



Valley Voice

Buffalo Run, Fillmore and Valley View
The United Methodist Churches of the Buffalo Run Charge
“One Congregation Serving the Community and Worshiping in Three Locations”
Pastor Duane Bardo *Office Phone: 814-355-2208*

October 2008

Body, Mind, and Soul



When Greg and I were going to Altoona the other day we saw a flag football team practicing. It made me think back to when our children were just beginning school---one learning how to carry the football; the other using her first pair of tap shoes. Then I thought back to some recent conversations I've had with parents who were discussing their weekly schedules. I couldn't help but think that they must live where there is a 28-hour day. That led me to think about all the opportunities parents and grandparents strive to provide for our children and how different it is from when we were children. I listen to folks talk about school, preschool, headstart programs, specialized study opportunities, camps, elementary sports, soccer, football and wrestling, dance, karate, band, advanced learning opportunities, academic Olympics, cheerleading, gymnastics, majorette and color guard, and so many more it's impossible to list them all.

I don't believe anyone can deny the importance of the formative years when children are learning and preparing for a healthy and happy future. My concern is how much our focus on their physical and intellectual development overshadows the need for their spiritual development.

We are created to function in three realms--- body, mind and spirit--- each fully connected and dependant on the other. When we are weak or rundown in any one of these areas we suffer as a whole person. In fact, the spiritual aspect is the most important because what we believe really guides the proper use of our minds and bodies that then ensures living that is more joyful.

While we strive to provide our children and grandchildren with the best education and physical health possible, we neglect their spiritual development. Think for a minute if you only went to school for one of two hours per week. Where would you be today in your

education? If you only exercise one hour a week how healthy would you be? Yet we go on, unconcerned that at best some children get one hour a week of Christian education for spiritual development and others much less, and many nothing at all.

Friends, our families are in crisis today. Many because the parents grew up without the spiritual development they needed. Nearly all crisis-counseling situations that I'm involved in can be traced to the lack of understanding or ignoring biblical principles for living. If we don't do something, the dire effects we see now will increase for our children and grandchildren.

Dropping off our children and grandchildren once a week for Sunday School or occasionally for Vacation Bible School or some other annual event will leave them totally unprepared for their future, and will mean for EVERY ONE OF THEM A LESS JOYFUL FUTURE.

We must make the spiritual growth of our children as essential as any other aspect of their development. To do this we must demonstrate the importance of spiritual health in our lives and see that they have access to spiritual development resources in our community and at home. It will not become a priority in their lives until it is a priority in our lives.

God has promised that if we direct our children onto the right path, when they are older they will not depart from it. They will remember it and always turn to God. (Proverbs 22:6) I fully believe this. Nothing will bring our children and us greater future joy than providing a firm spiritual foundation for them.

Blessings,

Pastor Duane



The Buffalo Run Charge of the United Methodist Church

***“One congregation serving the community and
worshiping in three locations.”***

Buffalo Run UMC
Fillmore UMC
Valley View UMC

Sunday Worship Schedule:
8:15 a.m. Fillmore
9:30 a.m. Valley View
10:45 a.m. Buffalo Run
Sunday School
9:30 a.m. at Buffalo Run

OUR VISION: To work together to grow the Kingdom of heaven by providing a spiritually nurturing environment through worship, mission outreach, Bible study, prayer and Christian education in the greater Buffalo Run Valley.

OUR MISSION: The Buffalo Run, Fillmore and Valley View United Methodist congregations trust that God Almighty will lead us in His calling to unite in ministry to make disciples of Jesus Christ.

**If you are in need of prayer or would like to
have a pastoral visit, please call Pastor Duane
Bardo, 814-355-2208**