

# THE JOURNAL

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June 2022 Edition

**Welcome** to the June 2022 Edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Reminders, Pray With Us, Pride Month, Dad Jokes, and Riddles & Games.

## **Starting Off With a Couple of Reminders:**

1. **Happy Father's Day!** This year Father's Day falls on Sunday, June 19th. Happy Father's Day to all the wonderful fathers and father figures!
2. **Happy Pride Month!** Happy Pride Month to everyone who belongs to the LGBTQIA+ community!
3. **Happy Flag Day!** Flag Day falls on June 14th. It is a commemoration of the adoption of the American flag in 1777 by the Continental Congress. Here is a link with more information about the history of our flag:

<https://www.history.com/news/what-is-flag-day>

3. **Summer is here!** This year summer solstice (the first day of summer, and the longest day of the year) falls on Tuesday, June 21. Have a safe and happy summer!



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# Pray With Us

Happy Summertime! Are you ready for the bright sunshine and warmer temperatures? I came across this quote early this morning and wanted to share this with you,

"Pray when you feel like worrying. Give thanks when you feel like complaining. Keep going when you feel like quitting."

Dave Willis.

Motivational messages are as common as this season's pollen. Many people write them and they often can provide inspiration at some difficult times in life. At other times we tend to gloss over them as frivolous or pretty, but without substance.

Not today!

Praying is the beginning of healing, peace and contentment with life itself. It is a discipline like any other exercise that shows results when we are committed to following a plan. It calms the worrying spirit within because we realize we're not alone, and we can draw strength from God.

Being thankful for all our blessings changes our demeanor towards life and all it has to offer versus the burdens we place on ourselves. It can take us through the toughest times and bring us peace and comfort. Don't quit! Don't quit striving for excellence, doing our best, striving for the prize: because when we do, we truly are living into the lives God has given us freely. Honoring Him and recognizing His Presence will take us further than we could ever imagine.

Praying for you!

Pastor Carol

Chaplain Journey Hospice South  
Bereavement Care Coordinator

Journey Hospice: 800-458-0651



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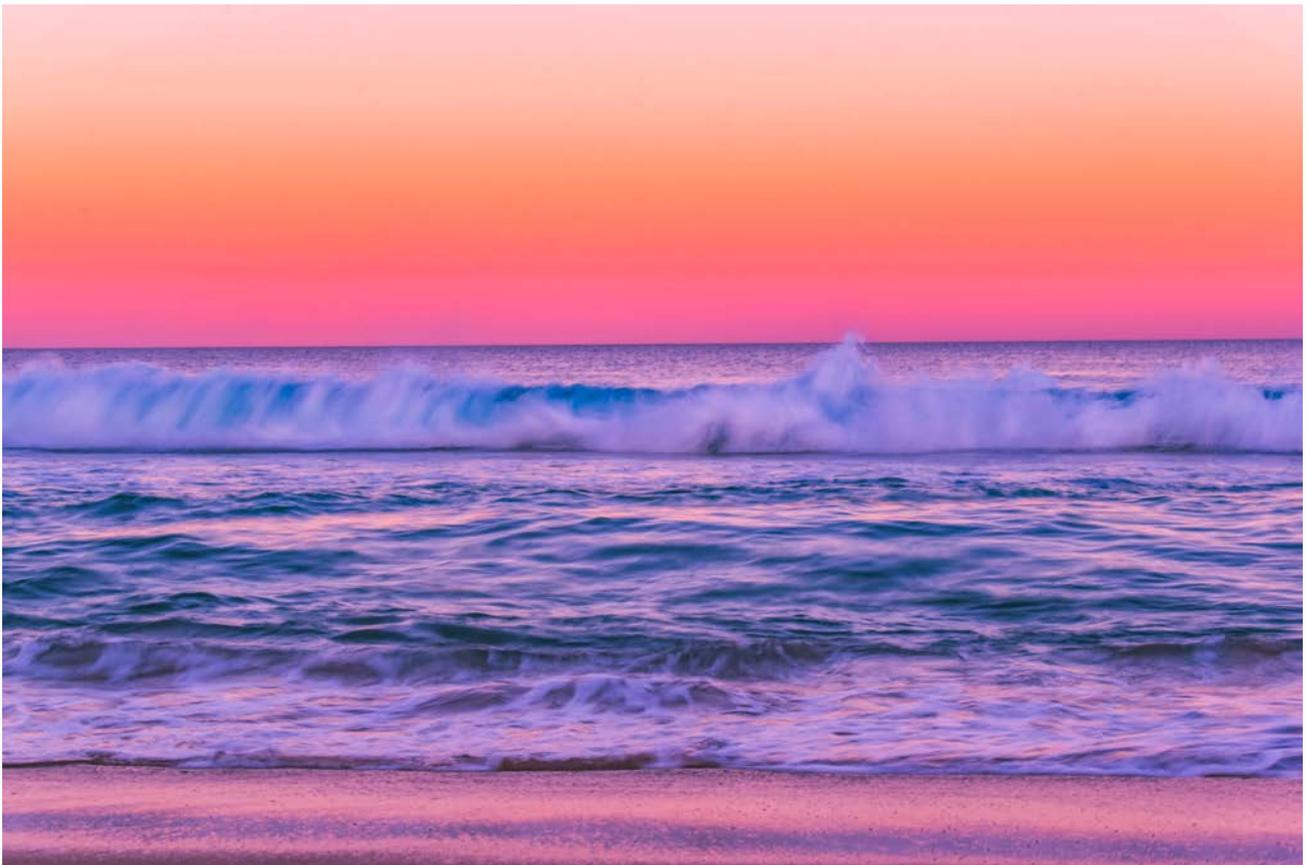


# Pride Month



June is Pride Month, a month in which those who are part of the LGBTQIA+ community show pride in themselves and their community and increase awareness of the inequalities they face. Those that are a part of the LGBTQIA+ community tend to be subject to undeserved hatred and stigma, so pride month is a way to combat these issues.

Many people have differing views on the LGBTQIA+ community, but regardless of ones view, treating people with acceptance and love is always important. There is nothing wrong or weird about realizing your truth.



# Pride Month Resources

Here are some links providing information about the LGBTQIA+ community as well as some ways to help. These links can be used throughout this month and can be revisited throughout the year:

- LGBTQ Terminology:
  - <https://lgbtq.wfu.edu/resources/lgbtq-terminology/>
- Gender Pronouns:
  - <https://uwm.edu/lgbtrc/support/gender-pronouns/>
- Misgendering:
  - <https://www.health.harvard.edu/blog/misgendering-what-it-is-and-why-it-matters-202107232553>
- The Trevor Project:
  - <https://www.thetrevorproject.org/>
- Support LGBTQ Youth:
  - <https://www.hrc.org/news/5-things-you-can-do-today-to-support-lgbtq-youth>
- The State of the LGBT Community:
  - <https://www.americanprogress.org/article/state-lgbtq-community-2020/>
- LGBTQ+ Charities:
  - <https://www.cosmopolitan.com/lifestyle/g32917782/best-lgbtq-charities-to-donate/>



# Dad Jokes

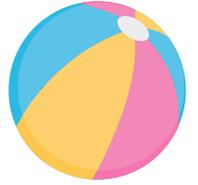


Here are some dad jokes for Father's Day!

- I don't trust stairs. They are always up to something.
- Why don't pirates take a bath before they walk the plank? They just wash up on shore.
- Why is grass so dangerous? Because it's full of blades.
- I'm an expert at picking leaves and heating them in water. It's my special tea.
- I recently went to the "World's Tiniest Wind Turbine" exhibit. Honestly, not a big fan.
- Did you hear about the racing snail who got rid of his shell? He thought it would make him faster, but it just made him sluggish.
- I know a bunch of good jokes about umbrellas, but they usually go over people's heads.
- Today, my son asked, "Can I have a bookmark?" I burst into tears—11 years old and he still doesn't know my name is Brian.
- There's only one thing I can't deal with, and that's a deck of cards glued together.
- Did you hear about the guy who stole 50 cartons of hand sanitizer? They couldn't prosecute—his hands were clean.
- We all know about Murphy's Law: Anything that can go wrong will go wrong. But have you heard of Cole's Law? It's thinly sliced cabbage.
- What do you call an elephant that doesn't matter? An irrelephant.



# Riddles & Games



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

## Word Search

- Beach
- Camp
- Celebrate
- D-day
- Fathers Day
- Fireflies
- Flag Day
- Graduation
- Longest Day
- Solstice
- Strawberries
- Summer
- Vacation



## Math Squares



	+	9	×		16
-		-		×	
3	×		+		22
+		+		÷	
	+		÷		9
9		11		2	

### Fill in the missing numbers

The missing values are the whole numbers between 1 and 9.

Each number is only used once.

Each row is a math equation.

Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.