

Laughter is the Best Medicine

We are into our second year of Covid-19 restrictions, and I, for one, am getting weary. I know there is *light* at the end of the tunnel; I know it shouldn't be too long before I receive my second vaccine; but sometimes I need a little more help to navigate the darkness. And I have found that help in laughter.

We all have heard, "A cheerful heart is good medicine" from Proverbs 17:22a, and it's definitely true. The Mayo Clinic reports that laughter enhances our intake of oxygen-rich air, stimulates our heart, lungs and muscles, increases the endorphins that are released by our brain, and strengthens our immune system.

You might be wondering where you can find things to laugh about. One place is the many comedy series that are available on TV. During the winter Don and I were watching one episode each evening before we went to bed. It was a wonderful way to end the day...laughing out loud!

You might remember Genesis 21:6 when Sarah said, "God has brought me laughter, and everyone who hears about this will laugh with me."

Well, my *friends* bring me a great deal of laughter when we chat on the phone or send humorous emails. I recently received these *church* announcements, author unknown, that might make you smile or even laugh out loud. Even if you have seen them before, they are still funny the second or third time! They are also a good reminder to proofread what we type!

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

The sermon this morning: 'Jesus Walks on the Water'. The sermon tonight: 'Searching for Jesus'.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

Maybe you will be able to share some of these with your family and friends...and get a double dose of medicine.

Each day I thank God for the technology that enables us to stay connected with family and friends, and for His promise in Job 8:21, "He will yet fill your mouth with laughter and your lips with shouts of joy."

Bernadette Burton