To thrive, our human bodies require a combination of essential nutrients, adequate hydration, restorative sleep, and supportive environmental and social conditions. In several of the Apostle Paul's epistles, he uses the human body to teach and lead his congregations on how to be in a state of harmony by embracing the diversity of its members. In *1 Corinthians*, chapter 12, Paul goes so far as to identify specific body parts to make his point. But it's in *Ephesians*, chapter 4, verses 15 and 16 that he uses the human body as a metaphor for a church to thrive, along with its members, in its community:

But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

My previous church life revealed to me that God is love. However, that didn't get fully defined until I came to the Community Church of Durham. It is here that I not only learned the limitlessness of God's love, but I have also been changed by it. This came about from closely observing the love in action of my fellow congregation members and church leaders and their spontaneous response to the cry of human need and demand for social justice. Our church's caring actions include attention to the incarcerated, the hungry, the immigrants, the LGBTQ+ community, the victims of genocide, and the environment. The zeal and energy of CCD members inexorably drew me into lending a hand and my heart to these efforts. Just as important has been the teaching and proclamation of the Word, Presence, and Experience of God through the services of worship and the joyful music celebrating the presence of our Lord. It is my experience that CCD has and is fulfilling Paul's teachings. Due to this CCD is a church thriving in community with our neighbors near and far, and with ourselves. All of this wouldn't be possible without the kindness, empathy, compassion, and generosity of the members of CCD.