



**September 15, 2025**

### **Facts Matter**

I'm not a huge fan or user of social media. I have a Facebook account but I mostly use it for information and inspiration about my interests: faith, gardening, and local arts and events.

I don't use it for political information. It isn't reliable enough. Sadly, you can't believe that the author is truly the author. I prefer to read a reliable source. I don't use it to find out news about family and close friends, either. It isn't personal enough. I prefer to get such news in person, by phone, or email, or text.

And, saddest of all, I rarely comment on things that are posted. Even the most seemingly mundane response too often engenders a snarky reply or worse. Frankly, I'm retired. I don't need that kind of stress.

Like everything about the internet, there's good and bad to be found there. Users must be selective. I unfriended a nephew on Facebook a while back because I didn't like the foul language he used. I don't want to see that.

One Facebook group whose posts I love and trust is the Clergy Coaching Network ([clergycoachingnetwork.com](http://clergycoachingnetwork.com)). Officially, it is: "A network for coaches and resources for pastors and ministry leaders who want to experience the joy of transformational leadership." It's social media posts reflect that goal – offering challenging and inspirational quotes, scripture, etc. Here is an example:

Live in love, not hate.  
Live in hope, not anger.  
Live in truth, not rumor.  
Live in kindness, not rudeness.  
Live in generosity, not selfishness.  
Live in peace, not frustration.  
Live in joy, not doubt.  
Live in movement, not fear.  
Live in love.

original words by rachel marie martin  
findingjoy.net  
the brave art of motherhood

Living this way is what Jesus calls us to do. It's a fact we Christians can't ignore if we're being faithful to the gospel. In a world that is increasingly selfish, hostile, and rude, we're to demonstrate compassion, calmness, and civility. In a society that is increasingly isolated, lonely, and anxious, we're to offer experiences of community, friendship, and tranquility.

In her book, *Harm Not the Earth*, Megan McKenna shares these practical ways to do that.

#### How to Build Community:

*"Turn off your TV.  
Leave your house.  
Know your neighbors.  
Greet people.  
Look up when you're walking.  
Sit on your step.  
Plant flowers.  
Use your library.  
Play together.  
Buy from local merchants.  
Share what you have.  
Help a lost dog.  
Take children to the park.  
Honour elders.  
Support neighborhood schools.  
Fix it even if you didn't break it.  
Have pot lucks.  
Garden together.  
Pick up litter.  
Read stories aloud.  
Dance in the street.*

*Talk to the mail carrier.  
Listen to the birds.  
Put up a swing.  
Help carry something heavy.  
Barter for your goods.  
Start a tradition.  
Ask a question.  
Hire young people for odd jobs.  
Organize a block party.  
Bake extra and share.  
Ask for help when you need it.  
Open your shades.  
Sing together.  
Share your skills.  
Take back the night.  
Turn up the music.  
Turn down the music.  
Listen before you react to anger.  
Mediate a conflict.  
Seek to understand.  
Learn from new and uncomfortable angles.  
Know that no one is silent though many are not heard — work to  
change this."*

It's not what we believe but how we behave that is the truest expression of our faith. The news may be disturbing, other people may be disappointing, and worship attendance may be declining, but as the Church of Jesus Christ, our mission is to witness to his life, death, and resurrection that has already triumphed over all the sin and suffering in this world. Let us live in love as if it's really true.

~Written by Rev. Margie Osborn

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