



Walking. Before hip replacement surgery in 2011, I was unable to walk more than a few paces without pausing in pain. After surgery and physical therapy, I was able to walk without pain again, but I didn't really take advantage of it.

During Lent in 2013, I challenged myself to walk 100 miles during the 40 days of Lent. I did so, but it was a challenge. We were living off Service and Blaker in a rental house, and I would often walk to Lucy Gilliam's place on Whitmore and Blaker and then back, which was about two miles. It was exhausting. If I really wanted to stretch out, I would walk to the McDonalds on Morgan and Whitmore and back, all of three miles. Many days, I was too tired to walk. But I persisted, and exceeded my goal.

And so it went, and each year since then I have increased my walking. Instead of driving in Ceres, I now often walk. And I look forward to it. I am currently averaging eight (8) miles a day, and I go through a pair of walking shoes every 400 miles. If I keep this pace up, I will reach 3,000 miles by the end of the year.

I have learned several things from this discipline of walking. First, it is often best to walk with a friend. Beth and I sometimes walk together. But our dog Dempsey and I walk at least twice a day. On the days I don't feel like going for a walk, Dempsey "encourages" me with his puppy enthusiasm.

The second thing I have learned is from Nike: just do it. Nothing encourages the development of a new habit like doing it when you don't feel like it. I often find this with spiritual disciplines. There are some things I am naturally drawn to, and some things that are a real effort for me. Prayer is one of those things. But like walking, if I commit myself to pray for a season about a certain thing, the more I pray, the easier it gets.

Third, I have gotten to know a lot of our neighbors by walking. I get out into the neighborhood, and Dempsey is quite the hit, especially with the local children. I have gotten to know and talk with more of my neighbors by walking than anything else. It gets me thinking about the relational connections we have with people. Some we have known for a long time. But how do we get to know new people? And how can we invite people we don't know to church activities? Sometimes, by just doing other things. Working out at Zumba. Shopping at SaveMart. Walking the dog.

Fourth, several times during my walk, I will pray for the houses that I pass. Well, you know, not for the houses, really. Houses don't need prayer, but the people living in them need prayer. So I will often do a prayer walk, praying as I walk past each house, asking the Lord how I should pray for them. Mostly I pray that God would bless them with knowledge of His love and grace, and for protection from evil. God wants all people to turn to Him, and so that's part of my prayer as well. I am very careful not to walk around a block seven times, though, as that could lead to disaster!



Fifth, I have greatly benefited from listening to MP3's and podcasts while walking. I spend between two and three hours a day walking, and that is an opportunity to listen and learn, or to pray, or to think. I love learning new things, and I have completed 26 books, some of them more than 1,000 pages long, as I have walked. I have read about Churchill and MacArthur, and some fiction, and some devotional books. There are days I am not up for walking physically, but the chance to listen to the book on tape motivates me. Whatever it takes. What do you do in your down time? Do you "read"? Do you learn as much as you can? Make use of your opportunities.

Sixth, the walking has kept me reasonably healthy. Though there are aches and pains after walking five miles, the exercise has really helped me. And during the warmer weather when I ride my bike, it is easier to lose weight and do cardio exercises. Sitting around may be comfortable, but exercise is life giving. It is an odd thing, too. The days when I lounge around and relax (too few days), I get more tired. But the days when I walk ten miles, I am more energized! It seems counter intuitive that expending energy actually increases energy, and conserving energy seems to dilute energy.

A couple of Bible verses have been helpful for me.

- Don't you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God? You do not belong to yourselves but to God. (1 Corinthians 6:19)
- Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future. (1 Timothy 4:8)

As much as physical exercise benefits the body, so spiritual exercise benefits our souls. So I'd invite you and challenge you to exercise more (rather than just jumping to conclusions.) Exercise your body. Get up and move, and keep moving. And do your spiritual exercises. Read the Bible daily, asking the Lord to show you His will for you today. Pray for yourself and others. Come to the Monday evening prayer meeting. Come to the women's Bible study on Fridays. Ask God how you can influence someone towards Christian faith and maturity. Volunteer once a week at a local school.

I am grateful for the opportunities to exercise. And I am grateful to be your pastor.

SDG

Pastor Jim



Notes:

- 1) We continue to pursue a Choir Director. We are grateful for Lisa Highest's directing the choir on Sundays, and for Michele's wonderful guidance as the choir chooses songs to sing. If you know anyone who might be remotely interested, please let the office know the contact information. Please continue to pray.
- 2) Beth and I will be at our niece's wedding on May 13th in Ukiah. It is an evening wedding, and I haven't found anyone to preach for me, so I will be returning that evening. Please pray for safety.
- 3) Our daughter, Rachel, is completing her first year of graduate school at San Jose State. Please pray for her job situation during the summer, and for success in applying for scholarships for next year.
- 4) Beth and I will also be traveling to Red Feather Lakes, CO in the middle of June to be at Chapel in the Pines. Rev. David Hill will preach for me on June 11th.



"Mom — you deserve a raise for raising me."



"Because I didn't have any decent church clothes. Why'd you join the choir?"

Harvest Mariner's Meet on May 19th at 6:00 p.m.

We invite everyone to our May meeting to enjoy food and fellowship and to hear Michael Cousins share highlights and pictures of nearly 50 years of travels to far away places.

Last month, Candy Brown shared about her Guatemala Trip with her church. All Harvest members and friends are invited. Bring something to share for the potluck meal.



Amazon smile is an excellent opportunity to support the church without donating your money or time. Amazon smile is a way to support a charitable organization every time you shop online at no cost to you. In order to participate simply go to **"smile.amazon.com"** and type in **"Harvest Presbyterian Church"** into the search bar in the lower left corner. Then be sure to select our church in Ceres, CA. You can then follow the on-screen instructions to help you finish getting connected to Amazon Smile. After you have finished the on-screen instructions, all you have to do is shop online and 0.5% of your purchase will be given to Harvest Presbyterian Church! Not all purchases will donate to Harvest; however, any item labeled **"Eligible for AmazonSmile donation"** will work. Do you already have an amazon account? If so, when you are directed to the home page of amazon, simply log in and all purchases will be linked to your account. Please tell your friends and family!

Harvest Presbyterian Church
1813 Moffet Road
Ceres, CA 95307

POSTAGE



Mission Statement ~ With God in control, the mission of the Harvest Presbyterian Church is to proclaim and bear witness to the gospel of Jesus Christ and nurture the faith of our church family.

Harvest Leadership 2017

Deacons

Virginia Bathe (Moderator)
Pat Cousins
Martha McNamara
Nawatha Reed
Linda Sherman
Myrna Wilhite (Treasurer)

Elders

Patti Arbizu (Personnel)
Susan Bennett (Communications)
Michael Cousins (Treasurer)
Karen Edwards (Clerk/Mission)
Staci Edwards (CE)
Brandy Meyer (CE/Youth)
Wilson Kailiponi (Worship)

Church Information

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Pastor Jim Stochl— harvest.pastor.jim@gmail.com
Prayer Requests—prayer@harvestpres.org
Kohl James —secretary@harvestpres.org

Office Hours (New Schedule)

Tuesdays: 8:00a.m.—12:00 p.m.
Wednesdays: 8:00a.m.—12:00 p.m.
Thursdays: 8:00a.m.—12:00 p.m.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Worship— 10:30 a.m. 	1 Prayer Mtg — 6:00 p.m.	2	3 Harvest Youth —7:00p.m.	4 Alpha Circle— 9:30 a.m. Choir—6:30 p.m. Praise Team— 7:30 p.m.	5 Women's Bible Study—10:30 a.m.	6 Stockton Presbytery at Gustine—9:00 a.m. 
7 Communion— 10:30 a.m.	8 Prayer Mtg — 6:00 p.m.	9	10 Harvest Youth —7:00p.m.	11 Choir—6:30 p.m. Praise Team— 7:30 p.m.	12 Women's Bible Study—10:30 a.m.	13
14 Worship — 10:30 a.m. 	15 Prayer Mtg — 6:00 p.m.	16	17 Session Mtg— 2:30 p.m. Harvest Youth —7:00p.m.	18 Choir—6:30 p.m. Praise Team— 7:30 p.m.	19 Women's Bible Study—10:30 a.m. Mariners— 6:00 p.m.	20
21 Worship — 10:30 a.m.	22 Prayer Mtg — 6:00 p.m.	23 	24 Harvest Youth —7:00p.m.	25 Choir—6:30 p.m. Praise Team— 7:30 p.m.	26 Women's Bible Study—10:30 a.m.	27
28 Worship — 10:30 a.m. End of the Month Potluck	29  Prayer Mtg — 6:00 p.m.	30	31 Harvest Youth —7:00p.m.	1 Alpha Circle— 9:30 a.m. Choir—6:30 p.m. Praise Team— 7:30 p.m.	2 Women's Bible Study—10:30 a.m. 	3

May Sunday School Schedule*

- 5/7 Nursery:** Kendall Meyer, Martha McNamara
K-3rd: Beth Stochl, Judy Salyer, Staci Edwards (Alternate)
- 5/14 Nursery:** Kendall Meyer, Nawatha Reed
K-3rd: Brandy Meyer, Anette Arias, Patti Arbizu
- 5/21 Nursery:** Kendall Meyer, Judy Salyer
K-3rd: Cyndy Cawley, Patti Arbizu, Nawatha Reed (Alternate)
- 5/28 Nursery:** Kendall Meyer, Martha McNamara
K-3rd: Staci Edwards, Beth Stochl, Cyndy Cawley

* This schedule may change! Check with Brandy Meyer if you have any conflicts or questions.

Regular Prayer List

Health Issues:

Virginia Irons (hospice care)
Dorothy Nelson
Margaret Kuglin (eye)
Alice Visser (English Oaks)



6—Susan Bennett

7—John Baughman

14—Devon James

23—Denny Goss