

Friends,

*“Sounds*

*Sometimes you need to change your sounds,  
Those same noises that are always around.  
Those sounds that cause chaos, confusion, worry, or fear,  
Make one forget all they hold dear.  
Sometimes you need to hear something different from the norm,  
These differing sounds will create new hopes and new thoughts may form.  
Maybe the ocean as it wanes and it waves,  
Perhaps a new song from a day far away.  
The sound of the wind is even different at times,  
It provides sweet retreat as it lulls and it guides.  
The sound of stillness - of quiet - of nothing at all,  
The sound of your own soul as it continues to get up when it falls.  
The sound of your own voice saying you will and you can,  
The sound of God saying, I'm here, so you stand.  
Listen.”*

- Kim Crawford

Often in life we find ourselves in circumstances we are not able to change. It could be a financial situation, relationship, legal issue, ailment, or a number of other things. We may not have the ability to change these circumstances or even how we feel about them. One thing we can try though is to change what we hear. Even if changing what we hear is only for a brief few moments, it does often help us escape. Sometimes that may mean stepping outside to listen to the birds, or going to another room where a tv is not on, or perhaps turning on music that lulls us to another time, place, or to sleep. Sometimes the greatest sound you can hear is your own breath. Being quiet, being still, and consciously breathing slowly and deeply. Listening to your breath and being thankful for your ability to take the next breath that comes. It even helps to place your hands over your ears so that you close out the noises of the world to listen to the sounds of your own soul, heart, and mind. You are allowed a break from it all. We all need those breaks. Vacations are very expensive, and yet we have the ability within to escape from it all right where we are.

Rest in His peace,

*Chaplain Kim Crawford*

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**NEXT FOOD DELIVERY DATE: April 21<sup>st</sup>, 2018**

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

# WELCOME TO THE FLIPSIDE

## Did you know?

### What Are the Benefits of Eating Pineapple?

#### *Vitamin Powerhouse*

*Pineapples are cholesterol-free and fat-free. One cup of cubed pineapple contains 80 calories, 2 grams of fiber and 1 gram of protein. This serving of nutrient-rich fruit also provides you with 40 percent of the daily value for vitamin C, 10 percent of your thiamine needs, 8 percent of your vitamin B-6 requirement, 6 percent of the daily value for magnesium, and 4 percent of the recommendations for riboflavin, folate, niacin and iron.*



#### *Immune Booster and Disease Fighter*

*The vitamin C in pineapple may help lower your risk for heart disease, gout, cancer, lead toxicity, cataracts and stroke. It also provides a boost to your immune function, helping to shorten the duration of colds. The vitamin may also help to prevent high blood pressure and diabetes, according to the Linus Pauling Institute.*



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

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