

Quotes Worth Considering ...

“And what kind of habitation pleases God? What must our natures be like before he can feel at home within us? He asks nothing but a pure heart and a single mind. He asks no rich paneling, no rugs from the Orient, no art treasures from afar. He desires but sincerity, transparency, humility and love. He will see to the rest.” A. W. Tozer (1897-1917)

“God designed the human machine to run on Himself. He himself is the fuel our spirits were designed to burn, or the food our spirits were designed to feed on. There is no other. That is why it is just no good asking God to make us happy in our own way.” C.S Lewis (1858-1963)

“We are going to meet unmerciful good people and unmerciful bad people, unmerciful institutions, unmerciful organizations and we shall have to go through the discipline of being merciful to the merciless.” Oswald chambers (1874-1917)

“Man finds it hard to get what he wants because he does not want the best; God finds it hard to give because he would give the best and man will not take it.” George Macdonald (1824-1905)

“A man can no more diminish God’s glory by refusing to worship Him than a lunatic can put out the sun by scribbling the word darkness on the walls of his cell.” C.S, Lewis

“All human seems too much worse in its consequences than in its intentions.” Reinhold Niebuhr

“The time of business does not with me different from the time of prayer; and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquility as if I were upon my knees at the blessed sacrament.” Brother Lawrence

“Earth’s crammed with Heaven, and every common bush afire with God; but only he who sees, takes off his shoes.” Elizabeth Barrett Browning

THINGS TO USE BAKING SODA FOR IN THE GARDEN

Garden fungicide...as a nontoxic alternative to chemical fungicides, spray a solution of four teaspoons baking soda per gallon of water on rosebushes to prevent damage by black spot fungus. If you like, add a few drops of liquid soap to the solution to help spread it more evenly on the leaves.

The same spray can be used on grapes and vines to help prevent grape fungi, especially black rot, from forming. Apply once when the fruit starts to appear and then once a week for about two months. Reapply after each rain.

Garden greener....If outdoor garden plants and bushes are fading, make them green again with the following:

- 1 teaspoon baking soda
- 1 teaspoon Epsom salts
- 12 teaspoon clear ammonia
- 1 gallon water

Mix the ingredients together well and store in an airtight container. Apply when needed at the rate of about 1 quart per rosebush size shrub.

Potting Soil Alkalizer

To flourish, some potted plants (like carnations, mums, and petunias) prefer a neutral soil. Home gardeners can raise the alkalinity of acid potting soil safely with a solution of four tablespoons baking soda per quart of water. This should be used sparingly, not as a routine treatment. A high accumulation of sodium salts in the soil is harmful to some plants.

Extraordinary Uses For Ordinary Things

(a Readers Digest book)

Club Soda.....

- ✚ Make pancakes and waffles fluffier. If you like your pancakes and waffles on the fluffy side, substitute club soda for the liquid called for in the recipes. You will be amazed at how light and fluffy your breakfast treats turn out.
- ✚ Give your plants a mineral bath. Don't throw out that leftover club soda. Use it to water your indoor plants. The minerals in the soda water

help green plants grow. For maximum benefit, try to water your plants with club soda about once a week.

- ✚ Remove fabric stains.. Clean grease stains from double knit fabrics. Pour club soda on the stain and scrub gently. Scrub more vigorously to remove stains on carpets or less delicate articles of clothing.
- ✚ Help shuck oysters. If you love oysters but find shucking them to be a near impossible chore, try soaking them in club soda before you shuck. The oysters won't exactly jump out of their shells, but they will be much easier to open.
- ✚ Clean precious gems. Soak your diamonds, rubies, sapphires, and emeralds in club soda to give them a bright sheen. Simply place them in a glass full of club soda and let them soak overnight.
- ✚ Clean your car windshield. Keep a spray bottle filled with club soda in the trunk of your car. Use it to help remove bird droppings and greasy stains from the windshield. The fizzy water speeds the cleaning process.
- ✚ Restore hair color. If your blond hair turns green when you swim in a pool with too much chlorine, don't panic. Rinse your hair with club soda and it will change back to its original color.
- ✚ Tame your tummy. Cold club soda with a dash of bitters will work wonders on an upset stomach caused by indigestion or a hangover.
- ✚ Clean countertops and fixtures. Pour club soda directly on stainless steel countertops, ranges and sinks. Wipe with a soft cloth, rinse with warm water and wipe dry. To clean porcelain fixtures, simply pour club soda over them and wipe with a soft cloth. There's no need for soap or rinsing, and the soda will not mar the finish. Give the inside of your refrigerator a good cleaning with a weak solution of club soda and a little bit of salt.
- ✚ Remove rust. To loosen rusty nuts and bolts, pour some club soda over them. The carbonation helps to bubble the rust away.
- ✚ Eliminate urine stains. Did someone have an accident? After blotting up as much urine as possible, pour club soda over the stained area and immediately blot again. The club soda will get rid of the stain and help reduce the foul smell.

✚ Ease cast iron cleanup. Food tastes delicious when it's cooked in cast iron...but cleaning those heavy pots and pans with the sticky mess inside is no fun at all. You can make the cleanup a lot easier by pouring some club soda in the pan while it's still warm. The bubbly soda will keep the mess from sticking.

Did You Know?

Bubbling water has been associated with good health since the time of the ancient Romans, who enjoyed drinking mineral water almost as much as they liked bathing in it. The first club soda was sold in North America at the end of the 1700's. That's when pharmacists figured out how to infuse plain water with carbon dioxide, which they believed was responsible for giving natural bubbling water health inducing qualities. Club soda and seltzer are essentially the same. However, seltzer is a natural effervescent water (named for a region in Germany where it is plentiful) whereas club soda is manufactured.

For The Kitchen

(from "Woman's Day" magazine)

Carrots..... here are three things to do with carrots.

Piquant Salad:

Bring a 10 oz bag of shredded carrots, 1/2 cup seasoned rice wine vinegar and 1/4 cup water just to a boil. Meanwhile halve, seed and slice 2 unpeeled cucumbers, put in a bowl. Stir in 1/8 teaspoon crushed red pepper and the carrots and liquid. Chill at least 1 hour.

Roasted carrots:

Toss 1 lb baby carrots, 1 Tbsp oil, and 1/4 teaspoon each salt and pepper on a rimmed baking sheet. Roast at 450 deg F stirring twice, 35 minutes or until tender.

Orange spuds:

Boil carrots along with potatoes, then mash and season as usual.

TO COOK OR NOT TO COOK??

Following are some items from "Prevention Magazine" perhaps they will be helpful.

Eating a variety of fruits, vegetables, and quality animal products is only one part of a healthy diet. How you cook your food ...or don't...can actually determine how healthy or harmful it is. Is it time to switch up your routine? This is what you need to know about your options before prepping your next meal. (Hannah Woit)

RAW....eating a least some raw vegetables is a good way to ensure that you're ingesting beneficial enzymes and water soluble vitamins (C and the Bs) that cooking often destroys, says Judy Caplan, RD, a spokesperson for the Academy of Nutrition and dietetics. Always avoid raw meats and eggs. (Some would also add raw milk, but there is some difference of opinion on this, it depends for instance on where you get it)

BOILED...Boiling vegetables can be beneficial for people prone to forming calcium kidney stones, which can be caused by excess oxalic acid (an organic plant compound) in the body. Boiling oxalage rich vegetables such as spinach, Swiss chard and beets releases most of these oxalates into the cooking water.

STEAMED...If you have a condition such as irritable bowel syndrome or Crohn's disease, steaming can make veggies easier to digest. Studies have shown that it also increases the antioxidant activity in bell peppers, green beans, broccoli, and spinach and makes the beta-carotene in carrots easier to absorb.

ROASTED....Roasting meats and vegetables is a safer alternative to grilling, which can char foods, resulting in carcinogens called heterocyclic amines and advanced glycation end products, toxins created when foods containing sugars and protein are burned. (that goes for baked goods too.)

A Home Remedy

by Dr. Tieraona Low Dog, M.D. -
(author of 'Life is Your Best Medicine.')

Stabilize Blood Sugar with Cinnamon.

I love the aroma of cinnamon, and its health benefits make it one of my favorite spices. Cinnamon has been used since ancient times to aid digestion and a teaspoon has more antioxidants than half a cup of blueberries. Plus, studies show that cinnamon helps blunt the rise in blood sugar that can occur when you eat a carbohydrate-rich meal –good news, since a spike in blood sugar raises level of insulin and insulin-like growth factors, which may increase the risks of diabetes, heart disease, and even some cancers.

Take 1/2 to 3/4 teaspoon infused in hot water 3 times a day to ease indigestion, or 2 to 4 teaspoons daily to see an impact on blood sugar levels. Both true cinnamon and Cassia are sold as “cinnamon.” If you take more than 1 to 2 teaspoons, get true cinnamon, such as Frontier Organic Fair Trade Cinnamon. Cassia contains coumarin, a compound that in large amounts can adversely affect the liver.

Two new ways to add cinnamon to your diet.....

Sprinkle a teaspoon over ground coffee before brewing. Research shows that hot water extraction (the process that occurs when you brew coffee or make cinnamon tea) is one of the best ways to get the good stuff out of the spice.

Dust 1/2 teaspoon of ground cinnamon on apple slices and place in a container for an after lunch treat. (the spice prevents fruit from browning.)

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Some tips you may or may not have thought of:

- Use dabs of frosting to ‘glue’ a cake to a serving plate, so the cake won’t move around as you frost and decorate it.
- Put 1/2 teaspoon baking powder in 1/4 cup of hot water...to check if the baking powder is still active. If it bubbles, it’s fine.
- Oil a measuring cup before adding sticky stuff like honey, it keeps the goo from sticking and lets it pour out easily.

HEALTH RELATED TOPICS

Healthier Hand Washing!

Can hand washing ever be unhealthy? It depends on your cleanser. Animal studies link triclosan, the most common antibacterial ingredient in hand soaps, with impaired heart, muscle and endocrine function, says Environmental Working Group Senior analyst Sonya Lunder. Until more research is in and the FDA rules on triclosan here's how to play it safe.

Try triclosan free brands. Options include Seventh Generation hand wash and bar soaps, CleanWell Nature Antibac Liquid Hand Soap and Dr Bronner's Magic Pure Castile Classic liquid and bar soaps.

Use hand sanitizer when you can't wash. The FDA bans triclosan in these leave on products, but to avoid other chemicals, Lunder recommends alcohol based options, such as Intelligent Nutrients Certified Organic Hand Sanitizer.

Make your own all natural hand sanitizer. Go to prevention.com/hand-sanitizer for a recipe.

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A Sweet Surprise

Honey can be so much more than a sweetener. New research suggests that I can also promote oral health by preventing the growth of biofilm, accumulations of harmful bacteria that can lead to cavities, bad breath, and gum disease. In one study, consuming manuka honey, a bold flavored variety produced in Australia and New Zealand, significantly reduced plaque and gingivitis. Try Comvita Manuka Honey Lozenges in Lemon & Honey.

Note: Some may be allergic to the various types of honey (or the plants from which the bees get the nectar) so be sure it's okay for you or anyone wanting to try the honey for oral health does not have a problem with honey than would make it hazardous to eat it.

Marijuana

More Bad News For Marijuana Users

By John Clayton (in the Does God Exist magazine)

An article in 'The Week' Sept 2012, reports that research on school children who started smoking pot regularly before age 18 lost an average of eight IQ points. The increased use of marijuana in our society is having a number of effects on our population, and the effects on developing brains appear to be some that have not been studied before.

(Something to consider if you are thinking about, or already using marijuana, like any other drug, it has its side effects and some can be devastating)

Junk Dna Data Accelerates

(Another article in John Clayton's "Does God Exist publication)

When the human genome was being worked out, the 3 billion base pairs that make up our DNA coalesced into only 22, 000 genes, which is only 2% of the human genome. That meant the 98% of the human genome did not seem to have a function and that material was called "Junk DNA". It was considered to be material left over from the evolutionary processes that shaped our genes. Since that time the U.S. National Institutes of Health have had a project called Encyclopedia of DNA Elements (ENCODE) Four hundred forty two scientists working in 32 labs have been involved in studying the "nongene portion" of the human genome. This section is made up of some 4 million constantly communicating switches which make an uncommitted cell in a growing embryo determine what kind of cell it will become. Dr Eric Green, the director of the National Human Genome Research Institute says, "This is a powerful resource for exploring the fundamental question of how life is encoded" and it turns out the "junk DNA" may be the answer for curing a huge number of diseases, including cancer. It seems that the error here was assuming that chance explained the genome, and that if you did not see a purpose for something, it was junk. If we believe that life is intelligently designed, then we are not surprised that there is a purpose for all we see that makes up our genome.

My Help Is In Thee

(excerpted from "Dialogues with God " by Francis J. Roberts.)

LORD GOD,

Thou art my God; My help is in thee. Thou wilt never leave me nor forsake me. Thou wilt bring me through and I shall praise Thy Name!!!

MY CHILD....

Behold, I am thy God and I am with thee to help thee...in the darkness I will be to thee a light, and when thou walkest along, I will be thy companion.

Have I spoken and will I not bring it to pass? Have I promised and will I not perform it? Yes, I will surely do all that I have said. For My hand shall be upon thee. When thou wakest and when thou sleepest, I shall be ever at thy right hand, and I shall give thee strength. For thou art My child, and thy needs are My constant care. Therefore I have asked thee to roll thy burdens and thine anxieties upon Me, for every circumstance which toucheth thee is My concern. Yea, I am not only concerned, but I am able to deliver thee and I will deliver thee as surely as thou shalt rest thy case in My hands.

Let not care lay its head upon thy heart, but lay thou thine head upon My shoulder, and I will bear thee up, and I will surely bring thee peace. For He that keepeth thee neither slumbers nor sleeps. Yea, the Lord thy God is thy strength, and in Him is no weariness.

He tireth not at thy coming, and thy cry is welcome to His ears however frequent. Get thyself upon His mercies, for His lovingkindness never faileth, and His grace and compassion are inexhaustible. His faithfulness is extended to all generations.

Meditations on the Purpose Driven Life

(An excerpt from R. Warrens book)

I thought it timely in light of the recent lessons we have had in classes and from the pulpit from our leadership.

YOU WERE SHAPED FOR SERVING GOD!

God made us what we are and in Christ Jesus, God has made us to do good works which God planned in advance for us to live our lives doing. *Ephesians 2:10 NCV*

The Bible says you are uniquely shaped. "You shaped me first inside and then out. You formed me in my mother's womb. Psalm 139:13 (The Message)

- S** – Spiritual Gifts: Special gifts given by the Holy Spirit to help others in God's family.
- H** – Heart: special passions, things that you feel strongly about, to use for God's glory.
- A** – Abilities: Natural talents built into you from birth.
- P** - Personality: Your uniqueness, what make you different from everyone else.
- E** – Experiences: situations and circumstances you face that help you empathize with others.

God custom made you with these five factors to prepare you to serve Him.

"Before I made you in your mother's womb, I chose you, before you were born, I set you apart for a special work." *Jeremiah 1:5 NCV*

You weren't placed on earth just to breathe, eat, take up space and have fun. God fashioned and formed you to make a unique contribution with your life. You were put here to give something back, not just get; to add to life on earth, nor just take from it. God designed you to make a difference. Service to God and others is the fourth purpose for your life. (we have already discussed the first three he talks about in earlier months ladies pages)

You are not saved by service but you are saved for service. In God's Kingdom, you have a place, a purpose, a role and a function to fulfill. This gives you rifle great significance and value.

"It is He who saved us and chose us for His holy work not because we deserved it but because that was His plan...." *2 Timothy 1:9 LB*

God has given you a unique S.H.A.P.E. there is no one else in the world just like you. Only you can be you! Using your spiritual gifts, heart, abilities, personality and experiences for the benefit of others is called your 'ministry'. Ministry, or service, is the 4th purpose of your life.

“God has given each of you some special abilities. Be sure to use them to help each other, passing on to others God’s many kinds of blessing.” I Corinthians 12:7 NJB

You have dozens of hidden abilities and gifts that you don’t know you’ve got because you’ve never tried them out. I encourage you to try doing some things you’ve never done before. Until you’re actually involved in serving, you are not going to know what you are good at.

Since we find ourselves fashioned into all these excellently formed and marvelously functioning parts in Christ’s body, let’s just go ahead and be what we were made to be. Romans 12:5 (the Message)

Satan will try to steal the joy of service from you by tempting you to compare your ministry to others and by tempting you to confirm your ministry to the expectations of others. Both are deadly traps that will distract you from serving in the ways God intended for you to serve. The Bible warns us to never compare ourselves with others; “Do your own work well, and then you will have something to be proud of, but don’t compare yourself with others.” Galatians 6:4 CEV

Using your God given shape I ministry is the secret of fruitfulness and fulfillment. God wants you to be you! The better your area of service fits your shape, the more successful you will be.

RECOMMENDED READING

Warren W. Wiersbe has a book titled Live Like a King, your attitudes determine your blessings. It is on the Beatitudes and is a very good read. Easy to read and yet has a very helpful message on living the attitudes that Jesus is speaking of in the Beatitudes. The following is an excerpt from the first chapter.

“God created us to be kings, and everything else to be our servants. The fact that we are created in the image of God is proof enough of this statement. But God’s words to the first man and woman make our kinship even more exciting: “Be fruitful, and multiply, and replenish the earth, and subdue it; and have dominion over the fish of the sea, and over the fowl of the air and over every living thing that moveth upon the earth.” Genesis 1:28. “Have dominion.” This simply means, live like a king!” Our first parents were not simply tenants in Paradise; they were the rulers!

“If God created us to be kings,” you are no doubt asking at this point, “then—what happened? Man certainly doesn’t have dominion over the fish and fowl and animals today. For that matter, he doesn’t even have dominion over himself.”

A good question. What did happen so that man stopped living like a king and started living like a servant? When did he get the horse and start walking? When he disobeyed God. When Adam and Eve deliberately disobeyed God’s commandment, they went from sovereigns to sinners to servants. They lost their crowns. They got off the horse and started walking and became the servants instead of the rulers. And, sad to say, every child of Adam (and that means all of us) is born a slave.

Can we do anything to change the situation? Yes, we can. For, just as God the Father created us to be kings, God the Son redeemed us to be kings. In His death, burial, and resurrection, Jesus Christ undid all that Adam’s sin accomplished – and much more! The dominion that was lost through Adam’s disobedience has been regained through Christ’s obedience, and there is no longer any need for you and me to be walking like servants. (except to God)

The rest of the book is about each of the beatitudes and how they apply to our lives each day. Definitely worth the time spent reading it for me!!

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“The best reason for forgiving is not that we will live longer or feel better (though that is true) ...The best reason for forgiving or for seeking forgiveness is that, in this way, we will glorify God and reveal His character to those around us.” (And that is what we are here to do is live in a way that brings Glory and Honor to God.)

The following is the words on the dust cover of a book entitled “Called & Committed...world changing discipleship. I have not read the book, but intend to.....and will let you know my thoughts later....but the words on the cover are very true whatever the pages of the book reveal. Called and Committed we are supposed to be...I wonder am I? If I am not I think I better work on being, as in the world today, I may be called upon to suffer greatly for my faith before I am gone and I pray I will be committed enough to stand firm in any circumstance.

Christ calls us to decisive discipleship....but all too often we settle for flabby faith. The vast majority of Western Christians,” claims David Watson, “are church members, pew fillers, hymn singers, sermon tasters, Bible readers, even born

again believers or spirit filled charismatics, but not true disciples of Jesus. If we were willing to become disciples, the church in the West would be transformed, and the impact on society would be staggering. This is no idle claim; it happened in the first century."

The Christian church is not a club that we belong to so that our needs will be met; it is a body, a building, a family, an army -- word pictures used to show us that, by accepting the call of Christ, we take on responsibilities that we cannot avoid if we are to be his disciples."

With the international perspective so acutely needed by American Christians, David Watson calls us to build a community of believers who demonstrate Christ's power, arm themselves for spiritual battle, and demonstrate, by their lifestyle and outreach, their unreserved commitment to Christ's kingdom. Only then will we be able to change the world.

Your Bible Questions For This Month:

What Book Does it Come From? This month's is an easy quiz for you!! Just name the Book of the Bible you will find the words mentioned.

1. The Burning Bush
2. "Blessed are the meek; for they shall inherit the earth."
3. "God is Love."
4. He was received up into heaven and sat on the right hand of God."
5. "dust thou art and unto dust shalt thou return"
6. "At the name of Jesus every knee should bow..."
7. For God so loved the world, that He gave His only begotten Son.."
8. "I am the living bread which came down from heaven:..."
9. The Ten Commandments
10. The laws of clean eating
11. "Cursed be he that maketh the blind to wander out of the way.."
12. The story of the olive tree, the fig tree, the vine and the bramble.
13. "there is no new thing under the sun..."
14. An outline of the qualities of a virtuous woman
15. Jesus' giving himself up by announcing twice, "I am He,..."

Colorado Trivia

Denver's Famous Pigeon Man

(taken from More That I Never Knew About Colorado by Abbott Fay)

Homing pigeon racing had a great following in the first half of the twentieth century here in America. Another popular hobby was the breeding of show pigeons, as much an art as that of dogs or horses.

A Denver stonecutter, a Cornish stonecutter Jack Venning, given much to including dove designs on tombstones, was regarded internationally as a gifted practitioner of both pigeon pursuits. He had judged the Royal Pigeon show in London's Crystal Palace as well as shows at Memphis, Toronto and in New York's Madison Square Garden.

It was said that if any showman had plucked a single off color feather from a white bird five years before a show, Jack could spot it as he passed down the line. He could pick the probable top ten winners of races from a flock of 150 and in 1942 he picked the winner, with no previous information, of a 500 mile race before the race began.

One of the standard races was from Glendive, Montana to Denver. Participating pigeons would frequently reach speeds of sixty miles an hour as they flew over Gillette, Douglas and Cheyenne, Wyoming, to their individual lofts in Denver.

During World War I, the U.S. Army made much use of Venning's expertise in training post pigeons to carry messages on the battlefields. His home on Ninth Street was host to pigeon lovers from all over Colorado and some other states to seek his advice on both show birds and homers.

Jack often knew pigeons on sight. Once, when a homing pigeon was a bit overdue, the stonecutter spotted him atop a house in north Denver. Climbing to the roof Venning attracted the attention of neighbors who called the police. In answer to demands that he come down, Jack called back that he wanted to get the bird and even called out the serial band number the pigeon carried on its leg. Carefully grasping the racer in his hands, he brought it down. Venning was correct about the number.

Jack was at one time the genial head of the stonecutter's union. Many were amused by the fact that he never lost his strong Cornish accent, a legacy of his parents who had come to Colorado to mine at Central City.

When Venning died in 1944 at the age of 65, Thomas Hornsby Ferril, who later became Colorado's Poet Laureate, referred to Jack as the "Evangelist of the Noble Birds."

Unimportant But Interesting And Strange Trivia Facts!!

This time about hair color and coloring... in case you think it's a thing that was started in more recent times...and for those who use the colored sprays etc....it's not a new thing either, adults had brightly colored hair many centuries ago!!! What is it the Bible says...'there is nothing new under the sun'????!!!

- The Assyrians began dyeing their hair around 1500 B.C.E.
- The ancient Greeks revered light colored hair, and most of their great heroes had golden blond hair. Many dark haired Greeks used soaps and alkaline bleaches imported from Phoenicia to lighten or redden their hair. Others dusted their hair with yellow flour, made from yellow pollen and gold dust.
- Ancient Romans of the upper classes preferred dark hair, and elderly senators and consuls dyed their graying hair with a concoction made by boiling walnut shells and leeks. To prevent graying, men went to bed wearing a paste made from herbs and earthworms.
- Drawings depict early Saxon men with hair and beards dyed blue, red, green and orange.
- In the 1600's many Europeans erroneously believed that frequently combing gray hair with a lead comb could restore the hair to its original color.
- When England's Queen Elizabeth I dyed her hair bright reddish orange, thousands of her faithful subjects followed suit.
- During the sixteenth century, French aristocrats powdered their hair with perfumed wheat flour. By 1790, the French were powdering their hair with a wide assortment of colors, including blue, pink and violet.
- In 1909, French chemist Eugene Schueller created the first safe, permanent, commercial hair dye, founding the French Harmless Hair Dye Company. A year later, he changed the company name to L'Oreal.

- In the 1937 classic movie ‘The Wizard of Oz’, when Dorothy, the Scarecrow, the Tin Man and the Cowardly Lion enter the gates of the Emerald City, they discover the Horse of a Different color, which changes color from scene to scene. To achieve this special effect, stagehands dyed white horses different colors by sponging them with Jell-O powder. The horses licked off most of the Jell-O between shots, making the scene difficult to shoot.
- In 1950, only 7 percent of women in the United States colored their hair.
- The advertising catchphrases “Does she or doesn’t She?” and “Only Her Hairdresser Knows for Sure,” used to advertise Clairol hair dyes popularized the idea of hair coloring.
- Executives at Life magazine, finding lewd connotations in the line Does She or doesn’t She ?” initially refused to run the advertisements for Clairol.
- Today, three out of four women in the United States color their hair.

IN TIME OF DANGER “I will be with thee: I will not fail thee, nor forsake thee.”
- Joshua 1:5 KJV

While reading from a book entitled “Their Mysterious Ways”, which is a compilation from Guide Posts of animal stories from different people’s lives.I found this to be in interesting story.

The Quality of Mercy
by Bianca Rothschild

Animals have always been part of my life. I love them with a passion. But one special “angel animal” will remain in my heart forever.

I am a lady in my mid seventies who has an amazing story to tell. Born in Poland, I was a teenager when World War II began. My family always had pets. All of us loved them dearly. When the Nazis forced us to leave our home to be put into prison, we entrusted the animals to friends for safekeeping.

By 1945 I was separated from my family and imprisoned in the Ravensbruck, a concentration camp in Germany. Starving, dressed only in a flimsy uniform, I had to work in the bitter cold. Every day prisoners at the camp congregated in the early morning and waited outside to be counted. One day, while I waited in line, exhaustion and cold overwhelmed me and I

fainted. Although two of my friends stood in the long row on either side of me, they couldn't help.

When the Nazi soldiers saw me lying on the ground, they took one of their large German shepherd dogs off of his leash, removed the dog's muzzle, and commanded him to attack. As the dog ran toward me, the prisoners looked on in horror, fully expecting the animal to rip me apart. But something miraculous happened that moment.

When the huge dog reached me, he spotted in his tracks. Then he smelled me. To everyone's amazement, the dog, instead of attacking me, licked my face until I revived.

Everyone in the line stood frozen with fear. The soldier who had sent the dog to kill me looked incredibly puzzled. After a minute I staggered to my feet. Shocked that the dog had allowed me to live, the soldier called the vicious looking animal back to him.

Those many years ago, an animal befriended me in an insane world of human hatred. I am alive today because a dog had disobeyed the command to destroy and instead showed compassion. Was it fate? Was he an angel? I will never know. But to this day I have never forgotten the dog's act of mercy. For the rest of my life I have done whatever I could to save all living creatures.

And from the same book.....another short story of a faithful dog, doing his job.

The Gatekeeper

BY Gayle Trent

Had you seen Duke, it isn't likely you would have called him an angel. In fact, not even I call him 'angel,' I called him 'my baby'.

Duke was a ST. Bernard, a gift to me from my parents on my tenth birthday. I arrived home from school that day and was immediately sent to the garage. And there he was, quite an armful already, but I gleefully picked him up and buried my face in his neck.

Early on, I taught Duke to rub noses with me. This kept me from getting drooly dog kisses, and it was our own special way of showing affection. When Duke was relegated to a doghouse in the backyard, I would slip outside to sing

him to sleep at night. We had a special relationship. He was 'my dog' and I was 'his girl'.

One summer night after Duke was fully grown. I went out to refill his water bowl. I retrieved the bowl and filled it at an outside spigot.

"There you go, baby," I said, putting the bowl on the ground in front of him. I hugged him around the neck and he growled. Taken aback and more than a little hurt, I went to stand beside his house. "You might growl at other people, mister," I said, as he was extremely protective of me and had been known to growl at others, "but you do not growl at me."

My lecture was silenced when Duke came to me, jumped up and placed a massive paw at either side of my waist. He emitted another low, menacing growl. I was unable to move, and my dog's behavior was beginning to frighten me. He was my best friend, my guardian. Was he going to turn on me now?

I noticed that his face was turned away from me and that he was staring toward the road that ran in front of our house. As I watched in the direction of Duke's gaze, I spotted a man emerge from the shadow and walk down the road. Duke held me against the side of his dog house until the man was gone. When he was satisfied that there was no longer a threat, he touched his nose to mine and let me go. As he thirstily drank from his water bowl, I hugged him and thanked him for his continued protection.

Sing Praises To God

"Let us run with endurance the race set before us,
looking unto Jesus, the author and finisher of our faith"

Hebrews 12:1-2

Helen Howarth Lemmel was born in England in 1863, into the home of a Wesleyan minister who immigrated to America when Helen was a child. She loved music, and her parents provided the best vocal teachers they could find. Eventually Helen returned to Europe to study vocal music in Germany. In time, she married a wealthy European, but he left her when she became blind and Helen struggled with multiple heartaches during midlife.

At age 55. Helen heard a statement that deeply impressed her; "So then, turn your eyes upon Him, look full into His face and you will find that the things of earth will acquire a strange new dimness."

"I stood still," Helen later said, " and singing in my soul and spirit was the chorus, with not one conscious moment of putting word to word to make rhyme, or note to note to make melody. The verses were written the same week, after the usual manner of composition, but nonetheless dictated by the Holy Spirit."

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Pastor Doug Goins of PaloAlto, California, and his parents, Paul and Kathryn Goins, both 82, of Sun city, Arizona, knew Helen in Seattle. "She was advanced in years and almost destitute, but she was an amazing person," said Doug. "She made a great impression on me as a junior high child because of her joy and enthusiasm. Though she was living on government assistance in a sparse bedroom, whenever we'd ask how she was doing, she would reply, "I'm doing well in the things that count."

One day, the Goins invited her to supper. "We had never entertained a blind person before," recalled Kathryn, "and it was interesting. Despite her infirmities, she was full of life. I remember how amused we were when, following supper, she said, "now if you will lead me to the bathroom, I'll sit on the throne and reign."

"But she was always composing hymns," said Kathryn. "She had no way of writing them down, so she would call my husband at all hours and he'd rush down and record them before she forgot the words."

Helen had a small plastic keyboard by her bed. There she would play, sing and cry. "One day God is going to bless me with a great heavenly keyboard," she'd say, "I can hardly wait!"

Helen Lemmel, who wrote nearly 500 hymns during her lifetime, died in Seattle in 1961, thirteen days before her 98<sup>th</sup> birthday.

(from "Then Sings my Soul" by Robert J Morgan)

## **Turn Your Eyes Upon Jesus**

O Soul are you weary and troubled?

No light in the darkness you see?

There's light for a look at the Savior and life more abundant and free.

Turn your eyes upon Jesus, Look full in His wonderful face, and the things of earth will grow strangely dim in the light of His glory and grace.

Thro' death into life everlasting He passed,

and we follow Him there;  
over us sin no more hath dominion for more than conquerors we are!  
Turn your eyes upon Jesus,  
Look full in His wonderful face,  
and the things of earth will grow strangely dim in the light of His glory and grace.

His word shall not fail you He promised;  
believe Him and all will be well;  
then go to a world that is dying, His perfect salvation to tell!!  
Turn your eyes upon Jesus, look full in His wonderful face,  
and the things of earth will grow strangely dim in the light of His glory and grace.

Words and music by Helen Lemmel, 1922

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## America's God Heritage

"A Free people cannot survive under a Constitution of a Republic unless they remain virtuous and morally strong.

A WARNING FROM THE FOUNDERS  
(from "The 5000 Year Leap"  
Principles of Freedom 101, W. Cleon. Skousen)

At the conclusion of the Revolutionary War, Samuel Adams, who is sometimes called the "father of the revolution," wrote to Richard Henry Lee;

I thank God that I have lived to see my country independent and free. She may long enjoy her independence and freedom if she will. It depends on her virtue.

John Adams pointed out why the future of the United States depended upon the level of virtue and morality maintained among the people. He said;

"Our Constitution was made only for a moral and religious people., It is wholly inadequate to the government of any other. "

Samuel Adams knew the price of American survival under a Constitutional form of government when he wrote:

"The sum of all is, if we would most truly enjoy the gift of Heaven, let us become a virtuous people; then shall we both deserve and enjoy it. While, on the

other hand, if we are universally vicious and debauched in our manners, though the form of our Constitution carries the face of the most exalted freedom, we shall in reality be the most abject slaves."

### What is the Key to Preserving a Virtuous Nation?

Since the quality of virtue and morality in the character of a nation is the secret to its survival, one cannot help but wonder if there is some special ingredient which is fundamentally necessary to provide the greatest assurance that these qualities of our national life will be preserved. The Founders had an answer to this question....The most promising method of securing a virtuous and morally stable people is to elect virtuous leaders.

"thou shalt provide out of all he people able men, such as fear God, men of truth hating covetousness (unjust gain) and place such over them, to be rulers"  
- Exodus 18:21

Samuel Adams pointed out a sobering fact concerning our political survival as a free people when he said;

"But neither the wisest constitution nor the wisest laws will secure the liberty and happiness of a people whose manners are universally corrupt. He therefore is the truest friend to the liberty of his country who tries most to promote its virtue, and who, so far as his power and influence extend, will not suffer a man to be chosen into any office of power and trust who is not a wise and virtuous man."

He then went on to say that public officials should not be chosen if they are lacking in experience, training, proven virtue and demonstrated wisdom. He said the task of the electorate is to choose those whose "fidelity has been tried in the nicest and tenderest manner, and has been ever firm and unshaken."

A favorite scripture of the day was Proverbs 29:2, which says; "when the righteous are in authority, the people rejoice; but when the wicked beareth rule, the people mourn."

More quotes from this book at a later time...but it tells me...what we already know....that it is up to God's people, the Body of Christ, to keep our nation free, not only with our actions but especially with our fervent prayers . what the Lord told Solomon in II Chronicles 7:14, the way to save the nation then is no less true today. Then God will guide us in to whatever actions He wants us to engage in...and how we are to respond to circumstances happening in our nation.

(Note: if you would like to read more about our nations beginnings and the men who were responsible for the having the vision of what it should be, you might want to read this book. Its called A Miracle that changed the World, the 5000 Year Leap. It is available at the Public Library.)

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Since Easter was early this year and I did not do the March ladies pages, let me say a blessed celebration of the death, burial and resurrection of our Lord and Savior, Jesus Christ. This celebration is not limited to one day, but is something we should give thanks and praise for every day of our lives. For the gift that was given us that day so many years ago, is the most valuable and wonderful gift we could ever receive. May we realize what He did for us and act accordingly by our obedience to our Lord and Master, who is also then our Savior and Redeemer. Praise His Name!!

Even though some days it doesn't feel like it, spring isn't far away...the crocus have been blooming for several weeks now and the daffodils and hyacinths are starting to open also. The Sandhill cranes have been flying every day for some time also and I have never known them to be wrong about when its spring and time to migrate!! May the new life that is coming from what seemed to be dead be a reminder to us of the new life we have in Christ!! Because He lives, we too shall live!! Yes, we all will have life after death....and it's up to us to decide where we will spend that eternity....don't know about you but that is not a hard decision for me!! I have seen enough of Satan and his angels here on earth....I definitely do not want to have to spend eternity with him!!! So let us join with Joshua who declared 'as for me and my house, we will serve the Lord!!'

Be Blessed!!!