

“Knowledge of God can fully be given to man only in a person, never in a doctrine. Faith is not the holding of correct doctrine, but personal fellowship of the living God.” - *William Temple*

MY PRAYER ...

Eternal God and Wise Father, please give me the wisdom to know what is most important for me to pursue with my time, efforts and money. Please bless me with Your holy wisdom, so that I may invest my life in what is truly meaningful and live to Your glory.

In Jesus' Name, amen.

Rick Warren in his book,

Meditations for the Purpose Filled Life ..

“God made us in His image. That means that we are unlike anything else in all of creation. We alone were given the capacity to know God and to love him and to have him now and love us in return. God created man in his own image, in the image of God He created him; male and female He created them.” (Genesis 1:27)

The God who made the world and everything in it is the Lord of heaven and earth....He is not served by human hands, as if he needed anything, because he himself gives all men life and breath and everything else. From one man He made every nation of men, that they should inhabit the whole earth; and He determined the times set for them and the exact places where they should live. God did this so that men would seek Him and perhaps reach out for Him and find Him, though He is not far from each one of us. “For in Him we live and move and have our being”. (Acts 17:24-28)

The first purpose for your life is to know and to love God because that gives God pleasure. The most important thing you can know in life is that God loves you. “ ‘I have loved you, with an everlasting love; I have drawn you with loving kindness’ says the Lord.” (Jeremiah 31:3)

The most important thing you can do in life is love Him back. “ ‘Love the Lord your God with all your heart and with all your soul and with all your mind,’ this is the first and greatest commandment.” (Matthew 22:37-38)

God knows everything about you and He still loves you. His deepest desire is for you to know Him and love Him in return. “ ‘I don't want your sacrifice—I want your love, I don't want your offerings—I want you to know me, ‘ says the Lord.” (Hosea 6:6)

Instead of trying to do and say all the right things to make God love you, you need to realize that He already loves you. You just need to learn how to love Him back. God wants to

help you to know Him and love Him more. All you need to do is ask, perhaps with a prayer like this:

God, if I don't get anything else done today, help e to know you a little bit better and love you a little bit more. If, at the end of the day, I know you a little bit better and I love you a little bit more, I will have not wasted this day. On the other hand, it won't matter what else I've done or left undone, if I messed the first purpose of my life. So help me, Father, to know and love you more today. In Jesus' name, amen.

“Once in seven years I burn all my sermons; for it is a shame, if I cannot write better sermons now than I did seven years ago.” - *John Wesley*

“But He was wounded for our transgressions; He was bruised for our iniquities; the chastisement of our peace was upon Him; and with His stripes we are healed.” (Isaiah 53:5)

“Christ has given us the gift of eternal life, but He has also given us the ability to pass that gift on eternally!” - *Steve Ridgell*

“In the day of prosperity be joyful, but in the day of adversity consider; surely God has appointed the one as well as the other.” (Ecclesiastes 7:14)

“The unbelieving mind would not be convinced by any proof, the worshipping heart needs none.” - *A. W. Tozier*

“God's tests are ultimately true or false not multiple choice.” – Author Unknown

For The Gardener . . .

Tomato troubleshooting... by Teresa O'Connor from “Gardening How To” magazine

(Teresa is a garden writer based in Boise, Idaho. She was trained as a master gardener in California and Idaho.)

How to spot ten common tomato problems and what to do to solve them:

Nothing beats the taste of a juicy homegrown tomato. But tomatoes can be tricky to grow. Yellowing foliage, wilting leaves, and cracking fruit are just a few common challenges. To keep your plants looking healthy this summer, here's help for identifying, preventing and treating ten typical tomato troubles.

Catfacing: The name isn't the only thing strange about catfacing. So are the deformed and misshapen fruits that result from it. No one knows for certain what causes catfacing, but

it's related to problems with flower formation. The blossom sticks to the side of the fruit, resulting in puckering. Temperatures below 50 degrees F at flowering or fruit set can cause catfacing. So can extreme heat, excessive soil nitrogen, drought, and growth hormone type herbicides. Heirlooms and tomatoes with large fruit are most susceptible to catfacing.

Hornworms; These fierce looking green worms grow up to 4 inches long and have a horn on their rear end. They can defoliate plants and leave giant bite holes in tomatoes. Their calling card is black droppings on leaves. To control hornworms, hand pick them off plants or use the natural insecticide 'bacillus thuringiensis'. If you see worms covered with white sacs, however, leave them alone. These sacs are cocoons of parasite wasps that will eventually kill the hornworm.

Leaf Curl: Are your tomato leaves curling? Do they feel leathery? Leaf curl can happen in hot weather, especially after a fluctuation in moisture levels. Heavy pruning also causes this problem. Fortunately, leaf curl won't affect your tomato production.

Cracking: Do your tomatoes have concentric or radial cracks? This happens when fruit grows quickly during a period of rapidly changing weather conditions, such as high temperatures and drought followed by a rainy spell. Always maintain consistent irrigation during dry spells and mulch plants to conserve moisture. Or try crack resistant cultivars such as 'Bragger' and 'Roma'.

Blossom drop: Are blossoms dropping off your plant? Tomatoes are picky about temperatures when setting fruit. If the weather is too warm (above 85 to 90 deg F) or too cool (below 55 deg F) pollination suffers and blossoms drop off. Early season varieties like 'Early Pick' can handle a little chill and heat tolerant tomatoes like 'Solar Fire' and 'Sun Leaper' can take warmer temperatures. Too much nitrogen fertilizer can also cause blossom drop, as can heavy rains and dry winds.

Sunscald: Sunscald is seen on green fruit overexposed to sunlight. It starts as a light spot. As the fruit ripens, the spot becomes larger and grayish white. These areas are often attacked by decay causing organisms. To prevent sunscald, avoid over pruning foliage that shades tomatoes and cover any exposed fruit with shade cloth.

Fusarium/verticillium wilt: Certain soil borne fungi cause vascular wilt diseases, which turn stems brown and prevent leaves from receiving nourishment. Leaves turn yellow toward the bottom of the plant and work upward, often on one side. The stunted plant may eventually die. Destroy diseased plants properly; don't compost them. Rotate crops in your garden, so tomatoes and related plants don't grow in the same area for three to four years. If you have frequent trouble with fusarium and verticillium wilt, buy tomato varieties labeled VF, which means they're resistant to these fungal diseases.

Early blight: This fungal disease typically shows up during periods of frequent rain, high humidity, and warm temperatures. Bottom leaves are affected first, with irregular dark

brown spots and concentric dark rings that look like a bull's eye. These spots are surrounded by yellow leaf tissue. Eventually leaves turn yellow and fall off, exposing tomatoes to sunscald. Older fruit may develop dark leathery sunken spots with concentric markings. Mulch plants to prevent disease spores from splashing up during irrigation. Avoid overhead watering, especially late in the day. Remove fallen leaves and diseased parts. Don't plant tomatoes, peppers, or eggplants in the same spot for three to four years.

Aphids: Stunted growth and reduced fruit yields are some big problems caused by these small soft bodied insects, which travel in colonies and suck sap from plants. Control aphids early. A strong spray of water will knock them off your tomatoes. (Allow plants to dry before evening to avoid fungal diseases.) Insecticidal soap is also effective. Aphids have many natural enemies, including parasitic wasps, lacewings, and lady beetles. (which can eat several hundred aphids a day) Encourage beneficial insects in your garden by avoiding chemical pesticides. Set natural traps for ants, however, because ants protect aphids from predators and even transport aphids to plants.

Blossom end rot: This tomato trouble gets its name from a water soaked spot at the tomato's bottom. (blossom end), which eventually becomes a brown leathery scar. It occurs when plants receive fluctuating moisture supplies. Uneven water levels can cause a calcium deficiency in developing fruit, even if the soil has enough calcium. To solve this problem, mulch plants, maintain consistent moisture levels and avoid heavy use of nitrogen fertilizers.

Ten tips for trouble free tomatoes:

1. Choose the right location. Tomatoes need at least six hours of direct sunlight a day. Leave plenty of space between plants for good air circulation, staking plants also helps.
2. Rotate crops. Many disease spores can live in the soil for years. Don't grow tomatoes or related plants like peppers and eggplants in the same spot year after years. If you can't rotate crops, plant tomatoes in large containers and change the soil annually.
3. Improve soil. Get tomatoes off to a good start by planting them in well drained, wee free soil that's enriched with organic matter like well rotted compost.
4. Water correctly. Deep, slow watering encourages good root formation and is better than short frequent irrigation. Use soaker hoses or drip irrigation systems to avoid wetting foliage, which can lead to fungal diseases. Water early so plants dry before evening. By keeping moisture levels consistent, you'll help prevent problems like blossom end rot and leaf curl.
5. Mulch. Reduce weeds and maintain consistent moisture levels by spreading mulch around plants. Leave space around the stem. Mulching reduces the spread of early blight and other diseases by preventing spores from splashing onto plants.

6. Encourage beneficial insects. Praying mantises, predatory wasps, lady beetles, and toads are natural predators that reduce tomato pests. Keep them happy by avoiding the use of pesticides in your garden.
7. Don't smoke around plants. If you smoke, wash your hands, clothing and tools carefully before working in the garden to avoid spreading tobacco mosaic virus. Remove and destroy infected plants to prevent disease from spreading to healthy plants.
8. Keep it clean. Remove garden debris, leaf litter and weeds to keep pests and pathogens away. To avoid spreading diseases, sterilize garden tools in a solution made from one part bleach to nine parts water.
9. Solarize soil. Want to control weeds, fungi and nematode diseases? Soil solarization kills weed seeds and diseases without chemical. Cover wet garden soil with clear plastic sheets to trap the sun's heat. Solarization works best in areas with long, hot growing seasons, and requires at least four to six weeks.
10. Plant the right tomato. Hundreds of tomato varieties are available, so select the types that grow best in your area. Your local garden center or cooperative extension service will have recommendations. Look for healthy green leaves and stems when buying plants. Avoid tomatoes with roots growing out of a container's drain holes; they've been in containers too long. Check carefully for pests or diseased plant parts so you don't introduce these problems into your garden.

Scent-sations!

Some tips on choosing and using fragrances from [The Beauty Book](#) by Nicolette Lauren

Different Types Of Scents:

✚ Perfume – Perfume has the highest concentration of oil (anywhere from 18 to 25 percent) and thus has the richest and longest lasting scent (it should linger for 4 to 6 hours). Obviously, it also the most expensive type of fragrance. When using perfume, simply place a touch on your pulse points – the base of your throat, in your cleavage, at your wrists, inside your elbows, behind your knees etc.

✚ Eau de Toilette – This has more alcohol and water than perfume (it contains about 15 to 18 percent oil) and will thus evaporate more quickly than perfume (it will last from 2 to 4 hours). Use more of it over your body and reapply throughout the day.

✚ Cologne – As the lightest form of fragrance (it will last up to 2 hours only and contains only about 10 percent oil) cologne can be splashed or sprayed over your body. This is what you should wear on a daily basis. Make sure to reapply throughout the day.

✚ Scented Bath Product – These include soaps, powders, talcs, lotions, and milk baths. They are so subtle that they may be used underneath another fragrance.

Five Categories Of Fragrances:

I. Aldehydics – These exhilarating fragrances are well suited for the distinguished, refined woman. They can be combined with such florals as rose or jasmine.

II. Chypres (shee-pruh) – These sophisticated fragrances are extremely modern. Always elegant, they include blends of pine, forest and citrus.

III. Floral – Soft and feminine, florals are composed of oils from specific flowers or floral bouquets. Sometimes sweet, sometimes fresh, they are perfect for the romantic in you.

IV. Greens – Greens are an excellent choice for the active woman who spends a great deal of time in the outdoors. Herbs, such as thyme or marjoram, are blended with floral oils – carnation, lily of the valley etc – to create a vibrant fragrance.

V. Orientals – Sweet and exotic, orientals include spices, incense, vanilla and the like. Mysterious and adventurous, they are perfect for the bold and daring individual.

How To Choose A Fragrance:

First apply a few drops on the inside of your wrist. After allowing them to dry, pass your wrist in front of your nose a few times. This first scent is known as the “top note”. It is the most identifiable of the combined scents.

After about ten minutes have passed, sniff your wrist once again. The “middle note” is the fragrance at its most intense, which is why it is sometimes referred to as the “heart of the perfume. Since it has blended with your body chemistry, you can now begin to determine whether or not you like the scent.

The “bottom note” or “dry down” of the fragrance will remain with you for hours. Bring your inner wrist up to your nose and inhale deeply. This final impression is what those around you will smell. Does it please you?

Try to sample fragrance in mid morning, a few hours after you have eaten breakfast. Limit your sampling to one fragrance per wrist. Keep in mind that you should choose a fragrance based on your personality, moods and body chemistry.

How To Apply Fragrances

1. Begin with a rich cream bath fragrance in your bath water.
2. Puff on matching talc or dusting powder.
3. Spray the same fragrance of cologne on the back of your neck, on your shoulders and at your waist.
4. Place matching perfume on your pulse points; your inner wrists, in your cleavage, behind your ears, behind your knees, the base of your neck, inside your elbows etc.
5. Place a small spray cologne in your purse to stay fresh throughout the day and evening.

Fragrance Do's and Don'ts

Do keep fragrances in glass bottles; plastic will alter the balance of their ingredients.

Do wear a light amount of your everyday fragrance or a lighter fragrance altogether during the summer months. Heat intensifies the power of a fragrance.

Do store your fragrance in a cool, dry environment.

Do use fragrance with a light touch. There's nothing worse than having your fragrance announce your arrival and leave a potent reminder of your presence once you've gone.

Don't leave your perfume bottles open any longer than is necessary. It will dilute their staying power.

Don't spray fragrance on your skin if you are going to sunbathe. It may discolor your skin.

Don't spray fragrance on your clothing. It will damage your clothing and never smells as good as when it's applied directly to your skin.

Don't use the stopper of your perfume bottle to apply the perfume. Bacteria from your skin may end up back in the bottle.

How to Scent Your Drawers and Closets

Place an empty, open perfume bottle in your lingerie drawers and linen closets.

Buy scented quilted hangers. Once the scent has faded, simply spray them with your favorite cologne.

Line your lingerie drawer with fabric softener sheets that have been sprayed with cologne and allowed to dry.

Wrap a few perfumed soapballs in some gauze, tie with a ribbon and place in your drawers and closets.

Miscellaneous Fragrance Tips...

- If you are dark haired or have dark or oily skin, you should use a less intense fragrance.
- If you have dry skin, a heavier, sweeter scent will work best.
- Fragrances placed on damp skin will last longer.
- Don't test a fragrance after you've eaten a spicy meal – your sense of smell will not be very accurate.
- Avoid spraying your fragrance on your jewelry. Pearls and other soft stones can be damaged.
- When you've found a fragrance you think you like, buy it in its toilet water form first. Save your hard earned money for perfume when you are absolutely positive the fragrance is the right one for you.
- Store fragrances in a cool place. A sunny window will cause the fragrance to evaporate.
- Apply your fragrance at least 15 minutes before you leave the house. If you put on a scent and run out the door, it may evaporate into the outdoor air.
- If you've put too much perfume onto your skin, simply take a cotton ball dampened with alcohol and press it over the area containing the excess amount. You will still be left with a light scent.
- If you can't find a scent you're happy with, try the men's department. A light aftershave may work great as a summer refresher!

In The Kitchen

Skillet Peaches A La Mode

(Use half of the Sugared Pastry to top the Skillet Peaches and freeze the rest to have on hand for heaping bowls of summer's best desserts.)

Prep- 10 min Bake -10 min Cook- 5 min

1 recipe Sugared Pastry (below)

1/3 cup butter

6 to 8 peaches or nectarines, pitted and halved or quartered (about 2 lb)

¼ cup peach or apricot nectar

2 tablespoon packed brown sugar

1 cup fresh raspberries or blueberries

Fresh mint leaves (optional)

Vanilla ice cream

Prepare Sugared Pastry (recipe below). Melt butter in 12 inch skillet over medium high heat. Add peaches, skin side up. Reduce heat to medium; cook 4 to 5 minutes, turning once. Remove peaches to bowls. Add nectar and brown sugar to skillet. Cook and stir over medium heat 1 to 2 minutes or until sugar is dissolved and syrup forms. Spoon syrup on peaches. Top with berries, mint and sugared Pastry. Serve with ice cream. Makes 4 to 6 servings.

Sugared Pastry

Preheat oven to 375°. Let one 15 oz rolled refrigerated pie crust stand at room temperature 15 minutes. Line baking sheet with nonstick foil or parchment paper. Unroll crust onto lightly floured surface. Brush with 1 Tablespoon melted butter. Sprinkle with 1 Tablespoon coarse decorating sugar or granulated sugar and ¼ teaspoon cinnamon. Cut pastry in half. Cut halves into strips, stars or desired shapes. Place on prepared sheet. Bake 10 to 12 minutes or until lightly browned. Cool on baking sheet on wire rack. Makes about 40 strips. Can be frozen up to 3 months.

REFRESH-MINT

... throw a fruity or spicy twist on the world's favorite flavor mint.

By Susan Hurst and Erin Simpson in "BHG" magazine.

The distinctive cool-hot taste of mint gets more interesting when you plant one of the many cultivars that have sweet or pungent flavor variations. Lovely leaf variegations and growing forms accompany each change in flavor, making them even more attention getting members of the garden. Check garden centers and nurseries for mints with exciting hints of other flavors and fancy foliage. Tips for a few of them are below:

Mint -- In The Garden And In The Kitchen

Some info and tips on growing and using various kinds of mint...
to add to those you probably already have in your recipes.

In the Garden – Mint will quickly take over your garden if not kept strictly under control. Simply said, the best place to plant mint is in a pot. Place the pot in full or part sun and water regularly. Fertilize sparingly. You may sink you pot of mint into a garden bed, but check periodically to make sure stems have not escaped into the soil around them. Peppermint and spearmint are hardy to Zone 3 – many of the variegated and alternately flavored cultivars are hardy only to Zone 6 (such as Chocolate mint, apple mint, and pineapple mint etc.).

In the Kitchen - This prolific herb needs very little to go from garden to table. There's virtually a mint for every dish. Pair them as you please.

PEPPERMINT is the familiar, peppery mint used for flavoring candies, gum and other sweets. It tends to be a little strong and is good for steeping in teas or syrups. Make peppermint syrup by simmering a handful of leaves in equal parts sugar and water. Drizzle on fruit or in cocktails.

APPLE MINT has less heat and is not as zippy as peppermint, so it's best fresh in drinks or sprinkled on top of oatmeal with a dash of cinnamon. Or float it and apple slices in water to create a crisp summer sip.

CHOCOLATE MINT has a mild chocolaty accent creating the classic flavor combination in plant form. It works great showered over creamy desserts or as a topping for hot chocolate. A scattering of chocolate mint leaves dresses up a bowl of ice cream.

GINGER MINT is citrusy and bright. Fold into grain salads or whirl into a pesto or vinaigrette. It can also be a good substitution for Thai basil.

PINEAPPLE MINT has a sweet , fruity aroma making it ideal for a cheese plate. Or try it as a cooling contrast to spicy curries. Or roll goat cheese and cover the outside of the roll with yellow flecked pineapple mint leaves before serving.

Health And Beauty

Your Hair And Summer . . .

The summer sun can be very hard on your hair, here are some tips on protecting it.

- Cover hair with a hat or tie it back with a scarf. The less hair exposed to the sun, the better.
- Swimming chlorinated water? Rinse hair in club soda to wash out chemicals, says Mike Padilla of Wella.
- Out all day? Slick hair back with a thick layer of conditioner, it acts as a sun barrier.
- Cleanse hair with moisture infusing formulas. If they're too heavy for your hair, choose a gentle wash such as baby shampoo.
- When styling, stay away from products with alcohol, salt and harsh sulfates (such as sodium laurel sulfate and sodium laureth sulfate) , they're the bane of smooth sleek hair.
 - Avoid heat appliance. Try pin curls at night instead of a curling iron, or wrap hair instead of flat ironing. IF you must use a dryer, use a leave in conditioner and hold off until hair is relatively dry. Use the medium setting and move the blow dryer around so you don't leave it on one section for too long.

“Meeting God At The Rainbow”

by Al Cornell

From “Does God Exist” Oct-Nov ,2010

The second and third verses of the Bible bring together these words, ‘...the Spirit of God was hovering over the waters. And God said, “Let there be light”. I do not think it is a coincidence that God introduced two of the most fascinating enigmas of the physical world – water and light – within the first three verses of Genesis.

Lists have been compiled of the unique characteristics of water and the water molecule. All life, as we know it on earth, depends significantly on this amazing liquid.

Ian Stewart, in *Why Beauty is Truth*, gives this brief insight into light, “Light is so familiar to us that we seldom think about how weird it is. It seems to weigh nothing, it penetrates everywhere, and it enables us to see. What is light? Electromagnetic waves. Waves in what? The space/time continuum, which is as fancy way of saying, “we don’t know.”

Something special can happen when these two enigmas of physics come together. Light, traversing space at 186,282.4 miles per second slows down to about $\frac{3}{4}$ of that speed when it travels through the denser water. However, the light is composed of a range of electromagnetic wave lengths and along that spectrum of wave lengths there is a variation in the amount of slowdown. I could never have imagined that white light is composed of red, orange, yellow, green, blue indigo and violet, but this spectrum emerges from raindrops and prisms.

Anytime you stand facing a rainstorm with your back to bright low angle sunlight, that spectrum of colored light appears in the clouds. White light entering a raindrop divides into a spectrum of colors. That light, reflected from the backside of raindrops travels to your eye. The red comes to you from the drops that create the top of the bright colored arc and the other colors are progressively lower—orange, yellow, green, blue, indigo and finally violet.

The resulting rainbow is mentioned in only six Bible verses. Three are in Genesis chapter nine, culminating with verse 16, “Whenever the rainbow appears in the clouds, I will see it...” Other translations render this, “..I will look upon it...” So whenever you are looking at a rainbow, know for sure you are not alone. There is a greater being and higher consciousness observing that rainbow.

It might be a little awkward to imagine that you are just doing something fun with God. However, take a leisurely look at a rainbow and sense the presence of God there doing what He promised.

Like the tree of life, the rainbow occurs in Genesis, Revelation and only one Bible book in between. In 1:28 Ezekiel describes his vision of a radiance like a rainbow around the one on the heavenly throne.

In Revelation 4, John is invited to enter a door to that throne room scene. He sees the one on the throne, but encircling that throne he sees, “ a rainbow, resembling an emerald.” I always struggled at the thought of a green rainbow. It seemed like a contradiction of terms. Rainbows require a variety of colors, but emerald is green. There is no one colored rainbow on earth, nor perhaps in this heavenly vision.

The etymology of the word “emerald” that occurs in Wikipedia includes references to it likely deriving from Semitic words meaning “lightning” or “shine”. Examples given include a Hebrew word. So while in English we think of color when we hear the word emerald, I think

John, being Semitic, probably spoke of brilliance or illumination. The word rainbow should already have addressed the matter of color.

So the rainbow around the throne shone with the luster of an emerald. Today's New International Version captures this essence of that rainbow vision with the words. "A rainbow that shone like an emerald encircled the throne." The Easy to Read Version reads, "...a rainbow with clear colors like an emerald."

With the rainbow being so scripturally tied to the presence of God, its radiance helps us perceive attributes of God. God cannot be fully comprehended from earth, but the bow in the clouds can help narrow the gap. Paul informed us in Romans 1:20 that we can perceive attributes of God from the creation. This special relation of rainbows on earth and in heaven to the presence of God puts them in position to help us understand the magnificence and glory of God. We come closer to realizing why God splashed beauty throughout His creation and designed a creature in His image that can appreciate that beauty. God created the potential for color in the electromagnetic field, created many animals equipped to perceive the color and created us with the capacity to appreciate its beauty. And He placed the rainbow in the cloud. The pathway to atheism would be a little easier in a cosmos without rainbows.

A human fable imagines a treasure at the end of the rainbow. With Ezekiel's and John's visions of heaven, it is revealed that what we need to be seeking resides at the center of the endless rainbow. So when you reach that point in life where is no longer an opportunity look at an earthly rainbow, by the grace of God, you can step through the door to see a brilliant one encircling the throne. And there too is God.

On Marriage

I am reading a book titled "What Makes a Man Feel Loved" ..written by Bob Barnes (whose wife Emilie is also a well known author of Christian books for women. They also work together in the "More Hours in the Day" ministry. After listening to and speaking with thousands of women over many years...and learning from having a godly wife who prays for him and is in all ways his 'helpmeet,' he decided to write a book to women from a man's perspective containing things he has learned in all of this and in the 42 years he has been married to Emilie. I will give my thoughts on the book when I have finished...but

wanted to share something from the beginning of the book, which I think we all realize has happened and is happening that is different from the way God intended the marriage and relationships to be. These are just some excerpts from the first part of the book.

"Marriage is made even harder these days by the world's view of men, women, marriage and the family. What the world preaches certainly isn't what God had in mind when He made us in His image, instituted marriage and declared it good!"

"Lies we are told.....conflicts between husbands and wives are often

triggered by certain ideas that society tells women to believe about themselves and about men. In fact, clinical psychologist and author Dr Toni Grand points out ten lies that

the modern “liberated woman has bought into – lies based on the false promises propagated by the more extreme elements of the feminist and sexual revolutions.”

Lie #1..... You can Have it All

Lie # 2.... Men and women are fundamentally the same.

Lie # 3.... Desirability is enhanced by accomplishment.

Lie #4Your full potential must be realized.

Lie # 5.....Men and women view sex in the same way.

Lie # 6.....Motherhood can be postponed without penalty.

Lie # 7.....Today’s woman should abandon “softness” for “assertiveness.”

Lie #8..... Speaking one’s mind is better than listening.

Lie # 9.....A woman should be self sufficient.

Lie #10....A woman should look for sensitivity, not strength, in a man.

He expounds on each of these a bit and then goes into challenging them. So far it has been a good read and should be helpful to women, especially, in their relationships with men, but men could benefit from it also I think.

Lila

Move To The Spiritual Level....

(excerpted from Heart and Soul by Daphne Rose Kingma)

We all come to terrible impasses in our relationships—fights we have over and over again, stubborn character flaws that just won’t budge, irritating habits that can almost drive us crazy. When we sit in the midst of these things, we can feel angry, bitter, and stuck. In our minds we recite the ways we’ve been wronged, how terrible he or she’s been, how hopeless our relationship is.

The truth is that we’ve all been wronged; and seemingly unbearable things do happen. There are issues in our relationships that we do go round and round on, and no matter how much we “work on,” negotiate, talk about or attempt to solve the, we don’t seem to make much progress.

At such times, we can feel really discouraged or we can look at our relationships through a different lens. Instead of seeing them as existing to satisfy our every whim, we can lift them up to the spiritual level and ask ourselves what it is that we’re being invited to learn. If you thought of the problem as a lesson, what would it have to teach you? If you thought of it as a divinely ordained detour, what might it be saving you from? If you construed it to be an invitation to grow in some new direction, what would that be? By lifting it up to the spiritual level, you can begin to see everything that occurs in your relationship as an opportunity for spiritual growth.

That's because whatever is happening in a relationship is happening simultaneously on the emotional and the spiritual levels. When you view it only on the psychological level, you can keep going around and around in a rat's nest of unresolved problems. But when you lift it up to the spiritual level, let it ascend to where the bright light of truth can shine in, you will, I assure you, see something quite different. Here, instead of focusing on the nuisance of the moment as this week's edition of the hopeless situation, you will see that every event in your relationship is something that showed up to expand, inform or refine you. Instead of endlessly blaming yourself—or your beloved—for the difficulties that inevitably transpire, you will

see them as serving a higher purpose—the development of your soul.

When we move to the spiritual level, we recognize lessons, instead of blaming for errors and mistakes. We see our partners no longer as those who fail to fulfill all our hopes and dreams, but rather as those whose spiritual task it has been to embody the very frustrations through which (by struggling and chafing against them) we develop spiritual maturity. This also eases us on the emotional level, for when we can feel compassion instead of judgment—for ourselves and our beloved—our relationships become instantly sweeter, deeper and more gracious.

On Parenting . . .

Thoughts taken from a book titled Every Child Deserves a Champion, written by Bob Danzig.

"Every child deserves a champion. As a child growing up in the foster care system, this concept never crossed my mind. Now, however, the value of this statement guides my every step. As an adult reflecting upon his childhood, I am extremely thankful that I have had the good fortune to have had champions in my life—individuals who not only acted as springboards to opportunity, but as my greatest supporters. I was a diamond in the rough to them—a child needing someone who could see the worth in his potential and someone who had the patience to help a child smooth his jagged edges and shine.

Superman or Captain Marvel. If someone had asked me what a champion is when I was a child, I probably would have answered by naming these two superheroes of the day—or perhaps, someone along the lines of Babe Ruth, Lou Gehrig, or Joe Louis. It would not have occurred to me to name one of the individuals in my life. As I mentioned in the Introduction, I spent my childhood growing up in the foster care system. During this time, I didn't realize how the kindness of a few key people could parallel the life saving feats superheroes regularly performed. However, as I grew older and began to reflect on the impact certain individuals had had on my life, I

realized that instead of muscles of steel, they protected me with the strength of their kindness.

Mae Morse, the social worker assigned to my movement from my fourth foster home to my fifth, opened my life to possibility when, at the end of our first meeting, she leaned in close to me and said, “ Never forget—YOU ARE WORTHWHILE!”

During that full year when she regularly came to check out my status, she reinforced the strength of my self esteem by continually saying those three kind words at the conclusion of each of our meetings. By gifting me an extra measure of herself, she became the earliest champion in my life. Instead of wowing me with the ability to leap tall buildings in a single bound or to throw no hitters, she helped enhance my power of self confidence. I am convinced that had it not been for the three magic words Mae Morse said to me at the end of each of our meetings, I would not have the privilege of living such a rewarding life. Even today, I can hear her quiet whisper trumpeting. “YOU ARE WORTHWHILE!”

I think there is a lesson in the above for us all. Whose champion are you?? I believe we can all be someone’s champion.....your kindness and acknowledgment of children , and encouragement , may well make the difference in their lives later on, as well as at the present time. Let’s make sure our own children and those we come in contact with realize that as Mae Morse said “You are worthwhile.” That’s what Jesus would do!!

A Bit Of Trivia

Some historic events that took place in the month of August.

August 1, 1825 - Arm surgeon William Beaumont begins his experiments with fur trader Alexis St. Martin, who has a hole in his abdomen from an oddly healed 1822 musket wound. By dipping food on strings directly into St Martin’s stomach, Beaumont uncovers the secrets of digestion, becoming known as the “Father of Gastric Physiology.”

August 3, 1857 - Sam Houston is defeated in his first bid for the governorship of Texas, but he will win that office in 1859, making him the only governor in U.S. history ever to lead two different U.S. states. (he was previously governor of Tennessee.)

August 5, 1903 - Educator Rensis Likert is born in Wyoming. You don't know Likert, but you've probably seen his namesake "scale." The Likert scale is a question followed by some range of answers, such as Strongly Disagree, Agree, and Strongly Agree.

August 7, 1854 - Japan establishes the Hinomaru, the familiar "Rising Sun" design, as the official flag to be flown from its ships.

August 9, 1944 - Smokey the Bear first appears on Forest Service posters.

August 15, 1281 - The Mongols' invasion of Japan fails when, for a second time, a typhoon destroys their fleet. The Japanese will come to call these fortuitous storms "divine wind," or Kamikaze.

August 16, 1954 - The first issue of Sports Illustrated hits news stands

August 20, 1896 - Three Kansas inventors apply for a patent on the dial telephone.

August 23, 1928 - Explorer Richard Halliburton completes his much publicized swim through the Panama Canal. His 36 cent toll is the lowest ever paid for a Panama transit.

August 24, 1979 - Author Pliny the Elder heads to Mount Vesuvius, the scientist in him eager to investigate the ongoing volcanic eruption. He is killed in the attempt.

August 29, 1885 - Gottlieb Daimler patents the first motorcycle—just his pioneering gasoline engine mounted onto a wooden bicycle frame. Top speed for the bike: seven miles per hour.

August 30, 1990 - Ken Griffey, Jr. and his veteran father become the first father son combo ever to play for the same major league team. Both hit singles in the very first inning.

August 31, 12 A.D. - Caligula is born. Well, Gaius Julius Caesar Germanicus is born, anyway. As a two year old, his mom will dress him in armor and soldier's boots, and the troops will begin to call him "Caligula"—Latin for "little boots."

EXTRAORDINARY USES FOR ORDINARY THINGS

From Readers Digest

Emery Boards

Sand deep crevices. If you are refinishing an elaborate piece of wood such as turned table legs or chair spindles, you can use emery boards to gently smooth those hard to reach crevices before applying stain or finish. These file like nail sanders are easy to handle and provide a choice of two sanding grits.

Remove dirt from an eraser. If your student doesn't like having dirt or the end of the eraser is hard, rub an emery board lightly over the eraser until it is filed off.

Save your suede. Did somebody step on your blue suede shoes? Or worse, spill some wine on them? Rub the stain lightly with an emery board, and then hold the shoe over steam from a teakettle or pan to remove the stain. This works for suede clothing too.

Did You Know?

Ever wonder about emery boards, those little sticks that we tuck into our drawers and can never seem to find when we need to file down a torn nail? Emery is a natural mixture of corundum and magnetite. Diamond is the only mineral harder than corundum.

Sapphires and rubies are also varieties of corundum. Makes it easy to understand why a manicurist's magazine would urge women to "treat their nails like jewels, not tools." Emery boards have changed a lot since 1910, when they were introduced. They now come with bright designs, give off scents, or are shaped as hearts and stars.

