

Beautiful Bodies pt. 2

Submitted by: Pastor Randall Koehler

In contrast with my life before South Dakota, I am now a pastor, more intentional parent and spouse, and a seminary student. I have not fully let go of the tendencies of my life before Hutterthal, but I have come to notice and name those internalized tendencies (or maybe temptations) more clearly and directly.

Because most of my work happens behind a desk rather than on my feet, my body shape has changed, which means that I have had to buy bigger jeans, a larger suit, and more. I have also gotten a smart watch that tracks my sleep, activity, and energy use each day so that I can make better daily decisions. I have realized that I do not need nearly as much protein, fat, and carbohydrate as I did when I was a farmer and mechanic. I have focused more on smaller “main dish” portions and larger and more frequent portions of fruits and vegetables. I do not need the heavy energy foods that would sustain me for long physical hours of work anymore.

Because I am not forced to move every moment by my work responsibilities, I am more aware of how tired I am, which means that I go to bed and wake up when I need to rather than when I think that I should. Sometimes a brief ten-minute nap after lunch or supper can make just the difference in helping my focus and productivity for the rest of the day (especially when seminary work seems to be piling up). Because my smart watch also monitors my sleep throughout each night, I am able to get a better sense of how long and how effective my sleep has been in helping my body repair from the day’s activities.

In my reflections about food and sleep, my mind often wanders to the words in scripture that reference eating together and the Sabbath. From the very beginning, God even takes a break from all of the work of shaping and forming creation. I am humbled when these thoughts come across my consciousness, and I remind myself that I am not God, nor can I be. God has created all of us for important daily and weekly rhythms of eating and sleeping. May you also be able to find the renewed life of God’s ways through these examples and insights from scripture.

Upcoming Events at HMC

- April 2-5: Holy Week Services at Bethany Mennonite Church at 7 PM. Our speaker will be Dr. David Hitchcock, retired professor of Historical Theology from Sioux Falls Seminary. Make sure to clear these evenings in April to share this special time with our Anabaptist brothers and sisters here in the Freeman Community.
- April 15: HMC Deacon Meeting at 10 AM
- April 19: HMC Church Board Meeting at 7:30 PM
- April 27: HMC leading Salem Home Chapel with communion at 2 PM
- May 7: Freeman Ministerial Association Baccalaureate Service at 4 PM at the Freeman Community Center. Virtual link: https://webmail.goldenwest.net/?_task=mail&_caps=pdf%3D1%2Cflash%3D0%2Ctiff%3D0%2Cwebp%3D1&_uid=23031&_mbox=INBOX&_framed=1&_action=preview#NOP
- May 30-June 2: HMC Vacation Bible School 9 AM—12 PM
- June 15-18: CPMC Annual Meeting in York, NE. Contact Pastor Randall or Todd Koerner if interested in being a delegate for HMC.
- July 3-8: MCUSA Biennial Convention in Kansas City, MO. Contact Pastor Randall or Todd Koerner if interested in being a delegate for HMC

Birthdays

- 8) Edie Tschetter
- 18) Isaac Mettler
- 18) Larry Timmerman
- 19) Cameron Hofer
- 23) Jonathan Mendel
- 26) Bridget Neuharth
- 27) Twyla Hofer
- 30) Kenneth Birkey



Anniversaries

- 12) Randall & Morgan Koehler

April Congregational Ministries Project:
SD MCC Relief Sale Kitchen Time Savers Expenses
Please give cash to Edie Tschetter or Sherryl Friesen.

Connection!

Making a CONNECTION
with one another

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Book Review

Submitted by Rebecca Hofer

What Momma Left Behind by Cindy K. Sproles

During the month of February, Joline Thomas set up a “blind date with a book” display in front of the HMC library. Joline had placed books inside brown paper bags. On the outside of each bag she wrote clues about the book. Readers were encouraged to select a book and try something new. My daughters and I each selected a book. My book was “What Momma Left Behind” by Cindy K. Sproles.

In the book, readers walk along with the main character, Worie Dressar as she faces the challenges of life in the Smokey Mountains in the late 1870s. Worie is only 17 when her mother dies. She is immediately faced with the hardships of poverty, illness, and deception. Worie wrestles with trying to understand her mother’s faith and how God could allow such horrible things to happen.

I have always enjoyed reading historical fiction. Although this was a different format for me, I enjoyed this book and would recommend it to others who enjoy historical fiction.

Address Changes

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Date	Attendance	Income
February 26	65	\$1,155.00
March 5	80	\$3,983.00
March 12	68	\$2,953.00
March 19	60	\$1,292.00
Online Giving		\$400.00

Child Dedication & Membership Renewal



On March 5, Samuel Andre Tschetter Castro, son of Matt Tschetter & Violeta Castro, was dedicated during the morning service. Present for this alongside Matt & Violeta were Matt’s parents, Larry & Edie Tschetter.



Matt also renewed his membership with Hutterthal on this day.



May Connection! submissions are due by April 26.

HMC Links

- Website - www.hmcfreeman.org
- “Like” Us on Facebook: www.facebook.com/hutterthalmennonitechurch

Published since April 2000