

Dear Father, Omnipresent, Omniscient, and Omnipotent,

Help me to follow your teachings and live my life according to your will, even in unusual or seemingly unimportant circumstances.

O, Lord nothing from You is hidden, all things are open and laid bare before your eyes, and to You we give an account of our actions.

Let my inmost thought and my most secret deeds, which You see and judge anyway, be done in righteous adherence to your teaching and with a pure heart. And forgive me when I am forgetful or negligent. And if there is rebellion in my spirit, turn me around through your chastisement, that I may turn back to You.

In the Name of Jesus, Amen.

### *Think On These Things*

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"Forgive us Lord, for we often seek the things in Your hand rather than the things of Your heart."

- unknown

"Every happening, great and small, is a parable whereby God speaks to us and the art of life is to get the message."

- Malcolm Muggeridge

"Think of these things: whence you came, where you are going and to whom you must account."

- Benjamin Franklin

"If you are serious about wanting to be like Christ, He is going to put you in circumstances where you're only true choice is to become like Him."

- France Frangipane

"Connected with Him (Jesus) in His love, I am more than conqueror; without Him, I

am nothing. Like some railway tickets in America, I am 'Not good if detached'."

- Corrie Ten Boom

"How often we look upon God as our last and feeblest resource! We go to Him because we have nowhere else to go. And then we learn that the storms of life have driven us, not upon the rocks, but into the desired haven."

- George MacDonald

"Live near to God in comparison with eternal realities."

- Robert McCheyne

"None but God can satisfy the longings of the immortal soul; as the heart was made for Him, He only can fill it."

- Richard Trench

"Despotism may govern without faith, but Liberty cannot."

- Alexis de Tocquerville

## Popcorn . . .

*(Better Homes and Gardens)*

Following are some things to add to your popcorn to vary it. You maybe can think of other things to dress it up ....something that you or your family especially likes?

- ✦ Teriyaki sauce, wasabi peas, rice crackers
- ✦ Pizza seasoning, sliced pepperoni
- ✦ Banana chips, shaved dark chocolate, toasted coconut
- ✦ Cherry twizzlers bits, red cinnamon candies, pink sugar. Chipotle chili powder, corn chips, lime juice
- ✦ Honey graham cereal, marsh mallows, cocoa
- ✦ Curry powder, dried mixed fruit, yogurt covered raisins
- ✦ Pretzels, peanuts, candy coated chocolate pieces
- ✦ Fresh herbs (such as rosemary and thyme) melted butter, Parmesan cheese
- ✦ Caramel sauce, cheddar cheese

## Microwave Coffee Cup Scramble

*(from Womans Day )*

Prep time 1 minute

Cook time 45-60 seconds

Makes one serving

2 ggs

2 tablespoon milk

2 tablespoon shredded Cheddar Cheese  
salt and pepper

Coat 12 oz. microwave safe coffee mug with cooking spray...add eggs and milk; beat until blended. Microwave on high 45 seconds; stir.

Microwave\* until eggs are almost set. 30-45 seconds longer.

Top with cheese; season with salt and pepper.

(\*Microwaves vary, cooking times may have to be adjusted to the one you are using.)

## **New USDA Study Shows:**

Eggs have less cholesterol, more vitamin D. the USDA RECENTLY ANNOUNCED THAT CHOLESTEROL LEVELS IN EGGS ARE LOWER THAN PREVIOUSLY THOUGHT. After reviewing the nutrient composition of standard large eggs, their results show the average amount of cholesterol in one large egg is 185 mg, 14% lower than previously recorded. Consuming an egg a day fits easily within dietary guidance which recommends limiting cholesterol consumption to 300 mg per day.

The analysis also revealed that a single large egg now contains 64% more Vitamin D than last reported in 2000. Eggs are one of the few foods that are a naturally good source of Vitamin D, which plays an important role in calcium absorption, helping to form and maintain strong bones.

The amount of protein in one large egg remains the same – 6 grams of protein or 13% of the recommended daily value. And at 70 calories per egg and just 15 cents a serving, eggs are nutrient-dense, affordable and the perfect choice for breakfast.

## Slow Cooker Desserts

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### Coconut Rice Pudding

Active: 5 min

Total : 2 hr 35 min

Serves 6

2 ½ cups reduced fat milk  
1 - 13.5 oz. can light coconut milk  
(not cream of coconut)  
½ cup sugar  
1 cup arborio rice  
½ cinnamon stick  
1 cup dried apricots, chopped (optional)  
¼ cup pistachios, chopped

In a 5 to 6 qt slow cooker, whisk together the milk, coconut milk and sugar. Stir in the rice and cinnamon stick.

Cook, covered, until the rice is tender and the mixture has thickened. (2 to 2 ½ hours on high.) Discard the cinnamon stick and stir in apricots if using. Sprinkle with the pistachios before serving.

### Applesauce Spice Cake

2 cups all purpose flour  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
1 ½ teaspoon ground ginger  
¼ teaspoon ground cloves  
1/8 teaspoon kosher salt  
½ cup (1 stick) unsalted butter, at room temperature  
½ cup granulated sugar  
½ cup firmly packed dark brown sugar  
2 large eggs  
1 cups unsweetened applesauce  
1 teaspoon pure vanilla extract  
Confectioners' sugar and ice cream for serving

Place a 15 in piece of parchment paper in the bowl of a 5 to 6 qt slow cooker, letting the excess come up the sides.

In a large bowl, whisk together the flour, baking soda, cinnamon ginger, cloves and salt.

Using an electric mixer, beat the butter, granulated sugar and brown sugar in a large bowl until light and fluffy, about 3 minutes. Beat in the eggs one at a time, then the applesauce and vanilla (the mixture will look curdled) Reduce the mixer speed to low and gradually add the flour mixture, mixing until just incorporated.

Transfer the batter to the prepared slow cooker and cook, covered, until set and a wooden pick inserted in the center comes out clean... 2 to 2 ½ hours on high.

Holding the parchment, transfer the cake to a rack and let cool for at least 15 minutes. Dust with the confectioners' sugar and serve with ice cream , if desired.

# HEALTH

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The following comes from Harvard Women's Health Watch. The answers to the questions follow below. See how many you can answer. They are all Yes or No answers.

1. Diet Pills melt away fat by eliminating fat retaining hormones from the body?
2. Low dose aspirin therapy has the same benefit for women as for men?
3. A home genetic testing kit can accurately predict your risk for heart disease, Alzheimer's and other serious conditions?
4. Crushing chest pain is the primary sign of heart attacks in women?
5. All women need a Pap test every year to screen for cervical cancer?
6. Medications are not affected by airport screening machines?
7. Yeast infections rarely occur in women past menopause?
8. Drinking cranberry juice helps prevent urinary tract infections in women?
9. Soy food products have been proven effective for reducing the symptoms of hot flashes?

Answers to above questions.

1. No. There is no diet pill that can "melt" fat. Prescription weight loss drugs temporarily manipulate the body's weight control system. They are recommended only for those who are dangerously overweight.
2. No. Low dose aspirin therapy is often recommended for men to reduce their risk of heart attack. But for women, aspirin therapy has a different but equally important benefit. The women's Health Study revealed that low dose aspirin (100 mg every other day) reduced the risk of ischemic stroke in women ages 55 –79, but had limited impact on heart attack risk.
3. No. Most of the tests have not been clinically validated, and the resulting report will be based on incomplete knowledge about you. Accurate results depend on the quality of the sample, and the reliability of the lab. Home kits are expensive and the results may not be totally confidential.
4. No. Many women experience no chest discomfort or pain during heart attack. Other signs of heart attack for women include shortness of breath, fatigue, weakness, nausea, cold sweats, dizziness and aching in the arms.
5. No. If you're age 30 or over, are at normal risk for cervical cancer, and have had three consecutive normal annual Pap tests, you may need to be screened only every two to three years. Talk to your doctor.

6. Yes. Your medicines are safe from the low levels of radiation emitted by airport screening machines – even if they're exposed several times on a trip.
7. Yes. The risk of yeast infections lessens once a woman passes menopause. But infections can occur in women who are taking hormones or have recently completed a round of antibiotics.
8. Yes. Urinary tract infections are 50 times more common in women than men, and many women have used cranberry juice to treat and prevent UTIs. Now, scientific evidence from the highly respected Cochrane collaboration supports that a glass or two a day of cranberry juice can in fact reduce the incidence of infections by 35%.
9. No. Sorry, soy is not the miracle food some claim it to be. A recent evaluation of soy protein found no real benefit of soy over placebos for hot flashes. However, soy is a good overall health alternative to eating lots of red meat.

## Tea For One

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*(from Better Homes and Gardens)*

Try this elegant ceremony the next time you need soothing:

For over 5,000 years, the Chinese and other ancient cultures have been aware of the many healing properties of tea. "There is literally nothing better you can do for your physical self than drink tea," says James Norwood Pratt, founder of Tea society and author of "the new Tea Lover's Treasury." "It fights everything from tooth decay to cancer. It's impossible to name anyone substance that confers as many benefits as tea."

And the leafy plant has more than physical benefits. "Tea cleans the mind and soul as well as the body," says Jennifer Sauer, author of *The Way to Tea: Your Adventure Guide to San Francisco Tea Culture*. The following tea party for one creates a sense of intimacy with the one person you need to know best – you – and offers a feeling of sanctuary that will have you coming away relaxed and revitalized.

1. *Create an atmosphere of relaxation by arranging fresh cut flowers and playing soothing music.*
2. *Find a quiet comfortable place either on the floor or in a chair by a window so you can benefit from the natural light.*
3. *Steep the tea in a small pot to the desired strength. If you are using green tea, never use boiling water. "You want to extract the nectar contained in the leaf, not cook the tea," says Pratt. Use water 30 degrees below the boiling point and steep the leaves for less than two minutes.*
4. *While the tea is steeping, notice what's going on around you – the light, the temperature, the weather. Don't think, just observe.*

5. *Before you take your first sip, give thanks for the quiet moment you have created.*
6. *During each subsequent sip give thanks for a different aspect of your life, such as friends, health, children, spouse, job.*
7. *On the last sip of tea, smile softly to yourself and say one last sentiment of gratitude, such as, "I give thanks for the great abundance in my life."*
8. *As you clean the tea aware, contemplate how the ritual cleansed your mind and body.*

Note: There are many teas available for you to try. Find one that suits your taste and use it to relax and revive your body and mind. Just a few minutes of quiet contemplation .....and for me talking to God....while sipping a good cup of tea is very restoring to a tired mind and body!! Try it! You will like it!! Lila

## **See Spot Read!!**

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We all know what amazing animals dogs are and the many things they can do or be trained to do. We have heard of the therapy dogs and seen them at work. The following is about another type of therapy dogs are being used for. If you haven't heard about them before you will find this interesting I think.

*"Mix dogs, books and kids together for great reading." - James McCommons*

A few years ago, when Andrew Lafoon was learning to read, his parents discovered he had learning difficulties. "I'd take out the phonics books, and he couldn't remember what he'd learned the day before. He would get really upset." Recalls Lisa Lafoon, of Midlothian, Virginia. "I was concerned because I didn't want reading to be a bad experience for him."

Then one day at the library, Lisa and her boys saw a remarkable sight—a child curled up with a dog, stroking its head and reading the animal a book. It was the first Lisa had seen of the Read to Rover program, in which early readers read aloud to a therapy dog- one trained to sit quietly and accept a stranger's touch. A dog handler lingers nearby, but the children are essentially one on one with the dog, who, of course, is a noncritical listener.

Andrew loves dogs, and Lisa thought his might get him back to those phonics books. In the ensuing weeks they selected books and phonics flash cards and practiced at home during the week. Then Andrew read those materials to the dog. "He worked hard because he wanted to be ready to read to the dog. It turned his motivation around 280 degrees," she says.

Each week, thousands of children in early primary grades read aloud to certified therapy dogs in libraries, elementary schools, and day care centers. In different locations, the program is known as Reading to Rover, Dog Day Afternoons, and Paws to Read – but all grew out of the Reading Education Assistance Dogs (R.E.A.D.) program begun in 1999 by Intermountain Therapy animals of Salt Lake City.

“We were looking for a way that therapy animals might encourage literacy,” says Trisha Clifford, the organization’s national R.E.A.D. team coordinator. “It is a novelty, but it works. It’s a fun way to make reading more enjoyable for children.” (*Better Homes and Gardens Mag.*)

R.E.A.D. now has about 2,000 teams of volunteers in 49 US states, Canada and Europe. Learn more about it by visiting [www.therapyanimals.org](http://www.therapyanimals.org)

Even if you don’t have a child in need of these services, perhaps you wonder if your dog could lend a hand. Or an ear.

In Richmond, Va, Donna Henley certifies dogs through a chapter of Caring Canines Inc. A reading dog, she says, must sit still for long periods, not bark, and be able to tolerate unfamiliar sights, sounds, smells, and environments. Dogs and handlers take a six week certification program.

“A lot of people think their dogs can do this, but it takes a certain temperament,” she adds. “Older dogs often work best.” Handlers are trained to help children—particularly those afraid of animals—work with the dog, and they occasionally pronounce a difficult word for the child or offer encouragement. But most remain silent, says Henley, who takes her three dogs into elementary schools.

“I’m mostly a confidence builder and big cheerleader to the child.” She explains. “Usually, I take my knitting and listen to the story, too.”

Children get about 10 minutes to read with their furry pal. They may lie next to the dog, curl up with it in a chair, or hold its head in their lap. “It’s really special to watch the children react to the dogs.” Henley says.

## On Marriage

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### Mothers-in-Law

Did I ever think to thank You, Lord, for helping me choose a man who had a mother like this?

“Mother-in-law.” “Daughter-in-law.” The terms are both tender and misleading. As if we’re stuck with each other “by Law, with all the rivalry, interfering, and comic strip clichés these words imply. When what we’re really stuck with is our affection for each other, our genuine friendship, and the pride and love we both have for her son.

Did I ever think to thank you, God, that so fine a woman produced him and raised him to be so fine a man? I only pray I’ll be able to turn out husbands as good! Did I ever think to thank you for her skills at cooking, sewing, keeping house? Skills she’s always willing to

share but doesn’t try to force on me.... Or for her kind and clever fingers, always so busy. So lovingly making things for everybody else... children, grandchildren, people in need.

Did I ever think to thank you that she isn’t perfect, Lord? A man with a perfect mother would be impossible to live with. That she has faults like mine, off days like mine. But thank You that she is mostly patient, good humored and rich in common sense.

Thank You most of all that she is as glad to have me in the family as I am to be there, that she knows I’m trying, with Your help, to be a good wife to the man she brought into the world for me.

In Jesus name, Amen.

## **Knowing What To Overlook . . .**

I am sure you have heard this story before but it makes such a good point, its worth reading and considering again!!

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 you the truth dear, I never did get around to listing them. Instead, every time my husband did something made me hopping mad, I would simply say to myself, Lucky for him, that’s one of the ten!”

### *Thought:*

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 over look.” - *William James*

## **PARENTING ...**

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We read many times of the “blessing” that was given the children in the Old Testament...and note how important it was. The first example that comes to mind was Jacob and Esau. Esau was devastated that the blessings he should have had was no longer his. The Jewish people to this day have blessings for their children. And in their book “The Blessing” Cary Smalley & John Trent talk about the importance of

parents blessing their children today... not just Jewish parents but all parents.....and the results of a child not getting the blessing from his parents. They then go on to explain just what this blessing entails and how it affects children when they get it and when they do not. ( A book worth reading...as it applies to us all in one way or another) Below is an excerpt from this book.

“A family blessing begins with meaningful touching. It continues with a spoken message of high value, a message that pictures a special future for the individual being blessed, and one that is based on an active commitment to see the blessing come to pass.”

They go on to talk about each of these parts and how the blessing is given. If you have or plan to have children, you might want to read this book. We all need the blessings of those we love at any age and our

lives are made so much better not only in childhood but after we are grown if we have been blessed by our parents or caregivers while we were children growing up.

## Homemade Solutions

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(I have not tried most of these, though I do have my own homemade cleaning solutions etc...but thought I would share some of these with you. They are from a book by Jerry Baker called Super Market Super Products.)

### **Bathroom Mildew Banisher**

If cleaning mildew from you tub, glass shower doors, or vinyl curtain liner has become almost a second career, this formula will give you some time off!!

- ½ cup rubbing alcohol
- 1 tablespoon of liquid laundry detergent (with enzymes in it)
- 3 cups water

Mix all of the ingredients in a hand held spray bottle, and keep the bottle on the side of the tub. Then make sure that the last person out of the bath or shower each day sprays the solution on ll of the wet surfaces. Follow up once a month by wiping down the walls with the same solution and you should never see mold or mildew again.

### **Brass and Copper Polish**

Here’s a recipe that will keep all y our brass and copper pieces shipshape enough for an admiral’s inspection.

- 1 tablespoon flour
- 1tablespoon of salt
- 1 tablespoon of white vinegar

Mix the ingredients to form a thick paste. Apply a generous layer with a damp sponge, gently wiping the metal. Let the polish dry for about an hour, rinse with warm water and buff with a clean, soft cloth.

### **Christmas Tree Tonic**

Before you put your Christmas tree on display, give it this pretreatment to keep it fresh and festive all through the holiday season.

2 cups of clear corn syrup  
2 tablespoon of bleach  
4 multivitamin tablets with iron  
very warm water.

Mix the syrup, bleach and vitamin tablets in a bucket of very warm water. Cut 2 inches off the bottom of the tree's trunk, and stand the tree in the bucket of solution overnight before you put it in its stand. After that, make sure you keep plenty of water in the tree stand at all times.

### **Dry Carpet Cleaner**

Don't buy dry carpet cleaner—make your own with this simple recipe.

2 cups of baking soda  
½ cup of cornstarch  
1 tablespoon of ground cloves  
4-5 crumbled bay leaves

Mix all of the ingredients together, and store the mixture in a shaker jar. To use the mix, dust the carpet thoroughly with the powder, wait at least 1 hour, and then vacuum thoroughly.

### **Cutting Edge Cutting Board Cleaner**

Nothing gets a wooden cutting board germ and odor free better than this simple formula.

1 part baking soda  
1 part salt  
water

Mix the soda and salt with just enough water to make a paste. Scrub this concoction into the board, leave it on for a few hours, and rinse thoroughly.

### **Gel Air Freshener**

If you like scented air fresheners, you'll love this easy recipe.

2 cups distilled water  
4 cups unflavored gelatin  
10-20 drops of fragrance oil  
Food coloring (optional)

Heat 1 cup of the water almost to boiling, then add the gelatin and stir until it's dissolved. Remove from the heat and add the remaining cup of water, the fragrance and the food coloring. Pour the mixture into clean jars and let them sit at room temperature until they have fully gelled. (They will set faster in the refrigerator, but be careful—they will share their scent with your food.)

### **No Rinse, All Purpose Cleaner**

Who needs expensive, miracle spray cleaner? This old time recipe cleans floors, woodwork, greasy countertops, and appliances and even kills mildew. What's more, you don't even need to rinse.

- 1 cup of clear ammonia
- ½ cup of white vinegar
- ¼ cup of baking soda
- 1 gallon of hot water.

Mix all of the ingredients in a bucket. Then pour the solution into a hand held spray bottle, or sponge it on straight from the pail.

### **No Stick, No Stain Formula**

Get stains off of non stick pans with this mix.

- 3 tablespoon of oxygen bleach made for delicate fabrics
- 1 teaspoon of dishwashing liquid
- 1 cup of water
- Vegetable oil

Combine the bleach, dishwashing liquid, and water. Pour the mixture into the stained pan, and simmer until the stains vanish. Then wash the pan, dry it thoroughly, and coat it lightly with the vegetable oil.

### **One Shot Cleaner**

Here's a great recipe for a multipurpose cleaner that works like magic.

- 2 cups rubbing alcohol
- 1 tablespoon ammonia
- 1 tablespoon dishwashing liquid
- 2 qts. water

Mix the ingredients, pour, the solution into a hand held spray bottle and go to work. (Incidentally, this super duper concoction will beat commercial, streakless glass cleaning products hands down.)

### **Safe & Sound Drain Cleaner**

Use this un-clogger once a month to keep your drains open and clean smelling without corroding your plumbing or burning your skin.

- 1/3 cup of baking soda
- 1/3 cup of table salt
- 1 tablespoon cream of tartar
- 1 cup boiling water

Combine the soda, salt and cream of tartar, and pour the mixture into the drain. Immediately add 1 cup of boiling water. Wait 10 seconds, then flush with cold water for at least 20 seconds.

Note: There are many more homemade recipes for various things for kids and pets, health and beauty and yard and garden. The book is available at the public library. It has many other household, health, yard and miscellaneous tips that you might be interested in. Check it out!!

## Removing Wax From a Tablecloth

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*Note:* Before you begin...give you tablecloth a once over. If the fabric is fragile, antique or heavily textured, send the wax stained linen to the dry cleaner instead.

Once the wax has completely cooled and hardened—you can put the tablecloth in the freezer to speed the process—gently scrape away the excess wax with a dull knife.

Cut a brown paper bag in half lengthwise and lay one piece of the paper on top of the wax stain. Set your iron to the hottest setting safe for the fabric and press over the stain, oils from the stain will transfer to the paper bag.

Continue to press over the stain with clean areas of the brown paper until no more oil transfers to the paper.

Wash the tablecloth by itself in warm water on the cycle appropriate for the fabric. (source Hazel Davis, director of housekeeping at the Waldorf Astoria Hotel in NYC. Via Woman's Day magazine.)

Tip: Avoid stubborn wax stains by choosing higher quality candles – their wax is easier to remove from linen because the candles contain fewer additives. Look for candles that contain only wax, scent, color and stearic acid, which prevents dripping. (source Steve Boorstein, creator of [www.ClothingDoctor.com](http://www.ClothingDoctor.com), via Woman's Day mag.)

## Toys For Tots

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The season for "Toys for Tots" is approaching. We all are familiar with what they do for underprivileged children at Christmas time.

But did you know...

The first toy donated to toys for Tots in 1947 was as Raggedy Ann style doll handcrafted by Diane Hendricks, wife of Toys for Tots founder, Colonel Bill Hendricks.

In 1948, Walt Disney designed the now famous Toys for Tots train logo. The train logo was included on the first national Toys for Tots poster, which was also created by Disney.

In 1947, Toys for Tots began with a single local campaign in Los Angeles, California. Now, over 63 campaigns later, Toys for Tots has campaigns in over 700 communities nationwide.

Since 1947, the United States Marines have collected and distributed toys. The goal is to deliver a message of hope, build self esteem and motivate less fortunate children to grow into responsible and productive citizens.

The U.S. Marine Corps Reserve Toys for Tots Program was founded in Los Angeles in 1947 to provide Christmas toys to children disadvantaged as a result of World War II.

Thanks to the U.S. Marine Corps, more than 202 million underprivileged children have had their Christmas dreams come true over the past 64 years.

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**Happy Birthday** to those with birthdays this month. May the year ahead be filled with the blessings of our Lord!! And may you have many more 'happy birthdays'!!!

Also **Happy Anniversary** to all of you who are celebrating wedding anniversaries this month. May you continue to be blessed with many more wonderful years together!

I would list all of your names but there may be some who wouldn't want their names listed on the website.... so won't do that but you know who you are!!! Blessings to you all.....Lila

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## **Presidential Quotes**

"Let us go forward, firm in our faith, steadfast in our purpose, cautious of the dangers; but sustained by our confidence in the will of God and the promise of man."

Richard M. Nixon, (1913-1993)

37<sup>th</sup> President of the U. S.

*From Nixon's first inaugural speech, January 20, 1969*

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**"Blessed is that nation whose God is the Lord." (Psalms 33:12)**

**"Righteousness exalts a nation..." (Proverbs 14:34)**

PRAY, GET INVOLVED, PRAY, VOTE, PRAY.....  
THE CHRISTIAN RESPONSIBILITY AND PRIVILEGE.

A few thoughts from some of the men in history on the part Christians must play in keeping our nation free...which would include first and foremost, voting to elect godly men to office ...  
from a flyer by Wallbuilders.

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*

"Providence (God) 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*

"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 the nation do not aid in controlling the political forces."

*James A Garfield (1831-1881)  
U.S. President, Minister of the Gospel*

"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 (Exodus 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 commands, and elect bad men to make and administer the laws."

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

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Next month I will have a guideline for prayer for the 2012 election....if you haven't already been praying about it (and I hope you have) it's not too late to start. This guide may help you with suggestions as to things to pray about and for....along with scriptures to go with the thoughts.

Once again the ladies pages are shorter....once the website is all up and running on a regular basis I will try to get back to the normal size....but since these have to be held for a while by our webmaster, I will keep it shorter so it doesn't require as much space. (By the way, if there is a subject or area of interest you would like to see something on in the pages, let me know. I want to have things that are helpful, enjoyable and of interest to you all and I can do that only if I know your interests!

Meanwhile, enjoy October's bright blue weather....a beautiful time of year!! God is good!!! All the time!!! Let us give Him the Honor, Glory and Praise He deserves and come before Him with Thankful hearts for who He is and that He cares for us, His creation.

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Love in Christ, Lila