



## Welcome!

The Prime Timers are a 55+ group who meets for a variety of activities and outings. If you would like to be added to our Prime Timers email list, let Debbie know at [debegan1001@gmail.com](mailto:debegan1001@gmail.com)

## Up Next – Join Us!

### Sat June 13 at 5pm Potluck and Speaker

Bring an item to share and come join us for dinner. Our very own Susan Jones from AARP will be talking with us about brain health.

*It's never too late to focus on brain health! In this interactive session, you will learn about the six pillars of brain health WHICH ARE ALL ABOUT strategies for supporting brain health. We'll share ideas to inspire each other to try new things.*

*Ever wonder what a day focused on brain health would look like? Learn about habits that incorporate the six pillars of brain health into your everyday life.*

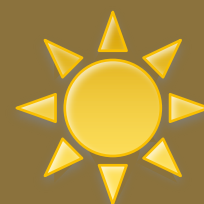
*AARP invites you to challenge yourself to take some simple steps to manage stress, sleep better, move more, eat healthy, keep your brain engaged and spend time with people you enjoy.*

## How can you best stay connected at Crossroads?

Go to [www.crossroadsnova.org](http://www.crossroadsnova.org) to find everything you need to be in-the-know for all things Crossroads. Particularly helpful:

Once online, click on the "Worship" tab, then "Online Connection Card" scroll down to sign up for the Crossroads Weekly Newsletter, Daily Scripture/Evening Prayer, and the Loudoun Wellness Newsletter. You can sign up for prayer here for yourself or loved ones, or:

<https://www.crossroadsnova.org/care/#prayer> Use this link for the prayer request page. The Prayer Team will commit to lifting your concerns in prayer.



## 8 Rules to a Better Life

1. Never hate
2. Don't worry
3. Live simply
4. Expect a little
5. Give a lot
6. Always smile
7. Live with love
8. Best of all, be with God



## Would you like to be part of the Romeo and Juliets?

The ROMEOs (Retired Old Men Eating Out) and the JULIETs (Just Us Ladies Into Eating Together) are forming now!

Email Cheryl at [cherylmoxley@gmail.com](mailto:cherylmoxley@gmail.com) if you are interested in meeting together for a meal. Let her know your best days and mealtimes (breakfast, lunch or dinner) of availability.



## Save the Date!

**Mark your calendars for the following Prime Timer events at Crossroads:**

**Saturday, June 13 at 5 pm Potluck Dinner and Speaker**

Bring an item to share and come join us for dinner. Susan Jones from AARP will be talking with us about brain health.

**Saturday, August 15<sup>th</sup> at 5 pm Pizza Dinner and Trivia Night**

Join us for pizza and trivia (more Prime Timer-ish focused). \$10 per person for food and entertainment.

**Saturday, October 10 at 5 pm Chili Cookoff**

Bring your best chili (or signup for sides and toppings) and be ready to pick your favorite. Details to follow.

**Saturday, December 12 at 5 pm Christmas Party and Gift Exchange**

Bring a gift (\$20 limit) and join the fun. Details to follow.

## The Cracked Pot

A Water Bearer in India had two large pots, each hung on each end of a pole which he carried across his neck. One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master's house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one- and one-half pots of water in his master's house.

The perfect pot was proud of its accomplishments, perfect to the end for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do. After two years of what it perceived to be a bitter failure, it spoke to the Water Bearer one day by the stream. "I am ashamed of myself, and I want to apologize to you." "Why?" asked the bearer. "What are you ashamed of?" "I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said.

The Water Bearer felt sorry for the old, cracked pot, and in his compassion, he said, "As we return to the master's house, I want you to notice the beautiful flowers along the path." Indeed, as they went up the hill, the old, cracked pot took notice of the sun warming the beautiful wildflowers on the side of the path, and this cheered it some. But at the end of the trail, it still felt bad because it had leaked out half its load, and so again it apologizes to the bearer for its failure. The bearer said to the pot, "Did you notice that there were flowers only on your side of your path, but not on the other pot's side? That's because I have always known about your flaw, and I took advantage of it. I planted flower seeds on your side of the path, and every day while we walk back from the stream, you've watered them. For two years I have been able to pick these beautiful flowers to decorate my master's table. Without you being just the way you are, he would not have this beauty to grace his house."

Each of us has our own unique flaws. We're all cracked pots. But if we will allow it, the Lord will use our flaws to grace His Father's table. In God's great economy, nothing goes to waste. So as we seek ways to minister together, and as God calls you to tasks. He has appointed for you, don't be afraid of your flaws. Acknowledge them, and allow Him to take advantage of them, and you, too, can be the cause of beauty in His pathway. Go out boldly, knowing that in our weakness we find His strength, and that "In Him every one of God's promises is a Yes."

From Bible.org

"My grace is sufficient for you, for my power is made perfect in weakness." 2 Cor 12:9