

# BE THE BEST YOU

by Jann Stowe

Earlier this year I had a conversation with someone that I truly loved and respected, about their need to take getting healthy seriously. This individual stated how they knew — if they didn't change their life **DRAMATICALLY** — they wouldn't be here to see their children and grandchildren grow into adulthood. I mentioned that I too needed to do that, but was too busy to make it a priority. That individual interrupted me and speaking frankly, as she always did, said, "No, we're not too busy, we're lazy. Too lazy to make the diet and lifestyle changes that are necessary for our health."

I don't *feel* like I'm lazy. I'm up extra early in the morning and going, going, going, until late in the evening. I do activities daily that support my family and friends and would like to think I'm a contributing member to my community. But upon reflection, I realize that while I may be busy moving, all of that expended energy isn't actually moving me forward. It is easy to give myself a pass when grabbing a fast-food meal or skipping a walk with my dog — I'm a busy person, on the move, and don't have time to make healthy eating choices or to exercise regularly. I do however have the time to talk with a loved one about *his* unhealthy smoking, or monitor how much sugar intake my *grand-daughter* has or comment on how many kombuchas my *husband* drinks.

After ruminating on that earlier conversation, for months, I finally came to realization that my health is MY responsibility. My body is the **ONLY** thing that truly belongs to me and that if I don't make it a priority **TODAY** to improve it, then I'm going to wake up one day with serious health concerns that may be insurmountable. Not bad, to finally "get it" after 54 years. More importantly, I know that I can't encourage others around me to live a healthier lifestyle, if I'm not modeling that myself. I always joke with my doctor that I am the healthiest fat person he knows. I don't have high blood pressure. I don't have diabetes. What I should add is... **YET**...

Unfortunately, it's not enough for me to **KNOW** this. I also have to back that knowledge up with action. That sucks! I'm sorry, but there is no other way to say it! I, me, no one else, me, Me, ME... has to make the conscious decision to make changes, create a strategy for making those changes, identify goals that help me achieve those changes and, most importantly, get off my bum and take action to put those changes into effect. Phew!

I'm great at making plans, creating spreadsheets and charting a path to get things accomplished; but when it comes to activities involving real personal growth (i.e., studying my bible, eating healthy, exercising, improving relationships, etc.) — those have always taken a backseat to the other going, going, going, activities. Not any more! I've decided on change and am starting with small, achievable steps. I'm giving up sugar (which means no more Dr. Pepper, a.k.a. "mother's milk" to us Texans) and I've committed to walking 10,000 steps a day by the end of August (so far I've worked up to a little over 6,000 a day). To help me "stay the course" I've posted a personal message on my phone that I read first thing in the morning, before every meal that I eat, and before going to bed at night. I also find that I have a better chance of achieving my daily walking goal if I start early, so Waco gets a pre-breakfast workout and I use this time to pray and visit with God. Have you ever tried to pray continuously for 3000 steps without your mind wandering? I'm still working on it.

Is this enough? Will I be able to make the bigger changes in my life that will lead to long-lasting improved health? I don't know, but I'm taking it one day at a time and hoping with God's help that my focus will remain fixed on the end-goal of a healthier tomorrow, a healthier next year and an even healthier year after that.

I implore you to keep me in your prayers and to also take a moment to look closely at **YOUR** life and **YOUR** health. Are you living the life that is necessary to ensure you'll be here for the people who love you and to accomplish what you want as you age? It's not too late to make small changes that will reap big results. **TODAY** you can make the choice to live a life unrestrained by limited mobility or poor health.

You may think this is **TOO** personal. That by putting it in writing and printing it for everyone to read, I'm opening myself up to criticism and people will judge how successful I may or may not be in this endeavor. I agree, it **IS** personal, but if you can't get genuine; admit your short-comings; if you can't talk about real things that you're experiencing; if you want to make a difference in your life and need encouragement to stick with it — who better to share that with than your church family? I need accountability, maybe you need it too? Josh Billings wrote, "Health is like money, we never have a true idea of its value until we lose it."



**SCHOOL  
SUPPLIES  
NEEDED**

**Please** donate school supplies for the Backpack Giveaway on Sunday, July 28th. A container is in the Sharon church foyer to collect donations.

Thank you, The Education Ministry Team

**CONTACT THE SHARON COMMUNICATION TEAM at [office@sharonchurch.comcastbiz.net](mailto:office@sharonchurch.comcastbiz.net) or 503.287.7649**



## LET'S CHAT!

with Pastor D

SHARON SEVENTH-DAY ADVENTIST CHURCH

July 20, 2019



I was asked to sweep the kitchen floor by my grandfather. Feeling bothered and interrupted from watching the basketball game, I hastily pushed the broom over the floor. Smaller crumbs were pushed to the corner and I gathered the larger pile of dust close to the garbage bin. I became distracted into the task and took my seat again in front of the screen and forgot about sweeping.

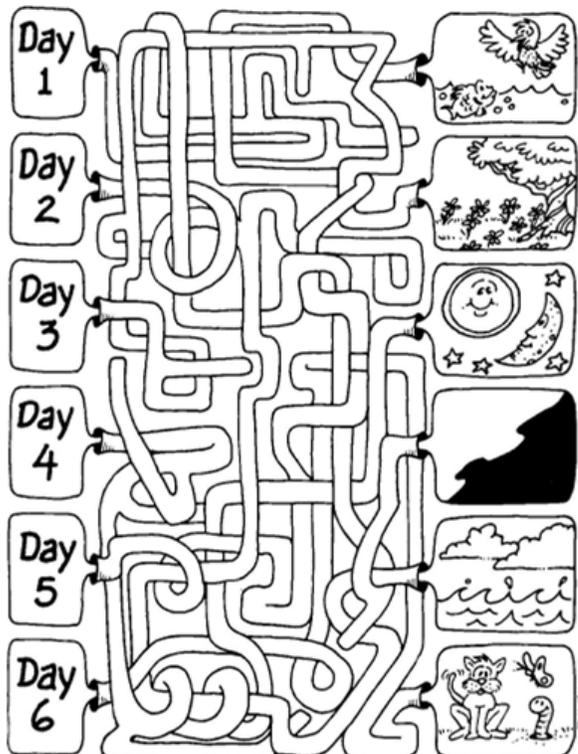
A little later I glanced over to the kitchen and saw my grand father bending over to finish my task. I immediately ran to take back the broom from his hands. He looked at me and shared a quote I will never forget; "However small the task, always do your best."

He had me stand back and watch in disgrace as he swept the places I deliberately missed and the pile of dust I left. Colossians 3:17 ESV states, "And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."

I learned that day to do my best at every task. It's easy to become complacent or distracted after years of doing the same job. Many people do enough to get by, and wait for someone else to accomplish the task. Sadly, this display of complacency can also be found in the church. God calls us to work with passion and refrain from waiting for others to do what we have been gifted to accomplish. The important thing is to "do your best."

## KIDS CORNER

Find the correct path through the maze, to match the things God created with the day they were created on.



### CREATION QUIZ

- What day were dolphins created?
- What is the name of the light that rules the day?
- What did God call dry land?
- Who was the first man?
- What day did God rest?
- What day were cats created?

ANSWERS: A: the 5th day, B: Sun, C: Earth, D: Adam, E: the 7th day Sabbath, F: the 6th day.

## URGENT prayer

- Stephanie Goodwin-Larry's family, death of loved one
- Donald Cobbs, health
- Alonzo Watts, health
- Lorreta Flaherty, in hospital