

Our mission is to: Come alongside senior adults in a dynamic season of life to provide friendship, laughter, spiritual care and a great lunch.



One of the hallmarks of summer used to be, and perhaps still is, the driving family vacation. We used to motor to Wisconsin from California almost yearly for a reunion with my dad's relatives. Being from a military family, there was a regimen my siblings and I can recite to this day. Each year, we went to the same route, because the goal was to drive about 500 miles a day. Some of the stretches were lovely and some of them we just had to get through. I remember one of the scariest storm clouds in Nebraska, which was green and purple and full of rain. There was swimming at the end of the day and maybe a little television, if we were lucky. While we couldn't wait to get there, it was also a little sad when the adventure and monotony of the drive was over.

I still love a good road trip. I can feel my soul relaxing and expanding in the open spaces where I don't actually have anyplace to be and there might be a good story or coffee shop around the bend. Life is kind of like a road trip, isn't it? There is fun and stress and uncertainty. We have a heavenly destination we are headed to, although we will be kind of sad when the journey here is over. It's a funny thing because while I had a pang when our road trip was done, it didn't take long for me to start having fun with all my cousins.

This summer, I hope wherever you travel, even if it is just down the street, it will be full of great moments, remembering how brief everything here really is as we look forward to the reunion awaiting us in heaven.

~Pastor Colleen





### Thursday, June 1st:

Our speaker today will be from the **Alzheimer's Association**. As we know, this is a very difficult disease which has affected many people. We will hear about the programs and resources that the local office has available, as well as the latest research and developments going on. There will be a time for questions. For lunch, we will be serving a delightful Mediterranean chicken, with tzatziki, rice pilaf, hummus and pita bread. Make sure to thank the volunteers in the red aprons!

### Thursday, June 15:

On our trek through the fruit of the Spirit, Pastor **Jake Elliott** will be with us to talk about Goodness on this day. Jake is a person of deep faith, who has experienced how good God is and wants to share that with you. For lunch, we will feast on Louisiana sausage with shrimp and rice. Yummy! As always, all friends are invited and there will be lots of laughter.

## June Holidays - 2023 Wacky to Wonderful

- June 1st** — National Nail Polish Day.
- June 4th** — National Hug Your Cat Day.
- June 2nd** — National Rocky Road Day.
- June 6th** — National Gardening Exercise Day and D-Day.
- June 7th** — Global Running Day.
- June 8th** — National Best Friends Day.
- June 11th** — National Making Life Beautiful Day.
- June 12th** — National Loving Day.
- June 13th** — National Weed Your Garden Day.
- June 14th** — Flag Day.
- June 15th** — Nature Photography Day.
- June 18th** — International Picnic Day.
- June 19th** — Juneteenth and Father's Day.
- June 19th** — International Box Day and National Garfield the Cat Day.
- June 20th** — National Take Your Cat to Work Day.
- June 21st** — World Music Day and Summer Solstice.
- June 23rd** — National Typewriter Day.
- June 27th** — Helen Keller Day.
- June 30th** — National Handshake Day.

# WHAT I DID FOR GOD ON *Summer Vacation*



I came across this picture, which caught my eye... and triggered my imagination. It caused me to start thinking of sitting on one of our many nice beaches here in Santa Barbara and pondering that very thought.

What would God expect me to do for Him on my vacation? Is it MY vacation, so can I also take a vacation from God? Would I want to be on vacation without God?

These thoughts and more came swirling into my head. Here are some things we might do for God on our vacations:

- Smile at fellow vacationers - especially the ones who look a bit sad
- Be kind to the receptionist and compliment him/her in some way
- Leave a larger than normal tip for a wait person who did a good job
- Take time to stop and tell God what an amazingly wonderful world He has created
- On a car trip, challenge each other to see how many items you can list that are God-authored creations: trees, rocks, flowers... and then thank Him for them
- Each morning, take 5 minutes to thank God for where you are and the joy of being on vacation.

This is certainly not an exhaustive list. Take a moment before your vacation and see if you can plan a God-honoring event for each day of your vacation.



The light  
is pleasant  
and it is good  
for the eyes  
to see the sun.  
Ecclesiastes 11:7



# Is Chemistry Your Thing?

## Your Challenge This Month? Chemical Bonding



MOLECULE

NOBLE GAS CONFIGURATION

NONBONDING PAIR

NONMETAL

ORGANIC

REGULAR

SALT

SILICON DIOXIDE

SIMPLE COVALENT MOLECULE

SINGLE COVALENT BOND

TETRAHEDRAL

VALENCE ELECTRONS

VALENCE SHELL

VALENCY

ELECTROSTATIC FORCE

ENERGY

GIANT COVALENT LATTICE

GIANT IONIC LATTICE

GIANT METALLIC LATTICE

GRAPHITE

INNER CORE

INTERMOLECULAR FORCES

IONIC BONDING

IONS

KINETIC THEORY

LOCALISED

MACROMOLECULE

METALLIC BONDING

ALLOY

ALTERNATING

ATOM

BINARY COMPOUND

BRASS

CARBON

CHEMICAL BONDS

COVALENT BOND

DELOCALISED

DIAMOND

DIATOMIC

ELECTRICAL INSULATOR

ELECTRONIC CONFIGURATION

ELECTRONS

E	L	E	C	T	R	I	C	A	L	I	N	S	U	L	A	T	O	R	Z	N	B	A	D
C	E	Q	A	G	I	A	N	T	C	O	V	A	L	E	N	T	L	A	T	T	I	C	N
R	C	N	O	B	L	E	G	A	S	C	O	N	F	I	G	U	R	A	T	I	O	N	O
O	I	V	K	E	L	U	C	E	L	O	M	O	R	C	A	M	A	G	S	Y	K	A	M
F	T	I	O	N	I	C	B	O	N	D	I	N	G	U	S	S	A	I	R	A	H	A	A
C	T	E	N	O	N	B	O	N	D	I	N	G	P	A	I	R	L	A	L	O	B	D	I
I	A	R	E	G	U	L	A	R	W	A	T	G	L	A	V	C	T	N	I	E	I	E	D
T	L	A	L	I	O	W	Y	R	X	Q	E	T	Q	I	A	F	E	T	C	H	N	L	V
A	C	C	U	L	A	R	D	E	H	A	R	T	E	T	L	T	R	M	O	T	A	O	A
T	I	I	C	N	T	J	M	I	E	M	M	J	S	R	E	N	N	E	N	C	R	C	L
S	N	M	E	T	A	L	L	I	C	B	O	N	D	I	N	G	A	T	D	I	Y	A	E
O	O	O	L	D	N	O	B	T	N	E	L	A	V	O	C	G	T	A	I	T	C	L	N
R	I	T	O	Z	W	V	O	H	C	Z	E	B	L	X	Y	F	I	L	O	E	O	I	C
T	T	A	M	O	F	Q	U	Y	A	Q	C	S	A	L	L	T	N	L	X	N	M	S	E
C	N	I	M	C	I	N	A	G	R	O	U	G	G	L	O	G	G	I	I	I	P	E	E
E	A	D	M	O	M	Z	M	I	B	E	L	I	O	N	S	Y	X	C	D	K	O	D	L
L	I	S	I	M	P	L	E	C	O	V	A	L	E	N	T	M	O	L	E	C	U	L	E
E	G	G	A	T	O	M	R	G	N	G	R	A	P	H	I	T	E	A	R	E	N	K	C
U	V	E	L	E	C	T	R	O	N	S	F	B	R	A	S	S	D	T	B	N	D	S	T
N	O	I	T	A	R	U	G	I	F	N	O	C	C	I	N	O	R	T	C	E	L	E	R
S	N	J	X	I	N	N	E	R	C	O	R	E	L	T	Q	D	A	I	K	R	J	Q	O
R	L	V	W	D	G	V	A	L	E	N	C	E	S	H	E	L	L	C	T	G	S	T	N
S	I	N	G	L	E	C	O	V	A	L	E	N	T	B	O	N	D	E	E	Y	G	V	S
I	Q	A	L	A	T	E	M	N	O	N	S	D	N	O	B	L	A	C	I	M	E	H	C

*This Ministry is Sponsored by:*

Cliff Drive Care Center

Santa Barbara Free Methodist Church

And many generous donors

Thank you!