

National Day Of Prayer

The National Day of Prayer is next month and is set for May 3. This originated when Abraham Lincoln was President. The following thoughts are from those who do the planning and coordinating of the event and is an excerpt from their article....

“The National Day of Prayer is just around the corner and America needs your prayers now more than ever. We continue to face unabated moral decline, economic turmoil, conflicts in the Middle East, and ever increasing assaults against our religious liberty. Given these urgent concerns, it is imperative that we remain on our knees in contrite supplication for our great nation.

Throughout the six decades since Congress established our National Day of Prayer, untold millions of Americans have come together every year to express humble reliance on the Almighty. On May 3, 2012, citizens will once again gather stateside and at points around the globe to lift our nation and leaders before the Lord. In doing so we pay tribute to the example set by our founding Fathers.....and Presidents down through the years who have exhorted the American people to seek God's help and deliverance during trying times. As Abraham Lincoln presided over a war torn land he called on his fellow citizens to take part in a day of fasting and prayer.....making this statement..."it is the duty of nations as well as of men to own their dependence on the over ruling power of God, to confess their sins and transgressions in humble sorrow yet with assured hope that genuine repentance will lead to mercy and pardon and to recognize the sublime truth in the Holy Scriptures and proven by all history that those nations are blessed only whose God is the Lord.

What a powerful reminder of the true source of our well being! Because our nation continues to navigate through extremely challenging and pivotal days , the National Task Force has chosen "One Nation Under God" as the 2012 theme. The inspiration for this theme is Psalms 33:12.....which reminds us that, "Blessed is the nation whose God is the Lord!"

The question for us is 'Are we still one nation under God?' The prayers of godly people in the U.S. are the strong thread that binds us together. Because

we have been one nation under God for more than two centuries, we have continued to enjoy the fruit of His blessings...and the individual liberties we hold so dear. Godly people who know the value of earnest prayer are the backbone of our nation. May we be steadfast in our humble obedience and boldly declare that we are one people united through His powerful name, indeed, one nation, under God.

Note: I would urge you to pray every day for our nation, its leaders and the leaders around the world. Only the nation whose GOD IS THE LORD will be blessed the Bible tells us. If you can or would like, join others at the meeting places to stop and as a nation pray for God's forgiveness and healing of our nation. (II Chronicles 7:14) If you can't meet with the groups, stop where you are and join with them in prayer to God for our nation. (Future generations lives are in the balance.)

Blessings, Lila

An Excerpt From Not Good If Detached By Corrie TenBoom

(This is Corrie talking with some girls who have been gossiping and saying unkind things to and about others. Most of the speaking is Corrie speaking or responding to their questions and comments.)

“After that a boy reads from Phillips’ Letters to Young Churches. Romans chapter 14. ‘Welcome a man whose faith is weak, but not with the idea of arguing over his scruples. After all, who are you to criticize the servant of somebody else, especially when that Somebody Else is God? It is to his own Master that he gives, or fails to give, satisfactory service. And don’t doubt that satisfaction, for God is well able to transform men into servants who are satisfactory. Why, the, criticize your brother’s actions, why try to make him look small? We shall all be judged one day, not by each others standards or even our own, but by the standard of Christ. It is to God alone that we have to answer for our actions.’”

In Ephesians 4:30-34 (Phillips) Paul writes, ‘Let there be no more resentment, no more anger or temper, no more violent self assertiveness, no more slander and no more malicious remarks. Be kind to each other, be understanding. Be as ready to forgive others as God for Christ’s sake has forgiven you.’”

How clearly the Lord Jesus tells us in His Sermon on the Mount, ‘Judge not, that ye be not judged.’

One of the girls comments, “ I am so thankful that we hav spoken about these things. I have never seen so clearly that gossiping is just the opposite to what the Bible teaches. We would be afraid of stealing money from each other, but we don’t think anything at all of stealing somebody’s good name, and I don’t know which is worse. Hat can we do to stop it?”

I think that Psalm 141:3 gives the answer, ‘ Set a watch, O Lord, before my mouth; keep the door of my lips.’ People who throw mud have always got dirty hands. You cannot whiten yourself by blackening others. Be patient with the faults of others...they have to be patient with you.

Before speaking, first think: Is it true, is it kind, is it necessary? If not, let it be left unsaid.

“A Morning Reflection” by Lynn Anderson

O Lord, as I open my eyes this morning, and before I lift my head from this pillow, I open my heart to embrace You, to the fullest extent the blindness of my flesh and the dullness of my doubts allow.

I cannot see You, yet with all the faith I have, I sense You near. I cannot understand You, but I trust You. I cannot fathom You, but I love You. And with my heart I want this day to walk with You.

- To walk in purity and holiness
- To walk in joy and gentleness.
- To walk in love and service.
- To walk in submission and humility.
- To walk in creativity and confidence.
- To walk in hope and thankfulness.
- To walk in praise and proclamation.
- To walk in generosity and community.
- With fond memories and bright dreams.

And I believe Your grace is sufficient for me, in the power of Your indwelling Spirit, before the light of Your word, and under the blood of Your Son. Sufficient come what may, even in the midst of bungling sinfulness. For You remember me even when I forget You. So I breathe this prayer confidently and joyfully, in the strong Name of Jesus Christ, my Lord and Savior, “the hope of all the ends of the earth and of the farthest seas.” Amen

Snow

I shared this before...but as I was watching the huge snowflakes coming down last week I thought of it again and so decided to share it again.

As the snow falls gently against my window, I give thanks, O Divine Spirit, for the cycle of the seasons and the ever changing beauty of the universe. A mantle of purity is spread over this drab earth, and the evergreens bow humbly in their vestments of white. The noises of men ceases; a new stillness envelops the world, and Thy voice speaks to me through the elements.

Surely the power that can create a billion snowflakes, in numberless variety and of perfect symmetrical form to sparkle for a moment in the sunlight and then vanish, is also mindful of me and the length of my days.

As I look upon this beauty, I think of Thee as the source from which it all comes and I am drawn closer to Thee. Give me faith to believe that the order which sustains the ever-varying pageantry of nature will also uphold me. Lord of Life, make me quiet long enough to hear Thee speak above the murmur of my desires, the clamor of much speaking and the confusions of mankind. Breathe into my life the peace and purity of the snow. In Jesus Name...Amen.

(Am writing this the end of Feb and first of March, when we got the snow showers for a couple days, with large flakes...beautiful!!)

Kitchen Things!

RECIPES and IDEAS

Irish Soda Bread

It's late too for St. Patrick's day...when most people like to make Irish Soda bread....but its good other times too... This easy recipe makes two generous loaves; you can freeze one to enjoy at another time. Soda bread is great toasted and slathered with butter and jam, with a cup of tea. You can also serve it with hearty soups or fruit and cheese.

Total time 55 min Makes: 2 loaves

1 cup raisins
4 cups bread flour
1 Tablespoon baking powder
1 teaspoon salt
 $\frac{3}{4}$ teaspoon baking soda
2 cups buttermilk.

Preheat oven to 350 deg F. Lightly grease a large baking sheet. Soak raisins in hot water for 5 minutes, drain. In a large bowl, sift flour, baking powder, salt and baking soda. Mix in

raisins. Add buttermilk and stir to form a soft dough. Turn onto a floured work surface, knead for 1 minute. Cut dough in half and form 2 large, round loaves. Place on baking sheet. Cut a large X in center of each loaf. Bake for 45 minutes or until a tester comes out clean. Transfer loaves to a wire rack.

10 easy things to do with Bananas:

- Banana blueberry Muffins.. Prepare 1 18 Oz package blueberry muffin mix according to directions, Stir in 1 mashed ripe banana. Spoon into paper lined 12 cup muffin pan. Bake at 350 deg for 15 minutes or until done. (Or you can do your own from scratch blueberry muffins, and add banana)
- Breakfast Pockets: combine 1 cup sliced strawberries, 1 cup blueberries, and 1 sliced banana. Blend ¼ cup whipped cream cheese with 2 Tablespoon raspberry jam. Spread cheese inside 2 (6 inch) pitas, fill with fruit.
- Banana Nutella Crepes: In a medium skillet sauté 2 sliced bananas and 2 Tablespoon sugar in 2 Tablespoon butter for 3 minutes. Spread 4 cooked crepes with 8 Tablespoon Nutella (or other chocolate hazelnut spread.) spoon sautéed bananas down center of each crepe. Seal in filling by folding up bottom third of crepe, then folding sides in toward center to make an envelope. Fold down top of crepe. Heat 1 Tablespoon butter in skillet. Cook crepes in butter on low until hot. Serve immediately, garnished with whipped cream or softened vanilla ice cream, if desired.
- Tropical Parfaits: Combine 3 (6oz) containers vanilla yogurt, 1 (8oz) can pineapple chunks, drained; and 1 sliced banana. Spoon into 4 dishes. Top with granola and 2 diced kiwis.
- Berry Banana Nog: In a blender, whirl 2 ripe bananas, cut into chunks, 19 strawberries, 1 ½ cups milk, ½ cup vanilla yogurt, 3 Tablespoon honey, ¼ teaspoon vanilla extract, and 3 ice cubes. Pour into 2 glasses. Garnish each with a slice of banana and strawberry.
- Chocolate Peanut Butter Banana Drops: Beat 1 (18.25 oz) box chocolate cake mix, 1 cup water, 1 cup oil, 2 eggs, 1 mashed banana, and 1 cup peanut butter for 2 minutes. Stir in 1 cup chocolate chips. Drop from a tablespoon onto greased baking sheets. Bake for about 10 minutes at 359 deg. Makes 24.
- Pancake Topping: In a large skillet over medium heat, sauté 2 sliced bananas in 2 tablespoon butter until soft and golden, about 3 minutes. Stir in ½ teaspoon vanilla extract. Serve hot, with pancakes, waffles, French toast or vanilla ice cream.
- Spiced Banana Cake: With an electric mixer on medium, beat ½ cup softened butter for 1 minute. Beat in 1 ½ cups sugar, 2 ripe bananas, 2 eggs, and 1 teaspoon vanilla extract. Add 2 cups cake flour, 1 teaspoon cinnamon and ½ teaspoon nutmeg. Beat for 2 minutes. Add ½ cup

plain low fat yogurt. Spoon batter into greased 9 inch square pan. Bake at 359 deg for 35 minutes or until done. Frost.

- Fruit Compote: Peel and segment 3 navel oranges and 1 red grapefruit. Mix with 1 diced pineapple. Combine ¼ cup light brown sugar, ¼ cup sparkling apple cider and ½ teaspoon rum extract. Add to fruit along with 2 sliced bananas. Serves 4
- Cranberry Topped Pudding: Sprinkle 2 teaspoon lemon juice over 3 sliced bananas. In a large bowl, combine 1 ¼ cups vanilla Greek yogurt and 2 tablespoons honey. Add bananas. Spoon into 4 serving bowls. Top each serving with 2 tablespoons cranberries.

Herbed Broccoli Omelet

Total time 20 minutes

Serves 2

4 eggs

½ teaspoon salt

¾ teaspoon dried marjoram

1/8 teaspoon pepper

1 tablespoon olive oil

1 cup chopped, cooked broccoli

1 tablespoon chopped fresh parsley

IN a medium bowl, beat eggs with salt, marjoram and pepper. Heat oil in a large skillet on medium. Add eggs and broccoli. Cook until nearly set, lifting up cooked edges to let uncooked egg flow underneath. Flip omelet, cook until golden brown. Halve and divide between 2 plates. (or make 2 omelets, fold each in half then flip to finish cooking) Sprinkle with parsley.

Cottage Cheese Pancakes

TOTAL TIME 15 MINUTES serves 4

1 cup cottage cheese

1/3 cup all purpose flour

2 tablespoon canola oil

3 eggs, lightly beaten

2 tablespoon sugar

1/8 teaspoon salt

cooking spray

Maple syrup, butter and sliced fresh strawberries, for toppings.

In a blender, combine cottage cheese, flour, oil, eggs, sugar and salt. Blend until smooth. Thin slightly with water, if necessary. Preheat a griddle pan on medium. Coat with cooking spray. Pour batter, using 1/3 cup per pancake, onto pan. (Makes about 8 pancakes) cook until bubbles appear. Flip and cook until golden. Serve with toppings.

Beef Taco Skillet

Total time 25 minutes Servings: 4

1 lb ground beef
1 can (10 3/4)oz) Condensed Tomato Soup.
½ cup Picante Sauce
½ cup water
6 flour tortillas (6in), cut into 1 inch pieces
½ cup shredded cheddar cheese

Cook beef in skillet until well browned, stirring often to separate meat. Pour off fat. Stir in soup, picante sauce, water and tortillas. Heat to a boil. Reduce heat to low and cook for 5 minutes. Stir. Top with cheese.

Keep Strawberries Fresh For Longer

I received a tip some time ago from friends on how to keep fresh strawberries from molding and spoiling so quickly after purchased. We love them fresh and like to have them available for snacking, but have found that they always spoil within a day or so if I don't freeze them or use them some way. When I received the tip I tried it and have found that it works...I have kept them this was for two weeks and longer in the refrigerator with no mold, or spoilage of any kind.

Use 1 part vinegar to 10 parts water...put in a pan or bowl large enough to put the strawberries in and swish around gently until they all have been rinsed in the solution. Drain and put in the refrigerator. You can rinse them with clear water if you wish...but I have found that the taste of vinegar does not stay with them at all...so I don't rinse...just let drain for a few minutes until water has pretty much all drained from them and then refrigerate and enjoy fresh strawberries for days.

Health Issues

“Benefits by the Glassful”
(from Prevention for Woman's book 'Food Smart')

Water is the only fluid that you truly can't live without. Every cell in your body depends on it to function properly. In fact, your body processes about two to three quarts a day to transport nutrients to where they are needed, get rid of body wastes, regulate temperature, support chemical reactions, and perform other critical tasks.

That's why drinking water is so important. If you don't replenish your internal water supply you can easily become dehydrated - which in turn prevents your body from performing as it should. This is more of a problem for women than for men, notes Felicia Busch, R.D., a nutritionist in St. Paul, MN, and a fellow of the American Dietetic Assoc. Unlike men, women tend to have more body fat than muscle and body fat doesn't hold water as well as muscle.

Clearly water plays a vital role in keeping all of your body's systems running smoothly. But this versatile nutrient can do a whole lot more for your good health. Here are some examples.

- Water burns fat. Like every other chemical reaction in your body, fat burning can occur only in the presence of water. And some scientists believe that running low on water can actually cause your body to store fat.
- Water satisfies your appetite. Water takes up a lot of room in your stomach, so you feel full and don't want to eat as much. And you won't find a better "diet drink" than water; It contains no calories or fat.
- Water quashes cravings. Sometimes what you interpret as a hunger pang is really your body telling you that it's thirsty. Try sipping a glass of water before you raid the refrigerator - your urge to eat may subside within minutes.
- Water combats the effects of stress. Stress can really do a number on your body. Staying hydrated keeps your body's systems in balance and counteracts stress "symptoms" such as perspiration, dry mouth and heart palpitations.
- Water boosts your brain power. Dehydration can also leave you with a bad case of mental fuzzies. In fact, some researchers have suggested that too little water in your body can cause your brains to shrink ever so slightly, affecting your ability to think and concentrate.
- Water turns back the clock. Instead of spending a small fortune on facial creams and lotions, generously sip nature's own beauty fluid. Water helps fend off wrinkles and other signs of aging, leaving your skin smooth and supple.
- Water keeps you moving. Your body uses water as a natural lubricant. It cushions your joints and helps them stay limber so you don't stiffen up like a statue.
- Water douses urinary tract infections. In a survey of 16,000 women, 82 percent named water as the most effective home remedy for bladder infections, the most common type of urinary

tract infection. Doctors agree that drinking plenty of fluids can help flush UTI causing bacteria out of your system.

- Water staves off colon cancer. Researchers at the Fred Hutchinson Cancer Research Center in Seattle, have uncovered a possible link between water consumption and colon cancer. In a survey they conducted, women who drank more than five glasses of water a day had about half the risk of colon cancer of women who drank less than two glasses of water a day.

To replenish the water your body uses up, you need to drink at least eight 8 oz glasses of water a day. And we are talking water here, not Diet coke, coffee or other popular drinks. Many of the bottled beverages on the market contain sodium and caffeine, which are diuretics. You may not notice it, but they will dehydrate, rather than hydrate you.

“You do get water through certain foods, too, such as fruits and vegetables, which are about 90 percent water,” says Judy E. Marshel, R.D., director of Health Resources in Great Neck, NY. “And your body chips in another ½ cup or so as a by-product of metabolism, your body’s calorie burning mechanism.” But that’s not enough. You should try to drink 64 oz of water every day, recommends Marshel.

If downing 64 oz of water daily seems hard to swallow, relax. With the following strategies recommended by nutrition experts, drinking water will become an enjoyable habit.

- Drink up when you wake up. Start your day with a glass of water. It will help make up for the fluids you lost while you were sleeping.
- Contain yourself. Here’s an easy way to keep track of your daily water intake. Invest in a 32 oz container that you can carry with you as you go about your daily business and can refill throughout the day.
- Sip, don’t gulp. Take just a little bit of water at a time. If you try to down all 64 oz in one, two or three sittings, you will get tired of it mighty quickly.
- Beat thirst to the punch. Don’t wait until you feel parched to start sipping. By the time your thirst mechanism kicks in, you are already well on your way to empty. In fact, you can lose as much as 2 percent of your body weight through perspiration or urination before you get the urge to drink something.

Consider the conditions: There are times when you may need to increase your water intake beyond the usual 64 oz a day. For instance, to stay hydrated during a workout, you should drink a large glass of water 30 to 60 minutes before hand, then take a few sips every 15 minutes or so while you exercise. Likewise, you should up your ounces of water if you are sick, pregnant, or breastfeeding, if you spend a lot of time in a heated or air conditioned environment; or if you’re traveling by plane. (The re-circulated air in the cabin of the plane can easily leave you dehydrated.)

Environment

10 simple things you can do to help protect the earth!

1. Put on a sweater. Remember, when you turn up the heat in wintertime, your furnace is probably burning fossil fuels. A sweater or a nice warm robe will keep you even warmer and will help conserve resources and reduce climate change.
2. Put one foot in front of the other. One hundred years ago, 99.9 % of people got by without cars. They took the t train, they lived near their workplaces...and they walked. Using fuel efficient cars is important, but we can save even more fuel by simply driving less.
3. Go for seconds. Recycling doesn't mean only separating your cans and bottles. It can mean using things a second ..or a third time. that nice padded envelope you got in the mail, for example? Instead of throwing it away, scratch out the address, tear off the stamps and use them again.
4. Watch your waste. Items you may be throwing away can contaminate the soil and water for thousands or millions of years. Your community probably has special disposal procedures for things like used oil and batteries,. Ink cartridges can probably be recycled where you bought them. And many of the new super efficient light bulbs contain mercury, so proper disposal is crucial. Check with the store where you buy them.
5. Paper nor plastic. Bring your bags with you. By taking reusable bags to the grocery store, you can cut down on the 350 bags the average American uses each year and reduce needless deaths of marine life caused by plastic bags that end up in streams, rivers and oceans.
6. BYOB. Last year American went through about 50 billion plastic water bottles. Fill up a reusable water bottle at home and bring it with you. Don't like the taste of your tap water? Buy a filter! Remember, much of the bottled water sold today is filtered tap water anyway.
7. Shut them off. In much of America we can't even see the stars anymore, due in part to all the electric lights. Keep the light on in the room you are in, but keep the rest of your house dark. You'll find the dark is soothing.
8. Get in touch with your roots. Plant a tree! Good for the soil, good for the birds, good for reducing climate change – and good for the air you're breathing!
9. Get Off. Catalogs are great when they are from companies you like to order from. But if you're getting catalogs from companies you don't buy from, call them and tell them to get you off their list – and that's an order!!
10. Support wildlife...help groups working to protect endangered and threatened species and preserve their habitats. Time is running out for many of the animals you love. We must act

urgently, and your support is crucial to their efforts. There are groups working in this area, like the World Wildlife Fund and others. Get involved.

A Bible Quiz

See if you can recall the locations in the following:

1. Where Moses received the Law.
2. Where the Lord showed Moses “all the land of Gilead”..the promised land.
3. Where Aaron died.
4. Where God told Abraham to take Isaac for the sacrifice.
5. Where Noah’s ark came to rest.
6. Give the birthplace of Saul (Paul)
7. For what was the land of Shinar famous in Genesis?
8. Where in the plains of Jericho did Joshua and the Israelites keep the Passover?
9. When Joshua divided the land of Canaan, he gave to Caleb the place called _____.
10. As Jesus sat on Jacob’s well, a woman came to draw water. “give me to drink,” Jesus said to her. Where did this take place?
11. Where did King Ahasuerus reside?
A. Shushan, B. Shechem, C. Shochoh D. Gilead?
12. What isle was visited by John?
13. Where did Jesus raise Lazarus from the dead?
14. Job was of the land of _____.
15. Where did the Lord send Jonah to convert the populace?
A. Tyrus B. Egypt C. “across the sea” D. Nineveh.

Answers for March Trivia:

- | | | | | |
|----------------------|------------------------|-----------|-----------|-------------|
| 1. Destruction, fall | 2. d. – 1 Timothy 2:13 | 3. Esther | 4. Dorcas | 5. Hannah |
| 6. Bathsheba | 7. Gomer | 8. Leah | 9. Miriam | 10. Rebekah |

Another excerpt from the book ...

The Magnificent Vision, Seeing Yourself Through The Eyes Of Christ

written by Lloyd John Ogilvie

In a chapter on patience he writes the following:

“Now we have come to the real source of our impatience; we are really impatient with God!! Sometimes we call it the problem of unanswered prayer. Most often, it’s simply that we can’t get God marching to the cadence of what we want when we want it. The most frustrating word in our lexicon is “wait.” We run ahead of God in what we desire and lag behind in doing what He desires of us.

Impatience becomes a flaw in our character when we pull away from walking with God. The prophet Amos asked, “Can two walk together unless they are agreed?” (Amos 3:3) The Hebrew word translated as “agreed” can also mean “met”. Can two walk together unless they have met? Of course not. There must be a meeting place from which they begin to walk together. Then they must walk at the same pace toward a shared destination. Calvary is the place where we meet God in His ultimate revelation of His patient, longsuffering grace and mercy.

Patience is really an attribute of God. When He met Moses on Mount Sinai, God’s own self disclosure was, “The Lord, the Lord God, merciful and gracious, long suffering, and abounding in goodness and truth.” (Exodus34:6) Moses used these very words when he later prayed for God’s patience with Israel. The psalmist claimed God’s patience when he pulled out all the stops in soaring adoration. Psalm 103:1,8. Also in Joel 2:13 God’s patience is told about...and other scriptures.

True patience is a supernatural character trait. It is as part of the fruit of the Spirit given to those who believe in Christ as Savior and Lord and are filled with His Spirit. Patience is the mysterious fruition of love, joy and peace. The fruit of the Spirit is patience!!

**Note...if we are filled with the Spirit and He dwells in us... and that is part of His fruit in us.....do we already have patience.... But just need to use it??? Just a thought....Lila

Sing Praises!

I am sure I have shared this with you before (that seems to be the theme of this month’s pages!!) but since this is one of my favorite (among many others) hymns, and considering many things that are happening in our lives/world today, it seemed like a good time to think about the words of this hymn again...and when it was written.

Romans 5:2-4 We rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance, perseverance, character and character, hope.

“It Is Well With My Soul”

Horatio G. Spafford, a 43 year old Chicago businessman, suffered financial disaster in the Great Chicago Fire of 1871. He and his wife were still grieving over the death of their son shortly before the fire and he realized they needed to get away for a vacation. Knowing that their friend Dwight L. Moody was going to be preaching in evangelistic campaigns in England that fall, Spafford decided to take the entire family to England. His wife and four daughters went ahead on the SS Ville du Havre, and he planned to follow in a few days.

But on the Atlantic Ocean the ship was struck by an iron sailing vessel and sank with twelve minutes. 226 lives were lost—including the Spafford’s four daughters. When the survivors were brought to shore at Cardiff, Wales, Mrs Spafford cabled her husband. “Saved alone.”

Spafford booked passage on the next ship. As they were crossing the Atlantic, the captain pointed out the place where he thought the Vill du Havre had gone down. That night Spafford penned the words “When sorrows like sea billows roll...it is well, it is well with my soul.”

“It Is Well With My Soul”

by Horatio Gates Spafford 1828-1888

When peace like a river attendeth my way,
when sorrows like sea billows roll;
Whatever my lot, Thou has taught me to say
It is well, it is well with my soul.
It is well with my soul,
it is well, it is well with my soul.

Though Satan should buffet,
though trials should come,
Let this blest assurance control,
That Christ has regarded my helpless estate,
and hath shed His own blood for my soul.
It is well, It is well, it is well with my soul.

My sin—O, the bliss of this glorious thought,
my sin—not in part but the whole!
Is nailed to the cross and I bear it no more,
Praise the Lord, praise the Lord, O my soul!

It is well with my soul, it is well, it is well with my soul.

And Lord, haste the day
when the faith shall be sight,
The clouds be rolled back as a scroll,
The trump shall resound and the Lord shall descend,
even so—it is well with my soul.
It is well with my soul, it is well, it is well with my soul.

ON MARRIAGE

(Some thoughts for the married woman...or about to be married)

An Excerpt from
Created to be His Helpmeet by *Debbie Pearl*.

“Proverbs 31 defines the virtuous woman...she is not a mousy, voiceless prude. She is confident, hardworking, creative and resourceful. Her first virtue is that the heart of her husband is safe with her. That is, he can trust her with his thoughts and feelings, never fearing that she might use the private knowledge she has of him to hurt him in any way. A man will maintain a distance from his wife, never really opening up to her, if he senses she might give this knowledge out inadvertently or use it against him when they are out of sorts. A man whose heart is not safe with his wife will never tell her what he intends to do or how he feels, because on previous occasions she has assumed the role of overseer by taking it upon herself to be his conscience and the manager of his time. She reminds him of what he said he was going to do in a manner that says, “I am holding you to it. What is wrong with you? Are you a sloth or something? He finds it more peaceful to keep his own counsel. Wives, never use your special knowledge of your husband as leverage to get your way.

If this passage in Proverbs had been written from our modern perspective, it would have extolled her for having a “quiet time and being a “prayer warrior,” teacher, or counselor. In all the Scriptural profiles of righteous women, including Proverbs 31, no such concepts are ever mentioned. In our culture, we have lost a clear understanding of what constitutes a virtuous woman. We have accepted the modern idea of the “spiritual” woman circulating in the realm of religious power, and have forgotten that God does not see them in the same ‘glorious’ light. What we think is spiritual, God labels ‘Jezebel.’ “For my thoughts are not your thoughts, neither are your ways my ways saith the Lord.” (Isaiah 55:8)

A woman working beside her man is a spiritual force for them both. A woman providing good sex and fun company is offering her husband a spiritual benefit. A woman preparing healthy meals and cutting the grass so he can go fishing on Saturday is a spiritual woman, because she is placing him above herself. There is no greater love than to put another, first.

Dominance and control are always masculine characteristics. It is important for a woman to understand that she must be feminine.(devoid of dominance and control) in order for her man to view her as his exact counterpart, and thus willingly respond to her protectively, with love and gentleness.

A woman who criticizes her husband for watching too much TV, playing too much golf, or indulging in any frivolous activity is expressing dishonor. When the relationship is properly balanced, a wife can make an appeal at the right time and in the right manner and it need not be a challenge to his authority. (More to be said later on how this is done) But know of a certainty that when a woman continually tries to assert her own will against her husband's, throwing it up to him that he is wrong, she is usurping authority over him, lording over him, and dishonoring him. A woman who continues in this behavior blasphemes the Word of God and can expect God's sure "reward."

I say again; when a woman steps outside her nature and assumes the dominant role, she will soon become emotionally and physically exhausted.

A man cannot cherish a strong woman who expresses her displeasure of him. You say that he should model Christ's love regardless of how she acts. Is that what you do? Is it what Christ wants? Do you want your husband to be forced to seek supernatural power just to find a way to love you?

Do you want to be another of his trials—his greatest example of overcoming adversity? The home front should not be a spiritual battlefield, it should be the place where a man relaxes and can be vulnerable with the woman he cherishes. Men will always want to reclaim those times when love was fun and free, with no demands like the times when she would smile at him with that sweet, girlish, "I think you are wonderful" expression. She was so feminine the, so much the woman. He wanted to hold her just because she was a bundle of delightful joy. He would do anything for her.

By Divine appointment, the only position where you will find real fulfillment as a woman is as a helpmeet to your husband.

ON PRAYER

E.M Bounds has a number of books on prayer...the following is an excerpt from another of his books called, Power in Prayer.

"We are constantly on a stretch, if not on a strain, to devise new methods, new plans, new organizations to advance the Church and secure enlargement and efficiency for the gospel. This trend of the day has a tendency to lose sight of the man or sink the man in the plan or organization. God's plan is to make much of the man, far

more of him than of anything else. Men are God's method. The Church is looking for better methods; God is looking for better men. "There was a man sent from God whose name was John. "Unto us a child is born, unto us a son is given." The world's salvation comes out of that cradled Son.

When Paul appeals to the personal character of the men who rooted the gospel in the world, he solves the mystery of their success. The glory and efficiency of the gospel is staked on the men who proclaim it. When God declares that 'the eyes of the Lord run to and for throughout the whole earth, to show himself strong in the behalf of them whose heart is perfect toward him," he declares the necessity of men and his dependence on them as a channel through which to exert His power upon the world. This vital, urgent truth is one that this age of machinery is apt to forget. The forgetting of it is as baneful on the work of God as would be the striking of the sun from His sphere. Darkness, confusion and death would ensue.

What the Church needs today is not more machinery or better, not new organizations or more and novel methods, but men whom the Holy Ghost can use -- men of prayer, men might in prayer. The Holy Ghost does not flow through methods, but through me. He does not come on machinery, but on men. He does not anoint plans, but men - men of prayer."

** (Prayer being absolutely vital in my life....if it is in yours...you might like to read more of his books, as I have. I just finished one called The Weapon of Prayer, which was enlightening and encouraging) The following is a paragraph from that book:

"In dealing with mankind, nothing is more important to God than prayer. Prayer is like wise of great importance to people. Failure to pray is failure in all of life. It is failure of duty, service and spiritual progress. It is only by prayer that God can help people. He who does not pray, therefore, robs himself (and others) of God's help and places God where He cannot help people. We must pray to God if love for God is to exist. Faith and hope and patience and all the strong, beautiful, vital forces of piety are withered and dead in a prayerless life. An individual believer's life, his personal salvation, and his personal Christian graces have their being, bloom and fruit in prayer.'

And from another of E.M.BOUNDS books titled Purpose In Prayer:

"God shapes the world by prayer. Prayers are deathless. The lips that uttered them may be closed in death, the heart that felt them may have ceased to beat, but the prayers live before

God, and god's heart is set on them and prayers outlive the lives of those who uttered them; outlive a generation, outlive an age, outlive a world.

That man is the most immortal who has done the most and the best praying. They are god's heroes, God's saints, god's servants, God's vicegerents. A man can pray better because of the prayers of the past; a man can live holier because of the prayers of the past, the man of many and acceptable prayers has done the truest and greatest service to the incoming generation. The prayers of God's saints strengthen the unborn generation against the desolating waves of sin and evil. Woe to the generation of sons who find their censers empty of the rich incense of prayer; whose fathers have been too busy or too unbelieving to pray, and perils inexpressible and consequences untold are their unhappy heritage. Fortunate are they whose fathers and mothers have left them a wealthy patrimony of prayer.

The prayers of God's saints are the capital stock in heaven by which Christ carries on His great work upon earth. The great throes and mighty convulsions on earth are the results of these prayers. Earth is changed, revolutionized, angles move on more powerful, more rapid wing and God's policy is shaped as the prayers are more numerous, more efficient.

It is true that the mightiest successes that come to god's cause are created and carried on by prayer. God's day of power; the angelic days of activity and power are when God's Church comes into its mightiest inheritance of mightiest faith and mightiest prayer. God's conquering days are when the saints have given themselves to mightiest prayer. When God's house on earth is a house of prayer, then God's house in heaven is busy and all potent in its plans and movements, then His earthly armies are clothed with the triumphs and spoils of victory and His enemies defeated on every hand.

Men are to pray -- to pray for the advance of God's cause. Prayer puts God in full force in the world. To a prayerful man God is present in realized force; to a prayerful Church God is present in glorious power, and the Second Psalm is the divine description of the establishment of God's cause through Jesus Christ. All inferior dispensations have merged in the enthronement of Jesus Christ. God declares the enthronement of His Son. The nations are incensed with bitter hatred against His cause. God is described as laughing at the enfeebled hate. The Lord will laugh; The Lord will have them in derision. "Yet have I set My King upon My holy hill of Zion." The decree has passed immutable and eternal: "I will tell of the decree : The Lord said unto Me, Thou art My Son; this day have I begotten Thee. Ask of Me, and I will give Thee the nations for thine inheritance. And the uttermost parts of the earth for Thy possession. Thou shalt break them with a rod of iron; Thou shalt dash them in pieces like a potter's vessel. Ask of Me is the condition—a praying people willing and obedient, "And men shall pray for Him continually." Under this universal and simple promise men and women of old laid themselves out for God.

The secret of success in Christ's Kingdom is the ability to pray.

The most important lesson we can learn is how to pray. Prayer is the keynote of the most sanctified life, of the holiest ministry. He does the most for God who is the highest skilled in prayer. Jesus Christ exercised His ministry after this order.

A Touch Of History

.... That you may not have known...

from More That I Never Knew About Colorado... by Abbott Fay

“German Prisoners of War in Colorado. And the Escape from Camp Hale.”

During World War II there were at least three German prisoner of war camps in Colorado. Unlike the horror stories of American soldiers who were imprisoned in German camps, conditions at Trinidad, Colorado springs, and Greeley were reportedly good. Prisoners given work assignments were actually paid and could purchase candy bars, cigarettes, and other items which were not on the standard supply lists.

Detachments from the Greeley camp worked in the sugar beet fields to replace the laborers who had gone off to war. While they were supplied with a sandwich in the field, often the farmers' wives would cook them good meals. This practice was at least frowned upon by the Army guards.

Some of the prisoners were sent into the mountains to work to help in cutting trees and work in the lumber mill at Walden. Citizens who drove them between the towns commented on the fact that the Germans had an ample supply of candy and other items which were very hard to obtain on the civilian market.

At Fraser there was another POW camp for timber cutting. The prisoners cut ice for railroad refrigerator cars at Kremmling. There were very few attempts to escape. This inland and mountainous region might be so far away from the sea that such attempts were useless but it was the duty of a prisoner to try to escape. Some who did walk off were almost happy to be recaptured and given warm quarters and adequate food.

There was one exception to those attempts; the great escape of two prisoners from Camp Hale, the training camp of the Tenth Mountain Division near Leadville. A detachment from the Trinidad compound was stationed there to help in maintenance and other tasks.

In the same camp was the 620th engineer General Service Company. An American unit composed of soldiers who were considered pro-Nazi or pro-Fascist in their views. They were also kept away from the chance to desert with assignments deep inland.

Among the men in the Army unit was a brilliant young man, PFC Dale H. Maple. He had been a prodigy as a youth and graduated magna cum laude from Harvard University. Not only did he have a vast knowledge of music, history, and geography, but he was fluent in

twenty six foreign languages! Maple admired Adolf Hitler and even tried to get the German embassy to take him with them when the U.S. declared war on the nation. Aware of this attempt, the military assigned him to the Engineer Unit.

Perhaps the security was not very good at Camp Hale, but some of the engineers struck up an acquaintance with the prisoners. Maple devised a scheme to take two Nazi soldiers to Mexico with him so that they would all be able to escape to Germany.

Taking a bus from Camp Hale to Salida, Maple bought supplies and a used car for which he paid \$255. Concealing these at the town of Red Cliff, on February 15, 1944, he was able to retrieve the car and pick up the two Germans. The trio drove southward to Alamosa, then through New Mexico, when their 1934 Reo had a flat with no spare tire. Riding the rim, the escapees finally drove into a ditch and had to begin walking.

They hiked with their packsacks into Mexico. It was there that a peon guiding a horse and wagon encountered them and notified Mexican police who took them to Columbus, New Mexico. There they were identified and the two Germans returned to Trinidad.

Maple was tried for treason by a Court-Martial and was sentenced to death despite his eloquent 7,000 word statement. Upon the advice of the Army's judge advocate general, President Roosevelt commuted the sentence to life imprisonment, and his sentence was later reduced to ten years after which he was released in 1951.

What's In A Name??

Thoughts on names...some from a book called "the everything Baby Names Book...by June Rifkin. This book has a lot of interesting info on names and naming over the centuries, and lists many names, their meanings and origin. If names are your thing, this is a good book to check out names and info,. (Mesa County Public Library has it)

Whether at a party, at Reception at the doctor's office, or walking into a restaurant for your dinner reservation, the first thing you're likely to say is "Hi, I'm _____" That name—your name—is the first impression you make. It distinguishes you from all the other people around you and is, in essence, your personal identity. It represents you to others and the world at large—in person, on paper, or by reputation. Your name is on your driver's license, diploma, and phone bill...or maybe on a hospital wing or sandwich at the Carnegie Deli. You are your name, and your name is you. No wonder the process of naming a baby can be so daunting!!

A look through the history provides some clues as to the influences and trends of how people got their names. Religion played a large part, as did family and clans. In ancient Rome, for example, children had three names, the praenomen, which was the first name given by the parents; the nomen, which was the family name and the cognomen, which was the name of the

family branch. Biblical names from both the Old and New Testaments were also influential with Jews and Christians, respectively, honoring their faiths through names of patriarchs and notable women and saints. As Christianity spread during the first millennium, so did the prevalence of biblical names, many of which remain popular today.

There are several books available which give the origin and meaning of names.

We did not check on the meaning of the names we chose as we were naming our sons, but later I did and I named them well according to the names meanings, I was happy to learn!! I have always been interested in names and their meanings and origins so have read several of the books...find them interesting just to read for fun!! Will list a few names and the info from some of the books....perhaps one of them will have meaning to you!! ?? They have many spellings and some are derivatives of other names.

- Zoe, ...is of Ancient Greek origin and means 'life'. It was adopted by English speakers in the nineteenth century following the 1845 Geraldine Jewsbury novel, *Zoe, A History of Two Lives*.
- Zachary...is a variant of the less commonly used ancient Hebrew names Zechariah and Zachery, means 'the Lord God has remember or recalled.'
- Yasmine....this is a less popular variant of the popular Old French and Persian name Jasmine, which means 'jasmine' or 'jasmine flower.'
- Wesley ...is of Old German origin and means 'west meadow.'
- Wendell....also of Old German origin and means 'wanderer.' Was very popular in the 1940s.
- Victoria....is of Latin origin and means 'victor.' It is the name of the Roman goddess of victory. The name has strong royal associations for many due to Britian's Queen Victoria.
- Vincent....of Latin origin and means 'winning and conquering.'
- Tyrone....of Gaelic origin and means "land of Eogam.' Meaning land of Owen. It also refers to County Tyrone in Ireland.
- Tracy...is of Irish and Gaelic origin and means 'warlike.' The name may also be derived from a place name in France meaning 'place of Thracius.'
- Tamara....is of Hebrew origin, from 'tamar' meaning "palm tree." Tamara, in the Bible was the name of Absalom's daughter who was renowned for her beauty, making the name a popular choice in the Christian world.

Six Easy Crafts For The Season

SPRING AND EASTER DÉCOR IDEAS

- A tumble of pastel eggs makes a cheery welcome at the front door. Wrap Styrofoam egg shapes with strips of crepe paper, attaching ends with glue or a small straight pin. Embellish with ribbon secured with small straight pins, leaving a long end for tying. Gather eggs at varying heights and tie ribbons together. Hang from a removable adhesive hook or wreath hanger. Add a ribbon bow.
- Fill an empty egg carton with fizzy bath balls, cover the carton top with pretty paper and tie with ribbon. You can even put a bit of 'Easter grass' in each carton section to put the fizz balls on. Makes a nice little gift.
- To make stripes on eggs when coloring them...put rubber bands around them where you want the stripes or designs. Those that come on broccoli etc at the supermarket work very well for this.
- A ceramic egg tray is a great tool for keeping jewelry and everyday mending supplies in easy reach. Put one on your dresser or in you top drawer.
- Show off a seasonal bouquet with a prettily pleated vase sleeve in a coordinating floral cotton fabric. Iron it onto a fusible backing (for stiffness) and press in folds; snip ends to create points at the top. Small slits on each pleat allow a ribbon to gather it all up into a bow near the bottom.
- Perfectly proportioned repurposed baby food jars become gingham banded, light infused hanging vases for pansies...(or other small flowers) Suspend in a window at staggered heights using craft wire and ribbon. Or use on a table, perhaps on sitting in a row down the table on a runner....or ?? Use your own ideas and creativity!! To make ..just wrap/and glue strips of gingham (or material of your choice) around the jar about the center. Use craft wire or ribbon (or both) tie around the top just below where the lid would screw on....and hang....or attached a ribbon to the wire "handle" to hang...depending on which suits the purpose you are wishing for. If they are to set on a table or something...there is no need for the wire handle or ribbon....you can also add other things to the material...like small flowers or jewels or??? Can be used with water in them and real flowers ...or use silk flowers....look very spring/summery!!!

Our Nation's Godly Heritage

James Madison, (1751 – 1836). Known as the “Chief Architect of the Constitution.” Was the fourth president of the United States, from 1809 till 1817. He

was a member of the first United States congress and was the original author and promoter of the Bill of Rights, of which he made religious freedom the first item.

He was appointed by President Thomas Jefferson as U.S. Secretary of State where he engineered the Louisiana Purchase of 1803. He was acting president and commander in chief during the War of 1812, and had to flee the White House before it was captured and burned by the British.

James Madison was an instrumental member of the Constitutional Convention, speaking 161 times – more than any other Founder except Gouverneur Morris. His records of the debates in the Constitutional Convention are the most accurate and detailed that exist.

His records of the debates in the Constitutional convention are the most accurate and detailed that exist.

In addition to being a lawyer and planter, Madison was a member of the House of Delegates. As a Virginia legislator he helped write the Constitution of Virginia and authored 29 of the 85 “Federalist” papers, which argued successfully in favor of the ratification of the Constitution.

It was James Madison who made the motion, seconded by Roger Sherman, that Benjamin Franklin’s famous appeal for prayer at the Constitutional Convention be enacted.

Home schooled as a child, Madison attended Princeton University under the direction of Reverend John Witherspoon, one of the nation’s premier theologians and legal scholars. The college at one time declared, “Cursed be all learning that is contrary to the cross of Christ.”

James Madison, on June 20, 1785, wrote in regard to the relationship between religion and civil government: “Religion is the basis and foundation of government.”

April....the month of spring flowers and April showers and fruit trees budded and/or blooming ...the month when we can really see what seemed to be dead all winter come back to life..... a month that gives hope just as Jesus gave us hope. It is also the month that the world has chosen to celebrate the death, burial and resurrection of our Lord and Savior, Jesus Christ. What a wonderful event to celebrate every day of the year!

I pray that as you celebrate this year....and it's a fun time for the children and the Easter eggs and bunnies etc.....perhaps you will take the time to really contemplate Christ, His life and death, His burial and resurrection and exactly what it all means to you. And to make this known to your children and family also. They need to understand why we are celebrating...aside from the bunnies etc.

If you have never really taken time to meditate and contemplate what your condition would be if He hadn't chosen to do what He did, perhaps its time we all did. Spend time reading the scriptures that tell the story of what He did to yourself and to your children) and think on it. Then take time to reflect on what our response should be to such a wonderful thing as he did for us all. Are we responding as He hopes we will or are we taking it all pretty much in stride and acknowledging it mentally but not really making any real effort to live as He lived and die to ourselves as He died to his human self for us. Don't know about you but I need to take it all personally and urgently and if I need to repent and make changes (which I do) do it before it is eternally too late.

Heavenly Father, give us your wisdom , the wisdom to see and understand what You want for us, and help us to be the "children" you intended us to be....help us to love as you have loved in sending Jesus to redeem us. Forgive us our selfishness, doubts, apathy, rebellion, or whatever it is that stands in our way of committing all that we are and have completely to You. We give you the praise and glory that is due You alone and we thank you dear Lord. In Jesus' Name. Amen

HAPPY SPRING AND RESURRECTION DAY.....

HE AROSE!!!

HE LIVES!!!

Lila

* My apologies to Lila for my delay in formatting this and getting it posted on line. She had it to me in plenty of time for Easter and the beginning of April and I just got way behind. Sorry Lila! - Lesa