

Faith and Funnies

A newsletter from Faithful Friends KY

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Special Sunflower Edition

Sunny Sunflower Facts

- In 2015, a sunflower grown in Germany broke the Guinness World Record for the tallest sunflower, measuring a towering height of 30 feet and 1 inch!
- Sunflower petals are edible and can be used as a decorative element or ingredient in salads, soups, and desserts.
- Sunflower is the only flower that has the word flower in its name.
- Sunflowers were first cultivated by Native Americans in North America over 5,000 years ago.
- Sunflower oil, extracted from the seeds, is widely used in cooking, skincare products, and biodiesel production.
- The sunflower is more than just a single flower. When you look at a sunflower head, you're actually observing a collection of numerous individual flowers. This unique formation is known as an inflorescence, specifically a composite flower.

Sunflower Sillies

Why is a sunflower like the letter 'a'?

Because a 'b' always goes after it.



What did the sunflower say when it heard a joke?

"Stop pollen my leg."



What did the sunflower say to the bee?

"Hello honey."



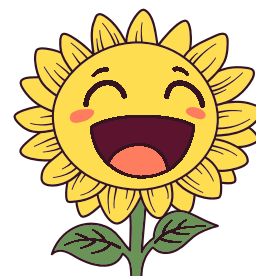
Why did the sunflower blush?

Because it saw the salad dressing!



Why was the sunflower a great comedian?

It had a sunny disposition!



Standing Like a Sunflower

written by Marla Carter

It's the time of year when the sunflowers in my garden bring me extra joy. Some of them are just now reaching their peak. I have one that is over seven feet tall! It has multiple bloom at the top, and it's amazing how the stalk can support all that weight. Other flowers are now in the stage where they are food for the birds. When my windows are down and the house is quiet, I can hear the yellow finches outside as they snack on the seeds.

There's just something about the sunflower that makes people smile. Maybe it's the bright yellow color, the intricate design of the middle, or the way they stand tall and proud. Sunflowers are just cheerful as they stand so tall and golden. What's most remarkable is not just their size or color—it's the way they follow the light. From dawn to dusk, the flower gently turns, keeping its face pointed toward the sun. (This is called heliotropism.)

Sunflowers are sort of like a mini sermon in bloom. They remind us of what our hearts were made to do. Scripture says, "Those who look to Him are radiant; their faces shall never be ashamed" (Psalm 34:5). When we turn our eyes to God, His light changes us. We may walk through hardships, grief, or uncertainty, but if we keep seeking His presence, He gives us joy that cannot be stolen.

Think of how steady that can be. A sunflower can grow in soil that is rocky or dry, but as long as it follows the sun, it flourishes. You and I may face storms, brokenness, or days that feel overcast. But our calling is not to fix every problem on our own—it's to keep turning toward Jesus, the true Light of the world.

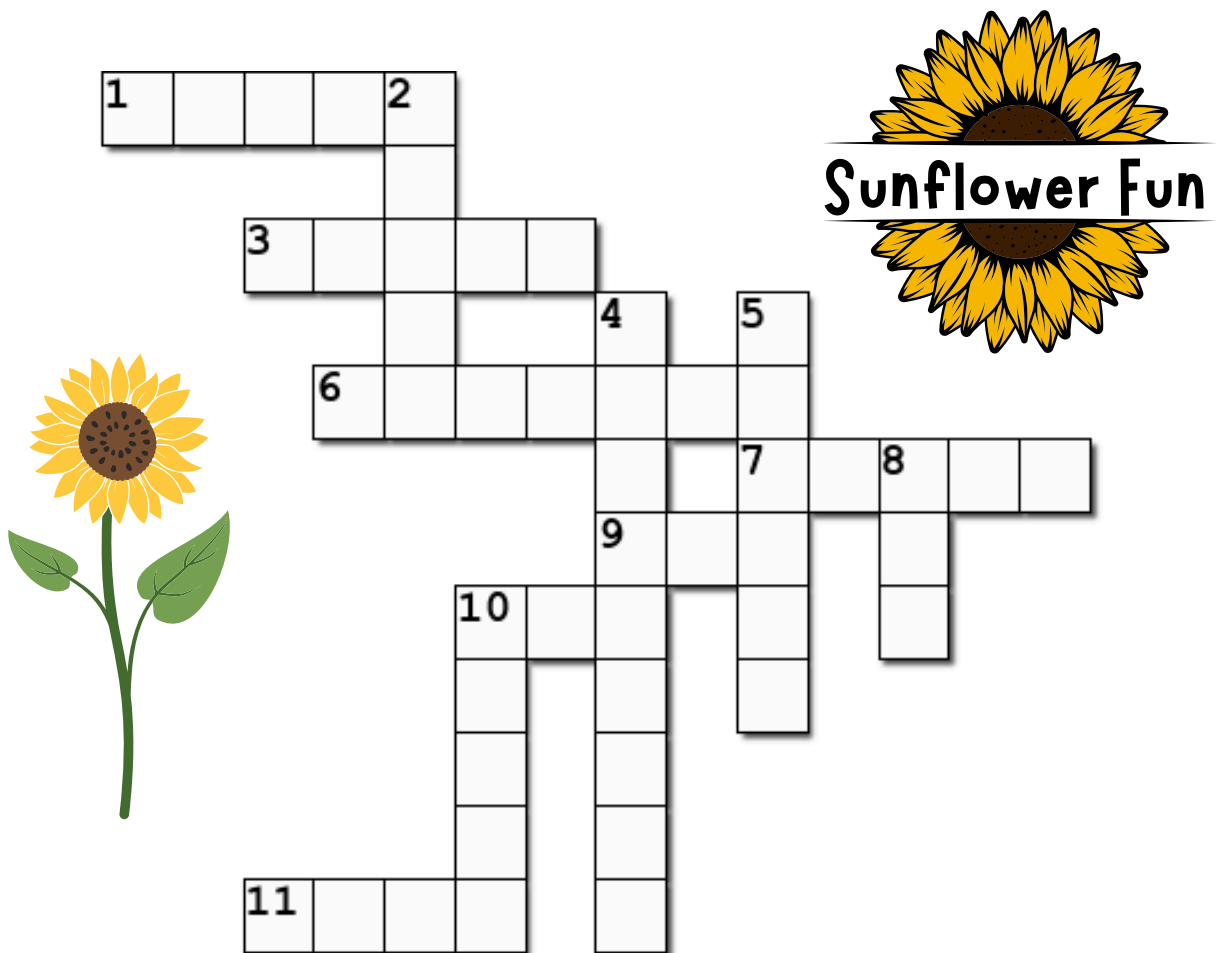
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Jesus said, “I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life” (John 8:12). Just as the sunflower’s strength comes from the sun, our strength comes from Him.

And the sunflower sermon doesn’t end there! If you’ve ever stopped to look closely at a sunflower, you know the middle isn’t plain at all. It’s made up of hundreds—sometimes thousands—of tiny florets. Each one is a potential seed, carefully arranged in a spiral pattern that follows what mathematicians call the Fibonacci sequence. This design allows the maximum number of seeds to fit in the smallest space, creating both beauty and abundance. What a reminder that God is a God of order, detail, and provision! Nothing in His creation is random. The spirals in the heart of the sunflower whisper the truth of 1 Corinthians 14:33: “For God is not a God of confusion but of peace.”

That intricate center also tells us something about abundance. One sunflower can hold up to 2,000 seeds—enough to feed birds, animals, and even people. In the same way, when our lives are turned toward God, He fills us to overflowing. Jesus said, “I came that they may have life and have it abundantly” (John 10:10). Just as the sunflower produces seed after seed, a life rooted in Him produces fruit—love, joy, peace, kindness—that can nourish those around us.

Every seed in that spiral has the potential to grow into another sunflower, which will turn again toward the light. It’s a picture of discipleship and witness. When we reflect Christ, others are drawn to Him, and the cycle of light and life continues. So the sunflower, from its face to its center, reminds us of God’s wisdom in design, His generosity in provision, and His call for us to bear fruit that multiplies. Next time you see a sunflower, let it preach its sermon to your heart.



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stalk

bees

Fibonacci

God

sun

dwarf

seeds

roots

yellow

light

oil

Ukraine

Across

1. These grow extensively underground to help support the sunflower
3. A small variation of a sunflower is called a ____
6. this country adopted the sunflower as its national flower
7. What sunflowers seek, and what Jesus gives
9. Cooking product made from sunflower seeds
10. sunflowers always turn toward the ____
11. Pollinators that love sunflowers

Down

2. Sunflowers grow tall on a sturdy ____
4. The mathematical pattern found in sunflower spirals
5. the typical color of a sunflower, though not all are this color
8. Sunflowers remind us to keep turning toward ____
10. Birds and people love to snack on these