

March / April
2025

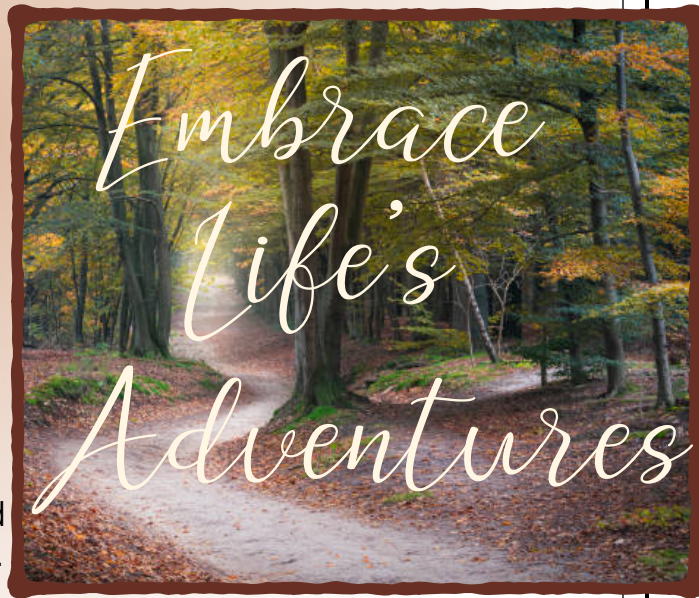
MUGS

Here's What's Brewing

On January 28, MUGS' Executive Director, Bethany Paterson, was diagnosed with Bell's palsy. She tells us, "At 49 years of age, I woke up with a face that looked like I could have just easily had a stroke! A quick run to the Emergency Room confirmed my condition was reversible, but nerves are in no hurry to heal. So about a week or so into all of the challenges that come with having only half a functional face, mouth and throat, a sweet friend sent me a little desktop decoration that reads: **Embrace Life's Adventures**. Rest assured, I have kept that precious gift where I could see it every day since, even as healing continues to be ongoing five weeks later.

Were I to put pen to paper and list the things I've been learning and being reminded of, I could fill libraries! But one thing that stands out is a conversation I had with a dear friend who asked what I was doing that was bringing the healing I was experiencing. I gave him a list that included vitamins, supplements, hot packs, cold packs, pharmaceuticals, rest, prayer, chiropractic visits, a Tens Unit, a Rife Machine, and more! And I found myself making the comment, "If there ever comes a day when someone asks what I did to get better, I'll wish I could offer a simple answer. But I won't be able to point to just one thing because I suspect, on some level, it was *all* the things."

And even as I made that comment, I realized how true that sentiment has been of MUGS' journey. As MUGS' Team embraces our own adventure, we've looked forward to the day that our journey would serve as someone else's roadmap. But we won't be able to offer a simple answer, because that's not been our story. We won't be able to point to just one thing because it will have been all the things. All the effort, all the supporters, all the lessons, all the connections... All the steps forward, but even all the setbacks, (those "closed doors that led to open windows"). Because that's what makes it an adventure. And we can learn from it all."



215 W. Main Street * PO Box 11 * Loudonville, OH 44842
Bethany Paterson, Executive Director * 419.606.1215
www.MUGSCommunity.com * www.Facebook.com/MUGSCommunity