

### YOUR PURPOSE...

(excerpted from Rick Warren's book *Meditations for the Purpose Driven Life*)

"Perhaps you've been trying to find your purpose in life through a career or accomplishments, or a relationship. These things alone, no matter how wonderful and fulfilling, are not your purpose. You were made for far more. You were made to last forever.

"It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, He had his eye on us, had designs on us for glorious living, part of the overall purpose He is working out in everything and everyone." (Ephesians 1:11, *The Message*)

Bringing enjoyment to God and living for His pleasure is the first purpose of your life. When you fully understand this truth, you'll never again have a problem with feeling insignificant. It proves your worth.

If God made you to love you, and He values you enough to keep you with Him for eternity, what greater significance could you have?

When you love God you want to express it. That is called Worship. Worship is far more than praying or singing in church. You worship when you trust God completely, love Him supremely, obey Him wholeheartedly, and thank Him continually. Anytime you bring pleasure to

God, you are worshipping Him! Worship is the first purpose of your life.

*"So then my friends, because of God's great mercy to us, I appeal to you; offer yourselves as a living sacrifice to God, dedicated to His service and pleasing to Him. This is the true worship that you should offer."* (Romans 12:1, TEV)

Your most profound and intimate experiences of worship will likely be in your darkest days—when your heart is broken, when you feel abandoned, when you're out of options, when the pain is great, and you turn to God alone. The deepest level of worship is praising God in spite of pain, trusting God during times of trouble, and loving God when He seems distant.

*"The Lord is pleased with those who worship Him and trust His love."*  
(Psalm 147 :11, CEV)

Another quote from Rick Warren: "You are not an accident, your birth was no mistake or mishap, and your life is no fluke of nature. Your parents may not have planned you but God did. Long before you were conceived by your parents, you were conceived in the mind of God. He thought of you first. It is not fate, nor chance, nor luck, nor coincidence that you are breathing at this very moment. You are alive because God wanted to create you."

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**Think about these thoughts as you live your life...and realize that you are God's and you have a definite purpose in being here...He wants a relationship with you and has things for you to do...So walk and talk with Him every day, all day and see what life can really be...both on this earth and for eternity.**

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## Out Of The Mouths Of Babes...

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*"Making Real Sense Of The Senses" .... A poem by Mattie Stepanek.  
(wise words from the heart & mind of a child, with serious health issues)*

Our eyes are for looking at things,  
But they are also for crying  
When we are very happy or very sad.  
Our ears are for listening,  
But so are our hearts.  
Our noses are for smelling food,  
But Also the wind and the grass and  
If we try very hard, butterflies.  
Our hands are for feeling,  
But also for hugging and touching so gently.  
Our mouths and tongues are for tasting,  
But also for saying words, like  
"I love you," and  
"Thank you, God for all of these things."

And another poem by Mattie on colors . . .

### "The Gift of Color"

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Thank You  
For all the colors of the rainbow  
Thank You  
For sharing these colors  
With all of the fish  
And all of the birds  
And all of the flowers  
That you have given us.

And Thank You  
For the colors of the  
Heaven – in – the - earth  
And of the Heaven-in-the-sky,

And for sharing these colors  
In the people of the world.

You give us color  
As a gift, God,  
And I thank You  
For all of these  
Beautiful colors and  
Beautiful things and  
Beautiful people.

What special gifts  
You have given to us!

## WORTH REMEMBERING

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"It is not the 'uniqueness' of Christianity as a system we defend, but the uniqueness of Christ....So...because, in no other person but Jesus of Nazareth did God first become human (in His birth), then bear our sins (in His death), then conquer death (in His resurrection), then enter His people (by His Spirit), He is uniquely able to save sinners. Nobody else has His qualifications.

John R.W. Stott

## KITCHEN STUFF - Recipes

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### Apple Butter

Peel good apples, core and cover with water. Cook until tender. Remove from fire and run through colander. Add as much sugar as pulp. Add cinnamon and cloves to taste and cook slowly until desired thickness, stirring quite frequently. Can in sterilized jars.

### Surprise Cupcakes

1 PKG German sweet chocolate cake mix  
1 pkg (8oz) cream cheese  
1/3 cup sugar  
1 egg  
dash of salt

Follow package directions for the cupcakes. Fill cupcake papers two thirds full. Blend cream cheese, sugar, egg and salt. Drop one teaspoonful of mixture into top of each cup cake. Bake in 350 degree oven for 40 min.

### Johnny Cakes

¾ cup milk  
1 egg beaten  
1 tablespoon honey  
2 tablespoon vegetable oil  
1 cup corn meal  
1 teaspoon salt

Mix egg and milk. Add honey and oil. Mix well. Pour batter on greased griddle and bake like pancakes.

### Rhubarb Jelly

8 cups diced rhubarb  
½ cup water  
6 cups sugar  
1 box Sure-Jell

Place rhubarb in pan and add ½ cup water. Cook 10 minutes and strain into pan. Heat juice to boiling. Add sugar and sure-Jell and stir well. Cook until jelly is thick when dropped from a spoon. Pour into jars and seal.

### Bluegrass Hush Puppies

2 cups corn meal  
1 teaspoon salt  
1 egg slightly beaten  
½ cup water  
1 teaspoon baking powder  
¼ teaspoon baking soda  
½ cup buttermilk  
½ cup chopped onion.

Sift together meal, salt, baking powder and baking soda into a bowl. Add egg, water, milk and onions. Mix until blended. Drop by teaspoons into deep fat. For the best flavor use the fat in which fish has been fried. Fry three to five minutes or until golden brown. Makes 25

## Carrot Raisin Cookies

2/3 cup margarine  
¾ cup sugar  
1 cup grated raw carrots  
1 egg  
¼ cup orange juice  
2 Tablespoon orange flavoring  
1 teaspoon vanilla  
2 ¼ cups flour

2 teaspoon baking powder  
½ teaspoon salt  
1 cup raisons

Cream margarine and sugar, add carrots, egg, orange juice and flavors. Mix well. Sift flour, salt and baking powder and add to carrot mixture, fold in raisins. Drop by spoonfuls on greased cookie sheet. Bake 12 min in 350 degree oven.

## HEALTH

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### *The Sweet Benefits Of Basil...*

*From busting stress to clearing your skin, this herb has some serious mind body benefits. By Leslie Barrie in Health Magazine.*

**Blemish Eraser...***Clear up that breakout with basil. The herb's oil helps combat the bacteria that causes pimples, according to a study in the International Journal of Cosmetic Science. Try this blemish fighting fix from aesthetician Rena Revivo, chief executive officer of Spa de Soleil: Boil a handful of fresh basil leaves in 1 cup of water for 10 minutes; let the liquid cool. Dip a cotton bal into the liquid, pat it on your breakout zones, wait 10 minutes, then splash with water, repeat once or twice a day. If you're pregnant or breast feeding discuss basil usage with your doc.*

**Stress Stopper...***feeling frazzled this summer? This herb can mellow you out. "Holy basil has anti-anxiety effects, : explains botanist James Duke, PHD, author of the Green Pharmacy. It contains phytochemicals that studies suggest may lower cortisol, a hormone secreted when you're tense. Simmer down on a hot, harried day by adding the herb to your iced tea. Add 2 or 3 leaves (per serving) while your tea is steeping. Lounge chair optional!*

**PMS Fix...***You may want to eat more basil during that time of the month; the herb is a super source of iron – a little more than 2 cups of chopped fresh basil leaves or 1 tablespoon dried provides 10 per cent of your daily value, making it on par with spinach. Eating it during your period can replenish some of the iron lost when you menstruate, say Dawn Jackson Blatner, RD, author of the Flexitarian Diet. Sprinkle some sliced basil over chopped pineapple (which helps combat bloat).*

**Inside Out Cleanser...***If you overate at a backyard barbecue, break out the holy basil, which "has been found to help detoxify the liver," says Elizabeth Trattner, an integrative*

*health care practitioner in Bay Harbor, Florida. The morning after, whip up some body cleansing pesto to top your feel better food of choice!*

*(Note: Holy basil or Thai basil as it's sometime called...contains more beneficial compounds than the basic variety, says Michael Castleman, author of The New Healing Herbs. You can find it at farmers' markets and specialty grocers.)*

## **WHAT DO I DO WITH GINGER?**

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*(From Whole Living Magazine)*

It's not every ordinary pantry spice that can claim its name comes from an ancient language. The word ginger derives from the Sanskrit stringa-vera, which means 'hornlike body.' This antlerish root adds a hot- sweet zing to everything from sushi to salad dressing, and a mere pinch will help yeast rise and meat tenderize.

It's just as versatile outside the kitchen: For centuries practitioners of Ayurvedic and Chinese medicine have been harnessing its anti-inflammatory and antioxidant properties to reduce anxiety, aid digestion and alleviate ailments like morning sickness, arthritis and the common cold. Such is the power of the mystical horn.

Flavor anything from rice to seafood with the "Chinese trinity of GGS: 1 part ginger to 1 part garlic to 2 parts scallions.

Fresh ginger should be plump and crisp, not shrunken or fibrous. Store unpeeled ginger in the vegetable crisper of your fridge for up to two weeks. Freeze leftovers for up to six months; Break it into 1-2 inch pieces and defrost as needed. Dried ginger has a warmer, more pungent flavor than fresh; don't substitute one for the other.

## *Flower Savers*

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Make your cut flowers last longer by filling your vases with this libation, which makes 1 quart of solution:

- 1 cup of lemon lime soda (not diet)
- ¼ teaspoon of bleach
- 3 cups warm water (110 deg F)

Mix all of these ingredients together and pour the solution into a clean vase. It will keep those posies perky and bright.

Another way to extend the life of cut flowers, fill the vase with a solution of 2 tablespoons of clear corn syrup per quart of very warm water.

## Cucumbers

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- ✚ To lighten dark circles under your eyes, cut two cucumber slices, lie down in a comfortable place and put one slice over each eye for about 10 minutes.
- ✚ To treat a minor burn, immediately hold the burned area under cold water for several minutes to reduce tissue damage. Then apply cucumber juice to ease the pain and reduce the swelling.
- ✚ Cucumber juice reduces the inflammation caused by eczema. Just moisten a cotton pad with the juice, and gently dab the trouble spots.
- ✚ Here's how to make a soothing facial for all skin types. Puree half of a cucumber in a blender. Mix in 1 tablespoon of plain yogurt, apply the mixture to your face, and leave it on for about 30 minutes. Rinse with warm water and pat dry.
- ✚ Soothe sunburn pain by soaking in a tepid bath with a few tablespoons of cucumber juice added to it. Or, if you need relief in a hurry, apply the juice directly to your skin.
- ✚ Do you have trouble with fluid retention? Then eat more cucumbers. They contain a chemical called cucurbitacin, which helps your blood cells release more water into your kidneys for elimination.
- ✚ Got ants wandering where you don't want them to be? Keep them at bay with cukes. Simply cut a cucumber into 1/4 inch slices and scatter them on the ground in the problem area. (This trick works indoors, too. Just put the cuke slices at the ants' entry points, or wherever you want to discourage their presence.)
- ✚ Trap cucumber beetles by baiting open coffee cans or milk cartons with (what else?) pieces of cucumber. Check your traps early in the morning, and dump the contents into a bucket of soapy water to kill the beetles.
- ✚ Bait mouse traps with bits of cucumber with the skin still on – the rodents love it.

## BirthDay Bible Verse

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Did you know the Bible has a verse for your birthday? Go to the following site to find out what yours is:

<http://www.birthverse.com/mybirthverse.cfm>

## Trivia Questions . . .

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### How many can you answer?

1. For what is an altimeter used?
2. What Greek philosopher was sentenced to drink poison hemlock?
3. In weaving do warp threads run lengthwise or crosswise?
4. Name a modern author of guidebooks on edible wild plants.
5. When and where was the first worker's strike in the U.S.?
6. In which U.S. state can diamonds be found?
7. Who was the first filly to win the Kentucky Derby?
8. Who designed the Statue of Liberty?
9. Who was the author of "Snowbound"?
10. Complete the expression, "He is a snake in the .....

## The Bible Lives...

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*"Heaven and earth will pass away, but My words will never pass away." (Matthew 24:35)*

*Generation follows generation yet it lives.  
Yet it lives...as a standard for childhood.  
Yet it lives...as a guide for youth.  
Yet it lives...as an inspiration for the  
matured.  
Nations rise and fall, yet it lives.  
Kings, Dictators and Presidents come and  
go, yet it lives.  
Hated, despised, cursed, yet it lives.  
Scoffed at by scorners, yet it lives.  
Exaggerated by fanatic, yet it lives.  
Ranted and raved, yet it lives.  
Misconstrued and misstated, yet it lives.  
Its inspiration denied, yet it lives.  
Yet it lives...as a lamp unto our feet.*

*Yet it lives...as a light unto our path.  
Yet it lives...as a gate to heaven.  
Yet it lives...as food for the hungry.  
Yet it lives...as water for the thirsty.  
Yet it lives...as rest for the weary.  
Yet it lives...as light for the heathen.  
Yet it lives...as salvation for the sinner.  
Yet it lives...as grace for the Christian.  
To know it is to love it.  
To love it is to accept it.  
To accept it means life eternal.*

*~ Author unknown*

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Note: How important is it that we read our Bible daily, if not oftener and know God's word, accept it and live our lives by it??? It seems to me it's vital to our lives here. .and where we spend eternity. In it is where we learn of and about God, His ways, His will and His instructions for us. It's where the Gospel of Jesus Christ is found. Let's not try to live our lives before we read the instruction manual provided to us by our Maker. ..it's best to read the instructions first!!! As His word tells us " it is not within man to direct his own steps" and how true that proves to be. Don't let dust gather on your Bibles!!! Prayerfully, Lila

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

*The following is an article written by Congressman J. Randy Forbes in April of 2010.*

"On Sunday, March 21,2010, history was made in the U.S. Capitol. But the history I am talking about is not related to legislation, health care or one political party or another. At 11 Am on Sunday, as members of Congress, were in session to vote on healthcare legislation, I was privileged to organize a church service in the Statuary Hall in the U.S. Capitol. About 250 people , including members of Congress from both sides of the aisle, their spouses and their staffs, took part in the service. No healthcare legislation was discussed. No political agenda was present. The only matter at hand was acknowledgement of faith and recognition of our nation's spiritual heritage.

Many do not know that church services were once held in the old House chamber, which is now Statuary Hall, from 1800 – 1857. On December 4, 1800, Congress approved the use of the Capitol building as a church. Approval was given by both the house and the senate. With House approval being given by Frederick Muhlenberg, speaker of the House, and Senate approval being given by Thomas Jefferson, then President of the Senate.

In fact, while serving as Vice President, Jefferson regularly attended church at the Capitol. Additionally , the first church service that he attended in the Capitol as President was January 3, 1802, just two days after authoring the letter in which he used the now famous 'wall of separation between church and state' phrase.

Together Republicans and Democrats brought that historical service back to the halls of Congress and established a precedent to be used for years to come. I was honored to be a part of the Sunday service at the Capitol that was once regularly attended by Presidents from Jefferson to Lincoln.

## **Presidential Quotes**

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"The highest glory of the revolution is this: it connected in one dissoluble bond the principles of civil government with the principles of Christianity. From the day of the Declaration they (the American people) were bound by the laws of God, which they all, and by the laws of the Gospel, which they nearly all, acknowledge as the rules of their conduct."

- John Quincy Adams, (1787-1848)  
6<sup>th</sup> President of the U.S. in a speech given July 4, 1821

“The purpose of a devout and united people was set forth in the pages of the Bible....1. to live in freedom, 2. to work in a prosperous land and 3. to obey the commandments of God. The Biblical story of the promised land inspired the founders of America. It continues to inspire us ....The Bible is endorsed by the ages. Our civilization is built upon its words. In no other book is there such a collection of inspired wisdom, Reality and hope.”

- Dwight D. Eisenhower, 1954

## **Back to school...**

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*Can it be time already...the answer is yes, ready or not!*

*As our children and young adults start back to whatever school they are attending this year...let us be in prayer for them, for the teachers, for the administrators and all who make decisions regarding anything pertaining to our children/youths' education. Pray that Godly principles will be the overriding factors in all decisions made. Pray for safety and understanding on the part of all. Help both students and faculty make decisions based on Godly wisdom not earthly wisdom. Our prayers can make a difference...God waits for us to ask so he can help. May His presence be with our students and the schools during this coming year.*

*Because of Him....Lila*