie Rogers which describes what it means to be remodeled in Christ. Wendy Rich from Common Threads / Days for Girls Ministries showed samples of feminine hygiene kits, baby layettes, and pillowcases that her group of volunteers produce. Thousands of items have been shipped domestically and internationally to women and individuals in need. Jeanette Halfhill had distributed several hundred of the feminine hygiene kits that Wendy's group had created when she was on a mission trip to Africa. Kristi Manestar showed crocheted and knitted blankets, hats, and scarves that her group of volunteers make for donation to those in need. Sindy Vorderstrasse showed how to make hot drink coasters using Mod Podge and pretty graphics that she had created. Attendees took these home with them as a remembrance of the occasion. Many hands prepared, set up and served the delicious luncheon. This tea was the 10th year that Women's Ministries had hosted this event at Chatelaine Residences. Piedmont member Virginia Myers had lived at the Chatelaine and attended former teas with her sisters before her passing last year. Virginia's sister Mable was able to attend this year in her honor.

A THANK YOU CARD FROM A GRATEFUL HEART

A lovely thank card was sent to Piedmont Park's Women's Ministry in appreciation for the beautiful Valentine luncheon staged at Chatelaine on February 12th. It said: "The tables were so beautiful, the food was delicious and attractively presented. Each presenter did a wonderful job!. We can only imagine the hours and hours of preparation and we thank you for inviting us!"

SUPPERS WITH FRESH START

Every other month Women's Ministries prepares supper for women living at Fresh Start, a transitional housing agency serving women experiencing homelessness. Piedmont volunteers cook and serve a nutritious meal for the 24 women living there and provide pretty paper plates and napkins so that the women have a night off from doing dishes as well. In January, we served chili, baked potatoes with toppings, fresh veggies, cornbread, and homemade cinnamon rolls. Volunteers are welcome to stay for supper and visit with the women who seem to appreciate chatting about the food, their families, and their stories.

SAINT MONICA'S RESIDENTIAL WOMEN'S SHELTER

Women's Ministries has been helping to provide personal care items and craft supplies to St. Monica's, a residential substance abuse treatment center for women. St. Monica's has asked if our group would outfit two sensory rooms where residents and their children could have some quiet time to reduce anxiety and the stress of living in a group facility. At their last meeting, the church board approved the project so that Women's Ministries could raise funds to purchase items for these rooms.

by Carol Leonhardt, Piedmont Park's Women's Ministry Chair

Everyday Greatness

Lasagna Love

Rhiannon Menn is the founder of Lasagna Love, a global nonprofit that connects neighbors through homemade meal delivery, usually a delicious lasagna. Started out of her own home, in answer to the needs she found in her community during the Covid-19 pandemic, Lasagna Love now has 25,000 volunteers.

These volunteers are called Lasagna Chefs, and they are located across the United States, Canada and Australia. Lasagna Chefs have baked and delivered more than 200,000 meals to families since Lasagna Love began in 2020.

We have a volunteer Lasagna Chef right here in our Piedmont Park congregation! Vanessa Schaecher has been actively participating in the Lasagna Love movement since 2021 and as of the date of this newsletter has made 18 homemade lasagnas for delivery to individuals or families who find themselves experiencing tough times.

Some of the recipients Vanessa has made lasagnas for are fighting cancer, lost their job during the pandemic, have children with autism, are caring for an elderly family member, have had a surgery, are living with a long-term illness or are a single parent who wants to sit down and enjoy a ready-made meal with their children.

Vanessa often receives a text of thanks sharing just how much this warm meal means to the recipient. She has even received a texted picture of the recipient's children enjoying their lasagna meal just moments after she delivered their lasagna to their door!

Lasagna Love believes that kindness, however big or small, is the key to strengthening our communities.

by Vanessa Schaecher

GLOBAL YOUTH DAY

On March 25, Global Youth Day, we had a great time putting love into action! With help from our church and neighboring community, we collected food and hygiene products: 770 items were collected. We then sorted and took these items to the various "Little Free Pantries" across the city of Lincoln. Some had divine appointments at their pantries and all had the opportunity to serve and bless others. Thank you, Piedmont Park, for your faithfulness to God and service to others. By Pastor Smerdis



LINCOLN MEDICAL MISSIONARIES

Lincoln Area Medical Workers has a new name! - Lincoln Adventist Medical Missionaries. We are in the process of putting together a Facebook page. Please watch the bulletin announcements. A little over a year ago, the Lincoln Area Medical Workers group began to meet. We have been learning Jesus' ways of ministering to the body, mind, and soul. Several have already shared how they have been able to put into practice what Jesus taught.

Do you think this mission is not for you? Let me share why it is for you. If you are retired, working, or have changed jobs from anywhere in the medical field, be it receptionist, house keeping, maintenance, social work,

psychiatry, counseling services, and all the medical degrees, than consider this...

God is calling you. He is not done with your talent and your skills. If you are a student, working towards a degree for the medical field, this is a great way to learn effective ways to reach others.

Jesus is coming again. Thousands right here in the US don't know Jesus, or have an ugly picture of who He is. We, as Jesus disciples in modern times, have an important missionary work to do. Now is the time to awake from our daily routine. We have become as dry bones. I pray God will breathe His spirit upon us....Come be inspired.

by Kristi Hardy

PIEDMONT PARK SOUP SUPPERS

SOCIAL COMMITTEE

Clarissa Mishleau is a 3rd grade student at Mishleau Home School. As part of her English class, she wrote a special message just for you. "I think that you should come to Piedmont's Soup Suppers! First, there will be delicious food. You can choose from a variety of yummy soups. There are fruits, crackers, and sandwiches too. You can choose from a variety of hot chocolate flavors. You and your friends can eat together. Secondly, you can sing at soup suppers! You can sing great songs with friends. It is fun to choose your favorite song. Last but not least, you can play games. You can learn to play new games or enjoy playing your old favorites! I look forward to soup supper every month**."

****Soup Suppers have concluded for the summer and will resume in September. Watch the bulletin for notices.****

LOVED ONE, ARISE!

The Quiet Rise of Introverts by Brenda Knowles, comments on sleep. Ms. Knowles says, "Sleep is the ultimate level of low stimulation." (1)

"Ultimate quiet" reminds me of verses in the Bible where Jesus talks about death being a type of temporary sleep for those that believe in Him.

In one instance, a little girl had passed away and her family and friends were weeping. Jesus came and this was His response...Mark 5:39 "He went in and said to them, 'Why all this commotion and wailing? The child is not dead but asleep.'" and Matthew 9:24-25 He said, "Go away. The girl is not dead but asleep." But they laughed at Him. After the crowd had been put outside, He went in and took the girl by the hand, and she got up. In Mark 5: 30-40 the story reads that she was 12 years old, got up and walked and Jesus said, "Give her something to eat."

Sometime back, I had to undergo surgery. Just before he administered the medication to put me to sleep, the anesthesiologist said to me, "Think of something nice because the last thing you think about will be what you are thinking about when you wake up." I thought this might be worth a try. There was a devotional song that had been singing in my mind that morning, so I thought about that song. And to my surprise, when I woke up from the surgery, not only was I singing that song but began again exactly where I had left off mid-lyric! I realized that this is exactly what God is trying to convey when He calls our earthly death a sleep.

We will not realize the passing of time, and we will wake up with the same character with which we went to sleep. If we were thinking of God and His goodness, we will be thinking about that when He wakes us from our earthly death (sleep). He does not want us to be afraid when we pass from life to the temporary state of sleep when we die. He gives hope in 1 Thessalonians 4:13-14 and 18 "Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in Him. Therefore, encourage one another with these words." What a fun and glory-filled day when our good God calls us!

Ephesians 4:13 "Wake up, sleeper, rise from the dead, and Christ will shine on you."

- 1) The Quiet Rise of Introverts, by Brenda Knowles, copyright 2017, published by MJF Books, pp. 265-266, ISBN: 978-1-60671-448-5

Aspects of Sleep

Poem by Renee Schaecher

Sleep! sweet, deep, long
A good sleep cannot go wrong

Sleep! restful, comfortable, prized
A good sleep should not be compromised

Sleep! we lie down for much needed rest
This calm repose from chaos of day is the best

Sleep! God says sleep is a timeless place
How good to wake up and see God's face

Piedmont Park Community Seventh-day Adventist Church

has been a presence in Lincoln, Nebraska, since 1885. We pray that your encounter with God and His family will renew your experience of joy and peace in your journey.

ONLINE SERVICES are livestreamed each Sabbath our YouTube page at www.youtube.com/piedmontparksda

Livestream Adult Sabbath School on YouTube at 9:30am CST



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