

## Pray Daily For ...

Following are some things that we should be praying for in our own lives, and the lives of others, not necessarily a complete list of course, but at least a starting point.

1. A deeper understanding of my value and worth before God.  
*Ephesians 1:3, Psalm 139:1-18*
2. Caring Christian friendships and involvement in Christian community.  
*Hebrews 10:25, Proverbs 27:8-10, 17*
3. Opportunities to share Christ through my words and actions.  
*Matthew 25:34-40, Matthew 28:18-20*
4. Strength to stand firm in the face of temptation.  
*I Corinthians 10:13, Matthew 6:13*
5. Greater understanding of what it means to be loved by God and to love others.  
*Philippians 1:9-11, Romans 8:38-39*
6. Integrity and honesty  
*Proverbs 12:22, Psalm 101:2b-3*
7. Humility to admit my sins and ask for forgiveness.  
*Proverbs 28:13, Acts 3:19*
8. Wisdom in my daily life and actions.  
*James 1:5, Psalm 25:4-5*
9. A sense of God's calling and purpose in my life.  
*Ephesians 4:1-3, Ephesians 1:11-12*
10. Gratitude in all things  
*Colossians 3:15-17 I Thessalonians 5:18*

## Quotes Worth Considering

“Christianity is not a theory or speculation, but a life:  
not a philosophy of life, but a living presence.”

Samuel Taylor Coleridge

“Apology is a lovely perfume;  
it can transform the clumsiest moment into a gracious gift.”

Margaret Lee Runbeck

Forgiveness does not change the past, but it does enlarge the future.”

Paul Boese

“It takes a great deal of character strength to apologize quickly out of ones heart rather than out of pity. A person must possess himself and have a deep sense of security in fundamental principles and values in order to genuinely apologize.”

Stephen Covey

“You cannot repent too soon, because you do not know how soon it may be too late.”

Thomas fuller

“Blessed are the merciful, for they will be shown mercy.”

Jesus (Matt 5:7)

“The greatest discovery of my generation is that a human being  
can alter his life by altering his attitudes.”

William James

“Nobody ever did, or ever will, escape the consequences of his choices.”

Alfred A Montapert

“Forgiveness is an act of the will,  
and the will can function regardless of the temperature of the heart.”

Corrie Ten Boom

“You come to love not by finding the perfect person,  
but by seeing an imperfect person perfectly.”  
Sam Keen

“An apology is the superglue of life; it can repair just about anything.”  
Lynn Johnston

(All but the first quote above are from the book The Five Languages of Apology.)

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### **“Loving Jesus”**

*(the following is an excerpt from John Eldredge’s Book entitled Beautiful Outlaw)*

Love Jesus. Let him be Himself with you. Allow his life to permeate yours. The fruit of this will be. . . .breathtaking. Now for the best news you will ever receive. . . .You get to.

You are meant to have this Jesus, more than you have each new day, more than you have your next breath. For heaven’s sake—He is your next day, your next breath. You are meant to share life with him—not just a glimpse now and then at church, not just a rare sighting. And you are meant to live His life. The purpose of His life, death, and resurrection was to ransom you from your sin, deliver you from the clutches of evil, restore you to God – so that His personality and His life could heal and fill your personality, your humanity and your life. This is the reason He came.

Anything else is religion.

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## **Helpful Tips**

*(from "Good Housekeeping" Magazine)*

### ***Pollen Stains. . .***

With many flowers, (especially lilies) pollen falls off very easily and stain whatever it touches. Here is the right way to give this powder the brush off and not leave stains.

Your first instinct may be to dab at pollen particles with a damp cloth, but don't. Because they disintegrate so quickly, even brushing them with your hand can wind up pushing them deeper into the fabric, instead, carefully shake out the material so the loose particles fall off (if the pollen is on a garment like a shirt, bend over and shake the fabric). Coax out any clingers by blotting gently with a piece of tape or using a handheld vacuum.

If a yellow stain remains, place the fabric face down on a paper towel. Dab it from the back with dry cleaning fluid. Shift every few dabs to a clean spot on the paper towel as it absorbs the pollen, and continue blotting until the mark is as gone as you can get it. Pre-treat with a laundry stain remover, and wash in the hottest water and bleach that's safe for the fabric.

Make it easier next time. . . . Carefully spritz your new bouquet's flower stamens with hairspray to help hold pollen particles in place.

To keep dried pollen from spreading when disposing of wilted flowers, grasp the tips of the stamens with a tissue (it will also stain your hands), snip them off and toss.

Carolyn Forte', GHRI director, home care.

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### ***Drinking Straw***

Spring bouquet to display? Firm up the soft stems of flowers like tulips or daffodils by inserting each into a wide straw before adding to a vase. You can rinse straws and reuse for the same purpose.

## *Repairing a crack or dent in the wall*

Getting out the Spackle, putty knife and sandpaper is time consuming and messy. New tactic: Mighty Putty ([mightyputty.com](http://mightyputty.com)), a two part clay like epoxy. Just slice off what you need and mash it up to “activate” it, then press it into the crack or dent. Once it’s dry, take a quick pass with a sanding block and touch up paint, and your wall is as good as new.

## *Pretty and Practical.*

Use the special things you have so you can enjoy them. And get the most use out of the things you own,

Place a pretty linen napkin (perhaps was your mom’s or grandmothers) under a vase of flowers for a centerpiece.

Serve yogurt (or eat it by yourself) in a pretty china teacup.

Float a rose blossom in a crystal goblet.

Anything to rescue pretty things from the cabinets and shelves!!

## *Sweet Shades*

These clever ‘lamps’ can give your table a chic, cheery feet (perfect for a Mom’s Day brunch)

Gather wineglasses, scrapbook paper, LED tea lights, scissors and double sided tape. Cut out the shades. (A template can be found at:

[www.goodhousekeeping.com/candlelamps](http://www.goodhousekeeping.com/candlelamps)

or design your own.)

Tape together at the edges to secure, put a tea light into the glasses and set the shades on the top. Really neat!! Can use colors and designs to fit whatever event or décor you need!! Papers are available in numerous designs and colors etc. Fun to do also!!

A very and easily made centerpiece can be made with fruit and flowers. Use a footed glass bowl, place limes in the bottom and then stack more on top of them to make a pyramid. (If you need you can use the smaller key limes to fill in small spaces between the larger ones) If need be you can use toothpicks inserted in the fruit to keep it in place.

Put about an inch or so water in the bowl. Cut the stems of green spider mums the right length to insert between the fruit and have them reach the water. Fill in smaller gaps with button mums the same way. . .at random over the pyramid of limes. Simple but very lovely.

You can use lemons and daffodils or oranges and daises and do the same thing. . .also both very lovely.

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## 5 Perk You Up Scents

*from "Woman's Day" magazine*

**Peppermint:** *One study found that people did tasks like typing and alphabetizing faster and more accurately just after they sniffed peppermint oil. Recreate the effect anytime by sucking on a mint candy.*

**Jasmine:** *This floral note can stimulate brain waves that amp up alertness. Try sipping some aromatic jasmine tea.*

**Cinnamon:** *Aroma therapists believe that inhaling this spice improves mood, vigor and concentration. Store some cinnamon in a sachet in your top desk drawer. Each time you open the drawer, you'll get a little boost.*

**Coffee:** *We're so tuned in to coffee's energy enhancing effects, say experts, that just smelling it will pump you up. Keep a small dish of beans on your desk.*

*Lemon: Japanese scientists recently identified the part of the brain that lemon oil affects, lending credibility to its reputation as a mood enhancer and source of stamina (one reason why you'll find it in so many air fresheners and energy drinks). For an easy way to reap its benefits, squeeze a wedge into your water glass.*

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## Dependence On God

*(an excerpt from Richard L Pratt Jr.'s book entitled Pray With Your Eyes Open, in which he talks about how and why we need to pray . . . has some thoughts that need to be considered)*

When we consider how dependent we are on God, we understand that Christians should take on the attitude of a needy servant. Most Christians acknowledge their dependence on God is some way but easily forget the extent of this need. The psalmists speak clearly about the range of human dependence. Psalm 104, for instance, describes God's construction of the universe.

“He wraps himself in light as with a garment, He stretches out the heavens like a tent and lays the beams of His upper chambers on their waters. He set the earth on its foundations; it can never be moved.” (vv 2-3a,5)

In light of God's magnificent power, the psalmist also speaks of the various creatures of the earth;

“These all look to You to give them their food at the proper time. When You give it to them, they gather it up; when You open Your hand, they are satisfied with good things; when You hide your face; they are terrified; when You take away their breath, they die and return to the dust. (vv27-29)

God's sustaining hand extends to all the dimensions of the universe. If He were to remove His care, all would return to nothing. Paul summarizes this truth by saying, “He is before all things, and in Him all things hold together.” Colossians 1:17

All aspects of creation, great and small, animate and inanimate, constantly depend on God's sustaining power. No aspect of the universe is beyond His care; no part of creation exists independent of Him. Recognizing our extensive need for God helps us determine how to look at Him as we pray. In Psalm 123:2 we read, "As the eyes of slaves look to the hand of their master, as the eyes of a maid look to the hand of her mistress, so our eyes look to the Lord our God, till He shows us His mercy."

Our status as needy servants reveals the importance of taking time to pray. Many Christians complain of being too busy to talk with God. We are always on the run. . .working overtime, taking the children here and there, preparing for school, going to church and entertaining family and friends. Unhappily, we begin to live as if we do not need God at all.

He goes on to give a number of other examples of our dependence and why we do not recognize it or live like we needed God . . . and ends the section with this;

"Given this perspective, we can remove prayer from our list of boring chores and begin to rank it where it belongs—among the essentials for meaningful existence. Fruitful, life giving prayer rests firmly on the foundation of recognizing our need for God; it begins with the attitude of a dependent servant."

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## **Recommended Reading**

A book I just finished reading, is a good book to read if you or someone you know is having problems with relationships, apologizing and forgiving, and growing the relationships. Actually, even if you don't have those problems yourself or know someone who does, it still is a good book to remind us of how we are supposed to handle things in God's will.

Gary Chapman and Jennifer Thomas co-authored this book. It is entitled The Five Languages of Apology. (You may have read his book entitled The Five Love Languages.) Other than the Bible. . .and most of the thoughts contained within are practical applications of Biblical principles. . .this is one of the best books I have read on this subject. It is not a difficult book to read, is easily understood and practical in its application to our lives.

# FOOD

Recipes from "Prevention" Magazine.

For those of you who are not allowed to eat gluten. . .here is a recipe for:

## Gluten Free Chocolate Chip Cookies

Prep time: 20 min

Total time 45 Min

(Buy the darkest chocolate chips you can find or chop dark chocolate into bite size pieces- for less sugar and more antioxidants.)

4 cup almond meal/flour	¼ cup sour cream or coconut milk
1 tsp baking soda	2 tsp pure vanilla extract
4 large eggs	½ tsp liquid stevia
½ cup butter or coconut oil, melted	10 oz bittersweet or dark chocolate chips

Heat oven to 350 degrees. Line baking sheets with parchment. Whisk together almond meal/flour, baking soda, and ½ tsp sea salt in large bowl. Whisk together eggs, butter, sour cream, vanilla extract and stevia in small bowl. Stir into flour mixture until just combined. Stir in chocolate chips. Drop dough by heaping tablespoons onto prepared pans, working in batches. Using spoon or glass, press each cookie to 1/2 inch thickness. Bake until edges of cookies are lightly browned, about 25 min. Remove to rack to cool completely. Yield: 30 (Nutrition per cookie. 176 cal, 8 g pro, 8 gr carb, 2 g fiber, 15 g sat fat, 80 mg sodium)

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## **Kiwi Fruit**

Get nearly a day's worth of immune boosting vitamin C in every one of these juicy gems.

Choose plump fruits, they're considered berries, without wrinkles or blemishes. For the most fiber and nutrients, try easting them unpeeled.

Keep kiwis on the counter until they give slightly to gentle pressure, and then store in the fridge for a week or two.

## Kiwi –Blueberry Tarts

Prep time 15 min

Total time 35 min

Heat oven to 375 degrees F. Unroll 2 store bought pie crust dough and cut into 4 circles, 5 ½ inch diameter. Press into 4 mini tart pans with removable bottoms, about 4 ¾ diameter. Prick with fork and freeze until firm. Approx. 10 min.

Line tart shells with foil and pie weights or dried beans and bake until golden, about 10 minutes. Remove foil and pie weights and bake until golden brown, about 4 minutes. Let cool completely.

Stir together 2/3 cup reduced fat sour cream and 1 tablespoon light brown sugar. Remove shells from pans and top evenly with sour cream mixture, 1 ¼ cup quartered sliced kiwifruit and ¾ cup blueberries.

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## Health

“Sugar - This is your body on Fructose”

*from “Prevention” Magazine*

What’s supposed to happen: when you need to eat, your stomach produces a hormone called ghrelin to signal your brain that you’re hungry. As you start eating, your pancreas releases another hormone called insulin, which enables your body to store glucose (which you get from food) as fat. Finally, in response to the insulin, your fat cells send out a third hormone, leptin, which travels to your brain to tell it to decrease your appetite. When everything works, you’re unlikely to overeat, and you can burn energy properly.

If you eat too much glucose, the subsequent insulin rise can make you put on weight. But, according to endocrinologist Robert Lustig, MD. Large amounts of fructose are what really wreak havoc on your system. Although both glucose and fructose are types of sugar, fructose doesn't stimulate the pancreas to release insulin the way glucose does. . .and it doesn't cause ghrelin levels to drop or leptin levels to rise, so your body doesn't know when it's had enough. Without those internal controls, you're liable to gain weight.

Regularly consuming lots of fructose also causes your liver to accumulate fat, which makes it resistant to insulin. To compensate, your pancreas has to release more and more insulin until finally this large overworked gland burns out, sugar collects in your blood, and you have type 2 diabetes. What's more the strain on your liver can lead to high blood pressure, lipid buildup, heart disease, and more abdominal (bad) fat.

Finally, fructose may also reduce your enjoyment of food. Dopamine, a neurotransmitter, signals pleasure, and new studies show that if you eat too much fructose, you tamp down your dopamine receptors so that it takes more and more fructose to feel pleasure. That's how sugar can easily become an addiction, which is why it's so hard to give up.

(I know this from experience. For years I drank a lot of fruit juice, and of course, ate sweet foods, if not in excess, at least more often than I needed to, which led to my being diagnosed with type 2 diabetes. The good news is that it's never too late to stop!! I have given up sugar (and pretty much the artificial sweeteners too) and any foods that contain high amounts of carbs and or sugar in any form. I not only lost weight, my blood sugar has stayed down and I have not had to go on any medication. It just takes self discipline! Just wish I had done it years ago!!!) Lila

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## *Healing Herbs And How To Use Them*

*(from "Prevention" Magazine)*

**Lemon Balm:** the cold sore treatment. This member of the mint family has antiviral properties and can help treat cold sores. Pick 2 to 3 teaspoons of leaves, pour 1 cup

boiling water over top and let steep for 10 to 15 minutes. Dab a cotton ball in the warm tea and apply to the cold sore daily.

**Sage:** the sore throat soother. Up until the 1920's American medical texts recommended gargling with sage tea for sore throats. German experts today also suggest this gargle for painful throats and tonsillitis. To make a tea, pour 1 cup boiling water over 1 tablespoon chopped fresh sage or 1 teaspoon dried and steep for 10 to 15 minutes.

**Peppermint:** the digestive aid. Supplements of peppermint oil have been proven to help with IBS symptoms and intestinal muscle spasms. . .but even a simple DIY tea made from the plant's leaves can calm an upset stomach and ease indigestion. Just pour hot water over 6 large leaves, steep and drink.

**Thyme:** the cough stopper. An infusion of thyme works well for chest congestion. This herb's tiny leaves are brimming with thymol and carvacrol to loosen congestion and tame bronchial spasms. Brew a tea with 1 tablespoon fresh thyme or 1 teaspoon dried.

**Aloe:** the skin healer. One study showed that minor wounds healed up to 8 days faster when treated with aloe than they did with standard care. To use, strip off a leaf, slice it open, scoop out the gel and rub directly on skin.

### **Growing your own medicinal herbs:**

Perennial plants, such as those above can be difficult to start from seeds, says Therese Ciesinski, managing editor of "Rodale's Organic Gardening". She suggests purchasing seedlings from a nursery or garden center. Plant everything but the aloe (it needs less watering) in a well drained potting soil mix in a window box with drainage holes and enough room to space seedlings 6 to 8 inches apart. Plant the aloe in a cactus mix or potting mix with extra perlite or sand in wide shallow pot with a drainage hole. Place in a sunny window.

## GARDEN AND PLANTS

Deer invaders . . .

Are there plants that discourage deer from invading my garden?

Short of building a 10 foot wall, there's no way to totally deer proof. However, there are plants that deer may not readily eat, so you can set them around the edges of your garden. They include holly, ferns, boxwood, ornamental grasses, foxglove, salvia, Russian sage, daffodils, poppies, lavender, peonies, barberry and herbs like thyme and oregano.

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### *Breathe Easier with Plants*

*(by Hannah Woit in "Prevention" Magazine)*

Cabin fever isn't the only downside of more time inside every winter. Airborne toxin levels are higher indoors than out. Before you run out to buy an electric air purifier, consider houseplants for a natural fix. Leaf surfaces and roots digest contaminants in the air, says Chris Raimondi, a horticulturist in Ho-Ho-Kus, NJ. And they're effective. Studies show people who work near plants are less likely to suffer from fatigue, headaches, and sore throats. Here are six plants which are helpful:

- **Bedroom: Gerbera Daisy.** . . .If you have ample light, place this colorful flowering plant in your bedroom, near where you air out freshly dry cleaned clothes. It reduces levels of benzene, a chemical solvent used for dry cleaning that can compromise your immune system and has been linked to anemia.  
Light needs: bright light  
Humidity: medium  
Temperature: 45 to 65 deg F.
- **Bathroom: Janet Craig Dracaena deremensis.** This plant lowers levels of the toxin trichloroethylene, linked to kidney and liver cancers and lymphoma, according to the

Environmental Protection Agency. Often in paints. TCE can also be released into the air if you take a hot shower in TCE contaminated water.

Light needs: medium

Humidity: medium

Temperature: 60 to 75 deg F

- Kitchen: English Ivey. . .this easy to grow ivy is particularly good at removing formaldehyde, a respiratory irritant, which can enter the air when you use some dishwashing liquids and disinfectants. Pressed wood products such as cabinets and tables may also emit it.

Light needs: medium

Humidity: high

Temperature: 50 to 70 deg F

- Hallways: Peace Lily. NASA researchers discovered that this white flowering plant is among the best for lowering levels of TCE and benzene, making it a powerful detoxifier for any room. Place one in a hallway with some light so it can prevent the spread of pollutants between rooms.

Light needs: medium

Humidity: medium

Temperature 55 to 75 deg F

- Laundry Room: Boston Fern. This detoxing standout is the most effective houseplant for reducing formaldehyde. Also a possible carcinogen, the toxin is present in some fabric softeners and carpet cleaners and can be emitted by certain wallpapers and paints.

Light needs: medium

Humidity: high

Temperature: 50 to 75 deg F

- Attached Garage: Golden Pothos. In a study published in the American society of Horticultural. Science's journal Hort. Technology, this plant performed well in removing ozone, a respiratory irritant present in auto emissions. Place one of these hardy ivies near the door connecting your house and garage.

Light needs: low to medium

Humidity: medium

Temperature: 65 to 75 deg F

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## *Extraordinary Uses for Ordinary Things*

*(a Readers' Digest Book)*

### ***Kool-Aid***

*Clean your dishwasher.* . . .is the inside of your dishwasher rusty brown? The cause is a high iron content in your water. Dump a packet of unsweetened lemonade Kool-Aid into the soap drawer and run the washer through a hot water cycle. When you open the door, the inside will be as white as the day you bought the machine.

*Clean Rust from concrete.* . . .nasty rust stains on your concrete? Mix unsweetened lemonade Kool-Aid with hot water. Scrub and the rust stain should come right out.

*Color wall paints.* . . .Mix any flavor of unsweetened Kool-Aid into water based latex paint to alter its color. Or mix unsweetened Kool-Aid with water to create your own watercolors, but don't give them to the kids – Kool-Aid stains can be tough to remove.

### ***Ketchup***

*Get rid of chlorine green.* . . .If chlorine from swimming pools is turning your blond tresses green or just giving your hair an unwanted scent, eliminate the problem with a ketchup shampoo. To avoid a mess, do it in the shower. Massage ketchup generously into your hair and leave it for fifteen minutes, then wash it out, using baby shampoo. The odor and color should be gone.

*Make copper pots gleam.* When copper pots and pans—or decorative molds—get dull and tarnished, brighten them with ketchup. It's cheaper than commercial tarnish

removers and safe to apply without gloves. Coat the copper surface with a thin layer of the condiment. Let it sit for five to thirty minutes. Acids in the ketchup will react with the tarnish and remove it. Rinse the pan and dry immediately.

*Keep silver jewelry sparkling.* Let ketchup do the work of shining tarnished silver. IF your ring, bracelet, or earring has a smooth surface, dunk it in a small bowl of ketchup for a few minutes. If it has a tooled or detailed surface, use an old toothbrush to work ketchup into the crevices. To avoid damaging the silver, don't leave the ketchup on any longer than necessary. Rinse your jewelry clean, dry it and it's ready to wear.

### ***Did You Know???***

Ketchup originated in the Far East as a salty fish sauce. The word ketchup (also spelled catsup) probably comes from Chinese or Malay. Brought to the West, it was transformed by the 1700's into a huge variety of sauces with vegetable and animal main ingredients. To this day, you can still find banana ketchup, mushroom ketchup and other variants. Tomato ketchup is a relative newcomer, first sold in 1837, but it is now found in more than 90 % of North American homes.

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## **MORE HOME REMEDY TIPS**

(from Joey Green's book Amazing Kitchen Cures)

### ***Fleas***

Dawn: to kill fleas in carpeting, pour one tablespoon Dawn dishwashing Liquid into a sixteen ounce trigger spray bottle. Fill the rest of the bottle with water, shake well and spray the carpet, upholstery and floors. The soap dries up the insects, killing them almost instantly. After fifteen minutes, vacuum the carpet and wipe the floors with a damp towel.

Hartz 2 in 1 fleas and tick Collar: Kill fleas sucked into your vacuum cleaner bag by placing a Hartz 2 in 1 flea and tick collar inside the bag.

Lysol: Spray the carpet and upholstery with Lysol disinfectant spray. The antiseptic kills fleas. Repeat the following day to kill any newly hatched fleas.

Pine-Sol: Pour one quarter cup Pine Sol into a sixteen ounce trigger spray bottle, fill the rest of the bottle with water, shake well and spray the soapy liquid on your carpets and upholstered furniture. Pine-Sol Liquid cleaner kills fleas and simultaneously removes pet odors.

20 Mule Team Borax: Sprinkle a light coating of 20 Mule Team Borax on the carpets and floors, let sit for twenty four hours and then vacuum. The borax kills all the fleas.

To keep fleas from your house, you have to rid your pet of them, here are some tips on doing that:

Dawn: once again Dawn dishwashing liquid is useful. To kill fleas on a dog, use a few drops of Dawn in the dog's bath to shampoo the dog thoroughly. Rinse well to avoid irritating the dog's skin.

McCormick Garlic Powder: To prevent fleas, sprinkle your dog's food with garlic powder every day. Many pet owners claim that the resulting scent released from your dog's skin repels fleas.

Skin So Soft: After bathing the dog, rinse the animal with two ounces of skin So Soft per gallon of water. Skin so Soft repels fleas and ticks and also gives the dog a shiny coat. (I know people who use it for repelling mosquitos too)

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## Praise Him In Song

### “Beneath The Cross Of Jesus”

“for the message of the cross is. . .to us who are being saved. . .the power of God.”

I Corinthians 1:18 NKJV

The author of this hymn, Elizabeth Clephane, was born in Edinburgh, where her father was Sheriff of Fife. One of her siblings later wrote: “My sister was a very quiet little child, shrinking from notice and was always absorbed in books. The loss of both her parents at an early age taught her sorrow. As she grew up she was recognized as the cleverest one of our family. She was first in her class and a favorite at school. Her love for poetry was a passion. Among the sick and suffering she won the name, ‘My Sunbeam,’” (Elizabeth’s own comment on her nickname is written into a line of this hymn: “I take, O cross, they shadow for my abiding place; I ask no other sunshine than the sunshine of His face.”)

At some point, Elizabeth’s family moved to Melrose, southeast of Edinburgh, where she spent her remaining years. Though frail, she was a diligent Bible student, a sympathetic listener, and a worker among the poor. She and her sisters raised money for the unfortunate, on one occasion selling their horse and carriage for a needy family.

Elizabeth’s poems were published in the Scottish magazine, “The Family Treasury”. This one, appearing after her death, was discovered by Ira Sankey and introduced in the great Moody/Sankey meetings in Britain. In his autobiography, Sankey stated; “The author of this hymn, Elizabeth Celphane, also wrote the widely known hymn, ‘The Ninety and Nine,’ and these two were her only hymns. The first time this hymn was sung is still fresh in my memory. The morning after I had composed the music, Rev. W.H. Aitkin was to speak at our mission in London. . .before the sermon, I sang ‘Beneath the Cross of Jesus’ as a solo; and as in the case of ‘The Ninety and Nine’, much blessing came from its use for the first time. With eyes filled with tears and deeply moved, the preacher said to the audience: ‘Dear friends, I had intended to speak to you this morning upon work for the Master, but this new hymn has made such an impression on my heart, and evidently upon your own, that I will defer my proposed address and speak to you on “the Cross of Jesus.”’

Sankey's tune has since been replaced in popular usage by St. Christopher, music composed for this hymn by Frederick C. Maker.

*Beneath the cross of Jesus I fain would take my stand.  
The shadow of a mighty Rock within a weary land.  
A home within the wilderness, a rest upon the way,  
from the burning of the noontide heat and the burden of the day.*

*Upon the cross of Jesus mine eyes at times can see  
the very dying form of One who suffered there for me.  
And from my stricken heart with tears, two wonders I confess;  
the wonders of redeeming love and my unworthiness.*

*I take, O cross, thy shadow for my abiding place.  
I ask no other sunshine than the sunshine of His face.  
Content to let the world go by, to know no gain nor loss;  
my sinful self, my only shame, my glory all the cross.*

Words by Elizabeth C. Clephane, 1868

Music by Frederick C. Maker

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*Answers To Last Month's Quiz:*

- |                     |                         |                           |
|---------------------|-------------------------|---------------------------|
| 1. B - Exodus 3:2-4 | 6. D - Philippians 2:10 | 11. B - Deuteronomy 27:18 |
| 2. B - Matthew 5:5  | 7. A - John 3:16        | 12. C - Judges 9:8-15     |
| 3. A - 1 John 4:8   | 8. D - John 6:51        | 13. D - Ecclesiastes 1:9  |
| 4. A - Mark 16:19   | 9. D - Exodus 20:2-17   | 14. B - Proverbs 31:10-31 |
| 5. C - Genesis 3:19 | 10. C - Leviticus 11    | 15. C - John 18:5,8       |

## How Many Of These Numbers Can You Recall?

1. Methuselah lived \_\_\_\_\_ years.
2. Noah's ark was thirty cubits high, fifty cubits wide, and \_\_\_\_\_ cubits long.
3. King Saul was annoyed to hear the popular expression of the day, "Saul hath slain his thousands, and David his \_\_\_\_\_."
4. How many men were sent to fetch Elijah?
5. When Moses died, he was \_\_\_\_\_ years old.
6. Jonah was in the belly of the great fish \_\_\_\_\_ days and \_\_\_\_\_ nights.
7. For how many days was Saul without sight in Damascus?
8. How many times did Jesus say Peter should forgive his brother's sinning against him?
9. Jesus sent \_\_\_\_\_ disciples, two by two, into every place he was to go.
10. In the parable of the ten virgins, how many were wise and how many foolish?
11. The false witnesses before the chief priests and elders and council of the Jews testified that Jesus declared he could destroy the temple and rebuild it himself in \_\_\_\_\_ days.
12. How old was David when he became king of Israel?
13. What were the odds when the priests of Baal and Elijah met to decide the true God?
14. When Elisha revived the dead son of the rich woman in Sunem, the boy sneezed, how many times?

15. Joseph's burial plot became his children's inheritance, it had been bought by Jacob for \_\_\_\_\_ pieces of silver.

## **Colorado Historical Trivia**

Home Economics courses Inspired at Georgetown:  
“Good food Leads to Well Being”

One of the main attractions in the town of Georgetown is still the Hotel DeParis built in 1875 by Louis Dupuy. Dupuy had come to that town as a miner, but after an injury he turned to the hotel profession and his special art of fine cookery.

In a short time his establishment was regarded as one of the finest places to enjoy a luxurious meal anywhere in the mountain West. Blue point oysters were brought in from Long Island, New York, caviar from Russia was available. Even game animals of Colorado were served in savory French style considered a mystery to other chefs in this state.

It was to dupuy's dining room that a leaders in American education came during the 1880's. Dr. James e Russell was at the time the dean of Teachers' College, Columbia University and was touring the West.

Teachers' college, Columbia, has been the single most important institution in history for directing the path of public education in America. When it endorsed an idea, the schools of the nation usually followed revising their curricula to fit the new pattern. Even at the time the college was advocating more practical and useful courses for high school students who had previously studied only college prep topics, no matter what their status in life of prospects for employment. Columbia would eventually introduce the ideals of its philosopher John Dewey as “progressive education.”

Dupuy mentioned that there was more to food than mere survival. “Good food leads to well being.” He was reported to have commented on several occasions. Russell stayed around and learned from the master the little nuances that made his meals into

gourmet treats. It was then that the dean decided that there should be courses in “domestic science” offered in the nation’s secondary schools. These usually came to be known as “home economics.”

By the time of Dupuy’s death in 1900, hundreds of school systems throughout the nations were offering home economics as part of the curriculum.

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## “Canyon Country Etiquette”

(excerpted from “*Exploring Grand Junction*” by Glen D Weaver)

Mr Weaver gives some guidelines to those who are visiting our state as well as to those of us who live here on how to take care of the amazing ecosystems and scenery we have to enjoy here in Colorado. Some good advice that everyone should practice when out in the wild.

Most ecosystems in the Grand Junction area have evolved under arid or semiarid moisture conditions and are therefore highly fragile. Therefore . . .

- Tread lightly. . .by staying on existing roads, tracks, or paths, always where required by regulation, and even where possible when cross country movement is permitted. Absolutely avoid walking on cryptobiotic soils, i.e. those soils having spongy looking gcursts composed of algae, mosses, and lichens. Be a respectful traveler, not a pioneer blazing new trails.
- Help keep the countryside clean. Do not litter! Pack out your own trash, clean up after less thoughtful visitors and dispose of human waste properly. Adopt “leave No Trace” as a personal creed and commitment.
- Leave what you find. Leave rocks, plants, archaeological-historical artifacts and other items of interest as you find them. Allow future visitors an equal sense of discovery. Small amounts of rock, mineral specimens and plant and invertebrate fossils can be taken from most BLM and Forest Service land, providing the action does not

create a significant disturbance. Give deference to the general public and fellow rockhounds by exercising restraint in removing collectible materials.

- Respect wildlife. Maintain proper distance and remain quiet when encountering wildlife. Use binoculars, sighting scopes, or telephoto lens rather than an up close approach. Keep pets under control, and instruct children not to chase or attempt to pick up small creatures. Such behavior will benefit both wildlife and your chance of viewing them.
- Protect and conserve scarce water resources. Where feasible, carry your own water needed for drinking and personal hygiene. Camp at least 300 feet from water sources to minimize pollution, prevent damage to riparian plants, and allow for wildlife access.

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## **Our Nation's Godly Heritage**

One Nation Under God . . . The Rise or Fall of a Nation . . . an excerpt from the book written by Bob Yandian. I was reading this book and this is the introduction. I thought it worth sharing . . . it's a bit long but has some good thoughts for us as Christians.

### *Blessed is the Nation Whose God Is the Lord.*

A nation's success depends upon believers in Jesus Christ who rely and act on the Word of God as explained in the Bible. When a nation looks at God as its leader, the nation will succeed. Psalm 33:2 states: "Blessed is the nation whose God is the Lord. . ."

We who are believers in Jesus Christ" are the salt of the earth. . ." (Matthew 5:13.) We know that salt preserves and flavors. As believers, we are the preservers of the earth (the Greek word for "earth" – ge – refers to physical land) – we are the

hands, the feet, the voice of Jesus Christ on the earth. And we are called by God to be conquerors and victors. (Romans 8:37, I Cor. 15:57 ) As believers, we flavor ‘bland’ conditions, causing them to change.

Matthew 5:13 state.”. . .if the salt have lost its savour, wherewith shall be salted? It is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.”

Mark 9:50 tells us that to keep from losing our ‘saltiness’ to . . .have salt in yourselves, and have peace with one another; to stay in God’s word and to live in forgiveness. When we abide in Jesus and Jesus’ words abide in us (John 15:7) that fellowship with the Lord is having salt in ourselves. When we have peace with one another, we are maintaining that fellowship—that right relationship – with other people and God to maintain the ability to season the world around us.

We are the light of the world. . .” (Matt 5:14.) (The Greek word for “world” – kosmos – refers to the world’s order or the world’s system.) We believers have been placed on earth by God to dispel Satan’s darkness which wraps the world’s system. We are the salt of the physical land we stand on, but we are the light in as world of darkness.

We are exhorted to pray for our nation and leaders, “for kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty” ( I Tim 2:2.)

Throughout the Bible we see that God has preserved nations for a remnant, a few believers who will trust in Him. ( Ezekiel 22:30) states that the word of the Lord came saying; “And I sought for a man among them, that should make up the hedge, and stand in the gap before me for the land, that I should not destroy it; but I found none.”

In that instance, the Lord found no one. But today He can find believers who will stand in the gap and pray for the nation that it will not be destroyed.

We in America have such problems as pornography, child abuse, and sexual permissiveness due to the cause of the disease that lies behind these symptoms; as a

whole we as a nation have stopped relying upon the principles in the Bible. But in spite of our problems in America, we still exist as the strong nation we are today, because the Church of the Lord Jesus Christ has as remnant which refuses to lose its savour.

America is not a great nation because its people as a whole pray. America is great because of the salt within the nation, the remnant of the people who know the Lord God. The Bible does not say that if the whole nation prays, God will heal the land; it says; “If My People. . .which are called by My name, shall humble themselves and pray and seek my face and turn from their wicked ways; then will I hear from heaven and forgive their sin and will heal their land.” (2 Chron 7:14)

Satan (referred to as ‘the god of this world’ in 2 Cor. 4:4) has dominion and some authority as the ruler of this earth. He is the one behind the problems in our nation today. But when Jesus after being crucified rose from the dead, He gave us authority over Satan’s power, and the Bible contains much instruction in how to use that power. Jesus said.” I will build my church; and the gates of hell shall not prevail against it” ( Matt 16:18) He also said, “ Occupy till I come” (Luke 19:13.)

“Occupy a Greek military term, means to take over the land and keep it. We believers are in enemy territory. We are to take the land from the enemy, Satan; set up camp; occupy until the Lord Jesus comes – and not be trodden underfoot! We are to put Satan under our feet..(Luke 10:19.) We also know that Satan’s days are numbered, because the Bible shows us that Jesus Christ will rule and reign in the end and Satan will be imprisoned. ( Rev 19:11-16, 20:1-3)

The bible says in Ephesians 3:10 that God is manifesting to the principalities and powers in the heavenly places through the Church, His manifold wisdom. We, the church are here to show the earth – the demons, Satan – god’s manifold wisdom.

In the midst of a world that is crumbling, filled with problems, that knows war, we can stay together; we can bring peace to our nation. In the midst of it all, we can bring individual peace, because we are the salt of the earth.

We can make the difference.

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*May* . . . the month of May baskets, Mothers day, spring and flowers. I remember a saying when I was little. . .April showers bring May flowers!! (and June brides!!) As we enjoy the beauty of the flowers our creator so lovingly and kindly blessed us with, let us give thanks for the beauty that surrounds us!!

Also the month of Memorial Day, when we pay homage to those who have gone on before us. . .especially those who fought and died to preserve our freedoms.. Helen Steiner Rice wrote the following: read it and stop a moment and think of those who gave their lives in defense of our country down through the years.

They served and fought and died so that we might be safe and free, grant them, O Lord, eternal peace and give them ‘the victory.’ And in these days of unrest, filled with grave uncertainty, let’s not forget the price they paid to keep our country free. . .and so, on this Memorial Day, we offer up a prayer—May the people of all nations be united in Thy care, and grant us understanding and teach us how to live so we may lose our selfish pride and learn to love and give, and keep us ever mindful of the fighting men who sleep in Arlington and foreign lands so we may ever keep the ‘light of freedom’ burning in their honor through the years and hear their cry of peace on earth resounding in our ears—. Forgive us our transgressions and “Oh, God, be with us yet,” lest in our pride and arrogance we heedlessly forget.

And one more important thing we do in May, honor our mothers! Let us be thankful for Moms!! There are so many things I have to thank my mother for; many it took me a few years to even realize she gave me. One of the most important was her great faith that God would take care of us. She taught me at an early age not to fret but to trust Him, both by word and by her actions. How blessed am I for that example!!?? Thanks Mom! (next month is your turn DAD!)

To all the moms out there: we love you, even when we don’t act like it or have a strange way of showing it. We really do. Thank you for all you mean to us, for all you do for us., for all your hard work, time and sacrifice for us; it would have been difficult to make it without you. God really knew what he was doing when he gave us you!!!

May you all be blessed as you have blessed us. (And Mom give Jesus a hug for me, I know you are there with Him!)

Have a blessed and beautiful month of May. . .enjoying the beauty of God's creation, and even more the beauty of God, Himself.

Lila