

Compiled by Lila Briggs

“Until you can sing and rejoice and delight in God as misers do gold and kings do scepters, you can never enjoy the world.”

- Thomas Traherne

“When you are in difficult times and wonder where God is, remember ...the teacher is always silent during a test.”

- Author Unknown

“Worship is the highest and noblest activity of which man, by the grace of God, is capable.”

- John Stott

“People say they wish their life came with instructions, it does; the instruction manual is called the *Bible*.” - Anonymous

“The great thing and the only thing is to adore and praise God.” - Thomas Merton

“The Constitution does not grant freedom *from* religion, but guarantees freedom *of* religion.”

“The success of our state, our nation and our community depends upon the desire to place service above self as we learned through the examples of our Founding Fathers.”

- Anonymous

(true for churches too, remember the example of our “Founding Father” and early leaders)

“We should dedicate ourselves to becoming in this life the most perfect worshipers of God we can possibly be, as we hope to be through all eternity...”

- Brother Lawrence

“We may be truly said to worship God though we lack perfection, but we cannot be said to worship Him if we lack sincerity.”

- Stephen Charnock

“The perfect church service would be one we were almost unaware of; our attention would have been on God.”

- C.S. Lewis

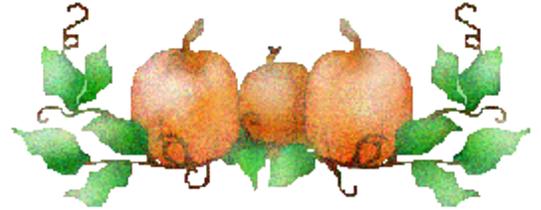
“The main object of religion is not to get a man into Heaven, but to get Heaven into him.”

- Thomas Hardy



I Am A Christian

Therefore ...



I will realize that I am a steward of God;
and that everything I have is given me by Him.

I will make a concentrated effort every day to be holy
and avoid the things that destroy my spirituality.

I will commune daily with my God through prayer and reading His Word.

I will be conscious of the power of my influence,
and seek to let others see Christ in me.

I will use myself and the things I have every day in some way for God.

I will seek times when I can talk to Christ about others,
and talk to others about Christ.

I will make God an active partner in all areas of my life
and consult Him in all decisions.



Love One Another

Jerry Cook with Stanley C. Baldwin have written a book entitled, Love, Acceptance & Forgiveness. The following is an excerpt from it. I found these thoughts something to be considered seriously.

“We know that we have passed from death to life because we love our brothers. Anyone who does not love remains in death.” - I John 3:14

According to the Scripture, the evidence that we are children of God is our love for other believers. If love is lacking we “remain in death.” We are not the sons and daughters of God,

no matter what experience we claim in the past. Now that is both frightening and liberating. I know that I have passed from death unto life. How do I know it? Well, there was that time I got down on my knees.....No, that's not good enough. I know I'm a child of God because I love.

That's not some theological or philosophical statement. I actually do love the brethren, and that is evidence of God's spirit living in me. You see, in the natural I don't love anybody. My personal history is one of exploitation and manipulation of other people. But now I love them. Therefore, I know I am a child of God, my daily experience verifies it.

Today the church of Jesus Christ needs to make a bold commitment to love people and then dedicate itself to fulfilling that commitment. Our whole life style should tell people, "If you come around here, we are going to love you. No matter who you are or what you've done or how you look, smell or behave, we are going to love you."

We must remember that the word for love here is agape. Agape love first exists, then it affects the emotions. For God so loved the world that He sat in heaven and had warm feelings??? No, that's nonsense. God so loved the world that He gave. That's it!! Agape is a volitional commitment to another that motivates us to act on his behalf. Every time you find a corresponding action to the concept of agape, it is a giving action.

Furthermore, agape involves the kind of giving that cannot be compensated. That concept of love is quite foreign to our culture. The mentality of this world leads us to love and give only when there is reason to assume that our love will be reciprocated. This reciprocity is tested carefully during a "getting acquainted" time. If things look promising, if our approach meets with acceptance and response, we risk a bit further and a friendship is established.

In the Kingdom of God we first love, then we move into acquaintance. In this world we first get acquainted, then we move into love sometimes. As a result, most people have many acquaintances and a few friends but they are dying from lack of love.

Love is commitment and operates independently of what we feel or do not feel. We need to extend this love to everyone who comes into our church: "Brother, I want you to know that I'm committed to you. You will never knowingly suffer at my hands. I will never say or do anything, knowingly to hurt you. I will always in every circumstance seek to help you and support you. If you are down and I can lift you up, I will do that. Anything I have that you need, I will share with you; and if need be I will give it to you. No matter what I find out about you and no matter what happens in the future, either good or bad, my commitment to you will never change. And there is nothing you can do about it. You don't have to respond. I love you, and that's what it means."

A church that can make that commitment to every person is a church that's learning to love and a church that will be a force for God.

(He gives some examples of when he made that commitment to people and later they came to him to confess things in their life that they couldn't to anyone else but because of his commitment to them they felt they could tell him. Sometimes they had done things which caused him to feel disgust and shock...but the Holy Spirit gave him compassion and he was able to help them....they realized their sins, asked forgiveness and are serving the Lord today. A good read.)

Health

“Some Foods Block the Effects of Meds”

by Camille Noe Pagan

Be Aware: some foods and beverages can block your meds.

If you're like most people, you down your pills with juice or food, thinking you're doing your stomach a favor by not taking the medications alone. As it turns out, you may be doing more harm than good due to food drug interactions.

Recent research shows that foods and beverages can have a dramatic effect on how the body absorbs certain medications. Twenty years ago, a team of researchers and I realized that grapefruit juice could cause many medications to be as much as 10 times more powerful than they're meant to be,” says David G. Bailey, PH.D., clinical professor of pharmacology at the University of Western Ontario in Canada.

Now Bailey has discovered that grapefruit, apple and orange juices can actually have the opposite effect on some

other drugs. “they block the pills’ absorption, so you get less or even no benefit from taking them,” says Bailey. “This might cause someone to think that they need to switch to a ‘better’ medication—when in fact changing what they eat, or when, would make the drug effective.”

How long should you wait? In most cases, you can consume a potentially pill blocking food or beverage about three to four hours after you've taken your meds, but it's best to ask your pharmacist, who can tell you for sure. Plus, she can check to see if other medications or supplements you take might further affect how your body absorbs your medicines.

(from Arthritis Today)

4 Common Pill blockers to watch out for:

Food: Milk and yogurt

Blocks: iron supplements, many antibiotics (including fluoroquinolone, ciprofloxacin and “cycline” antibiotics like tetracycline), thyroid hormone, and penicillamine (Cuprimine, Depen), a disease modifying antirheumatic drug.

Food: Apple, orange and grapefruit juice

Blocks: disease modifying antirheumatic drugs, including methotrexate (Theumatex, Trexall), cyclosporine, (Gengraf, Neoral, Sandimmune), a drug used for severe psoriasis and rheumatoid arthritis, beta blockers like acebutol (Sectral), cancer drugs like etoposide (Etopophos, Vepesid), alendronate (Fosamax) an osteoporosis drug, the allergy medicine fexofenadine (Allegra), some antibiotics including ciprofloxacin (Cipro) and levofloxacin (Levaquin)

Food: Coffee

Blocks: alendronate, the antibiotic penicillin

Food: Foods rich in vitamin K, including leafy green vegetables and liver

Blocks: Blood thinners like warfarin (Coumadin)

Quick Ways to cut Sodium

by Anne Krueger

Are you eating too much salt? The USDA recommends a daily maximum of 2,300 mg (about a teaspoon of salt) for healthy adults. Reducing your salt intake can help prevent heart attacks and strokes and can fight inflammation—like in many forms of arthritis.

Try these tips to cut sodium:

- Choose fewer packaged foods—nearly 80% of our salt intake comes from sodium in these foods.
- Season popcorn with herbs instead of salt.
- Rinse canned foods, such as tuna and beans, to wash away excess sodium.
- Replace two cans of diet soda with water to ditch 119 mg of sodium.



Family

What is a family?

A family is a formation center for human relationships. The family is the place where the deep understanding that people are significant, important, worthwhile, with a purpose in life, should be learned at an early age. The family is the place where children should learn that human beings have been made in the image of God and are therefore special in the universe.

A family is a shelter in the time of storm. When one part of the body hurts or is affected by something, the whole body is affected.

A family is a perpetual relay of truth. The truth of the existence and character of God is to be made known to the children and the children's children.

A family is an economic unit – willing to live in conditions “better and worse” in different times in life, expecting to have ideas and a pioneering spirit of approach at times, but also having a deep understanding together that the family is not floating alone in an impersonal universe with no one to appeal to.

A family is an education control. A family has a strong responsibility for the education of its children who are the next generation. There is a lot of brainwashing in textbooks, in teaching, in newspapers, in all sorts of media. There is a need to fight for keeping truth alive and for seeing a connection between all subjects, rather than keeping the teaching of the Bible as something separate from everything else.

A family is a museum of memories. At least one person needs to be conscious that memories are important, and that time can be made to have double value by recognizing that what is done today will be tomorrow's memories. Memories ought to be put in the budget.

A family is a door that has hinges and a lock. The hinges should be well oiled to wing the door open during certain times, but the lock should be firm enough to let people know that the family needs to be alone part of the time...just to be a family.

Excerpted from “What is a Family?” by Edith Schaeffer (I have not read the whole book but I am sure it will be a worthwhile read.) You can note the description of a family fit both the individuals' family and the Lord's family (the church).

Marriage

*You have heard this before I know because I used it a few years back...but I think it has such a good message that I am going to use it again.
A good way to keep your marriage intact and happier!!*

“Surrounded by her children, grandchildren and great grandchildren, the wife was asked the secret to a long and happy marriage. With a loving glance toward her husband, she answered, “On my wedding day, I decided to make a list of ten of my husband’s faults which, for the sake of our, marriage, I would overlook. I figured I could live with at least ten faults.”

A guest asked her to identify some of the faults she had chosen to overlook. Her husband looked a bit troubled at the thought of having his foibles and flaws revealed to the assembled group. However, his wife sweetly replied, “To tell the truth dear, I never did get around to listing them. Instead, every time my husband did something that made me hopping mad, I would simply say to myself, Lucky for him, that’s one of the ten!”

Even the most devoted friends and spouses will experience storms in their relationships from time to time. Some problems are worth addressing in order to resolve them. Others are best left unspoken. With time, those issues that are of little importance tend to blow past without any need for a ‘blowup.’

The art of being wise is the art of knowing what to overlook.

(Good advice, don’t you think!?)

PARENTING

The following is an excerpt from “Prayer That Prevail for Your children”
by Richards and Hildebrand

Key thought:

Achievement in God’s eyes is far different from the way society views achievement.

Key Scripture:

“Except the Lord build the house, they labour in vain that build it: except the Lord keep the city, the watchman waketh but in vain” - Psalm 127:1

Prayer:

Lord God, help my son/daughter _____ (pray for them by name) to grow in the grace and knowledge of our Lord and Savior Jesus Christ. Help him/her to understand early

in life that true success is a matter of yielding one's heart, soul and life to you. Lead him/her to know that through wisdom a house is built, and by understanding it is established.

Reveal to him/her that all the wisdom he/she needs for successful living is found in Jesus Christ, the Living Word, and is available to anyone who asks with a believing heart.

Give grace to my son/daughter, Lord, that would enable him/her to know that a good name is better than precious ointment, and it is wonderful for a person to be able to rejoice in his/her own works.

Your Son, our Lord Jesus Christ, proclaimed that a person would be known by his/her fruits. Lord I ask that you would develop fruitfulness in the life of my son/daughter, may he/she ever produce the fruit of your Spirit – love, peace, joy, patience, meekness, gentleness, faithfulness, goodness and self control.

Help him/her to know that without Jesus he/she can do nothing, but that through Him He/she can do all things. May his /her constant motivation be to do all for your glory, so that at the end of his/her life he/she will be able to proclaim, "I have fought a good fight, I have finished my course, I have kept the faith." This, Lord is true success and achievement.

You are the Potter; we are the clay. Shape and mold my child in your hands, Lord, until he/she would be conformed to the image of your Son. I thank You that he/she is your workmanship in Christ Jesus, and I know that you will continue Your workmanship throughout his/her life. Thank you, Father.

You have built all things, Lord. You are the Author and finisher of our faith, and I ask you to give my son/daughter the capacity of keeping his/her focus on you so that he/she will be able to keep running the race with persistence.

How I praise you, mighty Lord, that nothing shall be able to separate my son/daughter from your love in Jesus Christ.

In Jesus name, amen.

I SAW GOD TODAY

I saw God today. Where did I see Him, you ask? I saw Him in the face of a small child whose smile and laughter reminded me of the happiness and joy that come from trusting a God who loves us.

I saw Him in the golden leaves of autumn which fall each year and blossom each spring. I heard Him in the rustling of the grass and in the song of a robin redbreast.

I saw Him in the person of a teacher who loved his students. I saw him struggling to teach so that the student could have a better life.....unappreciated.

I saw Him in the compassion of a doctor who was working with God to heal a patient. I saw him as with his skills and knowledge he helped relieve some of the suffering of a broken humanity.

I saw Him in the love of a father who was sweaty and tired from a hard day's work. I saw him work so that his family could have a house where they could make a home. I saw him work so that his children could get a good education. I saw him work so that the woman he loved could have a few of life's luxuries.

I saw Him in the person of a minister who wept with a family at the loss of a loved one, who rejoiced with a young couple at the birth of their first child, and who prayed for love which he could pass on to those with whom he came into contact.

I saw Him in a public official show was elected to office by the people. I saw him as he tried to do his best in a society which often accepts and fosters crookedness. I saw him as he struggled to make a decision, knowing that whatever decision he made would help some and hurt others, would be praised by some and condemned by others.

I saw Him in an ex- convict who was trying to make a new start in life. I saw him as his past life followed him everywhere he went. I saw him as he tried to start over and no one was interested in giving him the chance.

I saw Him in a person—any person, every person—who reached out his hand to help another. I saw Him as people overcame the difference of race, creed, education, status, in order that they could help another.

I saw Him in the symbol of a cross. It reminded me of His great love for us. He loved us so much that He sent His only Son into our world to save us. His Son died for us even when we weren't worth dying for. I saw Him on the cross and I heard His prayer of forgiveness for those of us who put Him there.

So you see, I saw God today. You say you have never seen Him? You can, my friend, if you will only look for Him.

***“Because what may be known of God is manifest in them for God has shown it to them.
For since the creation of the world, His invisible attributes are clearly seen,
being understood by the things that are made, even the eternal power and Godhead,
so that they are without excuse.”***

- Romans 1:19-20

Some Neat Tips

- ✚ Place a rubber band around (top to bottom) your can of paint, so its across the center of the opening. Use this to wipe your brush on and you will not have paint all over your paint can and in the grooves where the lid fits when you put it back on.
- ✚ Use a staple remover to save fingers and finger nails when adding items to your key ring.
- ✚ Lay a wooden spoon across the top of a pan when boiling something to keep it from boiling over.
- ✚ Use a micro fiber cloth to keep frost from forming on your windshield.
- ✚ Use a comb to hold a nail steady for hammering.
- ✚ An easy remedy for purse straps that slip.....cut a piece of moleskin to fit where the strap hits your shoulder, peel off the backing and apply it to the underside of the strap.
- ✚ Scuffs on patent leather....polish away white marks with Windex,. Spray a bit on a cotton swab and rub on the scuff.
- ✚ Use an old shower curtain for:
 - Avoiding bathroom puddles if Spot never stays on the bathmat, a curtain on the floor lets him wiggle without flooding the room
 - Protect the kitchen table on arts and crafts days, cover it and no more paint and Play Doh messes.
 - Catch paint next time you're painting a wall, stick a curtain on the floor as a dropcloth for misdirected splashes
 - Shield the entryway, lay one down to catch drips and mud when a bunch of snowy boots are incoming.
 - Stay dry at a picnic, use as a ground cloth under your blanket to prevent dew or rainwater from seeping through.

Bayer Aspirin Trivia

from Joey Green's book Amazing Kitchen Cure

THE ANCIENT Romans used the bark of the willow tree to fight fevers. The leaves and bark of the willow tree contain a substance called salicin, a naturally occurring compound similar to acetylsalicylic acid, the chemical name for aspirin.

In 1897, Felix Hoffmann, a German chemist working for the Farbenfabriken Bayer drug company, began seeking a way to treat his father's severe arthritic pain. Hoffmann researched acetylsalicylic acid, a drug first synthesized by French chemist Charles Frederic von Gerhardt in 1853. Von Gerhardt had abandoned his discovery, convinced that salicin extract was more effective. Hoffmann, however, tested the acetylsalicylic acid on his father, alleviating his pain and reducing the swelling. The Bayer company decided to market the new drug, producing it from the meadowsweet plant, known by the scientific name *Spiraea ulmaria*, and calling the product Aspirin, a brand name derived from the letter a from acetyl, spir from spiraea and the common medical suffix -in. By 1899, the Bayer Co. was providing aspirin to physicians.

After Germany's defeat in WW I, the Allies forced Bayer to give up both trademarks as part of Germany's war reparations. At the Treaty of Versailles in 1919, Germany gave Bayer's trademark on aspirin to France, England, Russia and United States—enabling other manufacturers to make and distribute the drug.

In 400 BC#, Greek physician Hippocrates prescribed the bark and leaves of the willow tree to relieve pain and fever.

Bayer aspirin was originally marketed in 1899 as a powder to be mixed in a beverage. Bayer did not introduce aspirin tablets until 1900.

Bayer, founded by Friedrich Bayer in 1863 to develop synthetic dyes, became a pioneer in the modern German chemical industry—developing the first synthetic pesticide in 1892, synthetic rubber in 1915, a treatment for African sleeping sickness in 1921 and the first sulfa drug in 1935.

Aspirin is the best selling drug worldwide.

In 1948, Dr Lawrence Craven, a general practitioner in California, noticed that the four hundred men to whom he prescribed aspirin had not suffered any heart attacks. He regularly recommended to all patients that “an aspirin a day” could dramatically reduce the risk of heart attack.

The Medicine kits taken to the moon by the Apollo astronauts included Bayer Aspirin tablets.

In 1988, the Food and Drug Administration approved aspirin for reducing the risk of heart second attack, preventing first myocardial infarction in patients with unstable angina, and preventing mini strokes in men.

In a 1996 national survey on inventions, conducted by MIT, twice as many people chose aspirin over the personal computer as an invention they could not live without.

Gardens, Plants and Flowers

Gardening Tips For Home Remedies Of Plant Diseases

From Joey Greens book [Amazing Kitchen Cures](#)

For those of you who have vegetable gardens or flower gardens, here are some things to try:

Arm and Hammer baking sodas and Wesson Corn oil: To protect against powdery mildew and black spot, mix one teaspoon Arm & Hammer Baking Soda and five drops of Wesson Corn oil in one quart water. Fill a trigger spray bottle or sprayer with the solution and spray directly on roses, houseplants and cucurbit crops. Apply once a week for approximately two months. Reapply after rain. The USDA has approved baking soda as a fungicide. (Before treating the entire plant, test this oily formula on one of the plant's leaves and wait one day to make certain it doesn't burn the leaf.)

Carnation NonFat Dry Milk: Prevent blight, blossom end rot and other common tomato diseases by sprinkling a handful of Carnation NonFat Dry Milk in the hole before planting tomato transplants. After planting, sprinkle two more tablespoons powdered milk on top of the soil. Repeat this topdressing every few weeks. Carnation NonFat Dry Milk adds calcium to the soil.

Cascade: To avoid spreading diseases when transplanting seedlings or plants into pots, clean pots and flats thoroughly by soaking them for ten minutes in a bathtub filled with warm water and one tablespoon Cascade dishwashing powder, then scrubbing the pot in the solution with a stiff brush. Rinse clean and let dry thoroughly in the sun.

Clorox: Sterilize your pruning tools after use with a mixture of three quarters cup Clorox bleach in a gallon of water to avoid spreading fungal diseases or blight. Dip your pruning equipment into the disinfectant solution between cuts or at least between plants. When finished, soak the pruning shears in the solution for one hour, then rinse clean and dry.

Crayola Chalk: To prevent diseases caused by calcium deficiency, use a mortar and pestle to grind up a box of Crayola chalk and then sprinkle the chalk dust (calcium carbonate) over the soil around the plant.

Epsom Salt: Mix one tablespoon Epsom Salt in one gallon water and spray the mixture on your plants to aid in disease resistance. Epsom Salt is magnesium sulfate, which lowers the pH of the soil and provides magnesium.

Geritol: Revive an ailing plant by giving the plant two tablespoons Geritol twice a week for three months. New leaves should begin to grow within the first month.

Glad trash bags: To get rid of the fungi causing rust spots on the leaves of geraniums, place the geranium plant inside a glad trash bag, and set outside in the full sunlight for a few hours. The temperature inside the bag will quickly reach 90 degrees F, killing the fungi.

Grandma's molasses: Fight fungal diseases by dissolving one cup Grandma's molasses in one gallon warm water in a bucket. Fill a trigger spray bottle, small pressure sprayer or pump sprayer with the solution and spray infected plants. The plants quickly absorb the molasses, which contains sugar to feed the plants and sulfur to kill the fungi.

Heinz white vinegar: To prevent potato tubers from being disfigured by common scab, keep the soil slightly acid by watering the plants with a mixture of two tablespoons Heinz white vinegar per quart of water.

I haven't tried all of these but will in the future. If you have other tips like these...let me know and I will share them in future months. I have some others that I also will share later.

Some Deer Trivia

(from same book as above)

Trivia is a fun thing to read ... so will share a few items you may not be aware of:

- > Members of the deer family are the only animals in the world with bones on their heads. Unlike horns, which are hard layers of skin, antlers are pure bone. The deer family includes moose, caribou, elk and reindeer.
- > The pudu the smallest deer in the world, grows up to one foot tall and weighs less than twenty pounds. Pudu are indigenous to western South America.
- > Deer run on tiptoe. Each foot is composed of two center toes, protected by a cloven hoof.
- > Most deer have teeth only on their lower jaw. Instead of upper front teeth, deer have thick pad of skin.
- > Soho, a section of London that was originally part of King Henry VIII's hunting grounds, got its name because hunters spying a deer yelled "Tally-Ho", but finding a smaller prey shouted "So-Ho."
- > Thanks to the song "Do-Re-Mi" from the Academy award winning 1965 movie musical The sound of Music, most Americans know that a doe is a female deer. However, a female caribou, elk or moose is called a cow.

Cut Flower Tips

Some ideas to help prolong the life of cut flowers or preserve them:

Alka-Seltzer: prolong the life of cut flowers in a vase by dropping in two Alka-Seltzer tablets per quart of water.

Aqua net hair spray: Preserve floral arrangements by spraying Aqua Net hair spray on baby's breath, broom grass and cattails to help preserve blossoms and keep them from dropping off.

Arm & Hammer Baking Soda: Cut flowers last longer if you add one teaspoon Arm & Hammer Baking soda per quart of water in the vase.

Bayer aspirin: Prolong the life of cut flowers in a vase by dropping in two Bayer Aspirin tablets per quart of water.

Bounty: To revitalize wilted flowers, add a few ice cubes to the vase and cover the flowers with a sheet of Bounty Paper Towels dampened with cold water.

Clorox: Adding one quarter teaspoon Clorox bleach per quart of water in a vase of cut flowers prolongs the life of the flowers by killing the harmful bacteria in the water.

Crayola Crayons: To seal cut flowers, carefully melt a green Crayola crayon and dip the end of the stem of a cut flower into the hot wax. The green wax seals the stem and keeps the flower looking fresh longer.

Domino Sugar and Heinz white vinegar: Extend the life of cut flowers by dissolving three tablespoons Domino Sugar and two tablespoons Heinz white vinegar per quart of warm water in a vase, making sure the stems are covered by three to four inches of the prepared water. The vinegar inhibits bacterial growth while the sugar feeds the plants.

Gatorade: Make a vase by removing the label from a clean empty Gatorade bottle, fill on quarter of the way with marbles (to weight down the bottle) fill halfway with water and add flowers.

Glad flexible straws: Elongate flower stems that have been cut too short for a vase by inserting each stem into a Glad flexible straw cut to the desired length.

Hydrogen Peroxide: To sustain the life of cut flowers in a vase, add a capful of hydrogen peroxide every time you change the water. Hydrogen peroxide kills stem clogging bacteria that cause the flower to wilt prematurely.

Johnson & Johnson cotton balls: To prolong the life of freshly cut amaryllis, daffodils and delphiniums, condition the flowers by cutting off two inches from the end of the stems and place the flowers in a bucket of cold water in a cool spot away from direct sunlight for a few hours. Then turn the flowers upside down, fill each hollow stem with water, plug with a cotton ball and put the stems in a water filled vase.

Kingsford charcoal briquets: Place an untreated Charcoal briquet in the bottom of an opaque vase before adding cut flowers and water. The briquet prevents mold and acts as a deodorizer.

Listerine: Adding one half teaspoon Listerine (original or Cool Mint) per quart of water in a vase extends the life of cut flowers. The antiseptic inhibits the growth of harmful bacteria.

McCormick food coloring: Tint cut flowers by mixing food coloring in warm water and placing the flower stems in it.

More Trivia... About Narcissus

In Greek mythology, the gods bestowed upon a young man named Narcissus beauty and youth that would never fade, provided he never looked upon his own reflection. When the wood nymph Echo fell helplessly in love with the self absorbed Narcissus, he showed her no interest.

Consumed by love, Echo slowly disappeared until nothing was left but her voice.

Determined to get revenge, the goddess Nemesis led Narcissus to a shimmering lake, where, transfixed by his own reflection, he died of hunger and thirst.

The gods rescued Narcissus from oblivion by causing a flower to spring up where he had lain.

To this day, in the language of flowers, the narcissus symbolizes vanity and egoism.

Note....also our words narcissism, echo, & nemesis (along with their meaning) come from this Greek myth. Next month we will have more on the language of flowers also)

Kitchen Things ... Recipes ... a couple of end of summer ideas .

Chicken Curry

a slow cooker recipe

Active time 15 min - Total 5 hr 15 min or 8 hr 15 min

Ingredients:

4 cloves garlic, finely chopped
1in piece fresh ginger, grated
2 tablespoon red wine vinegar
2 teaspoon curry powder
1 teaspoon ground cumin
kosher salt and pepper

8 small boneless, skinless chicken thighs
(about 1 ½ lb total)
2 small onions, cut into ½ in wedges
1 cup long grain white rice
2 plum or other tomatoes, diced
Nonfat Greek yogurt and fresh cilantro, for serving

Directions:

In a 5 to 6 qt. slow cooker, whisk together the garlic, ginger, vinegar, curry powder, cumin, 2 tablespoon water, ½ teaspoon salt and ¼ teaspoon pepper. Add the chicken and onions and toss to coat. Cook, covered, until the chicken is cooked through and very tender, 6 to 8 hours on low or 4 to 5 hours on high. When the chicken has 25 minutes left to cook, cook the rice according to package directions. Gently fold the tomatoes into the chicken mixture and serve over the rice. Top with the yogurt and cilantro if desired.

Yield: 4 servings



Meat Loaf And Roasted Potatoes

Active time: 15 min - Total time: 35 min

Ingredients:

- | | |
|---|---|
| 2 tablespoon honey | ½ cup fresh flat leaf parsley, chopped |
| 2 tablespoon whole grain Dijon mustard | 1 lb ground beef |
| 1 lemon | 4 medium red bliss potatoes
(about 1 ½ lb total) |
| 1 large egg | 4 cups baby arugula |
| 2 cloves garlic, thinly sliced | 1 tablespoon olive oil |
| Kosher salt and pepper | |
| ½ cup old fashioned oats | |
| 2 small zucchini (about ½ lb total),
coarsely grated | |

Directions:

Heat oven to 400°. In a small bowl, combine the honey and mustard, set aside. Using a vegetable peeler, remove 2 strips of zest from the lemon, thinly slice the zest. In a large bowl, whisk together the egg, garlic, zest, ¾ teaspoon salt and ½ teaspoon pepper. Add the oats, zucchini and parsley and stir to combine. Add the beef and mix just until incorporated. Transfer the beef mixture to a foil lined baking sheet and shape it into two 5 ½ x 3 in loaves. Bake until the internal temperature registers 155°, 20 to 25 minutes, basting with the mustard sauce during the last 10 minutes of cooking. Let the meat loaf rest 5 minutes before slicing.

While the meat loaf is cooking, prick the potatoes with a fork and microwave on high for 5 minutes. Transfer to the oven and roast (along with the meat loaf) until tender, 15 to 20 minutes. Just before serving, cut the lemon in half and squeeze 1 tablespoon of the juice into a large bowl. Add the argulua, oil and ¼ teaspoon each salt and pepper and toss to combine. Serve with the eat loaf and potatoes.

Note: Make it ahead! The cooked meat loaf can be refrigerated for up to 2 days or frozen for up to 2 months. Thaw and reheat while the potatoes are cooking.

Yield: 4 servings

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## **Soft Ginger Apple Cookies**

Active time 25 min - Total time: 1 hr 10 min

### Ingredients:

|                                             |                                           |
|---------------------------------------------|-------------------------------------------|
| 1 stick (1/2 cup) unsalted butter, softened | 1/2 teaspoon salt                         |
| 1 cup packed light brown sugar              | 2 3/4 cups all purpose flour              |
| 1/2 cup unsweetened applesauce              | 14 cup finely chopped crystallized ginger |
| 1 large egg                                 | Apple Butter cream Frosting               |
| 1 1/2 teaspoon ground ginger                | Slivered crystallized ginger              |
| 1 teaspoon baking sodas                     |                                           |

### Directions:

Heat oven to 350°. Beat butter and sugar in large bowl with electric mixer until fluffy. Beat in remaining ingredients, except flour and crystallized ginger, until blended (mixture will look curdled.) With mixer on low speed, add flour and beat just until blended, stir in crystallized ginger. Drop by level tablespoonfuls 2 in apart on ungreased baking sheet. Bake 10 to 12 minutes until tops look dry. Cool on baking sheet 1 minute before removing to wire rack to cool completely. Spread a rounded teaspoon buttercream frosting on each cooled cookie. Sprinkle with slivered crystallized ginger. Refrigerate in an airtight container with wax paper between layers.

*Yield: 36 cookies*

## **Buttercream Frosting**

### Ingredients:

|                               |                              |
|-------------------------------|------------------------------|
| 3 oz cream cheese, softened   | 1 tablespoon milk            |
| 2 tablespoon butter, softened | 1/4 teaspoon vanilla extract |
| 2 cups confectioners sugar    |                              |

Beat ingredients in medium bowl with electric mixer until smooth. Then beat on high speed 1 minute until fluffy.

For some different flavors:

Mint:

Use ¼ teaspoon peppermint extract instead of vanilla; add a few drops of green food color.

Coffee:

Dissolve 1 tablespoon instant coffee in 1 tablespoon hot water, add instead of milk

Apple:

Instead of milk, add 1 to 2 tablespoons apple juice until spreadable.

*Yield: 1 ½ cups*

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## **Dandy Designs**

*by John Clayton*

Seventeen Year Cicadas

My wife and I began noticing an unusual shirring sound that seemed to come from the northwest part of our yard. We discovered that it was the mating call of the 17 year cicada. Along with a similar insect, the 13 year cicada, this bug is adapted to its environment in a strange and unusual manner that includes its large size, its ability to sustain a loud noise and an extremely long (for insects) life cycle. Perhaps equally peculiar is the literally “odd” number of years of the creature’s period: 13 and 17 years. Those are prime numbers. Prime numbers cannot be divided evenly by any integer other than 1 and itself. This means that the cicada cannot have a major predator, unless it keeps the same crazy schedule, which is not going to happen. Could this be an indication of design?

This merger of mathematics and entomology is fascinating to me. Here we have a bug that lives underground for 99% of its life and manages to keep up with what year it is for 17 years. It has the genetic programming and the biological mechanism to accomplish such a task and does not need a calendar!! You must grant a lot of respect for an insect that burrows into the ground immediately after it is hatched, sucks roots for food and then emerges at precisely the right day 17 years later. Does not the Creator of such a fascinating creature deserve some recognition? There is no mathematician or entomologist who understands these things like our Creator does. To Him we say “wonderful are Your works: and my soul knows it very well”. Psalm 139:14 NASB

# Our Nations Godly Heritage

“The Constitution is not an instrument for the government to restrain the people,  
it is an instrument for the people to restrain the government,  
lest it come to dominate our lives and interests.”

- Patrick Henry

GO TO THE POLLS, VOTE BY MAIL, ABSENTEE BALLOT ...but be sure to Vote...it's a  
privilege and a responsibility that should not be taken lightly.

VOTE...a Christian Civic Responsibility

***“When the righteous rule, the people rejoice; when the wicked rule, the people groan.”***  
**- Proverbs 29:2**

“The time has come that Christians must vote for honest men, and take consistent ground  
in politics...God cannot sustain this free and blessed country, which we love and pray for,  
unless the Church will take right ground...Christians must do their duty to the country as a part  
of their duty to God. It seems sometimes as if the foundations of the nation are becoming  
rotten, and Christians seem to act as if they think God does not see what they do in politics. But  
I tell you He does see it, and he will bless or curse this nation, according to the course  
Christians take.”

- Rev. Charles G. Finney (1792-1875)

revivalist in the second and third Great Awakenings, College President

Now more than ever the people are responsible for the character of their Congress. If that  
body be ignorant, reckless and corrupt, it is because the people tolerate ignorance, recklessness,  
and corruption. If it be intelligent, brave and pure, it is because the people demand these high  
qualities to represent them in the national legislature...If the next centennial does not find us a  
great nation...it will be because those who represent the enterprise, the culture and the morality  
of they nation do not aid in controlling the political forces.”

James A Garfield (1831-1881)

US President, Minister of the Gospel

Providence has given to our people the choice of their rulers. It is the duty, as well as the  
privilege and interest, of our Christian nation to select and prefer Christians for their rulers.”

John Jay (1745-1829)

Original Chief Justice of the US Supreme Court, President of the American Bible Society.

“Let it be impressed on your mind that God commands you to choose for rulers just men  
who will rule in the fear of God (EX. 18:21)...if the citizens neglect their duty and place  
unprincipled men in office, the government will soon be corrupted...If government fails to  
secure public prosperity and happiness, it must be because the citizens neglect the Divine  
command, and elect bad men to make and administer the laws.

Noah Webster (1758-1843),  
Founding Father, Educator

*“Righteousness exalts a nation.” - Proverbs 14:34*

*Blessed is that nation whose God is the Lord.” - Psalms 33:12*

*(above excerpted from Wallbuilders)*



## **COLLECTIVE PURPOSE**

(from Presidential Prayer Team)

*“For in one Spirit we were all baptized into one body.”  
- 1 Corinthians 12:13*

Have you ever watched the wind move through the tree, rustling leaves and bending branches? It’s an unseen force of nature that can cause everything in its path to move in unison with its flow, creating one unified rhythm. It’s a similar picture of how the Holy Spirit directs and unifies the body of Christ.

The above verse is a reminder that although Christians are individuals with separate gifts and strengths, they are drawn into one collective purpose through the power of a single Spirit, forming one Body that is designed to work together for the glory of God. That one Spirit is the Holy Spirit, the third member of the Trinity, whose role is to point to Jesus and guide the body into Christ-likeness.

In your prayer time today seek more of the Holy Spirits influence in your own life and in the lives of Christians as a whole, that the collective purpose be rejuvenated and enlivened - reminding all of the hope in Jesus. Praise God for being a part of a bigger family and pray for those in the body who have been placed in political positions on behalf of the nation, that they may be strengthened and encouraged.

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## **September**

... back to school, labor day, patriot day and the first day of Autumn...a few of the things we think of when we think of this month. The changing of the seasons....which I love ... God has made them each so beautiful and special in their different ways....and how refreshing it is as they come and go. Love the harvest time and the changing colors of the leaves and plants. His love is shown in all of the things he planned and created for our enjoyment when He created

the earth we live on and the universe we live in. You realize of course, that He did it all for us....for you. If you haven't thought of it that way...take some time and meditate on just what that tells you about our God. Enjoy this special time of year and praise God for it and all of the blessings we receive from His hand moment by moment!!

To close this month's pages, I will use words from someone else as I often do with some quotes from Cynthia Heald in one of her books. Our elders have been teaching us about what unity in Christ looks like. She also has some thoughts on unity ...though she wrote this book to women...the principles in it are for anyone who wants to be Christ like.

### **The Fruit Of The Spirit Is Love.....**

(Cynthia Heald in her book Becoming a Woman who Loves has a chapter entitled Loving the Saints. Here are some excerpts from it.)

*“So accept each other just as Christ has accepted you: then God will be glorified.”*

*- Romans 15:7*

When God was merciful, when He revealed Jesus Christ to us as our Brother, when He won our hearts by His love, this was the beginning of our instruction in divine love. When God was merciful to us, we learned to be merciful with our brethren. When we received forgiveness instead of judgment, we, too, were made ready to forgive our brethren. What God did to us, we then owed to others. The more we received, the more we were able to give; and the more meager our brotherly love, the less were we living by God's mercy and love. Thus God Himself taught us to meet one another as God has met us in Christ.”

- Dietrich Bonhoeffer

Since love is the supreme gift to receive and to give, Jesus has commanded, not just recommended, that we love one another as He has loved us. His love was sacrificial and selfless this is the kind of love we are to give to others. The good news is that the source of our love is from God Himself, and it becomes ours as we abide in Christ and obey His commands. Jesus wants His saints to bear the fruit of love especially to the body of Christ, for it sends a powerful message to the world that we belong to Him. This body of believers is distinctive and knitted together according to His purposes in order to accomplish His will in the church and ultimately in the world.

“Sanctification means the impartation of the Holy qualities of Jesus Christ. It is His patience, His love, His holiness, His faith, His purity, His godliness, that is manifested in and through every sanctified soul.”

- Oswald Chambers

Again I'm reminded that love is the supreme gift and that loving the saints is really a matter of obeying Christ's command; it is a choice I must make if I say I love God.

How can I fulfill this command to love passionately, gently, and patiently? Perhaps I need to continually revisit the Vine, strengthening and deepening my connection to the Source as I take on the character of love.

*Note: Something to think about as we do our part to maintain the unity of the Spirit in the bond of peace. And love one another as He loves us.*

*God commanded people to love Him and love others (our neighbors as ourselves) in the Old Testament. Jesus then said He was giving us a new command (not suggestion...but command) to love each other **as he has loved us** .....this is a whole new ball game....when you consider how He loved us and what He did to show His love.....not just fuzzy feelings...but actions that led to His crucifixion!! Something to consider seriously in our relationships with others!!!*

*May we strive to BE LIKE JESUS in every aspect of our lives. God Bless!*

*Blessings,  
Lila*