

## Reflections in the Word: Anxiety or Peace—Which is It?

By Brian Beckman

During this Lenten season, I am reading *A Shepherd Looks at Psalm 23* by W. Phillip Keller. As a shepherd, Phillip Keller shares his knowledge into the life and character of his sheep—and his Good Shepherd, Jesus Christ, who loves and cares for all of us.

This week's reading:

**Psalm 23:2 - "He makes me lie down in green pastures, he leads me beside quiet waters." (NIV)**

Keller indicates that it is impossible for a sheep to lie down unless four requirements are met, one of which is for the sheep to be free from fear. I thought of this especially during this COVID-19 crisis. Naturally, many people are unsettled and afraid, unable to find rest. But there is a supernatural response, one of calm and peace. Which is it for you?

Keller writes:

**"In the course of time, I came to realize that nothing so quieted and reassured the sheep as to see me in the field. The presence of their master and owner and protector put them at ease as nothing else could do, and this applied day and night..."**

**"In the Christian's life there is no substitute for the keen awareness that my Shepherd is near-by. There is nothing like Christ's presence to dispel the fear, the panic, the terror of the unknown."**

**"We live a most uncertain life. Any hour can bring disaster, danger and distress from unknown quarters. Life is full of hazards. No one can tell what a day will produce in new trouble. We live either in a sense of anxiety, fear, and foreboding, or in a sense of quiet rest."<sup>1</sup>**

Are you seeking to manage life on your own or are you seeking the Lord to experience his quieting and reassuring presence? Which is it?

If you are struggling with fear and anxiety and would like us to pray for you, please email your prayer request to [pray@theladdercommunitycenter.com](mailto:pray@theladdercommunitycenter.com).

<sup>1</sup> Keller, W. Phillip, *A Shepherd Looks at Psalm 23*, Zondervan Publishing, 2007, pg 44.

# Our Friends

By Michelle Deuling

Meet Sharon Rood, a natural caregiver. She has been visiting The Ladder regularly since June 2019, saying "I am so grateful for what The Ladder has to offer. This place really lifts me up."

Sharon was born in Ludington and graduated from Orchard View, settling half-way in between in Shelby. She met her husband on January 14<sup>th</sup> and was married less than six weeks later. Though they divorced after 17 years, they reconciled about 15 years later and were together another 17 years until his death in 2014. "So, don't give up," urged Sharon. "You never know what will happen."

In 2009, Sharon and her husband were involved in a head-on auto collision. Her husband consequently needed a 24-hour caretaker; he was unable to even sit at the table for a meal. During the next several years, she assumed the role of his caretaker and didn't have much social interaction with others until recently.

Sharon still cares for others. Her son has had three strokes and is now living with her. She said that she also loves caring for her granddaughter, who lives in the community, too.

The Ladder has played an integral role in her reintroduction into the community. She eats lunch at The Ladder a couple of times a week. "I love that I can put names to faces and am able to sit down and have a meal with others, something that hasn't happened in a long time." She also loves spending time with Shirley, one of The Ladder's young at heart members. "She just tickles me!"

Sharon enjoys several different activities offered at The Ladder, such as playing bingo on Thursdays and listening to the musicians during Friday's Open Jam Session. "I'm so glad there is a place locally that I can go to meet others," she said. She especially enjoys the lunchtime piano playing by Ron, remarking, "He is so talented!"



# Community Resource

## What The Ladder is Doing to Help During COVID-19

- We are closed for regular activities, but we are still serving take-out meals to our community every weekday thanks to the hard-working kitchen staff at Shelby Public Schools.

### ◆ Students & Families: 10:45 - 11:30am

- ⇒ Parents can pick up food for students who are not present.
- ⇒ Free for students. Adults may buy a meal for \$2.
- ⇒ If you don't have transportation to pick-up your meal, call the school: (231) 861-0317.

### ◆ Adults 60+: 11:30am - 12:30pm

- ⇒ Adults who have ordered lunches can pick them up.
- ⇒ To order meals, adults 60+ must contact The Ladder's office between 9:00 am – 3:00 pm one day prior to the day they would like a meal.
- ⇒ Suggested donation is \$2 per meal.
- ⇒ If you don't have transportation to pick-up your meal, call The Ladder: (231) 259-0211.

- Our champions and staff have been making daily meal deliveries to the families and young at heart locally (and as far away as Hesperia). If you are feeling led to take some time out of your day to pick up meals from The Ladder and deliver them to folks in our community, please call The Ladder.
- Some of the young at heart folks who regularly visit The Ladder don't have family nearby. A champion (volunteer) has been assigned to call and check up on them regularly. We encourage you to check on your neighbors & loved ones. You might just make their day a little brighter!
- Prayer is so important during times of crisis. The Ladder has a COVID-19 prayer packet available for you. You may pick one up in our lobby Mon-Fri 10:45am - 12:30pm or view/print the materials in the "Prayer Requests" section on our website: [theladdercommunitycenter.com/pray](http://theladdercommunitycenter.com/pray).

**CANCELLED**

SHELBY PRIDE  
**2 BIG DAYS**  
OF SERVING

Due to the corona virus crisis, the Shelby Community Pride Team has cancelled the Shelby Pride 2 Big Days of serving scheduled for April 17<sup>th</sup> and 18<sup>th</sup>.

### Our Mission

The Ladder is dedicated to impacting families by guiding people to love and follow Jesus: read God's word, live in step with the Holy Spirit, and make disciples.

# Why We Call Our Volunteers “Champions”

*Psalm 19:5b ...like a champion rejoicing to run his course*

By Anne Byl

Champions (volunteers) are the backbone of The Ladder, and we couldn't serve as many people as we do without their sacrificial help. Each champion has become involved in different ways and for various reasons.

Some **PARTICIPATE** in short term projects or periodically, and some eventually become hungry for **ENGAGEMENT**. Most champions volunteer weekly for at least three hours. We understand this is a huge time commitment, and we are so appreciative of the time they give to our community in the name of Christ. These weekly champions have become engaged in The Ladder's cause of knowing and serving their neighbors.

Other individuals have begun to **OWN** the vision of telling others about The Ladder and by getting others involved. Some have asked people to help them in their ministry here at The Ladder. Others have invited friends to come and try out the center. A few have asked others to join them in giving monthly. Our desire is that a participant moves into becoming engaged with the vision and eventually will champion the cause, thus owning the vision by spreading it to others.

## Champion Spotlight: Brenda Babinec

By Anne Byl

When I think of all Brenda has done for our Thursday evening youth and families, I stand in awe of her endless love and devotion to this group. Whether you are an adult or youth, everyone knows that Thursday nights are the best! I often tease that I want to switch my schedule to work on Thursdays because this group has bonded and shines for Christ as a great example of what the “family of Christ” can look like. There is always plenty of food, loads of fun and laughter, and sweet fellowship.

Brenda not only plans meals for Thursdays, but she also has a contagious spirit. She serves so far above what is expected, and she never complains or is rattled at the challenge. She jumps right in, and before you know it, she has included others to serve as well. This gift of bringing others into the act of service is so rare and beautiful.

Brenda began volunteering when The Ladder opened in 2016. Currently, Brenda has doubled her champion hours by working with our Monday youth group and is presently organizing a way for members and community to submit prayer requests, which will be formatted and disbursed among the staff and prayer warriors. Brenda and her husband Gary also offer financial support to The Ladder and its ministries.

Without knowing it, Brenda has followed beautifully the model of participating as a champion, engaging at a deeper level of getting to know and serve neighbors, and owning the vision by inviting others to become involved.

Brenda, we appreciate all you do for The Ladder, its community, and the great example you are for our youth. Your love and servant's heart shine brightly for Jesus.

## One Life for Youth

By Phillip Santellan

Here at The Ladder we are interested in holistic growth. We want to see the youth in our youth program The Pursuit grow, not just in one area of their life but on the whole. One of the ways that we strive to nurture this kind of growth is through our weekly One Life discussions.

Since September we have utilized several One Life discussion guides that have challenged us to answer questions like these. Who are you? What do you want? What do you want to do with the time that you have on this earth? Is God real? Who is God? Do you want to know God? What is the Gospel according to God?

We have discovered that something special happens when we get adult mentors and kids around the same table and ask questions like these. We are beginning to see the fruit of our labor—and God's faithfulness—as The Pursuit kids begin to grow. We are excited for what the future holds for each of our youth and that we get to help mold and shape these youth into who they are meant to be.



### Our Vision

The Ladder is a friendly, intergenerational and ethnically diverse community center aimed at knowing and serving our neighbors and uniting our community around Jesus, so that lives are transformed.

## Easier Sign-In for SilverSneakers Members

Tivity Health/SilverSneakers is making check-in easier. No need to sign your name and enter your membership number when you check-in. Now, just scan the QR code on your membership card at the door.

If you do not have a membership card, a Ladder staff member can order one for you. We will print a temporary card for you to use until your new one arrives.

## Parking Lot Blessing

Every year at Christmastime, the Oceana County Community Foundation asks non-profits to come up with three wishes. One of The Ladder's wishes was to replace one more section of the north parking lot. We drafted a proposal for the whole project, which included the north parking lot and a sidewalk that extends from the south parking lot to Second Street. An anonymous donor expressed interest in funding \$4,500 for a section of the parking lot, but decided to fund the whole project at \$14,000 instead.



We are in awe of the generosity and so grateful to the donor and the Lord. The Lord has blessed The Ladder beyond measure; to God be the glory!

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. - Ephesians 3:20-21

# Give Generously

## A HUGE THANK YOU

to the folks who have provided the following items we needed in January & February:

• Liquid Hand Soap	150 fl oz
• Paper Towels	16 rolls
• Glass Plates	24
• Cart	1
• Postage Stamps	550
• Card Stock/Copy Paper	14 reams
• Water	96 bottles
• Toilet Paper	48 rolls
• Popcorn	18 bags
• Dish Soap	90 fl oz
• Pickle Ball Net	1
• Rubber Bands	100
• Envelopes	550
• Bingo Prizes	17
• Changing Station Funding	\$275
• Parking Lot Funding	\$14,000
• Monetary Gifts	\$6,287

## WISH LIST

### Item Requests:

- Postage Stamps
- Bingo Prizes
- #6 Peel & Seal Envelopes
- Parchment Sheets (12"x16")

### Monetary Investment Requests:

- Newsletter Sponsors (3 sponsors @ \$100 each)
- Cost of Grounds Maintenance (any amount)
- Cost of Printer Ink (\$118 - \$136 each)
- Cost of Shelving Unit (\$250)



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

TLCC is a 501(c)(3) organization in compliance with the IRS code. All gifts to The Ladder are deductible to the fullest extent allowed by the law.

### Donation Options:

- One time gift \$ \_\_\_\_\_
- I/We want to invest monthly:  
\$100 \$50 \$25 \$10 \$5 Other \$ \_\_\_\_\_

Please make checks payable to:  
The Ladder Community Center (TLCC)