



As I am writing this, I have been at Perry Hall UMC for one month. I have learned that the people here are loving, hard working, dedicated to helping those in need, and seek to follow Christ. I am enjoying meeting with members of the church. You are the family of God in this place, and you are the church.

Please let me know when you are going into the hospital or facing a hardship. Your church family supports you, and I would love to support you, too. I am in the office at least a

portion of every day, Monday – Thursday. If you would like to meet, please contact me at 443-377-5991 or mlwschammel61@gmail.com to set up a time which is best for us. Please include your name if you text! I will be contacting as many of you as possible, but you do not need to wait for my call or email.

I want to share a bit about myself: I love coffee, but I am not able to drink it like I used to do. It upsets my tummy, and my doctor has advised me to avoid it. Have you ever had to give up something you loved? I think that most of the time when we give up something, it is because we need to do that. It is hard to give up something! My guess is that most of what we do is pretty harmless, and we don't need to give up much. But, if our wellbeing (physical, emotional, mental) requires it, we might need to let go. I deliberately did not include spiritual in that list of wellbeing because every part of us is spiritual: our physical, mental, emotional selves are part of our being, and we are spiritual beings, made in God's image. God loves us, created us, and cares deeply about our wellbeing. The Holy Spirit will help us to let go, give up, what is necessary to be healthy. I still crave coffee, and sometimes, I will drink a cup. But I know that God is taking care of me and will help me to resist so that I can be healthy. To God be the glory for helping us to do the difficult, even the impossible! Do you have a story of God helping you to do something difficult that you would like to share with me? As I visit, I would love to hear your stories!

Blessings,

Pastor Margery