

May 2024 Newsletter

*A day without laughter is a day wasted.*  
~Charlie Chaplin

There came a time when a jovial comical preacher by the name of Rev. Johnson, was on his death bed. He sent a message to his banker and his attorney, both church members, to come to his home. When they arrived, they were ushered up to his bedroom. As they entered the room, the old preacher motioned for both to come, sit on either side of the bed. Rev. Johnson grabbed their hands, breathed a sigh of relief, smiled, and then gazed at the ceiling. For a time, no one said anything. Both the banker and the attorney were touched and flattered that the old preacher would ask them to be with him during his final moments.

However, they were also puzzled because for decades they were convinced that they old preacher didn't like them. They both remembered his many long, uncomfortable sermons about greed, covetousness, and materialistic behaviors that left them squirming in their pews.

Finally, the banker said, "Ummmm...Rev. Johnson, why did you ask us to come here."

Though he was weak in his body and his color began to fade, the old light-hearted jovial preacher smiled, mustered up enough strength to sit up in the bed; and with a raspy voice said, "Well..Jesus died between two thieves and that's how I want to go to." The banker and the attorney did not know whether to laugh or to be offended. However, the words of the preacher did bring a chuckle or two.

\*Church: As you dance across the world's stage, from the cradle to the grave, don't forget to laugh; to laugh at yourself; to laugh with others; and to laugh your way through the ups and downs of life.

It was Dr. Malynnda Johnson, an Associate Professor in the Department of Communication Studies at Indiana State University, who said: "There are many physical, emotional, cognitive, and social benefits to laughter...It is believed that laughter, whether you are observing it or doing it, activates multiple regions of the brain—releasing hormones known as endorphins...these endorphins are vital chemicals produced by your body to relieve stress, pain, and tension."

Keep in mind the words of Charlie Chaplin, "A day without laughter is a day wasted."

Pastor Michael