

WINTER 2022 QUARTERLY NEWSLETTER

# LOVING-KINDNESS

TRUTH FOR YOU DBA GUIDING LIGHT MINISTRIES



## MINISTRY VS. OCCUPATION

### FROM THE DESK OF THE DIRECTOR

Hello Friends and Partners,

I recently came across a Facebook post that caught my attention. Since starting Guiding Light, I have seen so the challenges that come with community outreach, social services, and ministry. There are times where it is difficulty to find the resources needed for some, while others have no problem getting things they need when finding themselves in a moment of Crisis in their life. This particular person had such a passion to help give aid to those who have no where to go and don't have a starting point. This type of work cant be viewed as an occupation, but as ministry. There is so much truth to this. When someone gets into work that helps those in need, you will see those that do it for a paycheck and personal gain, and those who do it out of mere passion and don't do it for the paycheck. It is more rewarding than just pay, although a "laborer is worthy of their hire" There are many that come and go, do little or do much when but in the end it is those with full dedication out of the right heart that seem to last. Anyone can volunteer here and there, and anyone can work a job. but not everyone can stay committed to ministry. When you decide to commit time to something meaningful, consider where your heart is at, personal gain? or committment to the people you serve? It is so important for all of us to take inventory of our own hearts to decide WHY we do what we do. It is not fair to those we serve to not consider this First. God wants us to have our hearts in the right place and allow Him to Direct Our Steps. Be Blessed and Bloom where you are planted!

Julianne Burk



### **KELSEY'S STORY :**

**I struggled on and off with addiction for 8 years, I stayed clean through my pregnancies. I have 2 children now that are my motivation. My overdose is what woke me up. I blacked out in a hotel room and almost lost my life. It was then I realized that I had to make a change and I heard about the Guiding Light Program through one of my good friends. I completed the GLM Program and now I have my own apartment with my son. I fight for my kids to be reunited. I'm working full time as an STNA. I'm looking into furthering my education. I'm worth it!**

## **HONORING PHYLLIS STATON**



This Winter Season has been a true season of change for us at Guiding Light. We have changed staff. We have had ups and downs with census but always received referrals. A longstanding Volunteer passed away who was such a Pillar of the Faith for us. I want to Recognize PHYLLIS STATON for all that she was for Guiding Light. She was one who prayed unending miracles for us.

Phyllis Loraine Staton, 81, passed away at 3:55 p.m. on Thursday, December 23, 2021, at her home in Lima. Phyllis Bowser Staton was born January 15, 1940 in Cumberland, MD. The first child of Robert and Phyllis Bowser.

She grew up on a farm and worked at several jobs until she moved to Lima Ohio. There she met and married Dan Staton (dec'd) in 1970. Phyllis devoted her time, effort, and countless prayers to serving her community and church. Phyllis was a member of Living Faith Church and very active in the leadership as co-pastor of the church. Her heart was devoted to Guiding Light Ministries.

Phyllis was a true prayer warrior and disciple of Christ. Her prayer was that all her family and loved ones would come to know the Savior she served. Phyllis was a lover of life, the best sister ever, a great storyteller, an avid gardener, yard sale shopper, cook and general caretaker of all those around her.



## FUN FACTS ABOUT SMILING:

"Smiling is more contagious than the flu."

it is our first facial expression.

Babies are born with the ability to smile

Smiling makes you more attractive to others.

A smile is the universal sign for happiness

Its easier to smile than to frown.

It can elevate your mood. Its the first thing people notice. It causes people to want to be around you more.

Love,

Nic, Kerrie and Lisa

## WHAT ARE ENDORPHINS?

What will make me HAPPY?

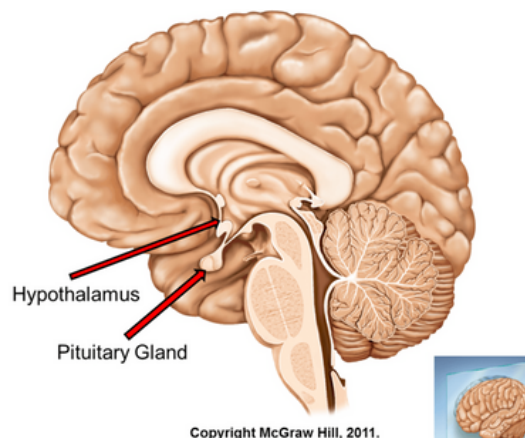
This could be as simple as **making your bed**, and **organizing** things in your home. **Laughing** is definitely one of the main ways. Lately we have all been more sedentary. How about **EXERCISE**! Release those Endorphins!! Just start **Walking**! The more you move, the better you feel. **Listening to music** is also a way to get Endorphins, how about **sing yourself Happy**! **Meditating on positive thoughts**. **Eating dark chocolate** or your favorite meal!

**Dancing** is a great way to get happier.

**DOPAMINE**: This is released when your brain is expecting a reward. When you come to associate a certain activity with pleasure, mere anticipation may be enough to raise dopamine levels. It could be a certain food, sex, shopping, or just about anything you enjoy.....its a cycle of motivation, reward and reinforcement.

### ENDORPHINS:

They are the body's Natural Painkillers. Endorphins are released by the hypothalamus and pituitary gland in response to pain or stress, this group of peptide hormones both relieves pain and creates a general feeling of well-being



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# How can I donate?

Paypal : [1guidinglight@gmail.com](mailto:1guidinglight@gmail.com)



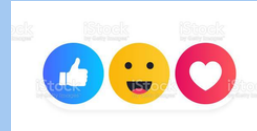
**Send Money Orders and Checks payable to:**

**Guiding Light Ministries**

**592 S Main St Lima, Ohio 45805**

**CHECK US OUT ON FACEBOOK!**

**Guiding Light Ministries**



## NEEDS LIST:

Toilet paper  
paper towels  
paper plates  
facial tissue  
napkins  
stamps  
gas cards  
letter envelopes  
hygiene products especially hair conditioner  
Generator  
washcloths  
linens  
women's socks  
women's underwear - all sizes  
copy paper  
all kinds of batteries  
coffee or k cups

## RECIPES:

Healthy and simple snacks:

1) Simple 3 Ingredient Cookie Recipe:

Bananas

chocolate chips

Raw oatmeal

Mix the ingredients for a cookie consistency.

Added spoonfuls on greased cookie sheet

Heat in oven on 350 degrees for approx. 10 min

2) Peanut butter

Raw Oatmeal

Honey

Walnuts(optional)

Mix all together and fills you up instantly!

3) Kale Chips.

Break up kale in to small pieces

drizzle with olive oil, and fresh lemon.

350 degrees for approx. 13 min. Sprinkle with sea salt