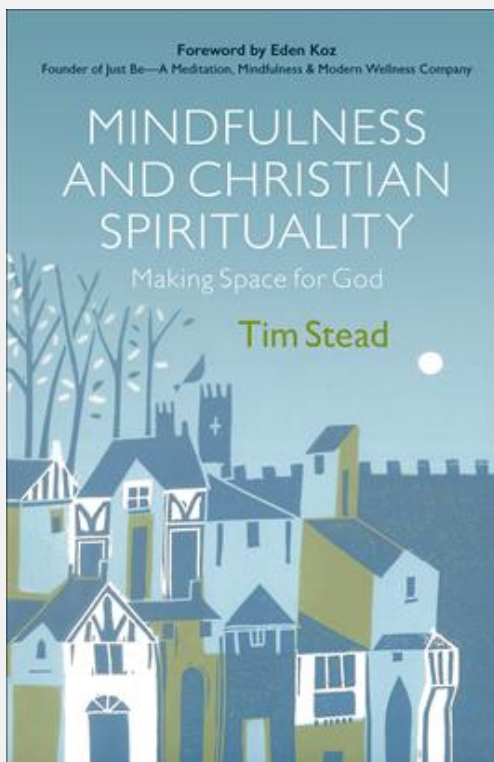




*July 1, 2019*

**REMINDER:** If you have articles or information that you think would be appropriate for *The Homesteader*, please send them to Jes at the Presbytery!  
[hpoffice@homesteadpres.org](mailto:hpoffice@homesteadpres.org)

## *Get Lost in a Book*



The spiritual practice of mindfulness has continued to gain popularity throughout the years. But what exactly does this practice offer to Christians?

In *Mindfulness and Christian Spirituality*, Tim Stead explores how practicing mindfulness can help Christians better live out their faith. Stead explains what mindfulness is and what is beneficial about it. He also reflects on how it can impact what and how we believe and seeks to find how mindfulness enables our Christian faith to work for us. Mindfulness practices that are designed to help readers make space for God in their everyday lives are included.

## **FTT - A Failure to Thrive**

-Pastor Dan Springer, United Church of Pender

John Ortberg, in his book [\*The Me I Want to Be\*](#), writes about a memorable TLA (three-letter acronym) — FTT. He learned it from his wife, Nancy, who had been trained as a nurse. It's a diagnostic word used on the chart of an infant who, for unknown reasons, is unable to gain weight or grow.

FTT - Failure to Thrive. Sometimes, doctors guess, failure to thrive happens when a parent or caregiver is depressed, and the depression seems to get passed down. Sometimes something seems to be off in an infant's metabolism for reasons no one can understand, so FTT is one of those mysterious phrases that sounds like an explanation, but explains nothing.

Psychologists have begun to speak of what is perhaps the largest mental health problem in our day. It is not depression or anxiety, at least not at clinical levels. It is languishing—a failure to thrive.

FTT - a failure to thrive. A common malady.

Thriving - that's what we want for our children, our grandchildren. We want our friendships to thrive, we want marriages to thrive, we want our community to thrive, and we want the church to thrive.

But how about you? How are you willing to thrive?

Honestly, I think far too often, we don't think much about thriving. We can become comfortable just surviving. Sometimes it is simply enough to "make it through another day."

And there are times when that is our goal...to make it another day. Many times we feel this way when we go through seasons of grief, loss and disappointment.

The problem is serious when "just surviving" becomes not a "seasonal disorder" but comes to define all seasons. If life is just something to get through rather than living life to its fullest, then we are not thriving.

This is a question that has become very personal for me. It is a question that I am asking in this season of my life. Because truthfully, I want to thrive. I want to live a life filled with vitality.

All around us, right now, the world is teeming with life, with vitality. The natural world is entering the season of summer, a time of much growth and vitality.

But what about you? How attentive are you to thriving? What might make it possible for you to circumvent the potential to be overcome by FTT? And maybe, just maybe, we can explore in the upcoming months how we thrive as the body of Christ—the church.

I leave you with a series of questions to ponder.

If you are working, are you thriving in your career—your occupation? If not, what could you do to thrive in your calling?

Are you thriving in your relationships? These would include relationships with family members, friends, neighbors, fellow church members, co-workers, etc.

Are you thriving in your relationship with God? If not, what can you do to nurture your relationship with God and grow closer to him? Are there changes that need to

be made?

We are made to thrive! Don't let FTT define you, but strive to thrive!

## Don't Miss This UKirk Kick Off Event!!



Woo Hoo! We are gearing up for our UKirk kick-off on July 26-27. But, we need your help! Please send the names and contact information for any college students from your congregations, so we can invite them to join in this exciting new ministry. You can also click the flyer below to download and distribute!

[ukirklincoln@gmail.com](mailto:ukirklincoln@gmail.com)

## CAMP CALVIN CREST JULY 26-27

### July 26

- 7:00 am Breakfast
- 9:00-5:00 Mission "One State, One Heartbeat"
- 6:00 - Dinner
- 7:00 - Hike
- 9:00- Campfire and S'mores

### July 27

- 9:00 - Bible Study
- 11:00 - Gaga Ball for Big Kids

[UKirkLincoln.org](http://UKirkLincoln.org)

## Pertinent Presbytery News



Sign up for August 16-17  
Joint Presbytery Assembly  
with Missouri River Valley

### Order your 2019-2020 Presbyterian Planning Calendars!

Calendars ship in August this year, with the calendar starting in September. As you are filling out your order form you will see TWO



## Presbytery at Calvin Crest Camp!

**NOTE:** If you are in need of childcare make sure you sign up EARLY. The Presbytery needs adequate notice to be able to arrange appropriate childcare providers.

[REGISTER](#)

different price points.

\$9.50/calendar - must pick up orders in Lincoln at the Presbytery Office.

\$11.00/calendar - orders will be shipped directly to the address you provide.



[ORDER CALENDARS](#)

## Presbyterian Women Fall Gathering

**September 13-14th**  
**Calvin Crest Camp**

**Friday:**

5:00pm- Light dinner and "Get to know you"

**Saturday:**

8:30am- Coffee, fruit, and pastries

9:00am-Devotions and Guest Speakers

Guest speakers include the Churchwide Moderator, Jenny Lee and Rev. Danelle McKinney Crawford, who is the Native American Representative to Churchwide.

The cost of rooming at the camp will be paid for by Homestead Presbyterian Women. The only cost is our usual registration of \$10. Roommates will be assigned and the rooms sleep 3. Both Jenny Lee and Danelle will be with us on Friday night.

\*\*More information will be coming mid-July.

## *Words to Remember*

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

- John 14:27

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**Homestead Presbytery**  
840 S. 17th Street, Lincoln, NE 68508  
**Monday-Thursday** 9:00am-4:00pm  
**Friday** 9:00am-12:30pm

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