

Devotion



Keep My Running Shoes On from CrossWalk By Nichole Huggins

I love to walk around my house barefoot. I like the feeling of soft carpet on my toes and feel more "at home" without the restriction of wearing shoes. But more and more it seems that I forgo this comfort for the functionality of keeping my running shoes on.

You see, our home is different than many people's homes. Because our son has autism, our home is louder; he is always singing, making noises, or quoting movies (in the world of autism it's called "scripting"). Our house is in interesting order; you will find trains lined up on the kitchen table and strategically placed books open to strategically chosen pages. Currently our back door is always open. Our son loves to run outside and play, but it is also his current belief that the back door should remain open at all times—even if he is playing in a different part of the house. Living in this world of autism has caused our home to be a sometimes chaotic, but always beautiful haven for our family. And for now, living in the world of autism has caused me to keep my running shoes on.

For many, running and autism go hand in hand. Although he frequently overcome People who are "on the spectrum" are often runners. Our kiddo is no exception to this pattern. s his urge to run, our son's current impulsivity requires me to jump up and move quickly at any moment. I have to be ready, so I keep my running shoes on.

I love how the Lord uses my son's autism to gently sharpen me in my personal relationship with Him. The Lord has recently reminded me that just as I have to keep my running shoes on, the same applies in my walk with the Lord. I need to keep my spiritual running shoes on.

In [1 Peter 3:15](#), the [Bible](#) reminds us to sanctify our hearts and "always be ready to give a defense to everyone who asks you a reason for the hope that is in you..." We need to keep our spiritual running shoes on! It is easy for us to slip our shoes off and run our toes through the carpet of comfortability in life, but that is not the calling of Christians. Life was never meant to be about our comfort, but rather exalting our Creator.

It's my prayer that people around me will be able to see that my hope is in Christ. May I be quick to help and show love to others. May I be a reflection of Christ in all that I say and do. I pray that I am sharp and "ready to run" this great race called life. Sometimes it's easy to let our spiritual shoelaces come untied. We become comfortable Christians, and it's easy for us to get tripped up. I am thankful the Lord can use my precious son to remind me that I need to lace up my spiritual running shoes and be prepared for this sometimes chaotic, but always beautiful life. So, what condition are your running shoes in?

Benevolence in the spotlight HumanKind

— encourage. empower. enrich. —

HumanKind, formerly Presbyterian Homes & Family Services and the Family Alliance, is building on more than 100 years of faithful service to individuals and families across the region. Through care, counseling and education, they nurture dreams and offer hope to those searching for a brighter future.

HumanKind, has strengthened families and communities in many different capacities since 1903, changing services to meet the needs of the communities served. Starting as an orphanage by Presbyterians in Eastern Virginia, thousands of children grew up on their campus in Lynchburg due to difficult circumstances of their families. In the 1960's, resources were dedicated to address the growing demand of young adults with intellectual disabilities. A training center was built in Zuni, Virginia to teach life and employment skills. Over time, Zuni adapted to changing needs, this campus offers two models of care for Adults with Intellectual Disabilities and serves up to 44 residents. The campus is also home to our Zuni Gourmet Peanut Shop, which specializes in distributing high quality products that are guaranteed to satisfy even the most discriminating of tastes.

Through collaboration with communities and churches, more homes for adults with intellectual disabilities were developed in Fredericksburg, Waynesboro, Lynchburg, South Hill and Lexington. In their first 100 years, they fulfilled their mission by providing safe, healthy and loving homes first for children, then for adults with intellectual disabilities.

HumanKind has seven locations across Virginia to help serve children, adults and their families.

Learn more at: <https://www.humankind.org/mission-vision-values/>



Beginning Balance: \$ 873.67

Ending Balance: \$ 922.68



Upcoming dates to remember:

- 3 Feb – Blood drive @ BPC; 2 – 7pm
- 7 Feb – Ash Wednesday 7pm service viewable on FB or YouTube
- 14 Feb – Happy Valentine's Day ❤️
- 15 Feb – Presidents Day
- 24 Feb – Lenten study begins, 6pm (zoom)



Always needed:

- Juice (approx. 64 oz) any kind
- Canned fruits of any size

