

Kainos Kapsule

A Newsletter of Chaplain John W. Cundiff, D.Min.

June 2009 Volume 4 Number 6

www.kainosministries.com

www.myspace.com/kainosministries

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RANDOM PONDERINGS

I was able get away for a week in mid-May. A friend allowed me to stay at Eagle Crest and read. I enjoyed this time of just relaxing.

A day trip to Wings of Wonder in Independence, OR to see butterflies was worth the trip. This is great place of butterflies all year.

I am looking forward to preaching Sunday morning June 14 at Tualatin Hills Christian Church.

SINGLES MINISTRY

<http://www.westsidesingles.org>

I spoke in May about "Wisdom for Singles." We laughed and awed, and left with something to apply to life.

At our potluck we had a hot dog tasting. The loser was the meatless hot dog and the winner was the all-beef hot dog.

The devotion for this month is "The Life God Blesses" posted as a blog on MySpace.

CALL OUTS

<http://www.nwsca.org>

I attended the funeral of friend's father. It was good to make contact with this friend. It is my plan to keep in contact with him.

I gave the benediction at the Washington County Law Enforcement Memorial Service May 15 at the Hillsboro Civic Center. This was an honor to be part of this service to honor those law enforcement officers who died in the line of duty serving the citizens of Washington County.

Self-defense was offered as training for the WCSO chaplains in May. Held on warm day in a non-air conditioned small room, I got hot very quickly. This was good training designed for chaplains but still requiring some rigorous effort.

I was able to go one ride-a-long. This was in district 8 so we got around Haag Lake and it was busy as it was a holiday.

Prayers are needed for energy and wisdom as I continue to be involved with follow up with families of the murder/suicide in Hillsboro.

Take Care.

Chaplain John

"Do not repay evil for evil or abuse for abuse; but on the contrary, repay with a blessing. It is for this that you were called— that you might inherit a blessing."

1 Peter 3:9