

Quotes Worth Considering

“Prayer does not fit us for the greater work ,
prayer is the greater work.”
- Oswald Chambers

“Prayer is where the action is.”
- John Wesley.

“No learning can make up for the failure to
pray. No earnestness, no diligence, no
study, no gifts will supply its lack.”
- E.M. Bounds

“I know the power obedience has of making
things easy which seem impossible.”
- Teresa of Avila

“Nobody worries about Christ as long as you can keep Him shut up in churches. He is quite
safe inside. But there is always trouble when you try and let Him out.”
- G. A. Studdert Kennedy

“O Lord forgive what I have been, sanctify what I am and order what I shall be.”
- Thomas Willson

“A man who prays without ceasing, if he
achieves something, knows why he achieved
it and can take no pride in it...for he cannot
attribute it to his own powers, but attributes
all his achievements to God, always renders
thanks to Him and constantly calls upon
Him, trembling lest he be deprived of help.”
- Dorotheus of Gara

Leonardo da Vinci, Italian painter, sculptor, architect, musician, engineer, mathematician, and scientist and inventor was one of the greatest intellects in the history of mankind said this: “Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer; sine to remain constantly at work will cause you to lose power of judgment....Go some distance away because the work appears smaller and more of it can be taken in at a glance, and a lack of harmony or proportion is more readily seen.”

“ I strongly suspect that if we saw all the
difference even the tiniest of our prayers
make, and all the people those little prayers
were destined to affect and all the
consequences of those prayers down through
the centuries, we would be so paralyzed with
awe at the power of prayer that we would be
unable to get up off our knees for the rest of
our lives.”
- Peter Kreeh

COLORADO HISTORY YOU MAY OR MAY NOT HAVE HEARD ABOUT!

NOT TO BE FORGOTTEN DISASTERS.... A Chronicle of the worst.

- The greatest hotel fire in Colorado history was the explosion of the steam plant in the Gumry Hotel in Denver on August 19, 1895. Twenty two people including the owner were killed; an estimated forty two survived but some were injured for life.
- A flood of the Arkansas River on June 3, 1921, caused more than a hundred deaths in Pueblo and other places downstream. Six hundred homes were destroyed.
- On July 31, 1976, the eve of Colorado's centennial, a flash flood swept down the canyon of the Big Thompson River above the city of Loveland. There were 145 people known dead, and six more of the missing have never been found and were presumed to have been killed.
- The greatest killer of all was the worldwide influenza pandemic of 1918-1919. It is estimated that between 5,000 and 5,500 Coloradoans succumbed to the flu or resulting pneumonia.
- As this work is primarily concerned with lesser known events, little attention is paid to those which have received detailed treatment elsewhere. Nevertheless, the following should also never be forgotten. On November 29, 1864, at Sand Creek, the Colorado Third volunteers massacred possibly 150 mostly unarmed Cheyenne Indians who already had raised the white flag of surrender.
- John Graham planted a bomb in his mother's luggage on November 1, 1955. It exploded in flight, killing all forty four aboard. This was the greatest air disaster in Colorado.
- The most publicized of all was the horrible killing of fellow students and a teacher at Columbine High School in Littleton on April 20, 1999. These murders have become a worldwide horror story of youth violence.
- Fourteen fire fighters were killed in a catastrophic forest fire at Storm King Mountain near Glenwood Springs on July 6, 1994. It was the deadliest forest fire in the history of the state.

More Uses For Baking Soda....

From Peter A. Ciullo's book Baking Soda Bonanza

SHAMPOO....When your hair is suffering from dandruff or conditioner overload, you can rejuvenate it without the commercial concoctions. Instead of shampooing, wet your hair and vigorously rub in a handful of baking soda. Be sure to massage it into your scalp as well. Rinse thoroughly and air dry if possible or blow dry at the cooler setting. Your hair might look dry at

first, but regular washing (which should be no less frequent than every other day if you have a dandruff problem) with baking soda should eliminate dandruff and soften your hair. Once your hair and scalp have returned to a naturally healthy state, alternate washing with baking soda and baby shampoo.

ANTICHLORINE HAIR RINSE.....Overchlorinated pool water can leave hair dull or discolored. After swimming, counteract chlorine's effects by rinsing your hair with a solution of ½ teaspoon baking soda per pint of water.

EYE RELIEF.....For relief from smoke or pollution irritated eyes, use an eyewash cup or sterile eyedropper to apply a solution of a scant 1/8 teaspoon of baking soda per cup of sterile water. Do not store; make fresh solution as needed.

CONTACT LENS STORAGE FLUID.....If you run out of your storage fluid, try this solution for keeping your hard contact lenses lubricated between wearings.

¼ teaspoon baking soda

¼ teaspoon salt

1 cup sterile water

Mix well in a sterile container until the baking soda and salt are dissolved. Pour the solution through a paper coffee filter to remove any undissolved particles and store in a sterile dropper bottle.

GROOMING AIDS CLEANER.....clean cosmetic sponges, combs, hairbrushes, plastic curlers, and makeup applicators gently by soaking overnight in a solution of baking soda alone (four tablespoons baking soda per quart of water) or with a few drops of liquid soap. Soak sponges or makeup applicators separate from other items. For natural bristle brushes, a tablespoon of clear ammonia can be added to the baking soda and liquid soap. Use a covered container or be certain there is adequate ventilation for soaking. Plastic combs can be cleaned and disinfected by using the baking soda soaking solution above with three tablespoon of household bleach added. Be careful not to get this on bleach sensitive surfaces. Never mix bleach with liquid soap or ammonia.

EARWAX SOFTENER.If you are bothered by excessive buildup of hardened earwax, apply a few drops of this softener at bedtime.

¼ teaspoon baking soda

½ cup glycerine (from the pharmacy)

1 cup sterile water

Mix well in a sterile container until clear. Store in a sterile dropper bottle.

TEETH/GUM CLEANERS....As the ever increasing popularity of commercial baking soda toothpastes indicates, baking soda is a safe and effective way to keep your teeth and gums clean and healthy. A little baking soda on a wet toothbrush provides all the cleaning and polishing action you need. It deodorizes and neutralizes acidic bacterial wastes.

(Some people do not care for the taste of baking soda alone and add a drop or two of flavoring oils or extracts, like peppermint and anise. Some prefer baking soda with enough mashed strawberry to form a paste. Strawberries are supposed to have dental stain removing properties of their own. For extra whitening and antibacterial action, brush with a paste of three parts baking soda and one part hydrogen peroxide, paying extra attention to cleaning at the gum line.)

MOUTHWASH/GARGLE.....rinsing or gargling with a solution of one teaspoon baking soda in ½ cup water is as effective as most commercial preparations.

DENTURE CLEANER.....soak dentures in a solution of four tablespoons baking soda per quart of water or scrub them with baking soda on a wet toothbrush.

CANKER SORE RELIEF.....Canker sores are a result of viral infection, but it is an overlying bacterial infection that causes the painful whitish sore. Neutralize the bacteria by gently rinsing your mouth with a solution of one teaspoon baking soda in ½ glass of warm water. This will also help relieve the pain.

PRESHAVE/AFTERSHAVE.....For those with sensitive skin, a solution of one tablespoon baking soda per cup of water makes a soothing pre-shave or aftershave splash that can minimize irritating razor burns.

BLACKHEAD TREATMENT.....To loosen blackheads, mix equal parts baking sodas and water and apply. Rub gently for two or three minutes then rinse with very warm water. Do not squeeze.

LEG SHAVING AID.... A tablespoon of baking soda per cup of water is an alternate to shaving cream or soap and water for shaving your legs with a safety razor.

FOOTBATH.....a ten minute soak in a solution of four tablespoons baking soda per quart of warm water will relieve tired feet, soften calluses, and soothe the itch of athlete's foot.

FOOT SMOOTHER.....smooth and soften hard and rough areas on the feet such as heels and calluses, by massaging them with a paste of three parts baking soda per one part water. Follow with a baking soda Foot Bath (above), rinse and dry thoroughly.

NAIL CARE.....Toe and fingernails can be kept clean by scrubbing with a wet nailbrush dipped into baking soda. This will soften cuticles too.

(There are many other uses for baking soda....we will look at more of them in the future.)

Answers To Last Month's Bible Trivia Quiz:

1. Sinai Exodus 24:12-16
2. Nebo Deuteronomy 34:1
3. Hor Numbers 20:27-28
4. Moriah Genesis 22:2
5. Ararat Genesis 8:4
6. Tarsus Acts 9:11
7. It was the site of the tower of Babel - Genesis 11:2-9
8. Gilgal Joshua 5:10
9. Hebron Joshua 14:13
10. In Sychar, a city of Samaria John 4:5-7
11. A. Esther 1-2
12. Patmos Revelation 1:9
13. Bethany John 11:14-18; 43-44
14. Uz Job 1:1
15. D. Jonah 1:1-2, 3:2-3

On Marriage

An excerpt from Max Lucado's book, Max on Life

Question:

Almost every year we move to a new house if not a new country. My husband is in the military and I support his career completely. But all the changes that come with these moves are beginning to weigh on me. I am becoming anxious about the next move, making it difficult for me to be supportive of my husband.

Answer:

Life comes caffeinated with surprises. Modifications. Transitions. Alterations. You move down the ladder, out of the house, over for the new guy, up through the system. All this moving. Some changes are welcome, others are not.

While the idea of moving to a new place sounds exotic at first, I'm sure over time it's as burdensome. As soon as you find your favorite grocery store, you're changing your driver's license. As soon as you memorize the channels on your cable system, you're packing the TV. The minute you've worked up the guts to introduce yourself to the neighbor, it's time to say good bye.

Probably the hardest transitional sacrifices are the friendships. Finding friends is hard. Making friends even harder. Many relationships require time, and time isn't always on your side.

But it's important to stay by your husband's side during these transitions. After God, he is your primary and most important relationship.

I always wondered why God made woman from the rib of a man until I realized the location of the rib is at the man's side. He wants husbands and wives to stand side by side through all the difficulties and struggles of life.

You are not following your husband to the next location, carrying his boxes and golf bags. You are standing side by side, holding hands and supporting each other along the way.

Jesus knew the difficulties of relocation. His parents moved from Nazareth to Bethlehem, then to Egypt, then back to Nazareth—all of this before Jesus learned to walk!! When Jesus started his ministry, he had no mailing address, roaming around Israel from place to place. Then after his thirty three year stint on earth, Jesus packed up his bags and transferred back to heaven. His disciples didn't want him to leave, so he reminded them that they wouldn't be alone. "Never the less I tell you the truth, it is to your advantage that I go away, for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you." John 16:7 NKJV

Counselor means many things, such as 'friend' or 'helper', two people you need the most when you move into unfamiliar territory. Although he won't help you pack boxes or move the piano to the fourth floor, he will come alongside you, fill you with peace, and move in your heart as never before.

The Counselor, the Friend, the Helper, is the Holy Spirit. You can find just as much Holy Spirit in Tulsa as you can in Tallahassee. He works in Bangor and Bangkok. His address reads everywhere from Atlanta to Zanzibar....and heaven to earth.

Jesus took his spiritual family with him everywhere he went and so should you.

God never sends you out alone. When everything in life changes, one thing cannot; the Holy spirit will always be at your side.

(The principle here can be applied to our marriage in other ways beside the problem this wife had....whatever difficult situation we find ourselves in...we are not alone...and the Holy Spirit will help us be the support for our husbands we were meant to be and that is so important to him.)

On Parenting

The following came from AFA's Journal (May 2011) and I think are some goals that we all should think about early on in raising our children.

Imagine his/her tomorrow.

Your child rides on your shoulders now, but soon he/she will have to face their own world. They to be prepared for their tomorrow, no matter what it brings....and you can be the one to do that...as much as it is within your power.

Soon after their son's first birthday in 1990, Matt and Mary Friedeman made a list of character qualities, skills and behaviors they wanted to build into his life before he left home for college at age 18. Their extensive list includes:

- Make a lifetime commitment to God
- Daily practice a devotional life of bible study, prayer.
- Know how to budget responsibly.
- Know the necessity of sharing his faith with others.
- Have memorized 300 verses of character building Scripture
- Have a healthy debt and credit cards
- Be a virgin until marriage
- Know how to properly relate to peers and handle negative peer pressure.
- Demonstrate common courtesy in social settings.
- Practice being a good friend.

There are other characteristics that you might want to add to your list...this is not their complete list either....but it give you an idea...and perhaps a help in things you want your child to learn from a very young age.

If you are interested in how they planned to do this...he has written a book about the simple tools he and his wife used to help bring the results they prayed for. It is called Discipleship in the Home (by Matt Friedeman.)

Commandments For Parents

....written from a child's point of view

Something for us to consider as parents, grandparents or anyone taking care of children.

1. My hands are small; please don't expect perfection whenever I make a bed, draw a picture, or throw a ball. My legs are short, slow down so that I can keep up with you.
2. My eyes have not seen the world as yours have, let me explore it safely; don't restrict me unnecessarily.

3. Housework will always be there, I'm little only for a short time. Take time to explain things to me about this wonderful world and do so willingly.
 4. My feelings are tender, don't nag me all day long (you would not want to be nagged for your inquisitiveness) Treat me as you would like to be treated.
 5. I am a special gift from God; treasure me as God intended you to do—holding me accountable for my actions, giving me guidelines to live by, and disciplining me in a loving manner.
 6. I need your encouragement (but not your empty praise) to grow. Go easy on the criticism; remember, you can criticize the thing I do without criticizing me.
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Recommended Reading

.... *A Heart Like Jesus* by Max Lucado....*the following is an excerpt from it*

“To have a heart like his (Jesus) is to look into the faces of the saved and rejoice!! They are just one grave away from being just like Jesus. To have a heart like his is to look into the faces of the lost and pray. For unless they turn, they are one grave away from torment.

And so my challenge to you is simple. Ask God to help you have His eternal view of the world. Every person you meet has been given an invitation to dinner. When one says yes, celebrate! And when one acts sluggish stir him up and urge him to get ready. It's almost time for the party (heaven) and you don't want him to miss it.

Max Lucado (in his book *A Heart Like Jesus*)

The above is a quote from one of Lucado's books....he has many good ones out if you haven't read his books, they are easy to read and he has a way of bringing the Scriptures into our life on a daily basis. Making the things we read there to make sense in our day to day life happenings. Lila

Learning From Our Little Ones

“The other night I took care of my grandchildren. Six year old Shane woke up crying. He had been dreaming of goblins and other childhood terrors. After he quieted down, he showed me the well worn Bible his grandfather had given him. Shane always keeps it under his pillow. As I left the room, he said, ‘You know, Grandma, when you sleep with your Bible, it's almost like sleeping with Jesus!’ And he lay down like a little lamb and went to sleep. He

was resting in the shadow of the Almighty. Later I found myself asking, ‘Is this where I’m resting today?’ ”

Hope MacDonald

Dandy Designs

From John Clayton’s publication “Does God Exist?”

Bird Nests

The basic premise of this regular column is that nature is full of things that speak of an intelligence as being the basic cause of what we see. The alternative is an attempt to find some series of events that might possibly explain how what we see could develop by chance. A good example of the difference in these two approaches is seen in the way in which birds build their nests. Sharon Beals has written a book titled “Nests, Fifty Nests and the Birds that Built them.” She says there are basically six different types of nest that birds build in the Midwestern part of the United States.

- **Cavity nests:** Naturally excavated trees. This includes woodpeckers, wrens, chickadees, titmice and bluebirds.
- **Cup nests:** Small cups usually placed in trees or bushes made of spider silk, plant down, lichen, moss and plant fibers. Some cup nests are so tightly woven they can hold rainwater. Hummingbirds, phoebes, goldfinches and vireos make this kind of nest.
- **Pendant nests:** Elaborately woven pouches hung on the ends of tree branches. The main users of this style in our area are orioles.
- **Platform nests:** Massive platforms of stick lined with shredded bark or leaves. Herons, eagles, osprey, and hawks construct these huge nests that can be nine feet across, 20 feet deep and weigh several tons.
- **Scrape nests:** a depression is scraped out and then lined with down, grass or leaves. Ducks, killdeer, shorebirds and game birds use this style of nest.
- **Saucer nests:** This is a jumble of sticks and plant material piled into a loose saucer shape. “Mourning dove nests are often so flimsy the eggs can be seen from below!” Chimney swifts use saliva to cement their saucer to the inside of a chimney or hollow tree.

When these birds are raised in captivity, they still use the same nest type as their parents even if they never saw a nest or their own parents. It is clear this is programmed into their genes and is not a learned behavior. Because not all birds use the same style, a variety of nest sites is always available and materials are not depleted. The method by which the genetic

programming takes place is an interesting question, but computers need to be programmed by an intelligence, and we would suggest that an intelligence programmed not only birds to build good nests, but also has given all animals a way to survive in a complex world.

Source: Fernwood notes, Fall 2011, www.fernwoodbotanical.org

KITCHEN STUFF

Recipes

Chocolate Cherry Cake

Prep time: 7 min
Bake time: 30-35 min
Assembly time: 10 min
Serves 20

Cake:

Vegetable oil spray, for misting the pan
1 pkg (18.25 oz) plain devil's food cake mix
or devil's food mix with pudding
1 can (21 oz) cherry pie filling
2 large eggs
1 teaspoon pure almond extract

Chocolate Glaze:

1 cup sugar
1/3 cup butter
1/3 cup whole milk
1 pkg (6 oz, 1 cup) semisweet chocolate
chips

Directions:

Place the cake mix, cherry pie filling, eggs, and almond extract in a large mixing bowl. Blend with an electric mixer on low speed for 1 minute. Stop the machine and scrape down the sides of the bowl with a rubber spatula. Increase the mixer speed to medium and bet 2 minutes more, scraping the sides down again if needed. The batter should look thick and well blended. Pour the batter into the prepared pan, smoothing the top with the rubber spatula. (I like the cherries to stay whole as possible so I blend the other ingredients and then stir in the cherry filling by hand)

Bake the cake until it springs back when lightly pressed with your finger and just starts to pull away from the sides of the pan, 30 to 35 minutes. Remove the pan from the oven and place it on a wire rack while you prepare the glaze.

For the glaze, place the sugar, butter, and milk in a small saucepan over medium low heat and cook, stirring constantly, until the mixture comes to a boil. Boil, stirring constantly, for 1 minute. Remove the pan from the heat and stir in the chocolate chips.

When the chips have melted and the glaze is smooth, pout it over the warm cake so that it covers the entire surface. The glaze will be thin but will firm up. Cool the cake for 20 minutes more before cutting it into squares and serving.

Store this cake, covered in aluminum foil, at room temperature for up to 5 days or in the refrigerator for up to 1 week. Or freeze the cake, wrapped in foil, for up to 6 months. Thaw the cake overnight on the counter before serving.

(this is one of Lynn's favorites!!!)

Watermelon Slice Cookies

¾ cup butter (no substitutes), softened
¾ cup sugar
1 egg
½ teaspoon almond extract
2 cups all purpose flour

¼ teaspoon baking powder
1/8 teaspoon salt
red and green gel food coloring
1/3 cup raisins
1 teaspoon sesame seeds

In a mixing bowl, cream butter and sugar. Beat in egg and extract. Combine the flour, baking powder and salt; gradually add to creamed mixture. Set aside 1 cup of dough. Tint remaining dough red; shape into a 3 ½ in diameter log. Wrap in plastic wrap. Tint 1/3 cup of the reserved dough green; wrap in plastic wrap. Wrap remaining plain dough. Refrigerate for 2 hours or until firm.

On a lightly floured surface, roll plain dough into an 8 ½ inch x 3 ½ inch rectangle. Place red dough log on the end of a short side of the rectangle; roll up. Roll green dough into a 10 in x 2 ½ inch rectangle. Place red and white log on the end of a short side of green dough, roll up. Wrap in plastic wrap; refrigerate overnight.

Unwrap and cut into 3/16 inch slices (just less than ¼ in) Place 2 in apart on ungreased baking sheets. Cut raisins into small pieces. Lightly press raisin bite and sesame seeds into red dough to resemble watermelon seeds. Bake at 350 degrees F for 9-11 minutes or until firm. Immediately cut cookies in half. Remove to wire racks to cool.

Yield: about 3 dozen.

Health Related (and kitchen too!)

SMART COOKING

How you prepare a food can make all the difference in its healthfulness. Fish that is sautéed can cancel out all good intentions. Broccoli that is boiled loses a great deal of its superior nutritional edge. The following cooking methods help preserve a food's nutrients while keeping fat and calories to a minimum.

- **Baking.....**Meats, fish and poultry retain their distinctive flavors when prepared in this manner. To prevent the food from drying out, cover it for at least part of the baking time.
- **Braising.....**This cooking method, in which food simmers in liquid in a moderately hot oven, works exceptionally well for tenderizing lean cuts of meat and dense vegetables such as potatoes and carrots. Any fat seeps out of the food into the cooking liquid, where you can skim it off.
- **Broiling....**Use this cooking method to prepare lean meats, poultry and fish. The food is placed on a broiler rack, which allows the fat to drain into the pan below.
- **Grilling.....**Broiling and grilling have similar benefits, nutrition wise. The main difference; with the former, you place food under the heat source, but with the latter, the food cooks over the heat source.
- **Microwaving**sure, it saves time, but microwaving also saves nutrients---not to mention flavor.
- **Poaching....**With this cooking method, food simmers in liquid—such as water, broth, or juice—for a short period of time. It's ideal for preparing fish and boned poultry as well as fragile fruits such as pears.
- **Roasting.....**Like baking, roasting uses dry heat. You can help keep the food moist by basting it with broth, fruit juice or low fat marinade.
- **Steaming....**The healthy alternative to boiling, steaming preserves nutrients because the food is cooked over water rather than in it.
- **Stir frying.....**any combination of vegetables becomes a meal in minutes with this quick cooking method. Try using water, defatted broth, or citrus juice instead of oil for an even healthier stir-fry

Smart Substitutes

A little culinary sleight of hand goes a long way in cutting the fat content of your favorite recipes—and saving them from mealtime extinction. By exchanging high-fat ingredients for leaner alternatives, like those listed below, you can keep on eating the foods you love. And just look at the fat grams you'll save!!

Instead of....	Use ...	Cut fat by
½ cup oil (for baking)	½ cup applesauce	109 g.
½ cup oil (for salad dressing)	½ cup unsweetened pineapple juice	109 g.
½ cup margarine or butter (for baking)	½ cup baby food prunes	92 g.
½ cup margarine or butter (for frosting)	½ cup marshmallow crème	92g.
8 oz. cream cheese	8 oz nonfat ricotta cheese	79g.
1 cup cream	1 cup evaporated skim milk	60g.
1 cup sour cream	1 cup nonfat yogurt	40g.
4 oz. full fat cheddar cheese	4 oz. nonfat cheddar cheese	38g
1 cup whole milk ricotta cheese	1 cup 1 percent fat cottage cheese	30g
3 oz. 80 percent lean ground beef	3 oz. ground skinless turkey breast	17g
1 tbsp full fat mayonnaise	1 tbsp nonfat mayonnaise	11g
1 cup whole milk	1 cup skim milk	8g
3 oz. canned oil packed light tuna	3 oz. canned water packed light tuna	6g
1 whole egg	2 egg whites	5g

1 oz. sweetened baking chocolate 3 tbsp cocoa powder 4g
plus 2 tsp vegetable oil

This Month's Bible Quiz:

Complete the following quotes from Scripture.

1. "and all the days of Methuselah were....."
2. "But his wife looked back from behind him, and she became....."
3. "I am Alpha and Omega....."
4. "Speak, for thy servant....."
5. "Peter saith unto him, thou shalt never wash....."
6. "greater love hath no man than this....."
7. "Eli, Eli....."
8. "Naked came I out of my mother's womb....."
9. "The Lord is my strength and....."
10. "By the rivers of Babylon, there we sat down; yea, we....."
11. "For whatsoever a man soweth....."
12. "Ye are the salt fo the earth....."
13. "Blessed are the poor in spirit....."
14. "Who hath woe? Who hath sorrow? Who hath contention? Who hath babbling? Who hath wounds without cause? Who hath redness of eye?....."
15. "the very hairs of your head....."

Sing Praises Unto The Lord

*from The One Year book of Hymns
compiled and written by Brown/Norton/Peterson and Peterson*

"Fairest Lord Jesus"

THIS IS SOMETIMES CALLED THE Crusader's Hymn, even though it was probably never sung until several hundred years after the Crusades. It may have first been sung by followers of reformer John Hus, who lived near Prague around 1400. In an anti-Reformation purge, Hussites were expelled from Bohemia and went into Silesia, where they became weavers

and cobblers, maintaining their faith in secret. But they had a strong tradition of hymn singing, and the most reliable tradition says that this hymn came from these humble Christians.

The hymn contains no comments on persecution, but only praise to a wonderful Savior. Whoever wrote the hymn was close to nature and adored God's creation, but recognized that even fairer than the creation is the Creator. This season as we bask in the beauties of all that God has given us to enjoy, we mustn't forget that Jesus is fairer and purer than all the blooming garb of spring.

**FAIREST LORD JESUS, RULER OF ALL NATURE,
O THOU OF GOD AND MAN THE SON,
THEE WILL I CHERISH, THEE WILL I HONOR,
THOU, MY SOUL'S GLORY, JOY AND CROWN.**

**FAIR ARE THE MEADOWS, FAIRER STILL THE WOODLANDS,
ROBED IN THE BLOOMING GARB OF SPRING.
JESUS IS FAIRER, JESUS IS PURER, WHO MAKES THE WOEFUL HEART TO SING.**

**FAIR IS THE SUNSHINE, FAIRER STILL THE MOONLIGHT,
AND ALL THE TWINKLING STARRY HOST;
JESUS SHINES BRIGHTER, JESUS SHINES PURER,
THAN ALL THE ANGELS HEAVEN CAN BOAST.**

*Munster Gesangbuch, 1677
(translator Unknown)*

“Praise the Lord. Praise the Lord from the heavens; praise him in the heights above. Praise Him, all his angels, praise Him, all His hosts. Praise Him, sun and moon, praise Him, all you shining stars; praise Him you highest heavens and you waters above the heavens. Let them praise the name of the Lord, for by His command they were created, He established them forever and ever by an ordinance which will never pass away.”

Psalms 148:1-6 (REB)

More on praise from Stormie Omartian in her book The Prayer that Changes Everything, a book on praising and worshiping God in prayer and in our lives daily..... the preface in this book says the following:

“This book is dedicated to You, Lord... for without Your power and grace, I know I wouldn’t be where I am today. You have spared my life so many times when otherwise I surely would have died. You still sustain me daily. I am increasingly aware of how I don’t deserve the blessings You’ve given me. You’ve taught me to have Your love and compassion for others and Your heart for their greatest blessings, and yet into the midst of that I interject my selfishness.

You’ve given me strong vision for the wonderful things You want to do, and even do through me, but into that vision I sometimes impose my fears, which threaten to derail it. You give me promises to cling to, and they sustain me, yet even then I let doubt sway me. Why You put up with me so much I’ll never understand. That’s because I cannot comprehend the depth of Your love.

How You could come to earth to suffer and die for me the way You did is incomprehensible, especially when I’m not certain that I could bring myself to do the same thing for You. I’d like to think I could, but when I frequently pray for my precious brothers and sisters in Christ throughout the world, who are being

tortured and even martyred because of their service to You, I don’t know if I could go through what they do.

It amazed me that even though I don’t always do or say the right thing, You have still allowed me to live and to serve You. That You have given me the privilege of writing this book is most humbling to me. While I am no expert on anything, let alone praise and worship, one thing I do know is that You are worthy of all praise, both now and forever. My credibility lies in my experience and all that You have taught me. The fact that You would allow the praises of Your people to be to their own greatest blessing something only an amazing God of love would do. I pray that You will give me the ability to communicate the greatness of who You are and the reasons You are deserving of praise, and also help people to remember to praise You in all situations and at all times. Help me to reveal the full extent of the blessings You have for us when we focus on You in worship and praise.

Because You first loved me, I am now free to love You...and I do.

Your devoted servant,
Stormie

Note: *a book worth reading. Will put more excerpts in later ladies pages.....there are so many reason we need to be praising and worshiping God and the author reminds us of many in her book. Was worth my time to read definitely! I need always to be reminded of how very blessed I am by God!*

Also On Praise And Thanksgiving

An excerpt from Frances J. Roberts' book On the High Road to Surrender

Praise Transforms

“In everything give thanks for this is the will of God in Christ Jesus concerning you.”
I Thess. 5:18

Rejoice in the Lord always, for as you rejoice and give Thanks, you release Heavens treasures and shower upon your head the blessings of a delighted Father. Nothing so thoroughly delights the Father's heart as the praises of His children.

For praise exercises the heart toward gratitude, and gratitude nurtures contentment, and you may know for a certainty that no fruit ever appears on the tree of discontent.

So praise, My children, and never cease in your praising, for in the midst of it I will manifest Myself, and you will understand that when I demand of you our praises it is for your highest good.

Out of praises come courage, faith, strength, optimism, clarity and peace. Out of praises come health and happiness and the soul satisfaction men seek in the world and do not find.

Praise will transform the humblest dwelling to a hallowed haven. It will light the countenance and make the plainest face beautiful. It is impossible for the man who has learned unceasing praise to be a failure. God's blessing attends his path and God's Spirit rules his heart. He is eternally at peace with both God and man.

Note: another good book....I recommend any of Frances J. Roberts books...and they are small and very easy to read. Worth your time!!

**“PRAISING GOD IS ONE OF THE HIGHEST AND
PUREST ACTS OF RELIGION.
IN PRAYER WE ACT LIKE MEN. IN PRAISE WE
ACT LIKE ANGELS.”**

- Thomas Watson

Our Nation's Godly Heritage

We have been reading each month for a while of some of the founding fathers and their thoughts. We continue with a couple more.

JOHN WITHERSPOON (1723-1794), a signer of the Declaration of Independence, was a member of the Continental congress who served on over 100 congressional committees. An American revolutionary patriot of Scottish birth, Witherspoon became a famous educator, clergyman and the president of Princeton College.

Princeton College, originally called "The College of New Jersey," was founded in 1746, in Princeton, New Jersey, by the Presbyterian church. Its official motto was "Under God's Power She flourishes."

Reverend John Witherspoon's emphasis of biblical principles having an impact on government was tremendously felt in the colonies during the foundation of America. His influence continued through his students, including one president, one vice president, three Supreme court justices, ten cabinet members, twelve governors, twenty one senators, thirty nine representatives and state leaders, as well as numerous delegates to the Constitutional Convention. His students included leaders such as Gunning Bedford of Delaware, David Brearly of New Jersey, and James Madison, who served eight years as secretary of state and eight years as president.

John Witherspoon stated: It is the man of piety and inward principle, that we may expect to find the uncorrupted patriot, the useful citizen, and the invincible soldier –God grant that in America true religion and civil liberty may be inseparable and that the unjust attempts to destroy the one, may in the issue tend to the support and establishment of both."

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**BENJAMIN FRANKLIN**....was one of America's most instrumental statesmen. He founded the University of Pennsylvania. He was governor of Pennsylvania and signed the Declaration of Independence, the Articles of Confederation, and the Constitution. It was Franklin who broke the deteriorating stalemate of the Constitutional Convention of 1787, held in the State House in Philadelphia, when he stood and delivered a Christian oration that captivated the hearts of all in attendance.

"I have lived, sir, a long time; and the longer I live the more convincing proofs I see of this Truth, that God governs in the affairs of men! And if a sparrow cannot fall to the ground without His notice, is it probable that an empire can rise with His aid?"

Were the words of a deist? Had the inspired Franklin been unable to call forth with mastery, eloquence, and power his deep knowledge and love of the Scriptures, historians

contend that the constitutional Convention would have dissolved. There would have been no Constitution, and America would have slipped back under the tyranny of King George of England.

Today we often hear Franklin accused of being a deist. He himself admits that as a young man he went through a period of intense searching. Like Jefferson, Franklin rejected the institutionalized church, but both were scholars of the Scriptures.

A final thought....

If this brief overview of our heritage (which we have given some of over the last few months) seems new to you don't feel alone. Extensive research by eminently qualified contemporary historians proves that it's no accident. An attorney friend, who minored in American History at one of America's top universities, after reading this manuscript commented, "At first I was shocked and upset. On my second reading it made me mad...mad at my teachers and my professors, mad at my ministers, because I suddenly realized that I had been cheated out of one of the most priceless aspects of an education—a knowledge of my sacred heritage as an American citizen."

(The above articles are excerpted from John W. Chalfant's book, America, a Call to Greatness.)

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*The following excerpted from an email from Wallbuilders and David Barton. Once again quoting Benjamin Franklin.....*

May 3, millions will join together once again in tens of thousands of groups across the nation for the National Day of Prayer, humbly imploring God's blessings over this great nation. We will stand in the long tradition as we follow the recommendation of Benjamin Franklin, who appealed to the 1787 Constitutional Convention to pray for this nation, when he said:

"I have lived sir a long time, and the longer I live, the more convincing proofs I see of this truth, that God governs in the affairs of men. And if a sparrow cannot fall to the ground without His notice, is it probable that an empire can rise without His aid? We have been assured sir, in the sacred writings, the "except the Lord built the house, they labor in vain that build it," I firmly believe this, and I also believe that without His concurring aid we shall succeed in this political building no better than the builders of Babel."

It is truly time to ask that God would govern the affairs of men, that He would build the foundation of this nation, and that He would bless this great nation once again. Celebrate the 61<sup>st</sup> annual observance of this call by participating in a prayer group near you. If you are unable to attend a gathering, please take time to personally lift up our nation, our government, our leaders, our military, our families, our businesses and our place of worship and ask for God to continue to bless our nation...AS WE TURN OUR FACE TO HIM.

*(I believe we need to do this.... Collectively as a nation on May 3, and individually or in our small prayer groups...on a daily basis...perhaps more fervently now that ever before in my lifetime...if we want to deliver our nation from Satan's hands...and give our descendants the freedoms we have enjoyed during our lifetime....which are gradually being eroded away. God hears our heartfelt prayers and will act accordingly to our asking and our faith and trust in His Sovereignty.)*