



Pastor David Gardner

Sometimes, really bad things happen to really wonderful people. I think it is natural for us to wonder why life is so unfair at times.

Sometimes, I hear folks say stuff like, “well, the reason that New Orleans got hit with a hurricane is because God wanted to take care of all those sinners down there.” I don’t think that is a natural thought at all! Instead, it makes me wonder what type of god those people are following!

(From Chabad.org)

“Imagine you are in a hospital and you hear a woman screaming with pain. Outside her room, her family is standing around chatting, all smiling and happy. You scream at them, ‘What’s wrong with you? Can’t you hear how much pain she is in?’ They answer, ‘This is the delivery ward. She is having a baby. Of course we are happy.’

When you have an explanation, pain doesn’t seem so bad anymore. We can tolerate suffering when we know why it is happening.

And so, if we could make sense of innocent people suffering, if we could rationalise tragedy, then we could live with it. We would be able to hear the cry of sweet children in pain and not be horrified. We would tolerate seeing broken hearts and shattered lives, for we would be able to neatly explain them away. Our question would be answered, and we could move on.

But as long as the pain of innocents remains a burning question, we are bothered by its existence. And as long as we can’t explain pain, we must alleviate it. If innocent people suffering does not fit into our worldview, we must eradicate it. Rather than justifying their pain, we need to get rid of it.”

In other words, when we see others suffering, we should try to help if we can and if not, be present with them in solidarity of vulnerability.

Ian Leslie writes for BBC. He has an article entitled, “Why suffering setbacks could make you more successful”:

“In 2008 Annie Vernon rowed for Great Britain in the quad sculls at the Beijing Olympics. At 25, she was the youngest member of an experienced group that was set on becoming the first women’s (British) rowing team to win Olympic gold. In a close finish, they were beaten to first place by the Chinese. Vernon was devastated, and remains mentally scarred by the loss. In an interview to promote her book on the psychology of elite sport, Mind Games, she called it ‘the defining feature of my career.’

For those of us who are not elite athletes, it is hard to understand how punishing the experience of a ‘near miss’ can be. Reaching the very top level of performance requires an immense mental effort, and when you care that much about winning, losing feels like cruel punishment.

But top athletes – and, it turns out, many others – have a way of turning pain into rocket fuel. The defeat becomes a reason to push themselves even further the next time.

UK Sport, the British government body responsible for investing in elite sport, published the findings of an investigation into the roots of athletic success. Over the course of in-depth interviews with 85 elite athletes and coaches, they looked for what exceptional achievers have in common. The researchers found that most athletes suffer a significant setback early in their career, but some react differently to others. For the truly exceptional athletes, who went on to win Olympic medals, the setback enhanced their motivation; for the merely ‘good’, the near miss was discouraging.

It’s a phenomenon which extends beyond sport. A recently published paper in the journal Physics and Society shows evidence that scientists who suffer setbacks early in their career perform better in their careers than others.

The authors, Yang Wang, Benjamin Jones and Dashun Wang, looked at the data on grant proposals made by junior scientists applying for funds from the US National Institutes of Health. They identified two groups: ‘near-miss’ individuals, whose grant proposals fell just below the funding threshold, and ‘near-win’ individuals, who scraped in just above the threshold.

Just as UK Sport found with athletes, losing out acted like a form of natural selection. About one in 10 of the near-missers disappeared from the system altogether, but those who persevered went on to publish more high-impact papers over the following decade than the near-winners.

In general we tend to under-estimate the extent to which some kind of disadvantage or setback can, paradoxically, catapult people into higher achievement. Some people can turn the hurt and anger generated by a setback into a fierce will to succeed. By struggling against whatever forces they find pushing them down, they develop anti-gravity powers which lift them higher later on.

The principle is akin to a biological one. Weightlifters know that for a muscle to grow it must first be traumatised. The exercise has to be great enough for thousands of tiny tears to open up, which the body can then repair, strengthening the muscle as it does so. In life, as at the gym, it’s what you do with a trauma that determines whether or not it has a latent benefit.

High achievers seem to find a way to perform a kind of mental alchemy, turning loss and disappointment into motivation. The flipside of this is that some who grow up with all their material needs met sometimes lack drive and direction as adults. That’s why some experts in talent development worry that children are not even being given the chance to experience setbacks.

Of course, even with all of this in mind, we shouldn’t over-romanticise setbacks and failures. They are painful and upsetting, and sometimes, a bad experience is just pure, unalloyed bad. Certainly, that is how it feels when you’re experiencing it. But when you are in one of those dark moments of loss, it is worth asking yourself whether you might, one day, turn it into something good.”

Hebrews 2:18 (Voice) says this about Jesus:

Since He has also been tested by suffering, He can help us when we are tested.

Lord God, Your perfect Son became human and suffered everything that we can possibly suffer. We may have tests, but everything that is bad that we go through is not a test. In the tests, may we grow. In all things, hold us close. Amen

Celebrate Blessings

Circle of Care Reps were here
Connie and Gary Gibson were here
Garage Sale Survival
Sara got a new job
Sara's granddaughter will visit for 2 weeks
Carlye's granny is moving closer to Duncan

Faithweavers presents...

fun in the SON

July 24th – Water Balloon Volleyball

Happy Birthday July peeps!

1 – Sandy Howard
19 – James Benkley
22 – Trish Lister
23 – Lisa Berscheidt
24 – Dorrie Pipkin
26 – Kathy Henson
30 – Winnie Pipkin
31 – Ron Gibson

Men's Emmaus Walk – Sept 12-15

Ladies Emmaus Walk – Sept 19-21

Ladies Kairos Outside – November 8-10

Contact David Griffin or Gerry Mortson Rawlings if interested in attending.



Book Study – Sundays 6 pm
Bible Study – Mondays 6 pm
Men's Breakfast – 1st Sundays 8:00 am
Ladies Night – Mondays 7 pm
Keno Group – 2nd Tuesdays 5:30 pm



Louise Golden Friends grandbaby has colostomy
Travel Mercies

Weber's - healing, transition in their lives

Addie McMurrin - Upcoming Surgery

Tiffany - Lisa Berscheidt's friend diagnosed with rare condition and will be taking treatments

Carrigan (Trish Lister daughter-in-law) - Upper Respiratory Infection

Josh and Family - Elementary Principal Mom passed away

Pat Weber - Continued healing

Family of Dorothy Kolher (Carla Johnson's grandma) - Passed away

James Crow - Cancer

Jason Poorman - Lymphoma

Matt Roberts mom in ICU with Cancer

Gardner's neighbor recovering from hip surgery

Trish Listers mom Ann and her son John

Transition as Denise and Noel move to Arkansas

Bill Gossett - Cancer Scare

Mason Teakell and Family

James Clifton - Kidney Cancer

Lakyn Anderson - Newborn with Breathing Issues

Keith Crain - Surgery

Parker Bowles - Safe travels

Ann Starrett - Dementia and broken Hip. In Memory Care.

Kay Martin - Dementia and Fell and Broke a Bone

Marcia Haskins - On going foot sores

Drew Cole - Cancer

Connie Green - Cancer

Stacy Mettler - Cancer

Karen Gibson - Cancer

Gary Gibson - Cancer

Kathy Bridges - Cancer

Margaret Averre - Throat cancer

Daniel Whittney - Cancer

Jennifer Allred - Spinal pain and fibromyalgia

Melinda Douglas - Lung Cancer

Dear beloved,

Wish I could be with you today to celebrate one of the most faithful and special ladies I have ever had the privilege to know but in spirit and heart be assured I am with you.

I will never forget Lutie and her kindness and the devotion she had for Saint Paul's. We spent a lot of time talking about our favorite foods and every thanksgiving my family looks forward too and enjoys Lutie's squash casserole. The greatest thing however I received from Lutie was her example of devotion, humbleness and faith. I hope someday I will be able to emulate her in those things.

Love you all,

Jonathan Pipkin

P.S. Ross says hello