**Abide** by Macrina Wiederkehr From her book of meditations: Ch 4. **Away with Your Troubled Hearts**

Prayerfully read John 14:1-14 *Do not let your hearts be troubled! You have faith in God; have faith also in me.*

To live with untroubled heats in these times is a tall order. Actually these words of Jesus are deeper than an order. They are an invitation—a summons to trust. Is it possible, in a world such as ours, to live without anxiety? To put away our anxiety, of course, does not mean to cast away our care. Rather, with the absence of anxiety we stand a greater chance of discerning ways to direct the care that is in our hearts. We become more aware of our potential to love and God’s desire for us to live in trust with one another.

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The Scriptures are full to the brim with invitations to trust. “*Though war be waged against me, even then do I trust” (Ps 27:3)* This is only one of the psalmist’s countless proclamations of trust. We are asked to put our faith in God instead of moving through our days with troubled hearts. But how does one do that on the difficult days? Amid the mounting rubble of war torn countries, in the presence of so many homeless people and abused children, in the midst of all the violence that sweeps through our world, in the animosity and distrust that keeps growing between political parties—does it even make sense to trust?

Well, of course, it does make sense to trust. Adding our suspicion and despair to a world that is already fearful is certainly not helpful for the healing of the world. In the midst of all that is horrible in this world there is a God who still has confidence in us. Believing the truth of that statement can help to restore our trust and faith. Do we trust the good in our own lives?

Sometimes we get lost and have to search out *the way.* Those of us who depend on maps can appreciate the apostles’ lament about not knowing *the way.*  Give me the directions. How do I get to this place of trust? These words conjure up memories of hiking in the desert near Tucson. Time and time again I was told, “don’t forget to build your cairn.” (A cairn is a marker, usually a pile of stones) Jesus is our cairn on the way to the Great Abiding. We learn to walk this path full of concern for others. We carry within us the dream of God. What must be done in our world can be done through us. Whoever sees us sees Christ.

**Reflection** A troubled, anxious heart is like a little person. It has its own personality and we do need to learn how to be with it. Here are some ways of being present to your troubled heart.

* Take it for a walk in early morning
* Sit with it for a while gazing at a lake
* Take it to a window at night for star gazing
* Light a candle, breathe deeply, be with the light.
* Write a poem for your heart/take it dancing
* Listen to a beautiful piece of music with it
* Have tea with it, invite a homebound friend
* Take it to church for holy worship

**Upcoming Events**

* **Save the Date September 12 @ 7:15 pm Button Up Workshop** is a 1 ½ hour presentation about improving the energy efficiency of your home. It covers energy saving tips and NHSaves energy efficiency programs. Learn about saving electricity, insulation and air sealing, energy audit and weatherization programs, rebates on electric and gas appliances, and other incentives from NH’s energy utilities. NH residents that want to use energy wisely and save money will find this workshop invaluable! The workshop will take place Mason Church in downtown Mason—no parking fees!
* **June 13th Thursday 5:30 to 7 pm Community Supper - Fire Department Cookout.** Bring friends and neighbors to share the meal. As always, you are welcome to bring an item for the Greenville Food Pantry. Deposit it in the box as you come in. Get to know your fire department volunteers whom you depend on in a variety of circumstances! There are EMTs, and trained firefighters and dispatchers. You may get so excited by meeting them, you will sign up to help out. Don’t let food sensitivities keep you home – Each community supper has a gluten-free, dairy-free, and nut-free entrée for our special guests.
* **June 8th 3:30pm Nashua Soup Kitchen** Meet in the church parking lot at 3:30 for carpooling to Nashua. We are usually back by 6:30 or 7pm. Share your love and energy in this outreach mission of our community. Contact Kathy Chapman, chapman.kathy@gmail.com or 878-4993 if you plan to go or need information. We welcome members of the community in this service mission.

#### June 15th 6:30 pm. Living Room Coffee House Long-time duo John and Ursula Papp, joined by guitarist and bassist Dave Lister, are the Bone Orchard Ramblers.

See website <https://thelivingroomcoffeehouse.wordpress.com/>

* **June 23rd Mason/Brookline Worship Service at 10 am in Mason.** We will celebrate this service with special music, and praise of our community of towns. Please invite a friend. As usual there is child care for children under 4, and Church School activity for older children. Pastor Veronica Don, and Pastor Catherine Merrill will both be with us!

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* **Curt Dunn** Curt is at the rehab center Courville, 44 West Webster Street in Manchester. Although he has trouble reading, he still loves cards, but of course, enjoys calls and visits even more. He is over the pneumonia, and lost strength while recovering, so don’t bring any germs with you! Courville phone is 647-5900
* **Gwen Whitbeck** had surgery 2 months ago to amputate her leg. This is a huge adjustment, as anyone can imagine. Check with Doug – dwhitbeck@hotmail.com – if you want to visit or call her. The Whitbecks have given so much to NH and the community in service – many thanks! Now let us help you.
* **Laila Washburn as of March 3, 100 years old!** Laila lives at Summer Hill Assisted Living in Peterborough. She loves company and cards. At 100, every day is treasured. Laila Washburn, Summer Hill, 183 Old Dublin Rd, Peterborough, NH 03458. Call ahead if you have questions. 603-924-6238
* **Karin Eisenhaure** is driving, and getting stronger every day, but recovery is always slower than we want or expect! She, like the rest of us, enjoys seeing friends, and sharing a meal. So give her a call 878-2675
* **Don Smith**  died on Monday April 29. The celebration of life service was held on Saturday, May 4. There were as many laughs as tears, as Don’s life was full, humorous, and loving. Find his full obituary on line at <https://www.michaudfuneralhomeandcrematorium.com/obituaries/obituary-listings#1>

Find Deborah at: 41 Sauna Row Rd, West Townsend, MA 01474 Phone 978-597-2204

* **Gretchen and Wally Brown** Always in need of a little cheer, and Gretchen needs contact with the outside world, so stop by with a smile, a meal, or just to pick up syrup and say hello!

Cards to: 421 Meetinghouse Hill Rd, Mason, NH 03048 phone: 878-1481

* **Forty Family growing!**  Meredith had her baby boy, Warren, on May 18th 7 pounds, 5 oz of healthy baby! All is well. Judy and Kent can be contacted at alpineangels@hotmail.com

***"Volunteering is the ultimate exercise in democracy.  You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." anonymous***

**Community Volunteer Transportation Company (CVTC) is in your neighborhood! Call: get a ride or get information about volunteering to be a driver.** [(877) 428-2882](https://www.google.com/search?q=ccvtc+in+peterborough+nh&rlz=1C1JZAP_enUS817US818&oq=CCVTC++in+Peterborough&aqs=chrome.1.69i57j33.37672j0j9&sourceid=chrome&ie=UTF-8)

Since 2008, CVTC has been providing no-fee transportation to people who do not have access to transportation because of their age, ability, income, and/or life circumstance. Our trip purposes are to non-emergency medical appointments & support services, social service appointments and programs, and purchasing basic needs like food and medicine. We serve the 34 towns (including Mason!) that make up the Monadnock Region in southwest NH.

**IMPACT ON CVTC DRIVERS**

**2018 Outputs**

\* We provided 4,849 trips to 306 individuals (riding once or many times).

\* 88 (up 8 from 2017) Volunteer Drivers logged in 102,582 miles and donated 5,789 hours of service.

\* We offer mileage reimbursement at $0.41 per mile.

**2018 Outcomes** (IMPACT Survey results include **drivers’ comments:**)

Satisfaction with CVTC service: 100% - *I get all the information I need in a timely fashion when providing a trip.*

Life Circumstance: 91% - *I feel more connected to people.*

 Healthy Living: 96% - *I make a difference in someone’s life.*