

Grace Center Inc.'s mission is: providing nutritious food and promoting social interaction with commitment and grace to our rural community.

The Grace Gazette

SEPTEMBER 2010



Grace Center

701 W. Popcorn Rd.

Harrodsburg, Indiana

812-824-5595

PANTRY HOURS

Pantry Hours:
Tuesdays
10:00 am-12:00 pm
 (Located in back of Community Hardware)
Serving Clear Creek, Indian Creek, and Polk Townships

WISH LIST GOAL:

Coffee, Sugar,
 Crackers
 "Cream of" Soups
 Jelly,
 Laundry detergent!
 Toilet paper

CAN YOU HELP?

Kroger Gift Card Reload Update

Grace Center is \$3350 away from Kroger writing us another check. Keep reloading those cards. Use your card to buy **groceries and gas!** What a great way to help Grace Center without spending any extra money!



How Grace Center helped the Community in July

- 88 Adults served
- 48 Children helped
- 64 Families helped
- 287 Bags of Food given
- 3 New Families Helped

Who can come to the Community Dinners?

EVERYONE

Board Members:

Tina Baugh, President
 Margaret Simmerman, Vice President
 Steve Fichtner, Treasurer
 Linda Brammer, Secretary

CREATING A GRATITUDE JOURNAL

I overheard a conversation one day about a person who was going to create a gratitude journal. Thinking this was an excellent idea, I began to put some thoughts together about starting this wonderful project.

First, I must have a book I can use. A blank notebook will work, with local schools starting, I can find one at a good price. Each day I will begin my journal entry with: "Today I am grateful for _____." Since my life is busy, I will not put strict restrictions on myself, such as, "I must write five things I am grateful for each day." Instead, I will make a list on the inside cover of guidelines such as these:

- Write as many things as I want each day.
- I will include a person I am grateful for each day.
- I will include things that I am grateful for that I could do without, thus simplifying my life.
- I will think about giving to others the things I am thankful for, things which they may not have.
- I will use this journal in a positive way.
- If I am in a poor mood, I will take time to read and reflect on the past things that I am grateful for.

Keeping a gratitude journal has blessed my life and keeping one will bless you too.

You can also create individual gratitude journals for your spouse, children, parents, or a friend, that you journal in for a period of time. You can write about the things that make you grateful about them. Get a new journal to use for this purpose only. Pick a colored pen or

several colors. You can express your feelings with certain colors, green for a growth memory, blue for peaceful times; you decide what each color means and note that in the front of the journal. Date each entry and describe events, memories, or thoughts that you have given you, what you have observed or what you wish for them. Tell them how grateful you are for them in your life, and why. This will be a treasured keepsake and a priceless gift.

Telling someone you are grateful for them in your life, for what they have done, for who they are, is a very powerful expression of love. Thanking a stranger who has given you something, directions, good service, or a smile, is another form of connection. Spread the idea of gratitude. You may see something on TV or read about someone. Send them an email or letter of appreciation for who they are, what they stand

for, or for what they have done. Doing the above will not only bless the other person, it will bless you too.

So today I begin this journal....or journey: "Today I am grateful for life, love, my husband, my family, my creator, my savior, a place I call home. I'm also thankful for Debbie and Tom and for the cherry pie they gave me. Thankful too for Julie who is putting together this newsletter. My life is blessed by Margaret, Gordon, Eula, Peter, Barb (the volunteers that worked in the food pantry this morning), all the Grace Center patrons I saw come in the doors this morning. I appreciate all the people who donated and purchase the food for the patrons of Grace Center. And for joy.....and gratitude.



CHILDREN'S CORNER

Are you looking for a fun project to do with your kids? Try this: take 3 or 4 sheets of old newspaper. Fold each sheet in half, then half again, forming a book. Now, punch three holes on the left side along the fold, one at the top, one at the bottom and one in the middle. Stack sheets together. Take colored yarn and cut three pieces about 10 inches long. Thread one piece of yarn through each hole and tie in a bow. Your book is complete! Now cut out pictures from old magazines or catalogs and paste in your book. You may want to cut out things you would like to have, or you may just want to cut out items according to color. For example on page one you want to find as many blue items as you can and paste them in your book. Then the next page you paste all red items. You decide. Make it fun and unique for you!

In Memory of: Jeff Dudley

Grandson of
 Bill and Mary Jo Dudley

Donations were made to
 Grace Center by:

Harrodsburg United
 Methodist Church
 and
 John and June Ingram




Apples are now in season. Gather family and friends, head to your nearest apple orchard and pick some delicious apples. Enjoy pies, applesauce, and APPLES!

Community Center Activity Calendar

www.gracecenterindiana.org

SEPTEMBER

email: gracecenterinc@gmail.com

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--------|--|
| Remember, all events are held at the Community Center unless otherwise noted. | | | 1 | 2 Harrodsburg Lions Club 6:30pm | 3 | 4 <i>Popcorn Rd. Ride</i> 9 am |
| 5 | 6 <i>Labor Day</i> | 7 Food Pantry 10:00am-12:00pm Grace Center Board Meeting at Community Hardware 6:00pm | 8 |  | 10 | <div style="border: 1px dashed black; padding: 5px;"> Shelter House in Smithville Park, next to Redman Hall on Smithville Farmers' Market-Every Saturday 8 am to Noon </div> |
| 12 | 13 | 14 Food Pantry 10:00am-12:00pm Euchre 12:30-2:30 | 15 | | 16 | |
| 19 | 20 Ladies Craft Night Smithville Com. Center, 6:30 Contact Patty, 824-2611 | 21 Food Pantry 10:00am-12:00pm WIC Nutrition Services and Monroe Co. Health Dept. Quit Smoking resources 10-noon (inside Community Hardware) | 22 Indian Creek Lions Club 7pm Contact Lloyd at 824-9771 for location | 23 | 24 | 25 |
| 26 | 27 | 28 Food Pantry 10:00am-12:00pm Voter Registration 10am-Noon Euchre 12:30-2:30pm Community Dinner 5:30-7pm | 29 | 30 Valley Mission Church of the Nazarene Free Lunch Noon- 1pm | | |

Harrodsburg Health Fair



*Come Visit the
Bloomington Hospital
Health Mobile!*

When: Saturday, October 2
from 10 am to Noon

Where: Harrodsburg Community Center

Services Provided:

- Blood Pressure
- Smoking Cessation
- Adult and Senior Nutrition
 - Kid's Nutrition
- Family Emergency Preparedness
- Medication Drop Off (bring your old or expired medication for safe disposal)
- Healthy Indiana Plan (HIP) Program
- Area 10 Agency on Aging Services

Sponsored By:



**Bloomington
Hospital**



GRACE CENTER SENDS THANKS TO:

- ♥ Wayne and Becky Deckard for donating cans of soup and fresh produce. Also a special thank you to this couple for being good examples by including their grandchildren in their giving.
- ♥ Laura Stull and family for generously giving 10 pounds of meat.
- ♥ Riley Chaney for being a devoted weekly transporter of donated bread and bakery items from Kroger.
- ♥ Harrodsburg United Methodist Church for openhandedly offering 115 lbs. of misc. food items.
- ♥ Curves of Bedford for donation 37 lbs. of needed school supplies for children in our community.
- ♥ Smithville Farmers Market for lavishly donating many pounds of fresh produce over the summer.
- ♥ Mike and Jana Halla for lovingly sharing 127 lbs of fresh produce.
- ♥ Jack and Linda Sparks for graciously contributing 21 lbs of misc. food items.
- ♥ Glenn Teague for thoughtfully providing 50 lbs of apples, and happily transported by Charlie and Clarissa Hawk.
- ♥ Steve Hinds for benevolently bringing 1520 lbs. of bottles water.
- ♥ The Seth Eads family and the Cheryl Munson family for blessing Grace Center with dozens of fresh eggs.
- ♥ Matt and Dana Nethery for graciously bestowing 9 lbs. of food.
- ♥ The congregations of Walkers Chapel, Harrodsburg United Methodist Church, Harrodsburg Assembly of God, Valley Mission Church of the Nazarene and South Union Christian Church for loving, caring for, and supporting the patrons of Grace Center.
- ♥ Tom Gallagher, Nancy Lethem, and Betty and Jean Coleman for their financial donations.
- ♥ All anonymous givers for a charitable heart.
- ♥ All who fervently pray for the patrons, volunteers and board members of Grace Center.
- ♥ All who use their Kroger cards to purchase groceries and thus give 3% of their purchases to Grace Center.

ADDRESS LABEL

STAMP

Grace Center Inc.
PO Box 5
Harrodsburg, IN 47434
Return Service Requested