



First United Methodist

Become a part of God's family at First UMC

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*Vision: Hamilton First: a growing extended family sharing Christ's love
in the heart of the city (A United Methodist Congregation)*

Mission: To Know Christ and Make Him Known in the World

May 27, 2010

Dear Friends:

By the time you get this, you will probably have heard that I am having surgery. It is minor surgery, outpatient to repair my knee. I go in on Friday morning and should be home by about noon. No big deal, right?

Basically the answer to that is yes, no big deal. It is orthoscopic, so no big incision. They are repairing the meniscus which is a piece that cushions the two knee bones. I will be able to walk better and with less pain once the surgery is complete....well, once the recovery is complete. So why mention it?

The recovery will take some time. I should be up on my feet by Monday. That means off the crutches I will need the first few days. Thank God that will be short. I am not cute on crutches.

The biggest part of recovery will be physical therapy. There will be exercises I have to do each day. Do you like to exercise? I will, but it is not my favorite thing. Doing the same thing to a count of 15 can be boring, but it builds muscles. Stretching muscles can move toward pain and who likes pain. But I will do it because it will help me walk better.

Can you guess where I am headed with this? We each have a walk with God. It needs us to exercise as well. We need to do those stretches (reading God's word) that make us more resilient. We have to do the repeat exercise (pray for up to 15 people) to build muscle. We need to spend time with God, the way I will be spending time working those knee muscles, and sometimes that workout will cause a little pain. The results are worth the effort – both physically and faith wise.

What do you need this week? Do you need to exercise your muscles or your prayer muscles? Maybe you need both? Join me in recovery and soon, we will be moving more solidly. Have a good walk with God this week.

Grace and Peace

Peggy L. T. Garrison

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