

**SEASONS
JUNE 2017**

**St. Paul Lutheran Church
2860 East Market Street
Warren, OH 44483
330-394-5741**



SUNDAY WORSHIP TIMES

**Emmanuel
9:00 am**

**Living Lord
8:00 & 10:30 am**

**St. Paul
10:30 am**

FROM PASTOR ANN MARIE WINTERS: “SPIRITUAL TRANSFORMATION: WHAT AND WHY?”

The Christian life is about spiritual transformation of each Christian. It is an exciting adventure for those who see it as an opportunity to grow in closeness to Christ for the sake of the love of others. Would you agree?

Ruth Haley Barton, an author and spiritual director, says, “Every Christian is on a journey to greater wholeness in Christ, or moving toward disintegration.” This life-long journey with Jesus Christ as his disciple is going on all the time; **Spiritual formation** is being conformed to Christ **for the sake of others**. **Spiritual formation** is the “what” of Christianity, and **for the sake of others** is the “why” of following Christ. Becoming spiritually transformed, we carry the cross of Christ always. That is cruciform living – where our lives look like Christ serving others, and dying to self for them.

As Christians, we do not lead two separate lives – being holy in the church, and worldly in the world. The more we live in God, the more we live for others. One should not be a totally spiritual person without action in the world (spirituality only). And one should not be totally and only in the world without a center in God (only social action). Do you engage with the needs of the world through work? Family? Friendships? Ministry? Use of time and resources?

Emmanuel Lutheran Church has decided to consider these questions together in a retreat workshop to be held on June 24 at Camp Frederick. The congregation will have a time of prayer and renewal in the following weeks as well. Emmanuel is leading the way in “re-discovering Mission”, and we hope to share this program of prayer and renewal with the rest of the Shared Ministry as well.

On the journey with you,
Pastor Ann Marie Winters

From Pastor William D. Leitch... We start the month of June with Pentecost. Our festival derives its name from the Jewish festival of Pentecost, observed fifty days after Passover. On the fiftieth day of Easter, we celebrate the Holy Spirit as the power of God among us that heals, forgives, inspires, and unites. The risen Christ breathes the Spirit on his followers on Easter evening. In the one Spirit, we are baptized into one body, and at the Lord’s table, the Spirit unites us for witness in the world.

Eric Babinchak and Hanna Hunt will stand before you and God and affirm their baptism. What does this mean? It means that they now understand and own all the promises that parents, sponsors, and we, the Church, made to help guide them on their faith journey. They have matured to a new level of understanding. They want God in their lives and they are going to strive to go deeper in their relationship with God. They will be bold in proclaiming the Gospel in everything they do and say. It means they are now an active part of the Body of Christ. It means that they understand that they are not in this alone. They are empowered by the Holy Spirit and they continue to have our support. We are a team! And it is a blessing to have Eric and Hanna proclaim their faith to the world.

Affirmation of Baptism is not the end. Just like graduation, it is a marker in our life. At graduation, we are entrusted with new levels of expectations, and we are given greater responsibilities. Just like Jesus’ disciples received orders from Jesus before he ascended into heaven, at Baptism, we receive the same orders, “*Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.*” Matthew 28:19-20

And who do we make disciples/believers? Answer: Everyone!

These are the words God gave Moses, *“Thus you shall say to the house of Jacob, and tell the Israelites: You have seen what I did to the Egyptians, and how I bore you on eagles’ wings and brought you to myself. Therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples. Indeed, the whole earth is mine, but you shall be for me a priestly kingdom and a holy nation. These are the words that you shall speak to the Israelites.”*

And just like our response at our Affirmation of Baptism, here is what the response was from the Israelites: *“So Moses came, summoned the elders of the people, and set before them all these words that the Lord had commanded him. The people all answered as one: **Everything that the Lord has spoken we will do.**”*

This is what I see in this Scripture from Exodus 19:2-8a: The whole world is God’s, but some believe in other gods, some don’t believe at all, and some struggle to understand and to “go and make believers”. As we are sent to make believers, we go to all of these. We go always as brothers and sisters to these, God’s people. Sometimes to bring the Gospel for the first time. Sometimes to answer their questions. Sometimes to encourage and build up others and prepare them to share the Gospel. But always showing God’s love in everything we say or do.

We have been prepared to go and we have no excuses, because Christ is with us/in us/empowering us. Moses made excuses, but none of them were good enough for God to reject Moses. Jeremiah made excuses, but God used him.

Jeremiah knew the frustration of having his words rejected. Jesus declares that his words may not bring peace, but division. In baptism, we are buried with Christ that we may walk in newness of life. As we take stands for the sake of justice and lose our lives for the sake of others, we need not be afraid. The hairs of our head are counted. In baptism, we are marked with the cross of Christ forever.

Welcome Hanna and Eric. We have work to do!

Together in Christ,
Pastor Bill

Servant Week, Here we come! (June 18-23)...Two years ago our youth scraped and painted a house in Rogers, Ohio. The house was built in 1881. Now our youth have their eyes on another house since last year. This house was built in 1860. It is close to 3,000 sq. ft. of painting. We will scrape what needs scraping, then prime the entire house, then paint it colonial blue with white trim. There may be some repairs included. Nonetheless, we will get the house sealed up to sustain its maintenance. As we get a closer look at some needed repairs, we will scope it, estimate the costs and skills to do it, and then find the right group to do the work. The owners have had some health challenges and got behind in the maintenance. It is our joy to meet them, work with and for them, and to show God’s love for them. The other half of our group will work for the Youngstown Neighborhood Development Corporation (YNDC). The YNDC now understands how powerful and dedicated our youth are. They are ready to give us their bigger vision of what they hope to get done this summer; then they are ready to get out of our way and let us show how our youth get things done. Our youth have left their “prints” on Youngstown and Rogers, and we intend to continue to make a difference.

Donations Needed: Intergenerational Blanket Making and Diaper Packaging at Synod Assembly...Youth and adults will be making tied fleece blankets for the non-profit organization Hands, Hearts, and Homes (H3O). H3O will then distribute the blankets to homeless individuals in the Cleveland area. Please bring fleece that is cut into 1 to 1 ½ yard sections. Youth and adults will also have the opportunity to package diapers into Ziploc bags that will be delivered to OPEN M in Akron, Ohio. The Opportunity Parish Ecumenical Neighborhood

Ministry (OPEN M) is designed to address poverty in the Akron area through wellness, educational, and spiritual services. We are asking for donations of gallon-sized Ziploc bags and diapers of all sizes. Please have your donations to the church by **Sunday, June 4**, so President Robert McKinney can take them to the Synod Assembly with him on June 10. You may place your donations on the table in the main hallway near the elevator lift.

Luther Seminary, From the Office of the President, The Rev. Dr. Robin J. Steinke to Pr. Bill Leitch... Easter greetings! I am struck by this verse describing the post-resurrection lives of the early disciples. From the readings for Sunday, May 7: *“They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers.”* (Acts 2:42)

The disciples knew that life had changed dramatically. In the midst of the rugs being completely rearranged beneath their feet, they centered themselves in learning and being together, eating, and praying. These are our aspirations as well.

At Luther Seminary, we are putting finishing touches on our preparations for graduation, a couple of weeks away. This ritual represents the completion of good work, of devotion to teaching and learning, of endurance, and commitment. Graduation represents a momentous transition for most of the 100+ people who will receive their degrees, as they commence lives in service to the gospel, and lead in Christian communities across the world.

As a supporter of Luther Seminary, you are very much a part of the sense of accomplishment so many feel on graduation day. Because you have prayed, encouraged, given, and responded, this work on behalf of the church is possible. I am deeply grateful for your partnership.

Luther Seminary is leading during its share of change as well. A recent event illustrates this reality. On March 30, The Friends of Luther Seminary closed its ministry after 77 years of faithful service. From a February Board resolution commending their ministry: “Their efforts have included providing bedspreads, home canned produce and bakery treats for students, serving at special functions, and always holding the entire community in prayer. Most recently, the Friends have prayed for students, staff, faculty, and alumni, helped stock the student food shelf, and through fundraising activities have provided scholarships through the Friends Endowed Scholarship Fund currently valued at more than \$220,000.”

This group of women made the difficult decision to end the Friend’s active ministry, though the generosity of their scholarship fund will continue it perpetuity. Even the simple shift from “home canned goods” to “stock the student food shelf” is illustrative of the cultural changes this organization of supporters has navigated. During their time of service, the first women came to be students. Their advocacy surely contributed to the fact that women now are participating at all levels of church leadership, including bishops and seminary presidents. I am a beneficiary.

This year, the recipient of the Friend’s scholarship is a first-year Master of Divinity student, Kendrick Hall. Kendrick is an African American Lutheran, a member of a mostly African American Lutheran congregation. His pastor will be featured in the next Story magazine. Kelly Chatman has inspired four current members to follow a call to church leadership. Beautifully, Kendrick is also being supported by the commitment of the Friends, women who care deeply about the vitality of the church, most of whom claim Northern European ancestry.

Much has changed since I graduated from an ELCA seminary. Though enrollment in the ELCA seminary system stayed fairly stable from the late 1980s to 2012, it has been a different story since then. In the course of the last five years, Luther’s enrollment is down between 30% and 40%, depending on how you count. Other ELCA seminaries are seeing similar declines. Add escalating retirements, and this explains why a 2016 report by the ELCA projects that within a few years there will be 1,000 pastoral vacancies in congregations that could otherwise afford to call a full-time pastor.

Let's ask a wonderful Lutheran question: What does this mean?

This means the church needs more candidates for ministry, and more individuals and congregations who are willing to inspire and invite promising candidates to consider this vocation. What kinds of gifts do they need? Theological curiosity, passion for the gospel, empathy, leadership potential, commitment, cultural competence, and a spirit that is hungry to learn.

Our board met in late April. They remain committed to financial sustainability, and also recognize the need for investment. We have come a long way. In 2012 we were working from a budget of \$27 million with revenue of \$21 million. The board passed a budget for fiscal year 2018 of \$19 million with expected revenue of \$18 million. Why a deficit still? They are determined to support the important work of resurrection (adaptive change) that is happening here even as we work long-term to bring depreciation above the line and secure an operating margin of 2.5%.

New models are emerging for the work of forming leaders, better integrating the academy, and the gifts of practitioners. Staff and faculty in congregational mission and leadership have been collaborating to take advantage of the geographical spread of our students, a surprising asset and outcome of our distributed learning program. We both need and have access to practitioners around the country. Talk about getting out of the ivory tower!

The Festival of Homiletics in San Antonio is just days away. More than 1,800 preachers will gather from all over the country for a week of rich learning and inspiration by the best preachers around. Luther Seminary's *Working Preacher* resource continues to feed thousands of preachers weekly, and many in San Antonio are no doubt regular users. But you don't have to be a preacher to appreciate it.

Thank you for your prayers and support. Many of you have been committed to this mission for decades. We are truly partners in raising up leaders so that the gospel might be heard and experienced. Though the pace of change may be disorienting at times, we trust in God's good intention for this mission, and your good intention as well. It is Easter, and the promise of new life is before us. The tomb is empty!

With gratitude,
The Rev. Dr. Robin J. Steinke, President

To St. Paul Lutheran Church,

Thank you for your special donation from
your Rummage Sale.

In Christian Appreciation,
Lucille Bickel and the volunteers at the
Clothes Closet, Emmanuel Lutheran Church

ST. PAUL NEWS & EVENTS

PLEASE PRAY FOR:

Remembering those with medical challenges: Debbie Bartlett, David Baudo, Elaine Benka, Ron Benka, Jerry Groves, Don Hazel, Michelle Bauman Jarzembowski, Ellen Miller, Carole Null, Lauren Patton, Naomi Prox, Roy Seibert, Jeff Trimble, April Williams, Andrea Wollam

Remembering those who are home bound: Shirlee Chambers, Charles English, Margaret Halavick, Jim Illencik, Harriette Shaffer

Remembering those with special needs: Joe Benka, Elizabeth Campbell, Bryan Giocondi, Debi Houlf, Lisa Null, Anita Rayburn, Cindy Robinson, Deanna Savon, Ondine Shiau, Willis Stauffer

Remembering those in Military Service: Joe Baudo, Kirk Groves, Michael Maradin

PENTECOST SUNDAY:

Remember to wear your red and bring your red geraniums to church with you on **Pentecost Sunday, June 4.**

STRAWBERRY SOCIAL:

We will hold our annual Strawberry Social on **Tuesday, June 20**, from 4:30 pm to 6:30 pm. The menu consists of sloppy joes, hot dogs, potato & macaroni salads, baked beans, ice cream, cake, strawberries, and hot and cold beverages. This is a Thrivent sponsored event; proceeds benefit St. Paul's general fund. Come and bring a friend!

PARISH EDUCATION:

Some important dates to remember and mark on your calendar:

June 4 – Pentecost Sunday/Confirmation

June 25 – Senior Recognition Sunday

July – Vacation Bible School will be held at Living Lord in July. We need some volunteers to help with this program. Program will run Sunday evening through Thursday evening, July 9 - 13. Please contact Pastor Bill, Lynn, or Debbie Groves if you can help with this program.

December - We will again host the Christmas Program and Luncheon in December.

OUR GRADUATES:

High School:

Jacob Groves: Son of Kara Groves Eaton and Michael Eaton, also grandson of Jerry and Debbie Groves, Jake is graduating from Lakeview High School. He is a 3 year letterman in Football and Track. He has also been active in Communications Club and an Orthopedic student assistant. He has attended 2 years of CCP Classes at Eastern Gateway and Youngstown State. He has participated in J.O.S.H.U.A. House Servant Week and Mission on the Mon (Pittsburgh). Jacob will be attending Youngstown State, majoring in Dietetics. He then wants to continue his education at a Chiropractic Institution, planning to become a Medical D.O. His goal is to become a D.O. with a major in Dietition/Nutrition, practicing in Chiropractic Care for Pro Sports Teams.

Andrew Sutton: Son of Dr. Jeffrey and Arlene Sutton, Andrew is a May 2017 graduate of Howland High School. While at Howland, he has been active in Cross Country, Track and Field, National Honor Society, Skiing and Snowboard Club, and German Club. He has been in four high school Drama Club productions, recently as Lumiere in Howland's production of *Beauty and the Beast*. Andrew also is an Eagle Scout and plays the violin. He will attend Bowling Green State University and major in Flight Operations and Technologies, with plans to become a pilot.

College:

Emily Martin: Daughter of Tim and Amy Martin, Emily graduated Cum Laude from Baldwin Wallace University with a Bachelor of Arts in Digital Media and Design: Graphic Design, and a minor in Marketing. She plans to do contract graphic design work and is in the process of interviewing for full-time positions as well.

Molly Martin: Daughter of Tim and Amy Martin, Molly graduated Summa Cum Laude from Baldwin Wallace University with a Bachelor of Arts in Communication Sciences & Disorders, and a minor in Psychology. Molly will be going to grad school at Baldwin Wallace in the fall to pursue a Masters of Science in Speech-Language Pathology in order to become a licensed speech therapist.

Aaron Sutton: Son of Dr. Jeffrey and Arlene Sutton, Aaron is a May 2017 graduate of Duquesne University with a Master of Music Performance Degree and a concentration in jazz guitar. He currently is teaching guitar lessons full-time at Empire Music in the Pittsburgh area.

Nathaniel Sutton: Son of Dr. Jeffrey and Arlene Sutton, Nathaniel is a May 2017 graduate of the University of Akron with a Bachelor Degree in Corrosion Engineering. He has been active in numerous student organizations. During college, Nate worked as a co-op with BP, living in Bellingham, WA, and in the Chicago area. He worked as an intern at the Equity Engineering Group in Shaker Heights, OH, where he will be working full-time. Nate has recently been named a "Top 10 Senior" from the UA Class of 2017.

Special Award:

Kathryn Bachinger, BSN, RN: Daughter of Jerry and Debbie Groves, Kathryn Bachinger graduated from Youngstown State University with her BSN, and then started her nursing career working at Select Specialty. She then transitioned to work in home care and hospice. In 2011, Kathryn joined Cleveland Clinic on the J61 cardiovascular surgical step-down unit, later transitioning into the cardiovascular and thoracic operation room. Almost two years ago, she began working at Twinsburg Family Health & Surgery Center in family medicine, where shortly after she became the family medicine team lead. This position has given her the opportunity to participate in many accountable care organization (ACO) quality initiatives. She has also been involved in improving patient satisfaction, patient education, and process improvement efforts for nurse visits. Fittingly, 'Family Medicine' is the name of the department, as Kathryn explains, "Our patients are taken care of like they are family, and patients always come first. We strive to do the best we can to ensure that all patient needs are being met. The caregivers I work with – from medical assistants, physicians, certified nurse practitioners, and nurses to administration – are truly family and it makes the environment within the workplace pleasant and enjoyable." Kathryn attributes her drive to her parents. They have always "taught me to work hard and achieve my goals". She has carried this with her during schooling and now in her career. She would like to take this opportunity to thank them for their continual love and support and for setting the expectation for a strong work ethic. Kathryn strives to share the core values her parents taught her with her husband, Erik, and their son, Owen, who, at 2 years old, is the joy of their lives and keeps them both busy. Together they enjoy picnics, bonfires, and cookouts. Kathryn also enjoys reading and relaxation.

SPRING FLING:

SPRING FLING was a huge success! Thank you to everyone who participated in any way – donating items to sell, setting up for the sale, pricing items, working at the event, cleaning up after the event, and purchasing items at the event. Thank you to all of the ladies who donated baked goods. The event generated \$2,100.00 that will go to the Anniversary Committee and toward the purchase of window treatments in Cassel Hall. We appreciate your support! Diana Bauman

RED CROSS VOLUNTEERS:

Thursday, June 22, will be the next Red Cross blood drawing in Cassel Hall. Volunteers are needed to register donors and to help with the snack table. Donors appreciate a smiling face and a little conversation while they wait. The volunteer schedule is flexible. Contact Bonnie Thompson at 330-272-1400.

2017 FLOWERS AND MEDITATION CANDLES:

Weeks are still available for purchase, dedicated to your special intentions. The meditation candle is \$5.00 and flowers are \$30.00 for two vases. **Please use an Order Envelope and PREPAY your order at the time that you sign the flower and candle chart. PAYMENT ENVELOPES ARE BY THE FLOWER CHART.** On weeks where there is no paid order, the church will display silk flowers to the Glory of God. Please sign up for your special weeks while they are available.

SPLASH TODAY:

Donations are always warmly welcomed, and with your continued support, we will be able to sustain this valuable ministry to young families.

GRIEF MINISTRY:

Part of the Social Committee is Grief Ministry. Joyce Osborn (330-372-2136) is spearheading this ministry with Pr. Winters' and God's guidance and help. When a loved one dies, Joyce sends a set of four books called "Journeying through Grief" throughout the first year. Each book describes the issues and feelings that a person tends to encounter at various points of grief and the books offer suggestions on handling them. If Pastor Winters or Joyce can be of any help or if you have any questions during a time of grief, please contact either of them.

DUE TO GOVERNMENT REGULATIONS:

In the Health Insurance Portability and Accountability Act (HIPAA), churches and clergy can no longer make written or oral public announcements of health information regarding our members. Thus, unless specifically requested by a member to share other information, we are only able to indicate where a person is hospitalized or that they have been discharged.

BIRTHDAYS:

6/1 = Diana Bauman & Jerry Wareham
6/4 = June Hutchison
6/7 = Helen Knouse
6/8 = Lillian Barbutes
6/12 = Jennifer Gilger, Michael Jewell, &
Andrew Sutton
6/13 = Dorothy Seibert
6/14 = Ernest Basalyga
6/15 = Wiley Runnerstrand
6/18 = Patricia Galgozy
6/20 = Nathan Truhan
6/21 = Rodger Bartlett & Nathaniel Whaley
6/22 = Chelsea Moorhead & TJ Skoczylas
6/25 = Barb Basalyga
6/27 = Eric Hart

6/29 = Lynn Danes
6/30 = Adam Huffman

ANNIVERSARIES:

6/2 = Baudo, David & Lorri
6/7 = Moorhead, Matt & Alyson
6/8 = Lampson, Robert & Rita
6/15 = Whaley, Dale & Deborah
6/17 = Trimbur, Robert & Ellen
6/20 = Thirion, Terry & Lisa
6/21 = Illencik, James & Debbie
6/22 = Brown, Eric & Jessica
6/22 = Geilhard, Ryan & Laura
6/25 = Calugar, George & Franca
6/30 = Brant, Donald & Evelyn

ST. PAUL SERVANTS FOR JUNE 2017

Greeters

6/04 Terry & Brenda Cephlecci
6/11 Terry & Brenda Cephlecci
6/18 Terry & Brenda Cephlecci
6/25 Terry & Brenda Cephlecci

Lectors

6/04 Kelly Hutchison
6/11 Carol Hipple
6/18 Marty Maurice
6/25 David Maurice

Flower Delivery

6/04 June & Kelly Hutchison
6/11 Peggy Skoczylas
6/18 Diana Bauman
6/25 Judy Muehlbauer

Refer to the sheet in the Sacristy for deliveries. Mark the date of delivery opposite the person's name on the sheet. Thank you.

Communion Assistants:

6/04 Debbie Cravotta
6/11 Gene Cravotta
6/18 Rodger Bartlett
6/25 Brenda Hart

Acolytes 10:30 service: (agreed dates by parish youth)

6/04 Ean Dodge
6/11 Ethan Dodge
6/18 Spencer Moorhead
6/25 Emily Gilger

Acolytes: Please be present ten minutes before the service begins.

If you are unable to acolyte as scheduled, please trade with one of the other acolytes and notify Christine Mymo – 330-647-2913. Thank you for your help! We count on you to be here!

Ushers

6/04 Barb Basalyga & Debbie Cravotta
6/11 Barb Basalyga & Debbie Cravotta
6/18 Dale Whaley & Alicia and/or Dan Seitz
6/25 Dale Whaley & Alicia and/or Dan Seitz

Church Closing

Jerry Null

Visitor Notes

Jean Maurice

NEWS FROM THE SHARED MINISTRY

Emmanuel Clothes Closet...The Clothes Closet is open every Tuesday at 9:00 am. In need of: summer clothes (children & adults), bathing suits, deodorant, lotion, dish soap, paper towels, toilet tissue, anything for babies, plastic bags, curtains, doilies, sheets.

Emmanuel Shopping Cart Needs for June...Instant potatoes, canned sweet potatoes, stuffing mix, gravy (jar or mix), Vienna sausages, canned fruit, cracker snacks, cans of food with pop top lids for easy opening.

Living Lord Summer Worship Schedule...We will begin our Summer Worship Schedule on **Sunday, June 4**. We will have services at 8:00 and **10:00** am.

Living Lord Card Class...Join us for a card-making class on **Thursday, June 8**, in the Activity Room. We will be making 4 cards. Our theme will be "Time to Celebrate". Classes will be at 2:00 pm and 6:00 pm. The cost is \$12.00. Please bring adhesives like double-stick tape and liquid glue. There is a sign-up sheet on the bulletin board. The deadline for signing up is Sunday, June 4. Emmanuel and St. Paul members are welcome to join us – call Lynne Walters at 330-856-9689 to get signed up!

Living Lord Fellowship in June...We will have Fellowship on **Sunday, June 18**, after both services.

From Living Lord's Parish Nurse, Dora Muller... *"The human foot is a masterpiece of engineering and a work of art."* Leonardo da Vinci

During a typical workday I easily log a couple of miles on my feet and by the end of the day my feet scream for some extra care. With proper care, our feet can last a lifetime. Our feet are small structures that support our body and allow us to be mobile. There are diseases that affect our feet, such as arthritis, peripheral arterial disease, neuropathy, cardiovascular disease, and diabetes. Have you ever wondered why your doctor often asks to see your feet during your visits? The reason is that people with diabetes are at risk of developing wounds on their feet (a diabetic foot ulcer is an open sore or wound that occurs in approximately 15 percent of patients with diabetes and is commonly located on the bottom of the foot). Corns and calluses are very common as a result of rubbing or other types of pressure on the foot. We ladies know very well the appeal of pointed-toe shoes and high heels. However, our feet do not like the injury that these beautiful shoes can bring upon us. My sister, Cristina, and my niece, Juliana, each have a large collection of beautiful shoes. However, the shoe shapes often do not conform to the anatomy of the human foot. The result can lead to painful leg cramps and difficulty with balance which can result in serious falls. I am not against high heels and uncomfortable shoes, but common sense is important. Inspect your feet daily and keep them dry. Take good care of your toe nails. Whether or not your health insurance allows it, visit a podiatrist (a doctor who specializes in foot care). With proper care of your feet, you should be able to dance, walk, maybe even run, and sustain your feet and body for years to come. The term "comfortable shoes" may bring back memories of ugly shoes. However, there are beautiful shoes, such as sensible pumps, that protect our feet without compromising style. I am fortunate in that I can wear comfortable shoes on my long workdays. Even though I wear comfortable shoes, I still crave a foot massage to alleviate the pain and imagine how painful it must be to go through life with foot discomfort for those who suffer from chronic foot diseases. Let's all of us take good care of our feet so they can last a life time.