

AMAZING GRACE INTERFAITH MINISTRY

**894 Sheldon Avenue
Staten Island, New York 10309
718 356-6441
April 2024**

To: All Friends of Amazing Grace & News From The Heart Reader

**Thank all of you for your prayers I have had two cataract surgeries last one March 14.
Adjusting to new glasses—sorry for late newsletter.**

SOME GOOD NEWS

Whenever we find ourselves experiencing difficulties, we need to hold on to one bit of good news. Put very simply, it is this. God is deeply present in all the facets of our lives, even when they are painful. The Bible teaches that there is “one God and Father of all, who is over all and through all and in all” Eph.4:6. There is no fear, no loss, no grief, no loneliness, no despair, no addiction, no suffering that God does not share in. God is continually present and reaching out to us in whatever we may be going through at this moment. When we know that God is with us, even when our world is falling apart, we are more able to face the situations with hope and courage. *Trevor Hudson....*

DON'T DO ANYTHING

Someone once said, “When you don’t know what to do, don’t do anything.” The person who coined this phrase is unknown at this time. It makes perfect sense; however, it is not the first response we have when things go amiss. Our first impulse is to do something to make things right, normal and establish equilibrium to the status quo again. The urgency with which we act can add confusion to the already inflamed situation. This can incite more fear and anxiety in those around us. Take a breath and stand in your belief that God is in charge of the situation even though the outcome is not known at the moment. This is when your faith IN God becomes the faith OF God. We are transformed by the renewal of faith itself that becomes who we are at the core of our beings when we simply get still, let go and let God.

When I don't know what to do, I won't do anything trusting in God.



CREATE YOUR LIFE

Whether you think you can, or you think you can't – you're right.

There's a story going around about a baby elephant that had his leg tied to a heavy chain in the ground. The chain was strong enough to keep the baby elephant from moving beyond its length. As the elephant grew, it became strong enough to either break the chain or rip the stake out of the ground. It didn't, however, because it became so conditioned to the distance it could travel that it never tested the chain. We have more in common with the baby elephant than we'd like to admit. Whether it was parents, teachers or media, we have been conditioned to think that certain things are impossible for us. However, nothing is impossible! This brings us to what we think about all the time. If we think about failure, we will fail. We create our life one thought at a time. If we focus on our Good, God, we will get that .

Today I create the life I want by believing that God has my good at hand.





BEING CALMLY PRESENT Dr. K. Gordon

Imagine a race car hurtling down a straightaway at 200 miles per hour, inches from the wall. The driver knows he is inches from the wall and calmly accepts it. He does not react to it, but instead maintains focus toward the end of the track. He does not so much as glance at the wall. Why?? Because he knows the car will go in the direction he is facing. The driver knows that if he looks at the wall, we will go into the wall. Good drivers focus on the objective. They do not allow fear of the wall to distract them, so they keep their attention focused on the objective. They are fully aware the wall is there. They maintain focus. They are not thinking about the ballgame on TV. They're fully aware that the wall is there. They are present in the instant and totally concentrating on the moment. They are mindful.

I need to remember that more often. I need to know it when I visit someone in the hospital, be with the ones I live or work with. When I'm not feeling well or when I'm angry or depressed or when the newspaper is lamenting how poorly the world is doing. I need to remember. Where we place our focus and energy becomes our experience. "As within, so without," but, we need to remember it works the other way as well. If I look at the wall, I go into the wall. Personally, I've hit enough walls in my life, so I need to remember that wherever I put my focus on it becomes my experience. Maybe this reminder can serve you as well. Blessings

MR. STEINWAY

The old, bruised, and dented piano lived in the corner of the Veterans Administration rehabilitation center along with a number of wounded vets. Before he was wounded, Rubin had told people that, in the beginning, neither he nor the piano was worth a nickel, and he couldn't believe he owed his new life to refinishing an old piano. John an older resident, was unable to speak because of a traumatic brain injury. From a wheelchair, John watched the piano slowly being refinished. Everyone noticed that John never took his eyes off of the piano. One day, Rubin decided to wheel John up to the piano so that he could touch it. John smiled and began clapping hands. Much to everyone's surprise, John began to play. He played for hours. The longer he played, the clearer it became: John had been a concert pianist. It took two more years for John to find his voice. He told friends that had he not found the piano and his music, he never would have found his voice. John loves to tell people, "I play for those less fortunate than myself." Each of us is a very special instrument. Each of us is important and valuable. We are never too old or beat up to make a difference.

I knew a wonderful woman, Helen Irwin who played the harp in Radio City Music Hall she called music "Liquid Prayer". Mary



SMILE--JESUS LOVES YOU

When our front door is opened the bell rings and a motion light comes on. One night, I was in bed when both occurred. I shook my husband. "The doorbell rang and the light's on," I said "What?" he said. "The doorbell rang and the light's on." "Huh?" he replied. "The doorbell rang and the lights on." He raised up his head. "Say that again." Through clenched teeth, I said slowly "Somebody is ringing the doorbell." He said "How do you know?"



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AMAZING GRACE INTERFAITH MINISTRY

Thank you to all volunteers who help with the Amazing Kids Connection **Magen, Gene and Jim, Tina, Rod and Blanny, Susan, Willy, Mary, Roxanne, Joie & Raphael** monthly give a way. We are grateful always to **Keith and Dawn from Calvary Presbyterian** where we distribute these items. The month of April was Community Days where houses of Worship and other Outreaches get together to do good in our world. We had the **Police Department, Fire Department, Staten Island Hospital, the Catholic Daughters of St. Clare's wi Easter Baskets, Arts and Crafts. The Fire Dept had handouts for kids. Information of services for women was handed out by SI Hospital.** We also distributed new socks and underwear along with lunch items for the children along with clothes and diapers. **In May and June,** the children will get a gift to give their mother and father. We are grateful to all of you out there who are part of this Ministry for children in our Staten Island Community who are in need God Bless You! **If anyone would like to help us set up, or distribute to families please contact me 718 356-6441 or Francine 718 987 0492 If you would like to make a monitory donation, please make all check out to Amazing Grace Interfaith Ministry.**

PRAYERS Pray for Rachel, Rob and new baby Rob 4lbs 10oz born Easter am in Columbia Hospital. Betty Green recovering surgery, Pam, Lauren, Rosalie, Lucille and Tom, Matt Dugan's brother, Ralph Notaro mom, Herman cancer undergoing testing. Roxanne pain, and her mom Audrey, Francine, and Dick. Maryann cancer, Richard pain, Susan and Ralph, Bob pain. Myself working with adjustment to new glasses an sight from second cataract surgery.



A FRIENDS GRATITUDE LETTER

Dear Friends, Thanks for all the times you have lifted me up and given me a smile, a fresh new idea, a new word, a new song, and your laughter. Thanks for your advice and the way you didn't get mad when I didn't use it. Thanks for the gentle touch on the shoulder, your respect, your encouragement, and your forgiveness. Thanks for helping me find my way when I was lost. Thanks for showing me the beauty of your souls. Thanks for encouraging me to find the courage to lose myself and rise up after falling down. Thanks for showing me how impossible it is to run out of love. Thanks for being a good example when I needed one. Thanks for being my heroes when I had none. Thanks for wishing me a good morning and for telling me I needed to rest. Thanks for looking out for me when I didn't know I needed looking out for. Thanks for giving me space to try our new ideas and not saying, "I told you so." "Thanks for letting me into your life. I don't think I could have made it without you.

MORNING COFFEE

As I drink my morning coffee I think "What will this day be like?" Will I do the things I usually do? Will I say the things I have said a million times before? Will I hold love as a thought as I meet and greet new friends? Is this the day I set fire to fears, embrace the tears and love with every fiber of my being? I have made a decision. Today, I will find the courage to love out loud. I will love with a kind look, word or smile. I will say YES to laughter. I will sing a song that makes me happy. I will buy a cup of coffee for someone. I will let someone who is in a hurry pull out in front of me. I will hold that door. Today I will look longer into the eyes of all those I love. I will wait till the end of whatever someone is saying without jumping in with



whatever I've been thinking. Today I will look at the trees, the sky, smell the air, watch the birds and say YES to the coming of Spring and all it brings. Today, I will greet the sunshine and have morning coffee. *"This is the day the Lord has made let us rejoice and be glad in it."*



A GIFT OF LOVE AND HEALING

The following is a fable. A fable is a story that teaches a truth. Murphy shredded all but one of his stuffed toys. He carried his one toy everywhere. He learned how to bark without dropping it. As long as Murphy had his toy, his tail wagged and he knew he was safe. Murphy was the only dog I have ever had that watched television. During action movies Murphy was sure to have his special toy beside him. One day, I brought home an injured squirrel. I carefully placed it on a towel while Murphy watched. When I went into the kitchen to get a hot water bottle for added warmth. Murphy went to his toy box. He returned with his favorite toy and dropped it at my feet. I picked it up and offered it back to him. He backed away, tipped his head and barked. I know exactly what he wanted. I placed his favorite toy next to the injured squirrel. For several days Murphy stood guard over both his toy and the squirrel. The squirrel got better, and I returned it to the wild. I told this story to a member of my church. She smiled saying, "If you ever see me without my book of prayers, it is in the hands of a very sick person. My book and Murphy's toy are gifts of love and healing." I know this is true, and so does Murphy. *Bob L*

Gratitude

GRATITUDE

Buddhist writer Gregg Krech asks this critical question: "When was the last time you felt grateful because nothing happened?" He adds, "Nobody crashed into your car. The electricity didn't go out. You didn't wake up with a toothache. You didn't have a heart attack. Nobody robbed you." The Buddha taught "Be grateful to everyone!" Appreciate irritating people. Because without them how could we practice patience, kindness, or compassion. It is by dealing with such challenges that we grow and develop. So, we should be very grateful to them. Look for the silver lining. Train yourself to see the positive in the presence of many negatives. If you were asked to make a list of things you are grateful for how long would it be? Most likely you would include your health, family, friends. Would it include the basics like a place to sleep, water, food, medicine? What about the Earth itself, a child's laughter, the smell of spring, the taste of salt, the sweetness of sugar or your morning cup of coffee?" Take a few minutes at the end of each day to thank the many people who have invisibly served you by providing medicine, safety, food, education." Start each day with a prayer of gratitude for the blessing of your life. Train yourself to see the positive in any negatives!!!

God, clean out the burdens I bear that separate me from your love and grace.

Help me to start fresh to be open to you and your will.

Please don't give up on me, continue to be patient with me as I work my way to you. Amen

And until we meet again may God hold you in the palm of His hand ~ Love Mary

To join us on **Zoom** for our next Sunday Service at 11AM on Sunday, **May 5, May 12, June 2, June 9**
Numbers ID 82340530576 Password 068808

