

BUC COFFEE & CHAT

Welcome friends. This edition of our newsletter will celebrate the gift of friendship. Pour yourself a cup of coffee and let's chat.

A MESSAGE FROM THE EDITOR

Dear friends, here's my confession- I love the Lord of the Rings trilogy.

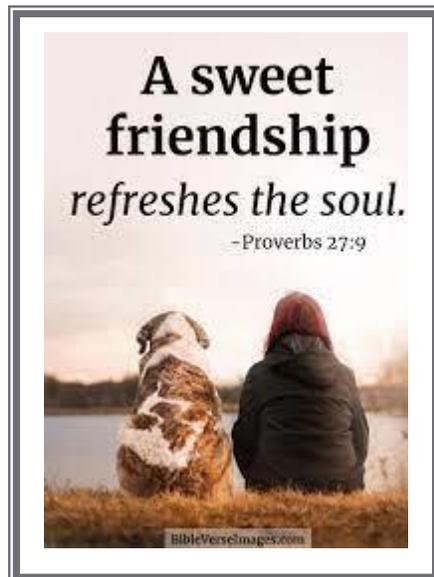
It is a beautiful story featuring an unassuming hobbit named Frodo Baggins and three of his friends, including his faithful best friend, Sam.

Frodo discovers a ring accidentally, which is identified as the one ring, belonging to the dark Lord Sauron. With the help of a cast of characters including elves, men, hobbits, wizards and dwarves, Frodo begins a journey to Mount Doom, the only place where the ring can be destroyed. While on the quest he encounters many obstacles, faces real dangers, and nearly loses his life on

more than one occasion. He must summon all his courage to keep going.

While Frodo and his travelling companions are in the thick of their journey, he discovers that some of the others have begun to be tempted by the ring's power. With much dread, Frodo resolves to leave the group behind and finish the quest alone. It is a low point for Frodo. He is tired, afraid, and uncertain as to what will come next.

Frodo leaves quietly while the others are sleeping. Sam notices Frodo is missing, and in a panic, searches until he finds Frodo leaving in their boat. Although Sam cannot swim, he runs into the water and



A PRAYER OF GRATITUDE

Lord Jesus, You loved your friends and demonstrated acceptance, encouragement, and intimacy. Thank you for the friends you have given me. For the rest found in knowing acceptance. For the blessing found in being encouraged. And for the heavenly touch of intimacy that comes through the rich inheritance found in you. Thank you. Amen.

struggles to get to Frodo. Frodo hears Sam calling his name and turns to see Sam in the water. Frodo calls to him, “Go back Sam. I’m going to Mordor alone,” and without hesitation Sam replies, “Of course you are, and I’m coming with you.”

Although Frodo is the lead character in this timeless story, it is the faithfulness, loyalty, compassion and understanding of Sam which models most closely what Jesus has taught us about how to be a friend. In this issue of the newsletter, I have included stories of friendship from the bible,

submissions of tales of friendship from Readers Digest, and other ideas to inspire your own celebrations of friendship.

Wherever you find yourself today, I encourage you to make time to be a friend to someone else, thank God for someone who has been a friend to you, and celebrate the unwaivering love and friendship you have for a lifetime with Jesus, the dearest friend of all.

-Angela Wigglesworth

Heartwarming Stories of True Friendship That Will Make You Call Your Bestie

COURTESY OF READERS DIGEST ONLINE MAGAZINE

If you’re lucky, you’ll find one person who brightens your day, lends an ear, and inspires you. RD readers share stories of their best buds.



CONSTANCE BANNISTER CORP/GETTY IMAGES

Five months after my husband, my two-year-old daughter, and I moved 2,000 miles from home, I gave birth to a beautiful baby girl with severely clubbed feet. This marked the beginning of a long series of doctor appointments. Taking care of two young children, one of whom required constant medical attention, meant that I was always tired and behind on my household chores. One day, we came home from yet another doctor’s visit to find the front door ajar. I cautiously proceeded into

the house, only to find the floors spotless, the dishes cleaned and dried, and the dirty laundry washed and folded. Upstairs, the beds were made, and there were even flowers in a vase beside my bed. It turns out that my friend Joy was driving by my home and noticed my car was gone, so she took the opportunity to help me out. I learned an important lesson that day about compassion. And this friendship was sealed for life! *Judith Heickesen, Santa, Idaho*

Because we are all over the country, my three closest friends (Miranda, Rachel, and Johlandi) and I keep in touch via group texting. We share daily struggles, complaints, triumphs, and, most of all, laughs. These special ladies respond nonjudgmentally to whatever I tell them, allowing me to be as vulnerable as I please. Conversely, it's a blessing to help them through their difficult times. Having such receptive friends has taught me that life is more fun and meaningful when I share myself with others. *Lauren Young, Rockingham, Virginia*

When I was pregnant, I felt—and acted—as if I had PMS for the entire nine months. My best friend, Laura, told me she was calling me every other day to make sure someone was still speaking to me. That is true friendship. *Gail Bua, Nutley, New Jersey*

Today is my birthday, and I know my friend Linda is making me a cake. Sometimes when you're an adult, no one thinks to do that for you. *Tamara Castellari, Parachute, Colorado*

After my wife of 44 years died, I didn't feel the urge to socialize. But that didn't stop my friend Tony from inviting me to join a group of guys who got together every Thursday for dinner. I told him I wasn't ready. He called again the next week, and again I said no. He kept calling every week, and finally I said, "OK, I'll go. Anything to keep you from calling me every week." It has now been six years since my wife died, and thanks to Tony, I have been going to dinner every week with the gang we've dubbed ROMEO—Retired Old Men Eating Out. *David Fennick, Ocean Township, New Jersey*

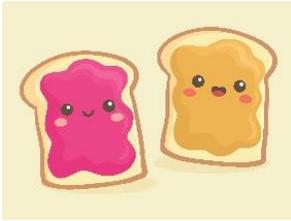
"Friendship" is a mild word for such an extraordinary and holy connection, for what can be the most sustaining, life-giving, death-defying relationships some of us will ever experience. My closest friends are the reason for my deep faith in God, because through them I have discovered what superhuman intimacy and devotion are. I have been blessed by people whose unconditional love and brilliance and loyalty have almost single-handedly made it possible for me to survive.

I have always said that this experience called human life has not been a good match for me. A third of the time, it hurts you and yours too much. A third of the time, you feel so alien and clueless and inadequate that it might as well still be seventh grade. But that last third, where you get to talk to your friends, hang out and figure things out with them, commiserate, comfort and be comforted, gossip and laugh until you leak, is the realm where everything becomes worth it.

Our closest friendships are hallowed ground. When someone truly "gets" you, you're half the way home. There is no circumstance so miserable that your closest friends can't help you come through. If you have lost one of your best friends, then you have survived an unsurvivable loss. And it was almost certainly only your other closest, bosom-buddy friends who helped you do it, who sat in the dirt with you for as long as you needed, who brought you tea and never left, and who at some point helped pull you back up to your feet.

— ANNE LAMOTT, best-selling author of *Imperfect Birds: A Novel*, *Traveling Mercies*, and *Grace (Eventually)*

Peanut Butter and Jelly
Well, this one was a bit obvious. But, you can't say one without *at least thinking* about the other. The first and foremost example of foods that just go better together.



Grilled Cheese and Tomato Soup

Ever wonder why most restaurants serve tomato soup with grilled cheese? Us too. Turns out that post-World War II, food service institutions such as school cafeterias paired grilled cheese with tomato soup to provide diners with a required Vitamin C component. The option was economical and easy; and its popularity caught like wildfire.

Tea and Crumpets

For all of our friends over in the U.K. and the Republic of Ireland, this duo is for you! The perfect tea-time snack, tea and crumpets just go better together.



Friendship is a beautiful thing. Having a good friend means you'll always have someone to make you laugh until you cry, and make you laugh when you're about to cry. Just like these food combos, the two of you combined are just better together. So, this International Day of Friendship, why not try a few of these better-together combos, and call, video chat, or hang out with your bestie to celebrate!

Bacon and Eggs

bacon + egg = love at first sight.



Milk and Cookies

Whether you indulge in chocolate chips, snickerdoodles, or a handful of Oreos, everyone has their preferred milk:cookie ratio.



Chicken and Waffles

The Southern comfort food to top all Southern comfort food. Chicken and waffles is another dish that is perfect for any time of the day, any time of the year, and for any occasion. While these items are also great on their own, just like a pair of best friends, they're better together.





As you color the picture above, think about someone who has been a good friend to you. What is it that makes them a good friend? Thank God for bringing this person into your life.

Next, think about someone you know who might need a little extra support right now. What are some ways you can actively be a good friend to them? Try to follow through with your friend this week. Thank God for being the ultimate example of a good friend. Amen.

BUC COMMUNITY NEWS



"Rejoice with those who rejoice. Weep with those who weep."

- We pray for our BUC family members (kids, parents, teachers and other staff) who are returning to an uncertain plan for school in a few weeks.
- We pray for the re-opening committee and their mindfulness of the needs of the whole church family, as well as their reliance on God's counsel, as we begin to consider re-opening the church to in-person worship.
- We pray for all those affected by wildfires, and to all the firefighters responding to the need.
 - We pray for all who continue to be impacted by residential school systems.



- **Thank you** to everyone for your continued prayers and financial donations.



- If you have news you'd like to share in the next newsletter or would like to share a word of encouragement with everyone, please email the details to Angela at balzacunitedchurch@gmail.com or call her at 587-229-3878.
- Donna Watt sends cards to our BUC church family. If you know someone who is ill, is celebrating a birthday, is grieving, or just needs a thank you or a bit of encouragement, please email Donna at donnamwatt34@gmail.com

God is my friend



*A sweet friendship
refreshes the soul.*
Provs 17:9

X L J E K O C H S F H F S A V B R U Z I L S B O
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always	blessed	book of john	choose
close	commandment	companion	depend
disciples	each other	father	friend
Friendship	God	greater	honour
intercessor	intimate	iron sharpens	joy
known	lay down one's life	learned	listens
love	multiples	reliable	righteous
servant	tears	trust	walk
wise			

Job and His Friends

Friends come to each other when one faces adversity. When Job faced his toughest times, his friends were immediately there with him. In these times of great distress, Job's friends sat with him and let him do the talking. They felt his pain, but also allowed him to feel it without putting their burdens on him at that time. Sometimes just being there is a comfort.

Job 2:11-13 - *"Now when Job's three friends heard of all this adversity that had come upon him, each one came from his own place—Eliphaz the Temanite, Bildad the Shubite, and Zophar the Naamathite. For they had made an appointment together to come and mourn with him, and to comfort him. And when they raised their eyes from afar, and did not recognize him, they lifted their voices and wept; and each one tore his robe and sprinkled dust on his head toward heaven. So they sat down with him on the ground seven days and seven nights, and no one spoke a word to him, for they saw that his grief was very great."* (NKJV)



Elijah and Elisha

Friends stick it out with one another, and Elisha shows that by not letting Elijah go to Bethel alone.

2 Kings 2:2 - *"And Elijah said to Elisha, 'Stay here, for the Lord has told me to go to Bethel.' But Elisha replied, 'As surely as the Lord lives and you yourself live, I will never leave you!' So they went down together to Bethel."* (NLT)

Examples of Friendship in the Bible

God did not make us to be alone. To that end, He designed relationships—not just of the marital and familial kind, but friendships as well. Friendships fill the gaps in our lives, providing us with a wide variety of support, love, and entertainment. Not only that, but God has left us written testaments to the power of friendship, and of what it looks like at its best, so that we can know how to go about being a friend.

Sources: www.beliefnet.com and www.learnreligion.com

Jesus with Mary, Martha, and Lazarus

Jesus had a close friendship with Mary, Martha, and Lazarus to a point where they spoke plainly to him, and he resurrected Lazarus from the dead. True friends are able to speak their minds honestly to one another, whether right or wrong. Meanwhile, friends do what they can to tell each other the truth and help one another.

Luke 10:38 - *"As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him."* (NIV)

John 11:21-23 - *"'Lord,' Martha said to Jesus, 'if you had been here, my brother would not have died. But I know that even now God will give you whatever you ask.' Jesus said to her, 'Your brother will rise again.'"* (NIV)

David and Jonathan

This is the essence of friendship, to love another as you love yourself. Not only this, but Jonathan sacrificed for David, stripping himself of the items which represented his power and position, and giving them to him. Jonathan was also unwaveringly loyal to David, warning him of King Saul's treachery and intent to kill him. The two friends shared a close emotional bond as well, and were unafraid of sharing their feelings, weeping when it became clear that David had to leave. *1 Samuel 18:1-3 - "After David had finished talking with Saul, he met Jonathan, the king's son. There was an immediate bond between them, for Jonathan loved David. From that day on Saul kept David with him and wouldn't let him return home. And Jonathan made a solemn pact with David, because he loved him as he loved himself."* (NLT)

Ruth and Naomi

Friendships can be forged between different ages and from anywhere. In this case, Ruth became friends with her mother-in-law and they became family, looking out for one another throughout their lives. Again, this friendship shows us the value of loyalty, of unconditional love and self-sacrifice. Ruth didn't hesitate to give when Naomi was in need. This is the kind of action that creates the strongest of friendships, and gives us a sense of security—we know that when we're in trouble, someone will be there for us.

Ruth 1:16-17 - *"But Ruth replied, 'Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. Where you die I will die, and there I will be buried. May the LORD deal with me, be it ever so severely, if even death separates you and me.'"* (NIV)

