

By MaKaylah Rentner

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People sometimes called me Mother Mac n Cheese growing up, because in middle school I was teased about my name. My name has a "K" that's capitalized, so I decided to turn that into something fun—something that makes people smile. I took that nickname and made it mine because I've always been the one who takes care of others. That's just who I am. At my core, I'm a Wyoming girl who loves to sing, dance, sew and be involved at my church, St. Paul's. You can usually spot me wearing my favorite headbands, and I absolutely love flamingos—not just because they're bright and fun, but because of what they stand for: uniqueness, joy, resilience, and standing tall even when life feels a bit wobbly.

I'm also very active at my church, St. Paul's Lutheran Church in Cheyenne, Wyoming. My faith isn't something I only think about on Sunday. It's part of how I live each day. I love helping wherever I'm needed, especially when it means bringing joy to others. I'm always excited to face paint children's faces, help teach Sunday School, and join in Grace in Action events in our community through St. Paul's. Whether we're serving a meal, doing a service project, or just laughing together, being part of my church family helps me live out my faith in real, practical ways. I know God has given me gifts—especially patience. Without patience, I wouldn't be able to do the things I love. I help teach adaptive dance classes for kids with mental and physical disabilities. Watching them smile, move, and express themselves fills me with joy. It takes patience, creativity, and heart and God gives me that every day.

Sewing is another gift I'm exploring. I love making things with my own hands. I've learned so much by creating pieces of clothing and accessories, and I'm proud of the things I've made. Two of my favorite creations remind me that God can take our talents—even ones that start small—and turn them into something meaningful and beautiful. Making others happy gives me the greatest sense of joy. It ties back to who I am: I love helping others, being present for them, and celebrating their joy and supporting them in the heartaches. That's part of how I live out my faith in the world—by being compassionate, kind, and ready to help.

The activities that bring me joy also connect me to God and to people. Helping others has shown me how small acts of kindness matter. It's taught me to be empathetic and to know people's stories. It gives me a sense of purpose and meaning and that to me is faith in action. I've learned that God calls me to serve others with compassion and kindness. That means being "Mary Poppins or Mother Mac n Cheese"—always ready to help, no matter how big or small the need. I try to walk with people in ways that reflect God's love: being forgiving, gentle, humble, and patient. I even think about Scripture like Colossians 3:12-14,

which talks about clothing yourself with compassion, kindness, humility, meekness, and patience — bound together by love. Some days I struggle with how busy life might get in the future, but I want to keep my faith close. Even if I have less time, I still want to make time for God and for the people around me. I pray that there would be less hostility in the world and more kindness, care, and love. That's the prayer I carry with me as I continue to live out my faith, one day and one moment at a time.