

VOICES OF HOPE



DR. LASHARND A BECKWITH

MISSION

*Ignited by faith,
we live out God's love by embracing,
equipping and empowering
vulnerable people in
Southern California*

VISION

*Sharing the love of Christ,
we are a community to care
and be cared for...
Where the vulnerable are
safer and stronger
Where the dependent
are self-sustaining
Where the isolated dwell in community
Where the weary will be given hope*

VALUES

*Compassion / Advocacy
Collaboration / Respect
Innovation / Stewardship*

Happy Friday!

Have you ever just had one of those days? Yeah, the days when you feel that everything is pushing against you? You know, those days when you think that you should go into your house, and then into your bedroom, cover yourself up in a blanket, and stay there? Maybe you are saying, "LaSharnda, of course, I have. Look at all of 2020!" Oh, okay.

Well, I had a couple of days recently where I felt just as I described above. I just felt that anything I tried was becoming challenging and just plain hard to do no matter what I did. I got to the point that I didn't run one morning to ensure I stopped to connect with my inner self through yoga. I felt the anxiety throughout my body, and I knew I had to do something to gain control. I didn't want to find myself at my pity party, but I could sense myself going there. However, as much as I tried, I would find myself back thinking about how messed up the situation was and how frustrated I was in it. I don't particularly appreciate getting frustrated because when I do, if I don't walk away, I may not leave the person feeling upbeat. So, I recognized many years ago that it is best for me always to pull away and retreat to a quiet place to gather my thoughts and, thus, my actions.

Do you know what I love about the Holy Spirit? He is our COMFORTER. In Psalms 94:19, the Bible says, *"When anxiety was great within me, your consolation brought me joy."* Another scripture assures us that *"...the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said..."* (John 14:26). And finally, in John 14:16, the scripture reads, *"and I will ask the Father, and He will give you another advocate to help you and be with you forever."* All these scriptures point to the Holy Spirit being available to us and in us, as we need Him to help us face whatever it is we must face.

Are you tired today? Take a break. Are you weary? Relax in Him. Are you stressed and filled with anxiety? We are told to be anxious for nothing, but with prayer and petition, we are to make our requests made known to God with thanksgiving. His peace, which passes all understanding, will guard our hearts and minds through Christ Jesus.

May the God of Peace give you endurance and encouragement. May His presence settle your mind and permeate your thoughts. And may you remember that what He has called you to do, He will equip you to do. Romans 11:29 says, *"His gifts and calling are irrevocable."* Don't you forget it.

Dr. LaSharnda Beckwith
President & Chief Executive Officer

247 E Amerige Ave, Fullerton, CA 92832
Toll-Free 877-577-7267 / lsssc.org

