

Friends,

### It Is Well With My Soul

It is so difficult to know what to do during a time of sorrow.  
Devastating news. Shock and dismay.

I am reminded of how David, in the Bible, never hid his pain and mourning. He cried out to God. God heard his cries. God said David was a man after His own heart. Was David perfect? No, far from it, but he leaned on God during difficult times, rejoiced in God's blessings, believed in His steadfast love, and realized the mercy of our Lord. He expressed his feelings, yet held on to his faith.

**"I waited patiently for the Lord; He inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God."** - Psalm 40:1-3

**"This God – His way is perfect."** - Psalm 18:30

We say we will praise during this storm. This reminds me of an old hymn, *It is Well with My Soul*, by Horatio Spafford who praised God in his many storms. He lived 2 Corinthians 4:1 **"do not lose heart"** and 2 Corinthians 3:5 **"Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God."** *It Is Well with My Soul* is a very influential hymn penned by hymnist Horatio Spafford and composed by Philip Bliss.

This hymn was written after several traumatic events in Spafford's life. The first was the death of his only son in 1871, shortly followed by the great Chicago Fire which ruined him financially (he had been a successful lawyer). Then in 1873, he had planned to travel to Europe with his family on the S.S. Ville du Havre, but sent the family ahead while he was delayed on business concerning zoning problems following the Great Chicago Fire. While crossing the Atlantic, the ship sank rapidly after a collision with a sailing ship, the Loch Earn, and all four of Spafford's daughters died. His wife Anna survived and sent him the famous telegram, "Saved alone." Shortly afterwards, as Spafford traveled to meet his grieving wife, he was inspired to write the words of *It Is Well With My Soul* as his ship passed near where his daughters had died. The Spaffords later had three more children, one of whom (a son) died in infancy. In 1881 the Spaffords, including baby Bertha and newborn Grace, set sail for Palestine. The Spaffords moved to Jerusalem and helped found a group called the American Colony; its mission was to serve the poor. The colony later became the subject of the Nobel prize winning Jerusalem, by Swedish novelist Selma Lagerlöf. (wikipedia.org)

#### ***It Is Well With My Soul***

When peace like a river, attendeth my way,  
When sorrows like sea billows roll;  
Whatever my lot, Thou hast taught me to say,  
It is well, it is well, with my soul.  
Refrain:  
It is well, with my soul,  
It is well, with my soul,  
It is well, it is well, with my soul.  
Though Satan should buffet, though trials should come,  
Let this blest assurance control,

That Christ has regarded my helpless estate,  
And hath shed His own blood for my soul.  
My sin, oh, the bliss of this glorious thought!  
My sin, not in part but the whole,  
Is nailed to the cross, and I bear it no more,  
Praise the Lord, praise the Lord, O my soul!  
And Lord, haste the day when my faith shall be sight,  
The clouds be rolled back as a scroll;  
The trump shall resound, and the Lord shall descend,  
Even so, it is well with my soul.

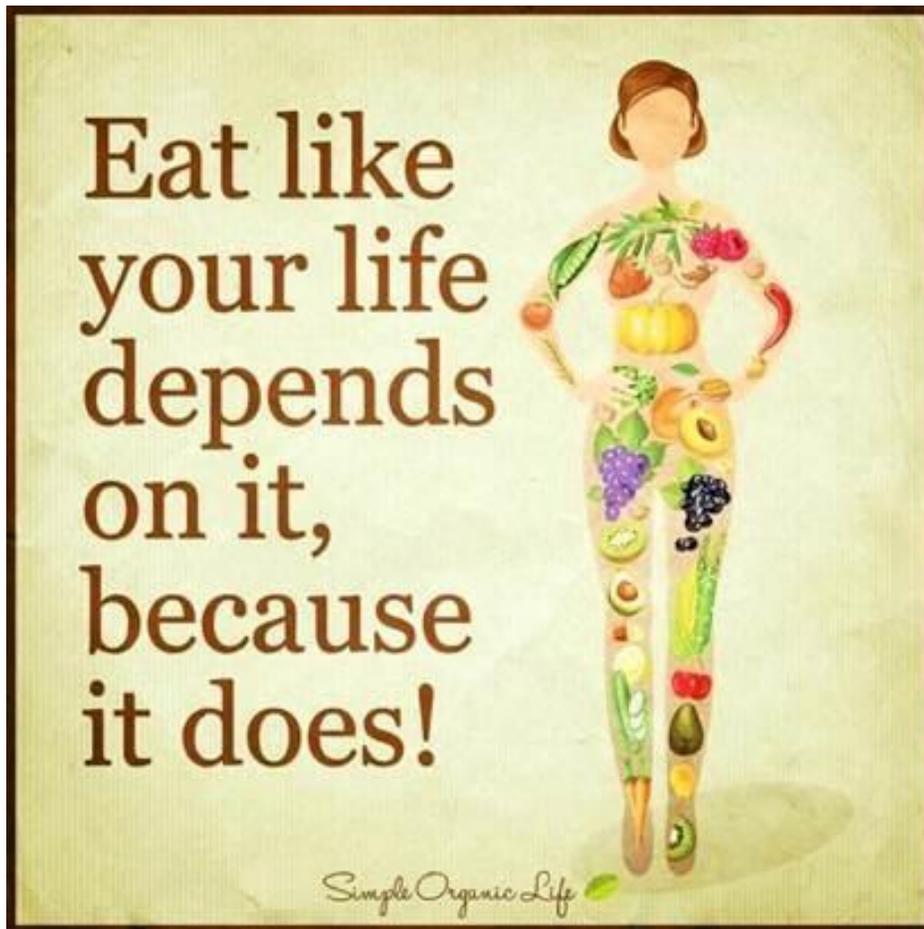
May we all find peace that passes understanding in the midst of the storms.

*Chaplain Kim Crawford*

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**NEXT FOOD DELIVERY DATE: June 23, 2018**

# WELCOME TO THE FLIPSIDE



## FOOD FOR THOUGHT

**“All human conditions can be improved with good nutrition.”**

- Betsy Frazer

“If you have any questions about nutrition, please contact me via the email address provided below.”

**Betsy Frazer, RN, BS**

**Independent Case Manager**

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*And do not forget to do good and to share with others, for with such sacrifices God is pleased.  
Hebrews 13:16*