

# Shelter Ministries

## NEWSLETTER

2017  
MAY / JUNE

### Welcome to Shelter Ministries!

There's a lot happening during May and June! Find a little space to plant some flowers. Say a little prayer for someone who needs one. Honor those who've been a mother to you, and those who've served our country. Remember we're going to be closed the week of Memorial Day to get ready



May 1st—May Day  
 May 4th—National Day of Prayer  
 May 14th—Mother's Day  
 May 29th—Memorial Day  
 May 29th thru June 4th—**WE'RE CLOSED**  
 June 14th—Flag Day  
 June 21st—Summer Begins  
 June 23rd—United Way Day of Caring  
 July 1st—**OUR GARAGE SALE**

for our Garage Sale. Proudly fly Our Country's Flag. Enjoy being outside on the longest day of the year. And give back to the community by volunteering with a friend during the United Way's Day of Caring!

**Remember—many hands make work fun and easy, so consider volunteering anywhere for a couple of hours each month!**

*Blessings — The Employees, Board, & Volunteers of SMi*

## MOTHER'S DAY WORD SEARCH

WY U P B U T D N I K  
 N R Q Z W N B T M Q T  
 T U E V E S S E C U K  
 P B S I S R E A I U E  
 D W T I E M I C E Q Q  
 R A L N S O K H S T C  
 P U N E S M O E R Z G  
 C I L V I M O R U G Q  
 P A I O K Y C H N A X  
 Y S F L O W E R S J O  
 P E S G U H A C N R G

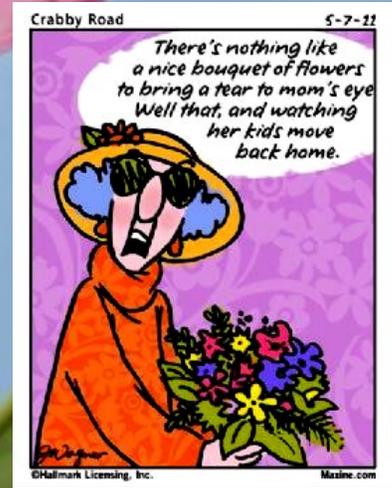
MOMMY TEACHER  
 LOVE KIND  
 HUGS PATIENT  
 KISSES NURSE  
 FLOWERS COOKIES



Try a little Word Search while you wait!

If you complete the puzzle before you're number is called for the food pantry—you can fill out an additional ticket for our weekly drawing!

Just show us the completed puzzle when your number is called!!



### WHAT'S NEW...

Our Clothing Bank has added on! Our new **LIGHTHOUSE THRIFT SHOP** is now open to the public. — No appointment necessary!

### May & June Lighthouse Thrift Shop hours:

Tuesday's  
10:00-1:00  
2:00-4:00

Thursday's  
10:00-1:00  
2:00-4:00  
5:00-7:00



*(Provided we have volunteers available to assist you.)*

We hope these hours will give you more opportunity to come and shop our beautiful little Clothing Bank & Thrift Shop.

And although not all items are available at no cost, our prices are minimal. Come check it out—we have just the items you need!

260-925-9200 ext 302  
for questions

# The Weight of the Glass

## A Short Story



Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"

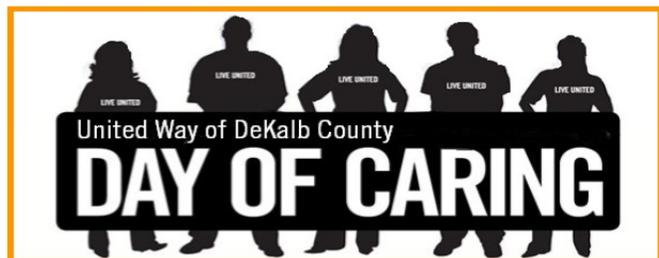
Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."

**The moral:** *It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down.*

### MARK YOUR CALENDAR!



**JUNE 23, 2017**



[www.unitedwaydekalb.org](http://www.unitedwaydekalb.org)

**#UWDCINDOC**



## Thank You!



A Special THANK YOU to the following organizations and companies for their kind and generous donations to the Food Pantry and Clothing Bank!

**CARLEX**  
**HERITAGE COMMUNITY CHURCH**  
**THE KIWANIS CLUB**  
**BEN DAVIS**  
**HOPEWELL CHURCH**  
and the  
**SKATIN' STATION**

### UPCOMING CLASSES

**"ADULT COLORING"** Join one of our fun Coloring Classes. No talent needed! Supplies are provided, or you can bring your own.

**Thurs May 11th 1-3:00pm**  
**Thurs May 25th 2-4:00pm**  
**Thurs June 8th 1-3:00pm**  
**Thurs June 22th 2-4:00pm**

### **"THE EASY BUDGET" CLASS**

Get Control and learn the basics. Supplies provided.

**Thurs May 25th 5:30-6:30pm**

### **"LET'S TALK CHRISTMAS!"**

Don't let the Holidays get you down. We're planning Christmas in July! In this fun class we'll share ways to stay ahead of the holiday financial crunch!

**Thurs July 27th 3:30-4:30pm**

### **"FREE LEGAL ADVICE"**

Once again our Attorney will be returning in June to offer FREE legal advice to anyone in need. Let us know if you're interested. (We don't have a date yet!)



**Shelter Ministries Inc**  
*Offering Light & Hope through the Storms of Life*

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