



Remember - our fallen heros. They are the reason that we are free.



**Mother's Day– May 8th!**  
**Armed Forces Day-21st**  
**Memorial Day-30th**  
**Lupus Awareness Month**



## 10 WAYS TO IMPROVE YOUR PRAYER LIFE

By: Susan Hogan

Moses went to the mountain top to hear God. Jesus fled to the desert. But for many Christians, their most regular place for praying is whatever pew they sit in on Sundays. Work, children, chores and other duties make stopping for prayer seem a luxury. In today's culture, some even joke that Charles Wesley's quote "prayer and never faint," refers to passing out from an overloaded schedule. "We forget to intentionally make space for prayer," said Betty Kate Hudson of First UMC in Lancaster, SC. That's not the way it's supposed to be. Souls, like vines, tend to grow wild and weak when untended.

No matter the season on the church calendar-Advent, Lent, Easter, Pentecost, or all of the times in between. Prayer is the gasoline that fuels Christians. "Prayer is the catalyst," says the Rev. Jeffrey Kersey, a UMC minister in Lexington, S.C. Prayer, like tennis, takes practice to become accomplished. Spiritual guides and sages, pastors and other church members are filled with advice and counsel.

Here's some of that wisdom condensed into 10 tips about prayer:

### You Are Worthy

Do not feel guilty about the quality of your prayer life, or fall victim to doubts and despair about your worthiness to talk to God. Each of us has a spiritual gift. So remember John Wesley's words: "In Christ we gain more than in Adam we lost."

### The more you pray, the richer your prayers become.

To deepen your prayer life, don't be a slacker. Like anything in life, to become good at prayer you must be disciplined. Just as running is an exercise in physical fitness, prayer is a spiritual discipline.

### Prayer is active.

Prayer involves action; namely being attentive to God's voice in your life. Listening for God means stopping and sitting still. It means paying attention to what God may be saying to you at any point in your life.

### Prayer should not be an afterthought.

Prayer was the backbone of Jesus' ministry. Often, he broke away from his disciples to spend time with God. In the same way, prayer is essential to individual lives and to the life of the church. Break away from your daily routine for quiet time in prayer.

### Surround yourself with people who are seasoned at praying.

People who've established prayer routines have much to teach those wanting to draw closer to God. Seek out those who can help guide and encourage your prayer life.

### God doesn't require eloquence.

Don't worry if you fumble for words when you pray. God is not looking for Toastmaster's graduates, but sincerity (not that you can't have both at once). If the words won't come, God still knows what's in your heart. Lift up that desire.

### Prayer need not involve words.

The great Christian saints all write of prayer as a time of sitting quietly with God. Jesus even went off for 40 days of prayerful solitude. Take a deep breath. Exhale. Follow the breath as it flows in and out of your body. Think of it as the spirit of God breathing life into you.

### Prayer is a time for conversation with a friend: God.

Whether you see that friend routinely or just every once in awhile, know that whenever you turn to God, you're turning to someone who loves you.

### Ask God for help if you get stuck.

Maybe you've hit a dry spell. There's no shame in asking God to guide you to pray in a new way.

### The three Ls of prayer: Listen, listen, listen.

Listening for God is central to prayer, according to the great saints. It's so critical that St. Benedict began his famous Rule with this command for monks: "Listen with the ear of your heart."

And remember, prayer can happen anywhere -- it doesn't have to take place in a church.

\*Hogan is a freelance writer based in Chicago. Emily Cooper and Jan Surratt of the South Carolina United Methodist Advocate did reporting for this story. This story was originally published in 2009.

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## Mother's Day Tea

**May 7th from 2-4**  
**Fellowship Hall**

*Celebrate moms for the amazing jobs they do!  
 Invite girlfriends, sisters, aunts, grandmothers  
 & mom for an old fashioned spring tea!*

**&**  
**MAY 8th Mother's Day**  
*We invite all to share in cake and ice cream after worship to honor our women!*

**The Newsletter is taking a 'good weather' break! This will be the last monthly newsletter until September! Get your September information to Janet by August**

**Missing Church when you are traveling or ill? Not any more!**

**View online services from Fairview UMC! [Gotomeeting.com](http://Gotomeeting.com) click join a meeting and enter the meeting ID.**

**For Fairview it will be: 692-171-365**

### FAIRVIEW UMC INFO:

Church Phone: 765-789-8959

Pastor Ryan: 765-369-4099

Ryan's Cell: 765-256-0331

[www.umcfairview.com](http://www.umcfairview.com)

[www.facebook.com/Fairview.in](http://www.facebook.com/Fairview.in)

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### To submit to the Newsletter:

Contact Janet Amundson:

@ janetramundson@aol.com or call:

(765)744-0852) Or put your information in the box in the hallway in the Fellowship Hall Please help keep the Newsletter going by adding your submission!

To receive newsletter electronically in full color in your email, please submit your email address to Janet as well!



## On Going Events:

- 1pm each Monday: **Grown up Coloring Party**
- 2pm each Wednesday **Willing Workers knit/crochet**
- 6:30 each Wednesday: **Bible Study**
- Third Sunday each month worship: **Jimmy Riddle will sing!**
- Every Friday night: **Friday Night Friendzee@ Redkey Youth Center 6-8pm**
- Third Thurs. of ea. month: **Fairview Woman's Guardian Angels meeting at 6pm.**
- First Saturday of each month: **Breakfast at the Youth Center 7am-10am**



## May Birthdays & Anniversaries

- 21– Rick Current
- Violet Current
- 27– Barry & Judy Retter (A)
- 30- Shawn & Shelly Bee (A)



“A daughter without her mother is a woman broken. It is a loss that turns to arthritis and settles deep into her bones.”

**Ladies Day Out! May 21st A day trip to Zionsville!** Fairview Woman's Guardian Angels will be taking a few months off! May is our **last meeting until September!** So, **if you can, join us May 19th for our ladies meeting!**

### A Great Mother.....

Accepts and loves her children unconditionally.  
 Believes in each child's unique potential.  
 Comforts her kids when they are sad, disappointed or hurt.  
 Delights in their successes, no matter how small.  
 Expresses her love in deeds as well as words.  
 Forgives her kids when they hurt or disappoint her.  
 Gives generously of her time, attention, energy and money.  
 Hugs her children...often.  
 Intuitively knows what they need, even when they don't.  
 Judiciously disciplines with fairness and restraint.  
 Keeps things in perspective and doesn't sweat the small stuff.  
 Listens with her heart.  
 Motivates by her example, not just her words.  
 Never plays favorites.  
 Opens her home and heart to her children's friends.  
 Protects her kids from harm, as best she can.  
 Questions and challenges them to learn and grow.  
 Respects them as they blossom into adulthood.  
 Supports them in their right to make mistakes and learn.  
 Tells them how much she loves and appreciates them.  
 Understands that parenthood is not ownership.  
 Vigorously works to teach her children good life skills  
 Wipes away their tears and holds them when they cry.  
 Xtends a helping hand , even when her kids are grown.  
 Years to see her family happy, healthy and strong.  
 Zings with hoy to hear her children's laughter.  
 -BJ Gallagher

Due to this being the last Newsletter until September here are some of the summer events we have scheduled!

JUNE:	JULY:	AUGUST:
14th council meeting at 6:30	8th,9th, 10th Christmas in July 9a-3p	9th: Council meeting
19th Father's day cake and ice cream	17th: Biscuits and gravy after wor-ship!	14th: Carry in after worship
		Church Rummage 26 -27th Fr 9-5 Sat 9-3

Please check the bulletins for further news and changes to the schedule!  
 Have a great summer!

### Eulogy for a Veteran

Do not stand at my grave and weep.  
 I am not there, I did not sleep.  
 I am a thousand winds that blow.  
 I am the diamond glints on snow.  
 I am the sunlight on ripened grain.  
 I am the Gentle autumn rain.  
 When you awaken in the mornings hush,  
 I am the swift uplifting rush of quiet birds in circled flight.  
 Do not stand at my grave and cry,  
 I am not there, I did not die.



We need every day items and food for the pantry. Please bring in what you can and put them on the alter.



MY SINCEREST APOLOGIES TO ANYONE WHO GOT INJURED LAST WEEK WHEN WE SCHEDULED THE BAKE SALE AND WEIGHT WATCHERS FOR THE SAME EVENING.

### For love of country they accepted death. - James A. Garfield

#### To See the Unseen

“He gives strength to those who are tired and more power to those who are weak.” Isaiah 40:29

An example of faith was found on the wall of a concentration camp. On it a prisoner had carved these words:

I believe in the sun, even though it doesn't shine,  
 I believe in love, even when it isn't shown,  
 I believe in God, even when he doesn't speak.

I try to imagine the person who etched those words. I try to envision his skeletal hand gripping the broken glass or stone that cut into the wall. I try to imagine his eyes squinting through the darkness as he carved each letter. What hand could have cut such a conviction? What eyes could have seen such horror? There is only one answer: Eyes that chose to see the unseen.

From: “He Still Moves Stones” by Max Lucado

I've learned a lot from my twenty plus years of living with an auto immune disorder. Living with Lupus is hard enough, but toss in the company of Multiple Sclerosis and Fibromyalgia and it makes for an interesting combination. I'm not confessing this to draw attention to my own personal trials or to evoke sympathy to my daily walk with the big "L". I feel blessed, yes, you read that right...blessed to have this struggle on my plate. Why? Because living with Lupus has taught me so much about who "I" am as a person. *It's taught me a lot about who I am in Christ.*

For those of you who may not know much about "L", it is a chronic autoimmune disorder. It can and does attack any part of the body it chooses. *Nothing is safe from "L"*. Skin, joints, organs inside the body are all subject to it's attack. Research suggests that at least 5 million people world wide suffer from some form of lupus. It strikes mostly, but not exclusively women from 15-44. But it isn't gender, age or race specific.

The big "L" that I struggle the most with is joint and muscle specific. It didn't help when I ran over myself with the van, it just gave the "L" another foothold on my body. You see "L" loves weak spots. I gave it another one when the accident happened as it is now attacking the new 'weak' areas of my ribs and right leg. With our dear friend Beth, "L" has attacked her lungs, causing her to have Pulmonary Fibrosis as it is destroying her lungs day by day.

Living with Lupus is a lot like living with a rattlesnake or scorpion in your home. You don't know where it is hiding or where it will attack next. You can't get rid of it because there is no specific diagnosis or treatment for it. Sometimes however, it does give warning of the impending attacks. Weather and atmospheric changes tend to cause flare ups, as does trying to be 'normal' and doing normal daily things. Pushing yourself to hard and doing more than "L" allows you to do can cause flares. Pushing yourself and tiring your body gives room for an attack.

I love the "*The Spoon Theory*" by Christine Miserandino. It's a definition of what living with Lupus is like. It shows how *each mundane task* we do, *takes away energy* that we need to get through each day. The energy it takes to live with "L" is depicted as a bouquet of spoons, *each task you do no matter how small*, takes away a spoon. I am attaching it to the newsletter for you to read. Once read, you will have a better understanding of what it is like to live with "L".

As I mentioned it has been a blessing for me in many ways to live with "L". During my bad L-days I refer to **James 1: 2,3** *"...count it all joy when you fall into various trials, knowing that the testing of your faith produces patience."*

Then there is my favorite:

**I Peter 1:6-9** *"In this you greatly rejoice, through now for a little while, if need be, you have been grieved by various trials, that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor and glory at the revelation of Jesus Christ, whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, receiving the end of your faith—the salvation of your souls."*

You see, living with "L" has taught me patience. It has taught me to LEAN ON CHRIST through every trial I face. Not just the physical trials, but the emotional ones as well.

Living with "L" has taught me how to do battle against Satan, it has taught me to be a strong warrior in the face of adversity. **It has taught me to never set my feet on the floor in the mornings without girding myself with the full armor of God in Ephesians 6:10-20**

Living with Lupus has taught me how to stand firm in my faith and lean on His everlasting arms for strength to get through each day. It's taught me to fight the good fight of faith: *"Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses."* **I Tim. 6:12**

I have said many times in the past that being a Christian doesn't mean you are free from trials and tribulations. If you are doing it 'right'...it means you WILL FACE them! *"In this world you will have tribulation; but be of good cheer, I have overcome the world."* **John 16:33**

I will end this testimony by using one of my favorite passages: **Revelations 21:4** *"And God will wipe away every tear from their eyes; there shall be no more death nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."*

I certainly cling to that fact...no more pain! As I know Beth does and every other person who suffers from any kind of chronic illness and pain.

This month, being national Lupus awareness month I would like to point out the Lupus awareness events happening here in Indiana. There is a walk on May 14th at Crown Point. The Walk to End Lupus Now event. It is a 5k walk and run at the Lake Co fairgrounds. One mile and three mile routes to choose from. I am not yet prepared for this one.

Then on October 1st ( I plan to attend this one) there will be a "*Walk to End Lupus Now*" event at the historical Military Park 601 W. New York Street in downtown Indy. I plan to prepare my body to do this one, I hope many of you will start training with me and go with me to walk in Indy on October 1st. Please let me know if you are interested to be on the team "*L1-L2*" (Beth and I) as I walk for us in the Indy event.

Remember friends, whatever trial you are facing, you do not face it alone. *"..and lo, I am with you always, even to the end of the age."* **Matthew 28:20**

Lupus is called "The Invisible Disease." Most people with lupus do not look sick but they are! To learn more go to **www.butyoudontlooksick.com**. If you know someone with Lupus understand this...when you ask if they are ok and they answer 'yes'...just know that it is a positive confession of faith. They are in pain, and refuse to give credence to it.

*A person with Lupus cannot remember what it is like to feel comfortable...sitting, standing, playing, resting or trying to sleep.*

*With Lupus the best I can hope for is to be less uncomfortable today than I was yesterday.*

Blessings, Janet

**Did You Know?**

- ⇒ Numbers 21:14 is the only place in the Old Testament to mention “the Book of the Wars of the Lord.” It no longer exists but was most probably an old collection of songs of war which praised God.
- ⇒ Leather-covered shields were sometimes soaked in water as a defense against the enemies burning arrows. Hence Paul writes, “take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.” (Eph 6:16)
- ⇒ The Philistines’ weapons were far superior to anything the Israelites had because they knew how to work iron and other metals. Hence it says in I Sam 13:19 “Not a blacksmith could be found in the whole land of Israel, because the Philistines had said, ‘Otherwise the Hebrews will make swords or spears!’”
- ⇒ The temple tax which Jesus told Peter to find in a fish’s mouth (Matt 17:24-27) was the tax that every male from the age of 20 had to pay each year and was used to pay for looking after the temple.
- ⇒ In the book of Acts the first person to have performed great wonders and miraculous signs who was not an apostle was Stephen. The workings of miracles was not exclusive to the apostles.

**It’s Strange:**

- \* It’s strange how twenty dollars seems like such a large amount when you donate it to church, but such a small amount when you go shopping.
- \* It’s strange how 2 hours seems so long when you are at church, and so short when you are watching a good movie.
- \* It’s strange that you can’t find words to say when you are praying, but have no trouble thinking about what to talk about with a friend.
- \* It’s strange how difficult it is to read one chapter of the Bible, yet how easy it is to read a popular novel.
- \* It’s strange how everyone wants front-row-seats to concerts, but want to sit in the last pew at Church.
- \* It’s strange how we need to know about an event for Church 2-3 weeks in advance so we can include it in our agenda, but we can adjust it for other events at the last minute.
- \* It’s strange how difficult it is to learn a fact about God and share with others, but easy to repeat gossip.
- \* It’s strange how we believe everything that magazines and newspapers say, but we question the words in the Bible.



Now the God of  
Patience and consolation  
Grand you to be *likeminded* one toward  
Another according to Christ Jesus:  
*That ye may with one mind and one mouth*  
Glorify God, even the Father of  
Our Lord Jesus Christ.  
**Romans 15:5,6**

*Time invested in improving  
ourselves cuts down on time  
wasted in disapproving of  
others.*  
\*\*\*\*\*  
*It may be well to stand tall in  
this life, but heave is entered  
only on the knees.*

**INSECTS AND REPTILES IN THE BIBLE**

C H A M E L E O N A T S U C O L P D  
W O R M C O C K A T R I C E S C A D  
T N E P R E S Y R E I F G N I Y L F  
N E F F K N V G P M G A A S H L M J  
A D R A Z I L P S G R I S E O F E T  
S C O R P I O N L N L O M P R T R O  
O H G E P H B E E A O S W Q N N W R  
R T R S S T E L K T R G P H E E O T  
H O R S E L E A C H U E A I T P R O  
V M A G G O T H A W O C D R D R M I  
Y R F L E A L W T Z Z I L D D E A S  
G U M C A T E R P I L L A R A S R E

- ADDER
- ANT
- ASP
- BEE
- BEETLE
- CATERPILLAR
- CHAMELEON
- COCKATRICE
- DRAGON
- EARTHWORM
- FLEA
- FLY
- FLYING FIERY SERPENT
- FROG
- GNAT
- GRASSHOPPER
- HORNET
- HORSELEACH
- LICE
- LIZARD
- LOCUST
- MAGGOT
- MOTH
- PALMERWORM
- SCORPION
- SERPENT
- SNAIL
- SPIDER
- TORTOISE
- VIPER
- WORM



## The Spoon Theory

By Christine Miserandino

www.butyoudontlooksick.com



My best friend and I were in the diner, talking. As usual, it was very late and we were eating French fries with gravy. Like normal girls our age, we spent a lot of time in the diner while in college, and most of the time we spent talking about boys, music or trivial things, that seemed very important at the time. We never got serious about anything in particular and spent most of our time laughing.

As I went to take some of my medicine with a snack as I usually did, she watched me with an awkward kind of stare, instead of continuing the conversation. She then asked me out of the blue what it felt like to have Lupus and be sick. I was shocked not only because she asked the random question, but also because I assumed she knew all there was to know about Lupus. She came to doctors with me, she saw me walk with a cane, and throw up in the bathroom. She had seen me cry in pain, what else was there to know?

I started to ramble on about pills, and aches and pains, but she kept pursuing, and didn't seem satisfied with my answers. I was a little surprised as being my roommate in college and friend for years; I thought she already knew the medical definition of Lupus. Then she looked at me with a face every sick person knows well, the face of pure curiosity about something no one healthy can truly understand. She asked what it felt like, not physically, but what it felt like to be me, to be sick.

As I tried to gain my composure, I glanced around the table for help or guidance, or at least stall for time to think. I was trying to find the right words. How do I answer a question I never was able to answer for myself? How do I explain every detail of every day being effected, and give the emotions a sick person goes through with clarity. I could have given up, cracked a joke like I usually do, and changed the subject, but I remember thinking if I don't try to explain this, how could I ever expect her to understand. If I can't explain this to my best friend, how could I explain my world to anyone else? I had to at least try.

At that moment, the spoon theory was born. I quickly grabbed every spoon on the table; hell I grabbed spoons off of the other tables. I looked at her in the eyes and said "Here you go, you have Lupus". She looked at me slightly confused, as anyone would when they are being handed a bouquet of spoons. The cold metal spoons clanked in my hands, as I grouped them together and shoved them into her hands.

I explained that the difference in being sick and being healthy is having to make choices or to consciously think about things when the rest of the world doesn't have to. The healthy have the luxury of a life without choices, a gift most people take for granted.

Most people start the day with unlimited amount of possibilities, and energy to do whatever they desire, especially young people. For the most part, they do not need to worry about the effects of their actions. So for my explanation, I used spoons to convey this point. I wanted something for her to actually hold, for me to then take away, since most people who get sick feel a "loss" of a life they once knew. If I was in control of taking away the spoons, then she would know what it feels like to have someone or something else, in this case Lupus, being in control. She grabbed the spoons with excitement. She didn't understand what I was doing, but she is always up for a good time, so I guess she thought I was cracking a joke of some kind like I usually do when talking about touchy topics. Little did she know how serious I would become.

I asked her to count her spoons. She asked why, and I explained that when you are healthy you expect to have a never-ending supply of "spoons". But when you have to now plan your day, you need to know exactly how many "spoons" you are starting with. It doesn't guarantee that you might not lose some along the way, but at least it helps to know where you are starting. She counted out 12 spoons. She laughed and said she wanted more. I said no, and I knew right away that this little game would work, when she looked disappointed, and we hadn't even started yet. I've wanted more "spoons" for years and haven't found a way yet to get more, why should she? I also told her to always be conscious of how many she had, and not to drop them because she can never forget she has Lupus.

I asked her to list off the tasks of her day, including the most simple. As, she rattled off daily chores, or just fun things to do; I explained how each one would cost her a spoon. When she jumped right into getting ready for work as her first task of the morning, I cut her off and took away a spoon. I practically jumped down her throat. I said "No! You don't just get up. You have to crack open your eyes, and then realize you are late. You didn't sleep well the night before. You have to crawl out of bed, and then you have to make your self something to eat before you can do anything else, because if you don't, you can't take your medicine, and if you don't take your medicine you might as well give up all your spoons for today and tomorrow too." I quickly took away a spoon and she realized she hasn't even gotten dressed yet. Showering cost her spoon, just for washing her hair and shaving her legs. Reaching high and low that early in the morning could actually cost more than one spoon, but I figured I would give her a break; I didn't want to scare her right away. Getting dressed was worth another spoon. I stopped her and broke down every task to show her how every little detail needs to be thought about. You cannot simply just throw

clothes on when you are sick. I explained that I have to see what clothes I can physically put on, if my hands hurt that day buttons are out of the question. If I have bruises that day, I need to wear long sleeves, and if I have a fever I need a sweater to stay warm and so on. If my hair is falling out I need to spend more time to look presentable, and then you need to factor in another 5 minutes for feeling badly that it took you 2 hours to do all this.



I think she was starting to understand when she theoretically didn't even get to work, and she was left with 6 spoons. I then explained to her that she needed to choose the rest of her day wisely, since when your "spoons" are gone, they are gone. Sometimes you can borrow against tomorrow's "spoons", but just think how hard tomorrow will be with less "spoons". I also needed to explain that a person who is sick always lives with the looming thought that tomorrow may be the day that a cold comes, or an infection, or any number of things that could be very dangerous. So you do not want to run low on "spoons", because you never know when you truly will need them. I didn't want to depress her, but I needed to be realistic, and unfortunately being prepared for the worst is part of a real day for me.

We went through the rest of the day, and she slowly learned that skipping lunch would cost her a spoon, as well as standing on a train, or even typing at her computer too long. She was forced to make choices and think about things differently. Hypothetically, she had to choose not to run errands, so that she could eat dinner that night.

When we got to the end of her pretend day, she said she was hungry. I summarized that she had to eat dinner but she only had one spoon left. If she cooked, she wouldn't have enough energy to clean the pots. If she went out for dinner, she might be too tired to drive home safely. Then I also explained, that I didn't even bother to add into this game, that she was so nauseous, that cooking was probably out of the question anyway. So she decided to make soup, it was easy. I then said it is only 7pm, you have the rest of the night but maybe end up with one spoon, so you can do something fun, or clean your apartment, or do chores, but you can't do it all.

I rarely see her emotional, so when I saw her upset I knew maybe I was getting through to her. I didn't want my friend to be upset, but at the same time I was happy to think finally maybe someone understood me a little bit. She had tears in her eyes and asked quietly "Christine, How do you do it? Do you really do this everyday?" I explained that some days were worse than others; some days I have more spoons than most. But I can never make it go away and I can't forget about it, I always have to think about it. I handed her a spoon I had been holding in reserve. I said simply, "I have learned to live life with an extra spoon in my pocket, in reserve. You need to always be prepared."

Its hard, the hardest thing I ever had to learn is to slow down, and not do everything. I fight this to this day. I hate feeling left out, having to choose to stay home, or to not get things done that I want to. I wanted her to feel that frustration. I wanted her to understand, that everything everyone else does comes so easy, but for me it is one hundred little jobs in one. I need to think about the weather, my temperature that day, and the whole day's plans before I can attack any one given thing. When other people can simply do things, I have to attack it and make a plan like I am strategizing a war. It is in that lifestyle, the difference between being sick and healthy. It is the beautiful ability to not think and just do. I miss that freedom. I miss never having to count "spoons".

After we were emotional and talked about this for a little while longer, I sensed she was sad. Maybe she finally understood. Maybe she realized that she never could truly and honestly say she understands. But at least now she might not complain so much when I can't go out for dinner some nights, or when I never seem to make it to her house and she always has to drive to mine. I gave her a hug when we walked out of the diner. I had the one spoon in my hand and I said "Don't worry. I see this as a blessing. I have been forced to think about everything I do. Do you know how many spoons people waste everyday? I don't have room for wasted time, or wasted "spoons" and I chose to spend this time with you."

Ever since this night, I have used the spoon theory to explain my life to many people. In fact, my family and friends refer to spoons all the time. It has been a code word for what I can and cannot do. Once people understand the spoon theory they seem to understand me better, but I also think they live their life a little differently too. I think it isn't just good for understanding Lupus, but anyone dealing with any disability or illness. Hopefully, they don't take so much for granted or their life in general. I give a piece of myself, in every sense of the word when I do anything. It has become an inside joke. I have become famous for saying to people jokingly that they should feel special when I spend time with them, because they have one of my "spoons".

- See more at: <http://www.butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/#sthash.YyPTPVHS.dpuf>