

**Beautiful Bodies pt. 3**

Submitted by: Pastor Randall Koehler

In my previous post, I wrote about the intersection of eating, sleeping, and bodies: changing body shape, awareness of my own rest or sleep patterns, small diet changes that help me feel better, and some of the positive effects of noticing my own habits and changing what I need or continue to do slowly and habitually over time. I want to be realistic, though, that not all efforts will lead to complete renewal, transformation, or healing. Sometimes the damage that we have done to ourselves cannot be undone but instead awaits the final healing of our hearts, minds, and bodies in the last day when all is made right and resurrection is fully realized.

I have such an example in my own body: my teeth. Growing up in rural Central Illinois, I was not always careful about taking care of my teeth. While I was in middle school, I had braces which helped with how crooked that my adult teeth were, but even after braces, I was not careful about regular brushing and flossing. While I was in Lesotho, my wisdom teeth came in and shifted all of the teeth in my mouth. The pain was excruciating as every few weeks, the teeth would push in a little farther.

When I started going to the dentist more regularly in my mid-20s, I was told that those wisdom teeth needed to be removed because they had come in too close to my back teeth. The pockets between those teeth could not be cleaned well, which meant that preventing infection and further decay would be quite difficult. After removing my wisdom teeth and reshaping my gums, I needed deep cleaning for all of my teeth. Build-up of plaque and lack of regular cleanings had led to deep painful pockets around my teeth that I could not get clean on my own.

Now, in order to keep my teeth healthy, I have to do a cleaning every 3 months so that pockets can be maintained and more serious problems do not develop. I may not understand fully all of the habits, decisions, and misconceptions that have gotten me to this point, but what I do know is that the damage that has occurred can only be undone to a certain extent, and while I hope in a future and final healing, I realize that I have to live with my damaged teeth, just one example of the scars that I will carry with me into the resurrection.

**Upcoming Events at HMC**

- May 7: Freeman Ministerial Association Baccalaureate Service at 4 PM at the Freeman Community Center. Virtual link: youtube.com/@saalemzionmennonitechurch8051
- May 30-June 2: HMC Vacation Bible School 9 AM
- June 15-18: CPMC Annual Meeting in York, NE.
- July 3-8: MCUSA Biennial Convention in Kansas City, MO.

**Daily Vacation Bible School**

DVBS is scheduled for Tuesday, May 30th through Friday, June 2 at HMC. Children will meet at 9:00 a.m. and stay through 11:30 or 12:00 (TBD.) The Sparks Studio theme is "Created in Christ, designed for God's purpose. Any children age 4 through 6th grade are invited to attend. To pre-register, please contact Rebecca Hofer or Kenny Birkey. Please look for a display board indicating needs such as donations and volunteer opportunities.

**Birthdays**

- 7) Norma Lee Hofer
- 7) Alecki Gomez-Hofer
- 7) Randall Koehler
- 20) Larry Tschetter
- 24) LeRoy Pullman
- 26) Michelle Neuharth



**Anniversaries**

- 25) LeRoy & Kathy Pullman
- 27) Larry & Nicole Timmerman
- 27) Lyndon & Barbie Hofer
- 30) Todd & Suzanne Koerner

Many, many **BIG thank yous** for your welcome and support of Samuel's baby shower a few weeks ago. Money keeps trickling in to buy more materials for more infant kits. Thank you for your generosity towards these MCC infant kits. Infants somewhere in our world will benefit from your warm hearts and open wallets, as all funds went towards the purchase of 17 infant kits.

Thank you,  
Matthew, Violeta,  
Lilly and Samuel

THANK  
YOU!

**May Congregational Ministries Project:**

Swan Lake Christian Camp

Please give cash donations to Joyce Hofer, treasurer, or put in the CM mailbox.

# Connection!

Making a CONNECTION  
with one another

## Editor & Publisher

Aprille Birkey  
Office Hours:  
Thursday 9:30 AM –12 PM

## Connection Advisory Board

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Barbie Hofer

### Easter Sunday



The mixed ensemble performed a choral call to worship from the balcony. They also provided special music.



Charlene Friesen did a wonderful job with the decorations at the front of the sanctuary. What a beautiful reminder of why we celebrate Easter!



Amy Hofer Vetch provided a beautiful prelude on the organ. Thank you Amy!

### In Memory

On April 1, Paul K. Hofer Jr. passed away. Paul was well known at church by many members of the congregation. He was very active at HMC, serving as a trustee for 6 years, greeting people at the door Sunday mornings, and purchasing pizza for the children when they stayed late for various practices. He was always ready with a kind and encouraging word. His smile was one of the first things people noticed about him. He will be so missed by so many at HMC and in the community. Our thoughts, prayers, and support are extended to his wife Priscilla, daughter Michelle, son-in-law Eric, and his beloved grandchildren Bridget and Landon.



Date	Attendance	Income
March 26	74	\$2,253.00
April 2	67	\$2,200.00
April 9	89	\$3,242.00
April 16	53	\$2,027.00
April 23	66	\$1,117.00
Online Giving		\$400.00

**June submissions are due  
by May 31.**

### HMC Links

- Website - [www.hmcfreeman.org](http://www.hmcfreeman.org)
- "Like" Us on Facebook: [www.facebook.com/hutterthalmennonitechurch](http://www.facebook.com/hutterthalmennonitechurch)

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