

## **Saturday, May 30<sup>th</sup> - Coping with Covid - Morning**

**Laugh it off:** 50-year-old Harry went to the gym. A trainer, suggested Harry try the steep treadmill. “I’ll set it for ten minutes,” said the trainer. “If you want to go longer, press start again.” At first Harry did fine, but after 5 seconds he began to tire, and after a minute he jumped off gasping for breath. Walking to the benches Harry sat down next to a friend of his. “Man,” said Harry. “I could barely last a full minute on that treadmill.” “Alright, alright,” said his friend, “no reason to brag!”

**God’s Comfort: Prov 28:1-3** 1 The wicked flee though no one pursues, but the righteous are as bold as a lion. 2 When a country is rebellious, it has many rulers, but a ruler with discernment and knowledge maintains order. 3 A ruler who oppresses the poor is like a driving rain that leaves no crops. **Psalm 143:7-10** 7 Answer me quickly, Lord; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit. 8 Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life. 9 Rescue me from my enemies, Lord, for I hide myself in you. 10 Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

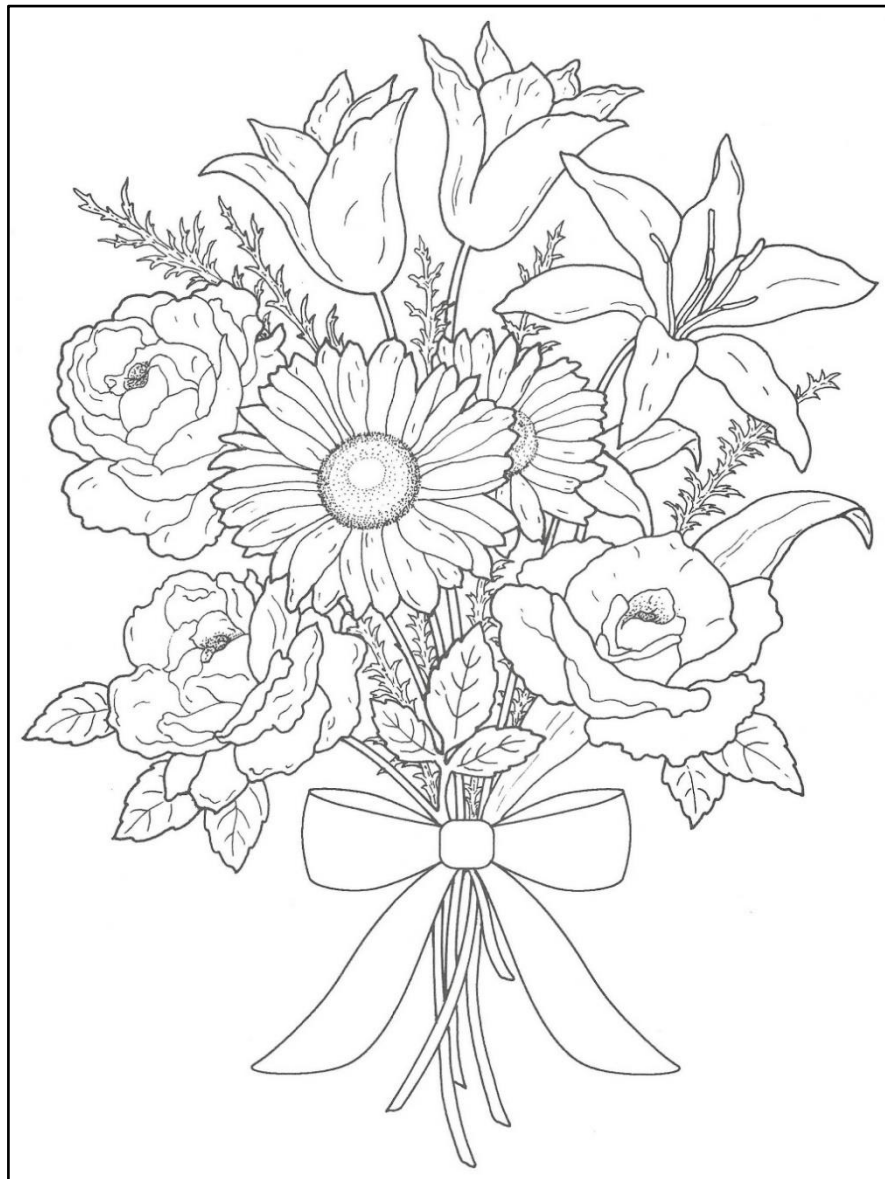
### **Pray Daily – God is easy to talk to:**

Dear Lord, please remembers us today and bless us. Bless your people Israel. For my friends and family, I pray that You may cause them to flourish, both they and their children. For You are the maker of heaven and earth. The highest heavens belong to You. The earth You have given to mankind. It is not the dead who praise You, dear Lord. It is us, the living, who extol You, both now and forevermore. Praise the Lord. Amen.

**National Day Today (May 30):** Hug Your Cat Day, Mint Julep Day, Want a Flower Day, World MS Day (Multiple Sclerosis).

**Coloring Page:** Free coloring pages and book download at [www.Gladdtoit.net](http://www.Gladdtoit.net).

Need a pastor? Jim Brewster at [Gladdtoit@gmail.com](mailto:Gladdtoit@gmail.com) or 202-557-8097.



## Saturday, May 30<sup>th</sup> - Coping with Covid - Noon

**Laugh it off:** Mrs. Green lived in a two-story house with an elderly widow. Mrs. Green got nervous when she had not heard from the widow for a few days. “John,” she asked her son, “do me a favor and go find out how old Mrs. Robinson is.” Six-year-old John went downstairs and knocked on Mrs. Robinson’s door. “So, how is she?” asked Mrs. Green when John came back. “I’ve never seen her so mad,” said John, “She said it’s none of your business how old she is.”

**God’s Comfort: Matthew 15:15-20** 15 Peter said, “Explain the parable to us.” 16 “Are you still so dull?” Jesus asked them. 17 “Don’t you see that whatever enters the mouth goes into the stomach and then out of the body? 18 But the things that come out of a person’s mouth come from the heart, and these defile them. 19 For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. 20 These are what defile a person; but eating with unwashed hands does not defile them.”

**Historical Perspective (May 30):** **1431** - Joan of Arc burned at the stake in Rouen, France. **1783** - First daily newspaper published in U.S. - "The Pennsylvania Evening Post" **1848** - Ice cream freezer patented. **1854** - Nebraska and Kansas territories established. **1868** - Memorial Day widely observed for first time. **1908** - Mel Blanc born (Warner Brothers Cartoon Voices). **1909** - Benny Goodman born. **1922** - Lincoln Memorial dedicated. **1933** - Sally Rand performs fan dance at Chicago’s Century of Progress Exposition. **1943** - Gale Sayers born – Football. **1962** - Benny Goodman - First American jazz band to play Soviet Union. **1964** - Wynonna Judd born.

**Writing for Fun:** In honor of Mel Blanc, voice of so any Warner Brothers cartoon character, use 100 words to describe a cartoon or cartoon character you love and why.

**Sample Cartoon Character:** My all-time favorite cartoon is the Road Runner series. Wil E. Coyote, Beep-Beep, and ACME products are forever a part of my cultural literacy lexicon. While I enjoyed anticipating how Coyote’s clever plot would fail, this time, my favorite sequence was when he would 1) end up off a cliff and not fall, 2) recognize his peril, 3) wave a sign, 4) fall with a diminishing sound, 5) two seconds of silence and 6) finally a puff of dust as he hit the desert floor. Wil E is the ultimate optimist. He never stopped believing he could catch Road Runner.

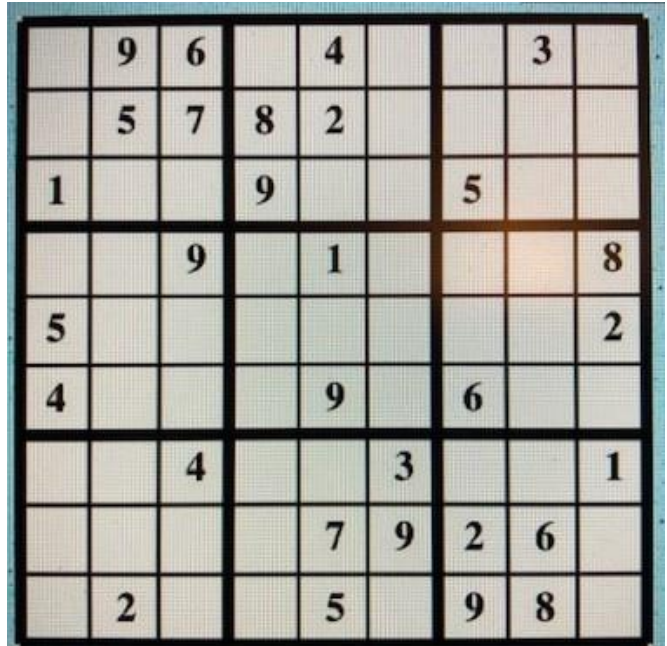
**Your Cartoon Character:**

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# Saturday, May 30<sup>th</sup> - Coping with Covid - Supper

**Laugh it off:** “My memory is gone, so I changed my password to “Incorrect.” That way when I log in with the wrong password, the computer will tell me... “Your password is incorrect.” -- The trouble with retirement is that you never get a day off. - Abe Lemons -- Ever Wonder? What do gardeners do after they retire?

**God’s Comfort: Genesis 6:14-18** 14 So make yourself an ark of cypress wood; make rooms in it and coat it with pitch inside and out. 15 This is how you are to build it: The ark is to be three hundred cubits long, fifty cubits wide and thirty cubits high. 16 Make a roof for it, leaving below the roof an opening one cubit high all around. Put a door in the side of the ark and make lower, middle and upper decks. 17 I am going to bring floodwaters on the earth to destroy all life under the heavens, every creature that has the breath of life in it. Everything on earth will perish. 18 But I will establish my covenant with you, and you will enter the ark—you and your sons and your wife and your sons’ wives with you. 19 You are to bring into the ark two of all living creatures, male and female, to keep them alive with you. 20 Two of every kind of bird, of every kind of animal and of every kind of creature that moves along the ground will come to you to be kept alive. 21 You are to take every kind of food that is to be eaten and store it away as food for you and for them.” 22 Noah did everything just as God commanded him.



## Quotes/Other Wisdom:

“Your heart is full of fertile seeds, waiting to sprout.”  
Morihei Ueshiba

" Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve.” Mary Kay Ash

“Nothing makes one feel so strong as a call for help.”  
Pope Paul VI

**Games: Sudoku (easy, medium)** - Free coloring pages and book download at [www.Gladdtoit.net](http://www.Gladdtoit.net).  
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