

**Our Mission:** Bringing together an ecumenical coalition of Quad City area churches to help feed the hungry, offer emergency assistance to those in crisis, and provide a transitional housing program for women and children who are victims of domestic violence or human trafficking.

## Troubles Are Guaranteed in This Life, But Keep Going



*I can't take any more. How much does God expect me to bear? Why doesn't He help me?*

Have you ever felt like this? Job pressures, family problems, church troubles, health issues, relational conflicts, and financial struggles—the list of overwhelming difficulties is endless. It's hard to see a light at the end of a dark tunnel, let alone comprehend how you could possibly walk toward it victoriously. Where can you find the strength to keep going when you're so weary?

Thankfully, God gives us an amazing promise: "Those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary" (Isaiah 40:31). This verse isn't just about physical weakness. Emotional exhaustion can be even more draining. When we're worn out, a good night's sleep will usually renew our strength, but emotional weariness can utterly deplete us. Then fears and doubts rush in: How will I ever deal with tomorrow? God, where are You?

That's exactly how the Israelites felt when the Lord spoke through the prophet Isaiah: "Why do you say, O Jacob, and assert, O Israel, 'My way is hidden from the Lord, and the justice due me escapes the notice of my God?'" (Isaiah 40:27). Sometimes our circumstances make us feel that the Lord has forgotten all about us. If we're His children, shouldn't He rescue us from trouble and make our lives pleasant and easy? Not necessarily.

This attitude indicates we're forgetting that suffering and hardship are a part of life—even for believers. When Adam and Eve chose to follow Satan rather than God, the consequences of sin engulfed the entire world, and no one is exempt. Although the Lord is still sovereign over His creation, He now works out His perfect plans in the context of a fallen environment.

The key to victory in hardships is found in responding rightly to them, not trying to escape. Anyone can keep going when burdens are removed, but those who trust the Lord in the midst of difficulties will persevere. However, this kind of radical trust is possible only when we know God's character and understand His purposes.

Isaiah described the Lord as the everlasting God and Creator, who never becomes weary and whose understanding is inscrutable (Isaiah 40:28). Let's consider how these divine attributes can increase your trust in Him as you walk through troubles. While you see only your immediate needs, God has an eternal perspective on your situation. Because He's your Creator, He's made plans for your life, and they are being carefully worked out through each circumstance that you encounter. Furthermore, He never loses track of you, because you're always on His mind. And finally, He is omniscient, which means His reasons for allowing trials in your life may be beyond your comprehension, but they're always right and meant for your benefit.

**Continued on page 2**

### Inside this issue:

<b>Women in Clergy Luncheon</b>	<b>2</b>
<b>Birdies for Charity</b>	<b>2</b>
<b>Update</b>	<b>3</b>
<b>Volunteers Needed</b>	<b>3</b>
<b>Thanksgiving in July</b>	<b>4</b>



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In the same chapter, Isaiah described the Lord as a shepherd who tends, gathers, and gently leads His sheep (Isaiah 40:11). Here we see the greatness of God's love and mercy. He cares and provides for our needs, carries us when we're too weak to walk, and gently guides us when we don't know where to go. All these qualities should motivate us to trust Him.

If you've ever been tempted to give up or complain to the Lord, perhaps you don't understand how much He wants to help you. "He gives strength to the weary, and to him who lacks might He increases power" (Isaiah 40:29). God never intends that we live out of our own strength. That's why He will sometimes bring us into times of weakness—to show us we need to exchange our puny, earthly strength for His heavenly power. Whether you need physical or emotional might, He can replenish you with His divine energy.

Since God has all the power we could possibly need and desires to share it with us, we must understand how to harness it. Isaiah tells us that the key is to "wait for the Lord" (v. 31). That's probably the last thing you want to hear when you're burdened and overwhelmed. You want relief, not delays! However, waiting for the Lord is not the same as waiting for the end of a difficult season in life.

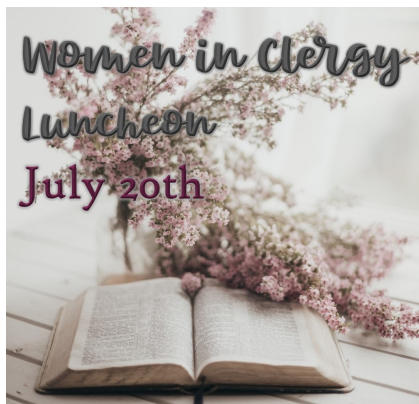
The Hebrew word translated "wait" carries with it the idea of hope and expectation. Since we don't automatically know what to expect from God or how He's going to work in our life, we need to spend time with Him, share how we feel, and turn our focus toward the Scriptures to understand what He desires to accomplish in and through us. Then we should quietly listen in anticipation of His answer. As we rely on His promises, our anxiety will be replaced with His peace.

The Lord never promises to shield us from challenges, but we can be confident that if we have to run, He'll strengthen us as we go. And if the journey is long, He'll help us walk through it without losing heart. When we wait upon Him, believing that He is able and willing to come to our aid, anything is possible.

**Blessings!**

*Mel*

## Women in Clergy Luncheon



The 2023 Women in Clergy Luncheon arrangements are being made.

This year's luncheon will be on Thursday, July 20th at Tabernacle Baptist Church (2601 15th St, Moline). The event begins at 11am. This year's speaker is Rev. Carmen Ausborn from Second Baptist Church in Rock Island. Food will be provided by Jersey Mike's. The event is free for all clergy women. It's a wonderful opportunity for networking.

For more information and to RSVP, contact Laronda Bennett at [lbennett@cuqca.org](mailto:lbennett@cuqca.org) or call 563-332-5002.

## Birdies for Charity

Chip in to support Churches United of the Quad City Area by donating to us through Birdies for Charity. The 2023 Birdies for Charity program has officially kicked-off and you can donate today by clicking the link:

<https://birdiesforcharity.com/donate>

Our bird # is 572.

Once again, participating charities are guaranteed a 5% bonus on their collected pledges.

The John Deere Classic is July 5 - July 9. All pledges are due by July 7.



## Update from our Executive Director, Rev. Dr. Melvin L. Grimes

Dear Faithful Churches United Supporter,

Thank you for standing by us and having faith in our organization to help those in need in our community. We strive daily to accomplish our mission of bringing together an ecumenical coalition of Quad City area churches to help feed the hungry, offer emergency assistance to those in crisis, and provide a transitional housing program for women and children who are victims of domestic violence or human trafficking.

Our biggest challenge now is feeding those most in need in our community. The demand for food assistance is high and growing. The 23 food pantries we serve and our meal site at Zion Lutheran Church in Davenport continue to serve increasing numbers of clients.

Our organization is taking steps to respond to this food shortage. We maintain a strong relationship with River Bend Food Bank. We are in the process of reopening our meal site in East Moline at Mount Zion Baptist Church, so we can serve meals on the Illinois side of the Quad Cities. We are reinvigorating our Thanksgiving in July Program, which is our annual community food collection drive and fundraiser. We're building more community partnerships through our food rescue program. We have identified food deserts in our area, and we are working to close those gaps. Our food rescue program, which has been prospering for five years, collects quality food from retail businesses and restaurants and distributes the food to our pantries.

We need \$35,000 to help us meet our hunger ministries' increasing demand for food. We need a van dedicated to picking up food from our food rescue partners. We will also have additional expenses to cover the costs of reopening our Illinois meal site and to keep operating our Iowa meal site, which are part of the money we are asking for. We have applied for grants, and we are looking for sources of funding. We ask you to pray and to consider donating to this appeal. Your help would benefit many in need.

May God bless you.



Rev. Dr. Melvin L. Grimes  
Executive Director

*"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in,"*  
(Matthew 25:35) NIV

## Volunteers Needed

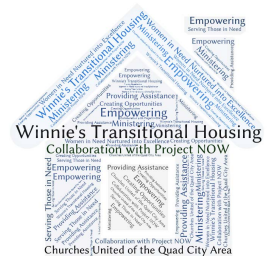
We need groups and individuals to help with projects at Winnie's Transitional Housing.

If you're interested in assisting, please contact Minister Jay McCowan by email at: [mrjay64@gmail.com](mailto:mrjay64@gmail.com) or call our office at 563-332-5002.



We have dates open to serve at our meal site at Zion Lutheran Church in Davenport.

For more information or to help, contact Betsy Vanausdeln at [bvanausdeln@cuqca.org](mailto:bvanausdeln@cuqca.org) or by phone at 563-332-5002.





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On the Web

[www.cuqca.org](http://www.cuqca.org)

# Give Today to Churches United

Online at <http://www.cuqca.org/donate.php>

Call us at (563) 332-5002

Mail or drop off your gift:  
**Churches United of the Quad City Area**  
2535 Tech Drive, Suite 205  
Bettendorf, IA 52722

## Thank You!

Donate, keep up-to-date, and check out daily reflections by following us on Facebook at:



[www.facebook.com/ChurchesUnitedoftheQuadCityArea](http://www.facebook.com/ChurchesUnitedoftheQuadCityArea)

## Thanksgiving in July Preparations are in Progress



### Sponsors Needed

Our annual food collection drive and fundraiser to support our hunger ministries needs sponsors. We encourage churches and area businesses to participate. There is no fee for sponsorship. Sponsors are asked to host a collection box during the month of July. Sponsor logos will be featured prominently on collection boxes, in our newsletter, and on social media. All proceeds from the food drive will remain in the Quad Cities area.

### Volunteers Needed

We need runners this year. Runners will drop off collection boxes at our sponsor locations, pick up donations from those sites, and deliver donations to our pantries. This volunteer opportunity is a limited commitment, and your efforts will contribute immensely to those in need in our area.



For more information, contact Betsy Vanausdeln at 563-332-5002 or by email at [bvanausdeln@cuqca.org](mailto:bvanausdeln@cuqca.org).