



## FIRST UNITED METHODIST CHURCH

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***Become a part of God's Family at First***

May 12, 2010

Dear Friends,

Let me catch you up on my recovery.

As I predicted, the surgery was not a problem. I was fortunate that it went smoothly. In fact, I cannot remember anything from the time the nurse put in my sedative until I woke up. Recovery is another issue. It takes work.

When you learned how to count, did you ever expect that you would spend hours counting to 10 or 30 to mark the number of times you did an exercise? By now I would guess that each of us has had to do exercises that have us count. Some of us might even enjoy it.

I find myself counting out 10 exercises with up to 30 repetitions over the period of about 40 minutes. Do I want to do this? Well, it depends on how I answer that. Do I want to do the work? No. Do I want the results? Yes. I guess that means that I do the work. It will make a difference in my walking and I do want to walk easier.

We count to make sure that we get the amount of repetitions we need to strengthen our muscles. We do the same thing over and over again, because we know it makes a difference. We follow the instructions so that our body can get stronger.

Do you suppose that is why there is a hymn about "Count your blessings, name them one by one?" Is it in the counting that we begin to make our faith stronger? Is the counting a way to repeat what is meaningful to us, so that our life feels fuller?

"But I know what I cherish in my life," you might say. Probably true. I wonder though, do we spend as much time thinking about what is right as thinking about our problems? How do we get some perspective? How do we uncover the worry we feel, so that we can focus on the blessings we receive? "Count, your blessings..."

I am surprised that as I count out my exercises and think about doing them right that I can easily lose track of counting. Counting is such an easy thing. Isn't it automatic for me at this stage of my life? I must have done it a zillion times. How could I lose count?

The answer is probably by being distracted. Could that happen in our faith life as well? We expect that we will always know what God has done for us. But then, we get distracted, by pain, a loss, something going on in our life... (you name your own distractions) and we lose count. We miss what is right before us.

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Rev. Peggy L. T. Garrison  
Pastor

Marcia Weygant  
Director of Music

Vicki Wheeler  
Church Secretary

Teri Trent  
Lay Leader

God has given us so many blessings that we take for granted. One is our mind which does the counting, another are those muscles that I am stretching to strengthen. Every single thing we have is a gift from God.

I wonder, if when I start to count out my exercises, I could begin to count those blessings right along side my stretch? Or maybe I need to take another time to exercise my faith where I can focus totally on what God has given me. What do you need to do to remember to count those blessings? Maybe in your walk with God this week you, too, can think of ways to count God's blessings. I am sure it will strengthen your faith.

Have a good walk with God this week.

Grace and Peace,

A handwritten signature in cursive script that reads "Peggy".

Peggy L. T. Garrison