



St. Paul United Methodist Church *Newsletter*

APRIL 2019

NEVER, EVER GIVE UP!!!

I have learned over the years, that things are never really over unless you give up. This point was driven home to me by the New England Patriots in Super Bowl LI in 2017. I'm not a particular fan of either team, but I was rooting for the Atlanta Falcons in that game because the owner of the Falcons graduated from my high school. As the game went on, I was quite excited because it seemed that the Falcons were going to win the game. At half time the score was 21 to 3, and I just knew that the Falcons had everything well in hand. By the end of the third quarter, the score was 28 to 9 in favor of the Falcons. This was going to be a great victory. But somehow the Patriots scored nineteen points in the fourth quarter to tie the game and then another six points in overtime to win the game. In short, the Patriots proved to me that it's never over if you keep trying.

For many of us, this is a great lesson to learn. There are times that we will all feel down in life. We will feel like we are out of the game and that we may have missed our season to shine. We can think that time has passed us by, and we may as well give up. Never, ever do that. Things may be taking longer than you thought and you may be further behind than you would like to be, but as long as there is still time on the clock, you can win. You see, while we sometimes give up, as believers we have to remember that God never gives up. No matter what it looks like, no matter how far behind you may seem, as long as you have God on your side and time on the clock, God can make way for you. Just don't give up.

This month we will celebrate one of the biggest comebacks of all time. Bigger than the Patriots beating the Falcons and bigger than the Cavaliers beating the Warriors in 2016 was Jesus beating the grave in 1 AD. You see, on the first Resurrection Day, Jesus had the greatest comeback ever. You see, on the cross, it seemed that the enemy had won. It seemed that the Messiah was not real and that the movement would be finished, but the cross was not the end. The cross was the beginning. The cross began the three days that Jesus would take the keys to the grave, set the captives free and prove that death is not final when it comes to the Son of God. So, as we head towards Resurrection Sunday, I want you to remember it is never too late, it is never over, and God is never done. As people of the resurrection, there is nothing that we can't do when we put our faith in God, trust in His power and never give up!

Rev. Dr. Daryl L. Williams, Senior Pastor

Church Events

- Apr 14 – Palm Sunday
- Apr 19 – Good Friday
- Apr 21 – Easter
- Apr 22 – Earth Day

- April 25 – Articles for May Newsletter due to stpaulcommunication@gmail.com

- Stress Awareness Month

Stress Awareness and Management

April is Stress Awareness Month

Sandy J. Chaplin, NCC, LCPC

Proverbs 11:14
Where there is no guidance, the people fall. But in abundance of counselors there is victory.

CEB

Stress. We all experience it. It is a natural part of our lives, a part of the human condition, if you will. Since 1992, April has been known as Stress Awareness Month. The purpose is to bring attention to the condition we know as stress and to make aware ways to decrease it in our daily lives.

Stress is the emotional and physical tension we feel when we attempt to juggle the everyday demands of life. Be it child care, paying bills, meeting deadlines, writing a research paper or even the excitement of seeing an old friend for the first time in a long-time stress can affect us emotionally and physically. Stress impacts us regardless of our age, race, gender, or socio-economic status.

Stress can be both good and bad. According to www.mentalhelp.net, eustress is the term psychologists call positive stress. Eustress can motivate, energize, feels exciting, and is temporary. Distress is negative and causes anxiety, worry, can be short- or long term, and feels bad. Examples of positive stressors can include starting a new job, being accepted to college, having a baby, or retiring. Examples of negative stress can include loss of a job, legal problems, interpersonal conflict, or sickness. Stress symptoms can include

• headaches	• frequent sickness
• low levels of energy	• insomnia
• problems with digestion	• acne
• teeth grinding	• back pain
• muscle spasms	• neck aches

Regardless of it being positive or negative, stress can have consequences on your body and manifest into physical symptoms that can impact your overall health. It is important to know when you are experiencing stress to help lessen the effects of it on your body. Listen to your body. Small approaches to self-care can have huge impacts on your overall level of stress. For example, having a bad boss who places regular demands on you may be out of your control. But, learning to accept your boss for who he or she is, can make a great deal of difference in how you respond to the demands. Having a positive attitude can have benefits beyond your ability to deal with the stressors in your life.

Other ways to relieve stress and care for yourself include practicing relaxation techniques, like conscious prayer or deep breathing; regularly exercising; eating healthy; effective time management; maintaining contact with loving and trusted family and friends; making time for hobbies or other interests; and avoiding biological stressors, such as nicotine (smoking) or drinking alcohol.

In the event that you feel you are unable to manage your stress it is important to seek assistance from a mental health professional. Oft times, talk therapy can have a huge impact on stress and stress-related illnesses. Seeking a therapist with whom you can talk is never a sign of weakness, it is absolutely a sign of strength. You are strong enough to be aware that you need help coping with life's problems. Start with your medical physician, asking for a referral for a therapist. You can also find therapists on sites like the ones listed below. With these sites, you are able to find therapists in or near your zip code.

- www.therapyforblackgirls.com
- www.melaninandmentalhealth.com
- www.therapyforlatinx.com
- www.psychologytoday.com

Men's Health Awareness Day

April 27, 2019

10:00 am – 2:00 pm

Register at
<https://manupbewell.eventbrite.com>