

Between You and Me x 2

By Monty Carter

Making Room For Grace

Many years ago, a man I deeply respect told me a story related to his work. His company specialized in all kinds of flooring. He was highly sought after because he was honest and never accepted anything less than the best for his customers. Quality in materials and workmanship was important to him. While many of his customers were affluent, no job was too small. Even modest homes and businesses were opportunities to shine.

One day, one of his people made a costly mistake on a big job. The customer was "over the top" mad. When my friend arrived to inspect the work, the customer met him in the driveway. He began yelling about the quality of work. My friend inspected the work and concluded it was well below acceptable standards. The irate customer pelted him in a verbal tirade.

My friend remained silent and accepted the criticism. The customer flooring had to be reordered. Even if he wanted to, the job could not be finished that day. Then he did something unusual. He asked the man for "Christian" consideration. The man stopped yelling. Two Christian men stood over the shoddy work. Both agreed it was unacceptable. In simple terms, my friend was asking for grace from a fellow Christ-follower. Amazingly, the angry man changed. He became civil and asked when the job would be completed. The job was completed as soon as the materials arrived, and my friend personally did the work. The customer was happy.

I think we are living in a time when we need to make more room for grace. Angry voices are everywhere, even in churches. Grace seems to be lacking in daily life. I recently discovered "Now Gospel" (@NowGospel123), a faith-based, AI-generated channel committed to sharing the love of Jesus Christ. One of the songs that punched me in the gut was the duet, "Love Me When I'm Hard to Love". Here's just a snippet of the lyrics:

Love me when I'm hard to love
When I shut down and when I give up
When my words cut deep, and my faith feels thin,
When the dark gets loud, and I'm caving in
I'm not asking for perfect trust

Don't walk away when I'm falling apart

If you're gonna love me at all, my love,

Love me when I'm hard to love

The couple is asking for "Christian consideration" and to make room for grace when emotions tell us to be angry or unforgiving. I don't think there is a human relationship whose success relies more on grace than marriage. We see and know the worst in each other. And yet, we remain committed to working through the good times and the bad.

Making room for grace doesn't mean we aren't going to remember. It doesn't mean we continually suffer through unacceptable behavior. It means we stop and suspend emotion. We respect the need for grace. We agree to a "time out". Making room for grace allows for sacred space. It's not easy asking for grace. It is the work of a convicted heart. Someone who is in touch with their sin but wants to do better. This isn't an empty apology, promising to do better the next time. The apology comes after grace is granted, and time to reflect on what we have said and done. Time to show us how much it has hurt those we love the most. Extending grace to others and requesting it are of the same piece:

For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses. (Matt. 6:14-15)

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Ephesians 4:32)

I think about Jesus on the cross in agony and his famous "Last Seven Words of Christ", in the gospels. As I get older, the first one indicts me every time I read it: "Father, forgive them, for they know not what they do." (Luke 23:34) My sin, your sin, all of our sin put Jesus in this position. Our collective sins convicted Him to a violent, publicly humiliating execution. Jesus is the ultimate lover, who loves us when we are hard to love. In light of this, how can we withhold it from others? For whom do you need to make some room for grace? From whom do you need to request it because of a sinful attitude or behavior?

Agape, Monty

What Seniors Can Do To Safeguard Mental Health

Mental health has increasingly been noted as a key ingredient to an individual health regimen. The stigma once assigned to mental health issues has largely dissipated, and many people now recognize that mental health should be just as big a priority as physical health.

Seniors may not have come of age in a world where mental health was prioritized, and thanks to that aging men and women may not recognize where their mental health is suffering and what they can do to combat such problems. Recognition of the importance of mental health is a step in the right direction, and seniors also can consider these strategies to safeguard their mental health.

- Recognize your vulnerability. The World Health Organization notes older adults are uniquely vulnerable to potential mental health issues. That's because mental health is shaped by numerous variables, including earlier life experiences and some notable stressors related to aging, such as a decline in functional ability that can cause psychological distress. Seniors also are more likely than others to experience adverse events like the loss of a loved one or even a loss of purpose, which can affect anyone upon retirement. Recognition of this vulnerability may be enough to compel seniors to seek advice and assistance on how to safeguard their mental health from age-related stressors.

- Take time out if you're a caregiver. The WHO notes that many older adults serve as caregivers for spouses with chronic health condi-

tions, including dementia. The Alzheimer's Association reports that studies have found that 70 percent of caregivers report feeling stress related to coordination of care, while two in three caregivers have difficulty finding resources and support for their needs. Seniors who have taken on caregiving duties for a loved one must protect their own mental health by taking time out to care for themselves as well. Work with family members to share responsibilities when caring for a loved one. If family members cannot pitch in, then work with local government agencies to alleviate some of the stress of caregiving.

- Make a concerted effort to socialize. A 2025 report from the WHO indicated that roughly one-fourth of all older adults are affected by social isolation and loneliness. Social connection can significantly improve mental health and provide a sense of life satisfaction while improving quality of life. Seniors are urged to prioritize socialization. Many community-based groups, including government offices, run programs designed specifically to facilitate socialization among older residents. Take advantage of such programs whenever possible. Seniors living alone also may want to consider relocating to communities exclusive to people age 55 and over, as such developments typically offer an array of socialization opportunities to residents.

Seniors are particularly vulnerable to mental health issues, but older adults can take many steps to safeguard their mental health.

Deaths And Funerals

Martin Thomas

Martin Thomas, 93, died on Monday, March 7 at his home.

Martin was born in



Morganfield on November 24, 1932, the oldest son of Ben and Regina Thomas. He lived his entire life on a farm six miles southwest of Morganfield.

Martin graduated from St. Vincent Academy in 1950 where he played basketball. He drove the church bus to transport players and fans to St. Vincent's away basketball games. He operated the basketball game clock for St. Vincent and Union County High School for 59 years.

Martin was a member of St. Ann's Catholic Church and served

Did You Know?

Screen usage is a fact of modern life, and it's an issue parents find themselves navigating on a daily basis. Though even especially young children use devices like tablets, the desire for screens may grow considerably once kids enter elementary school. Many schools now utilize tablets and laptops in the classroom. While studies have found screens can foster cognitive development in young children, the American Academy of Child & Adolescent Psychiatry urges parents of school-aged children to limit activities that include screens. Excessive screen use can lead to a host of negative outcomes, including sleep disturbances, poor academic performance, obesity, and poor self-image and body issues, among other problems. The AACAP does not offer specific recommendations for school-aged kids regarding daily screen usage, but the organization notes children age five and younger should be limited to no more than one hour per day. A reasonable increase on that recommendation may not adversely affect school-aged kids, though parents are advised to encourage healthy screen habits and turn screens off 30 to 60 minutes before bedtime.

on the church council, the finance committee, and the cemetery board.

He was a life-long farmer and enjoyed traveling.

Martin was preceded in death by his wife of 59 years, Mary Rose; a son, Joseph; and two sisters, Mary Smith and Rita Catherine.

He is survived by five children, Laura Ann King and husband, James of Florida, Jason Thomas and wife, Everly of Morganfield, Marilyn Thomas of Connecticut, and Sheila Hayes and husband, Owen of Tennessee; four grandchildren; three brothers, Ross Thomas and wife, Jane and Robert Thomas and wife, Carolyn, all of Morganfield, and Jerry Thomas and wife, Kay of Greencastle, Indiana; and two brothers-in-law.

Funeral service will be held today (Wednesday, March 11), 9:00 A.M. at St. Ann's Catholic Church in Morganfield. Fr. Freddie Byrd will officiate.

Burial will be in St. Ann's Cemetery in Morganfield.

Memorial contributions can be made to Union County High School, c/o UCHS Basketball, 4464 U.S. 60-West, Morganfield, KY 42437 or St. Anthony's Hospice, 2410 South Green Street, Henderson, KY 42420.

Jerry Bowles

Jerry Wayne Bowles, 78, died on Tuesday, March 3 at his home in Madisonville, Kentucky.

He was born September 3, 1947 in Bluefield West Virginia to the late William Hanon Bowles and Lena Marie Bowles.

Jerry spent much of his professional life in the mining supply industry throughout the Tri-State area. He served as General Manager of Special Mine Services in Greenville, Kentucky, retiring at the age of 70.

He is survived by a daughter, Rebecca Dawn Vowles of Daniels, West Virginia; a son, William Wayne Bowles of Los Angeles, Califor-

nia; five grandchildren; one great-grandchild; and his partner, Debora Sanders of Melbourne, Florida.

In addition to his parents, he was preceded in death by a sister, Shirley Iverine Yates.

He loved the mountains of Appalachia, good stories, and his family.

A celebration of Jerry's life will be held along the waters on East River Mountain in Virginia in mid-May.

Kermit Shrull

Kermit Shrull, 67, of Waverly died on Thursday, March 5 at Deaconess Hospital Henderson in Henderson, Kentucky.

He was born August



7, 1958 in Ohio County, Kentucky to the late Ruth and Junior Shrull.

He was an avid Harley-Davidson rider and one of the founders of the Little Sturgis motorcycle rally.

He is survived by two sons, Nick Shrull and wife, Erin of Evansville, Indiana and Mike Shrull and wife, April of Rockport, Indiana; a daughter, Cass Kirk and husband, Jonathan of Marion, Kentucky; a brother, Steve Shrull and wife, Linda of Centertown, Kentucky; and three grandchildren.

Funeral service was held on Tuesday, March 10 at Whitsell Funeral Home in Morganfield.

Burial was in Walton's Creek Cemetery in Ohio County.

Subscribe To The Sturgis News (270) 635-2041

-- PUBLIC NOTICE --

The Union County Air Board is accepting bids on a 1997 Ford Ranger 2-wheel drive, 5 speed with 89,000 miles.

Bids need to be turned in at 580 Pryor Blvd, Sturgis, KY by March 20th.

Truck can be seen between 8am-2pm Monday through Friday at the Sturgis Airport. 3/18c

"Our family serving your family since 1881"

HENRY & HENRY MONUMENTS

We accept appointments for one-on-one consultation.

207 Sturgis Rd. Marion, Ky. (270) 965-4514

602 US 62 East Eddyville, Ky. (270) 388-1818

