

"There is only one way to train up a child in the way he should go and that is to travel that way yourself." - Abraham Lincoln

"We hand folks over to God's mercy and show none ourselves."  
- George Eliot

"Do not be angry that you cannot make others as you wish them to be, since you cannot make yourselves as you wish to be."  
- Thomas A. Kempis

"If I was a nightingale I would sing like a nightingale, if I a swan, like a swan, but since I am a rational creature my role is to praise God." - Epictetus

"He said not, 'Thou shalt not be tempted: thou shalt not be travailed: Thou shalt not be afflicted:' but He said: 'Thou shall not be overcome.'"  
- Julian of Norwich

"I know well that when Christ is nearest, Satan is also busiest."  
- Robert Murray M'Cheyne

"Christ is the desire of nations, the joy of angels, the delight of the Father. What solace then must that soul be filled with that hath the possession of Him to all Eternity." - John Bunyan

"The difference between a politician and a statesman is that the politician thinks of the next election while the statesman thinks of the next generation."  
- Author Unknown

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### *Salt Of The Earth And Light Of The World*

*(from Quartzsite church of Christ bulletin)*

***"Ye are the salt of the earth, but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men. You are the light of the world, a city that is set on a hill cannot be hidden." - Matthew 5:13 & 14***

Those are the words of Jesus to His disciples, early on, in His great Sermon on the Mount. These two thousand years later, the world rejects Jesus and the things He taught. However, His disciples (Christians – the Church, Acts 11:26) are still the salt of the earth and the light of the world.

Taking responsibility as a part of the Body of Christ and as a servant in God's Kingdom is difficult for some. God has given each of us talents that we can use, Jesus gave us examples of what happens in our spiritual lives if we bury/hide these talents. He also shows us that we can become the servants He wants us to be, by activating those talents.

Putting God/Christ and God's Kingdom first in our lives appears to be extremely difficult for most of mankind. Rev. 3:16 reads, "So because you are lukewarm and neither hot or cold, I will spit you out of My mouth."

Luke warm temperature is where bacteria grow profusely, and so it is also applicable, spiritually speaking. This is where Satan attacks most aggressively. A lukewarm congregation of the Lord's church also renders Christianity foolish!

***Let us be the light and the salt that Jesus said we should be.***

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## **What Want I More?**

*(Taken from Gil River Community Chapel bulletin)*

In the heart of London city, 'mid the dwellings of the poor,  
These bright, golden words were uttered: "I have Christ; what want I more?"

By a lonely, dying woman, stretched upon a garret floor,  
Having not one earthly blessing-- "I have Christ; what want I more?"

He who heard them ran to bring her something from the great world' store;  
It was needless; died she saying, "I have Christ; what want I more?"

But those words will live forever, I repeat them o'er and o'er,  
Christ delights to hear me saying, "I have Christ; what want I more?"

A man may go to Heaven...without health;, without fame, without great learning, without a great name, without big earnings, without culture, and

without friends, without a thousand other things, but he can never go to heaven without Christ!

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### Thus Speaketh Christ Our Lord To Us

YE CALL ME MASTER, AND OBEY ME NOT;

YE CALL ME LIGHT, AND SEE ME NOT;

YE CALL ME WAY, AND WALK ME NOT;

YE CALL ME LIFE, AND DESIRE ME NOT;

YE CALL ME FAIR, AND LOVE ME NOT;

YE CALL ME RICH, AND ASK ME NOT;

YE CALL ME ETERNAL, AND SEEK ME NOT;

YE CALL ME MIGHTY, AND HONOR ME NOT;

YE CALL ME JUST, AND FEAR ME NOT;

**IF I CONDEMN THEE, BLAME ME NOT.**

.....

### **A Morning Reflection**

*by Lynn Anderson (via Heartlight)*

O Lord, as I open my eyes this morning, and before I lift my head from this pillow, I open my heart to embrace You, to the fullest extent the blindness of my flesh and the dullness of my doubts allow.

I cannot see You, yet with the faith I have, I sense You near. I cannot understand You, but I trust You. I cannot fathom You, but I love You, and with my heart I want this day to walk with You.

To walk in purity and holiness

To walk in joy and gentleness.

To walk in love and service.

To walk in submission and humility.

To walk in creativity and confidence.

To walk in hope and Thankfulness.

To walk in praise and proclamation.

To walk in generosity and community.

With fond memories and bright dreams.

And I believe Your grace is sufficient for me, in the power of Your indwelling Spirit, before the light of Your word, and under the blood of Your Son. Sufficient come what may, even in the midst of bungling sinfulness. For You remember me even when I forget You.

So I breathe this prayer confidently and joyfully, in the strong Name of Jesus Christ, my Lord and Savior, "the hope of all the ends of the earth and of the farthest seas."

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## Dandy Designs

By John Clayton

### *"The Toad and the Tarantula"*

In the March, 1980, issue of Natural History Magazine is a beautiful article on the relationship of the narrow mouthed toad and the tarantula. The toad lives in the same furrow as the tarantula and yet is not attacked or bothered by the tarantula in any way. The toad also does not eat the baby tarantulas when they are born even though they resemble very closely the ants which are the toad's primary food source. When a snake or some other predator tries to eat the toad he will scurry under the tarantula who wards off any and all enemies that might threaten the toad.

We see the advantage to the toad of this arrangement, but the advantage to the tarantula is not immediately apparent. Study has, however, shown that the worst enemy the tarantula has is the fire ant, which not only will eat the eggs of the tarantula but will also eat the baby tarantula immediately after they hatch. The favorite food of the narrow mouthed

toad is the fire ant. By preserving and protecting the toad the tarantula assures the survival of her eggs and young.

Trying to explain this relationship by chance, it seems to this author, requires much more faith than accepting God's design of this relationship.

*"Why Do Birds Have Eyes?"*

Sound like a dumb question? Well, if you said "to see with" you're only partially right. A study by scientists at New Mexico State University has shown that the bird's eye also serves as an air conditioner. The stress of flying can raise a bird's body temperature so much that the heat could destroy their central nervous system. The bird's eye is designed to eliminate this problem. As wind rushes by the eye of the bird it evaporates water from the surface of the eye. This cools the blood in nearby veins. This cooler blood prevents the temperature in the brain from getting too high. ..thus protecting the brain.

This was proven, incidentally, by putting hoods over bird's heads. If the eyes were covered the brain temperature rises dramatically, but if the eyes alone are uncovered the brain temperature stays constant.

*Source: Discover Magazine 2/81*

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Answers To "Find The Books Of The Bible" from September's pages.

Here are the books that are to be found in the paragraph written:

Mark	Ruth	Titus
Luke	Numbers	Lamentations
Kings	Job	Hebrews
Acts	Amos	Peter
Revelation	Esther	
James	Judges	

Did you find them all??? If you have questions...let me know and I will show you where they are. Lila

## Quiz For October

### Who Said That?

The following are quotes from the Bible.....can you tell who said the following?? (most of these are easy also!!)

1. I have need to be baptized of thee and comest thou to me?
2. I will not let thee go, except thou bless me.
3. We are all one man's sons; we are true men; thy servants are no spies.
4. Why, what evil hath he done? I have found no cause of death in him; I will therefore chastise him and let him go.
5. Let the day perish when I was born, and the night in which it wa said, There is a man child conceived.
6. I go the way of all the earth; be thou strong therefore and show thyself a man.
7. Speak, for thy servant heareth.
8. Hath the Lord indeed spoken only by Moses? Hath he not spoken also by us?
9. I saw a dream which made me afraid, and the thoughts upon my bed and the visions of my head troubled me.
10. Let there by fair young virgins sought for the King.

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## Kitchen / Food / Health Related Info

### **The Real Meaning Of Lite**

*from Food Smart by Susan G Berg and the Editors of Prevention health books for women*

You are all set for your weekly run to the supermarket. You have your shopping list, your calculator, your secret decoder ring...what? No decoder ring? How will you ever read those food labels???

The terminology use d on labels these days can seem impossible to decipher. But behind every low this and reduced that is a standardized definition developed by the Food and Drug Administration and the U.S. Dept of Agriculture. Each definition sets forth specific nutritional criteria that a food

must meet in order to feature that term on its label. If you know what the various terms mean, you can compare foods at a glance and choose the one that best meets your dietary needs.

Here's a sampling of some commonly used label lingo and the nutritional information that it represents.

- Sugar free: contain less than 0.5 gram of sugar per serving.
- Calorie free: contains fewer than five calories per serving.
- Low calorie: contains 40 or fewer calories per serving
- Reduced calorie: contains 25 % fewer calories than the regular product.
- Fat free: contains less than 0.5 gram of fat per serving
- Low fat: contains three grams or less of fat per serving
- Reduced fat: contains no more than 75 % of the fat found in regular versions or comparable food
- Light or lite: contains one third fewer calories or half the fat of the regular food.
- Cholesterol free: contains less than two milligrams of cholesterol and two grams or less of saturated fat per serving.
- Low cholesterol: contains 20 milligrams or less of cholesterol, 2 grams or less of saturated fat and 13 grams or less of total fat per serving.
- Reduced cholesterol: contains 75 % or less of the cholesterol found in the regular food and two grams or less of saturated fat per serving.
- Sodium free: contains less than five milligrams of sodium per serving.
- Very low sodium: contains less than 35 milligrams of sodium per serving.
- Low sodium: contains 140 milligrams or less of sodium per serving.

- Reduced sodium: contains no more than 75 per cent of the sodium found in the regular food.
- Extra lean: refers to meat, seafood, or poultry that has less than two grams of saturated fat, less than five grams of total fat, and less than 95 milligrams of cholesterol per three ounce serving.
- Lean: refers to meat, seafood, or poultry that has 4.5 grams or less of saturated fat, less than 10 grams of total fat, and less than 96=5 milligrams of cholesterol per three ounce serving.
- High in: supplies 20 percent or more of the Daily Value (DV) of a given nutrient per serving.
- Good source of: supplies 10 to 19 percent of the DV of a given nutrient per serving.
- Fresh: refers to a food that is raw, that has not been processed, frozen or heated and that contains no preservatives.
- Freshly: refers to a food that has been made recently, may be used with “baked.”

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## **Good Grazing!**

*(from same book as above)*

The salad has a place in a healthy diet—if you know how to navigate the salad bar. The following tips from nutrition experts can help you create salads that draw the line at fat and calories.

- Turn over a new leaf. Iceberg lettuce is standard at most salad bars, but truth be told, it doesn’t hold a candle to its darker green brethren in terms of nutrient content. Romaine lettuce, for example, has twice as much calcium and iron and eight times as much vitamin A and vitamin C as iceberg. As a good rule of thumb, the darker your leafy greens, the more nutritious they are. Other smart selections to look for include kale, spinach, watercress, and arugula.

· Veg out. Fresh, raw vegetables add flavor and color to a salad, not to mention healthy doses of important vitamins and minerals. You can beef up your salad's nutritional profile with any combination of the following toppings.

**BEETS:** one half cup of these red gems supplies a whopping 68 micrograms of folate, a vitamin that moms to be need to protect their babies against birth defects. There's also evidence to suggest that folate may protect against cervical dysplasia, the development of abnormal cells in the cervix that is sometimes a precursor to cancer.

**BROCCOLI FLORETS:** one half cup provides 41 milligrams of disease fighting vitamin C, or 68 percent of your DV

**CARROTS:** You won't find a better food source of vitamin A -- one half cup has 17,159 IU or over 300 percent of the DV. You get a good amount of fiber, too.

**CAULIFLOWER:** Like its cruciferous cousin broccoli, cauliflower is rich in vitamin C - about 23 milligrams in one half cup.

**CELERY:** Except for small amounts of folate, vitamin C, fiber, and potassium, celery doesn't have a whole lot of nutritional value. But it does give your salad a lot of crunch for just a few calories and practically no fat.

**CUCUMBERS:** Another "crunchable," cucumbers contribute small amounts of fiber, folate, potassium, and vitamin C to your salad.

**MUSHROOMS:** along with copper, mushrooms provide a B vitamin boost of folate, niacin, and riboflavin.

**PEPPERS:** Sweet red peppers are another stellar source of vitamin C, providing 87 milligrams per one half cup chopped. Their green counterparts supply a not too shabby 66 milligrams. You can't beat either variety for vibrant color and satisfying crunch.

**RED CABBAGE:** with more vitamin C than the pale green variety, red cabbage also supplies some vitamin B6 and fiber.

**TOMATOES:** There's no better source of lycopene, a relatively unknown "super nutrient" that scientists believe helps to protect against a number of different cancers as well as cervical dysplasia.

**BE FRUIT FULL:** many salad bars feature nutrient rich fresh fruits, from melon wedges and pineapple spears to kiwifruit and berries. Enjoy them on the side— or add them to your greens to give your salad just a touch of natural sweetness.

**PICK SOME PROTEIN:** scour the salad bar for legumes such as kidney beans, chickpeas, black beans, lentils, and split peas. They're low in fat and high in fiber and protein—perfect as a meat substitute in a healthy salad. If you have a hankering for the real thing choose turkey breast or chicken breast. They're not as low in fat as legumes (they get about 20 percent of their calories from fat), but they're not nearly as bad as most lunchmeats.

**SPRINKLE ON THE CHEESE.** When sprinkled on your salad sparingly, cheese supplies a nice size dose of bone building calcium. It is best to choose low fat or nonfat varieties, but you can't always tell what you're getting at a salad bar. Grated Parmesan is usually a safe bet. It's higher than most other cheeses in calcium, and one or two tablespoons can go a little farther than a shredded type.

**FAKE OUT FAT.** Anything can look healthy when it's surrounded by a sea of greens and veggies.. But beware the usual salad bar fat traps...nuts and seed, sliced olives, croutons, chow mein noodles, and bacon bits. Any of these can sabotage your salad by driving up its calories and fat content.

**SAMPLE WITH RESTRAINT.** Just because something is called a salad doesn't mean it's good for you. Take potato salad: Just ½ cup can add 179 calories and 10 grams of fat to your plate. In general, it's a good idea to avoid this and other mayonnaise based, deli style concoctions.

But if you do want to sample, wait until your second trip to the salad bar. Fill up on the healthy stuff first, so "just a taste" doesn't turn into an entire plateful.

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**Water . . . Liquid Gold** Drink to your health's content!  
(again from same book as above)

In the 1970's we were singing in 'Perfect harmony" to a catchy commercial jingle that wanted us to drink Coke. Years later, we became enchanted by a comely couple being romantic over their cps of Taster's

Choice coffee. Then milk became the commercial drink of choice with its celebrity mustached ad campaign.

It's about time for water to get its due. After all, water is the only fluid that you truly can't live without. Every cell in your body depends on it to function properly. In fact, your body processes about two to three quarts a day to transport nutrients to where they're needed, get rid of body wastes, regulate temperature, support chemical reactions, and perform other critical tasks.

That's why drinking water is so important. If you don't replenish your internal water supply, you can easily become dehydrated—which in turn prevents your body from performing as it should. This is more of a problem for women than for men, notes Felicia Busch, R.D., a nutritionist in ST. Paul, Minnesota and a fellow of the American Dietetic Association. Unlike men, women tend to have more body fat than muscle and body fat doesn't hold water as well as muscle.

Clearly, water plays a vital role in keeping all of your body's systems running smoothly. But this versatile nutrient can do a whole lot more for your good health. Here are some examples:

- Water burns fat. Like every other chemical reaction in your body, fat burning can occur only in the presence of water. And some scientists believe that running low on water can actually cause your body to store fat.
- Water satisfies your appetite. Water takes up a lot of room in your stomach, so you feel full and don't want to eat as much. And you won't find a better "diet drink" than water; It contains no calories or fat.
- Water quashes cravings. Sometimes what you interpret as a hunger pang is really your body telling you that it's thirsty. Try sipping a glass of water before you raid the refrigerator—your urge to eat may subside within minutes.
- Water combats the effects of stress. Stress can really do a number on your body. Staying hydrated keeps your body's systems in balance and counteracts stress "symptoms" such as perspiration, dry mouth, and heart palpitations.
- Water fends off fatigue. If you feel like you're running on empty, maybe you need to fill up on fluids. Tiredness is a common—though often unrecognized—sign of dehydration.

- Water boosts your brainpower. Dehydration can also leave you with a bad case of mental fuzzies. In fact, some researchers have suggested that too little water in your body can cause your brain to shrink ever so slightly, affecting your ability to think and concentrate.
- Water turns back the clock. Instead of spending a small fortune on facial creams and lotions, generously sip nature's own beauty fluid. Water helps fend off wrinkles and other signs of aging, leaving your skin smooth and supple.
- Water keeps you moving. Your body uses water as a natural lubricant. It cushions your joints and helps them stay limber so you don't stiffen up like a statue.
- Water douses urinary tract infections. In a survey of 16,000 women, 82 percent named water as the most effective home remedy for bladder infections, the most common type of urinary tract infection (UTI). Doctors agree that drinking plenty of fluids can help flush UTI-causing bacteria out of your system.
- Water staves off colon cancer. Researchers of the Fred Hutchinson Cancer Research Center in Seattle have uncovered a possible link between water consumption and colon cancer. In a survey they conducted, women who drank more than five glasses of water a day had about half the risk of colon cancer of women who drank less than two glasses of water a day.

## **Getting Your Fill**

To replenish the water your body uses up, you need to drink at least eight 8 oz. glasses of water a day. And we are talking water here – not Diet Coke, coffee or other popular drinks. Many of the bottled beverages on the market contain sodium and caffeine, which are diuretics. You may not notice it, but they'll dehydrate, rather than hydrate, you.

You do get water through certain foods, too, such as fruits and vegetables, which are about 90 percent water," says Judy E. Marshel, R.D., director of Health Resources in Great Neck, New York. "And your body chips in another ½ cup or so as a by-product of metabolism, your body's caloric burning mechanism." But that's not enough. You should try to drink 64 oz of water every day, recommends Marshel.

If downing 64 oz. of water daily seems hard to swallow, relax. With the following strategies recommended by nutrition experts, drinking water will become an enjoyable habit.

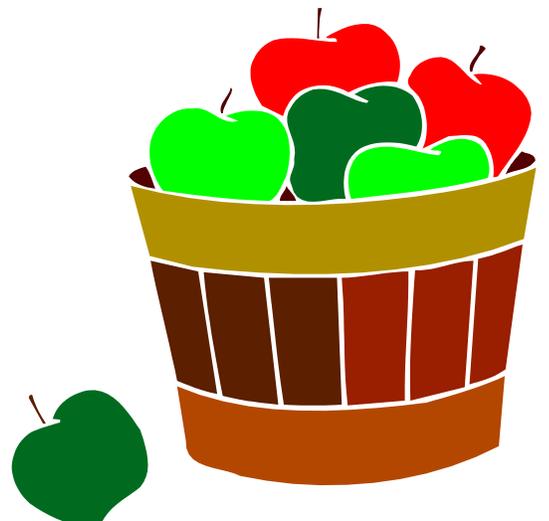
- Drink up when you wake up. Start your day with a glass of water. It will help make up for the fluids you lost while you were sleeping.
- Contain yourself. Here's an easy way to keep track of your daily water intake: invest in a 32 oz container that you can carry with you as you go about your daily business and can refill throughout the day.
- Sip, don't' gulp. Take just a little bit of water at a time. If you try to down all 64 oz in one or two, or even three sittings, you'll get tired of it mighty quickly.
- Beat thirst to the punch. Don't wait until you feel parched to start sipping. By the time your thirst mechanism kicks in, you are already well on your way to empty. In fact, you can lose as much as 2 percent of your body weight through perspiration or urination before you get the urge to drink something.
- Consider the conditions. There are times when you, may need to increase your water intake beyond the usual 64 oz a day. For instance, to stay hydrated during a workout, you should drink a large glass of water 30 to 60 minutes beforehand, then take a few sips every 15 minutes or so while you exercise. Likewise, you should up your ounces of water if you're sick, pregnant, or breastfeeding; if you spend a lot of time in a heated or air conditioned environment; or if you're traveling by plane. (The re-circulated air in the cabin of the plane can easily leave you dehydrated.)

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## Recipes

**\*Tis the season for apples!!!**

**Here are some recipes  
that use apples . . .**



## Fresh Apple Spice Cake

**1 ½ cups coarsely chopped apples (2)**  
**1 cup sugar**  
**1 ½ cups flour**  
**1 tsp baking soda**  
**½ tsp salt**  
**1 tsp cinnamon**  
**½ tsp nutmeg**

**½ tsp allspice**  
**½ cup cooking oil**  
**1 egg**  
**½ cup raisins**  
**½ cup nuts**

**Add sugar and spices to apples. Let stand for 1 hour. Blend oil and unbeaten egg into apple mixture. Sift flour, soda and salt. Add to apple mixture, stirring just until blended. Add nuts and raisins. Bake in a 350 degree oven for 50-55 minutes in a loaf pan.**

## Apple Crisp

**4 or 5 apples, sliced**  
**½ cup flour**  
**¾ cup brown sugar**  
**¾ cup corn flake crumbs**  
**½ cup butter**

**Put sliced apples in pan. Mix corn flake crumbs, sugar, flour and butter. Put mixture over apples and bake for 30 minutes. Serve with whipped cream.**

## Cranberry Apple Salad

**1 lb cranberries, ground**  
**2 tart unpeeled apples, chopped**  
**1 ¾ cup sugar**  
**2 pkg raspberry jello**

**3 cup boiling water**  
**¾ cup diced celery**  
**¾ cup English walnuts**

**Mix cranberries and apples with sugar, let stand for 8 to 10 hours. Dissolve jello in boiling water. Chill until slightly thickened. Add fruits, celery and walnuts. Chill until firm.**

**Yield 12-15 servings**

## Apple Salad

(or a version of Waldorf salad!)

**3 apples cut in small chunks**

**1 cup grapes (your favorite kind)**

**½ cup dates, chopped**

**½ cup marshmallows**

**½ cup celery, chopped**

**½ cup nuts , chopped**

**Mayo / salad dressing**

**to coat ingredients**

**Mix all together and toss with dressing.**

There are many other things you can use in this....with apples as the main ingredient, add whatever other fruit, nuts etc that you prefer...raisins work well also. You also can use your preferred dressing on it. You could even add chunks of cheese.

## Fried Apples

One of my favorite dishes that my mother used to make was fried apples and it remains a favorite to this day. Again it can be varied a bit according to your taste. And the amount of apples and other ingredients will vary depending on how much you wish to make.

**I use:**

**Apples, sliced...enough to fill my skillet, and it depends on the size of the apples I am using.**

**Add butter or margarine enough to cook them in without them sticking/burning.**

**Cinnamon and sugar to taste.....Simmer slowly until soft and they will form some juice with the butter and sugar and cinnamon..**

**They are sooo good. I can hardly leave them alone!**

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## *Exercise & Children*

If your child is struggling in school you might want to evaluate his level of physical activity and fitness.

Researchers have repeatedly found connections between fitness and brain health, which naturally impacts all areas of brain function, such as cognitive skills and memory.

According to a study from the U of North Texas, which was recently presented at the American Psychological Assn's convention , having a healthy heart and lungs may actually be one of the most important factors for middle school students to make good grades in math and reading.

According to co-author Trent Petrie PHD:

“Cardiorespiratory fitness was the only factor that we consistently found to have an impact on both boys and girls grades on reading and math tests. This proves more evidence that schools need to reexamine any policies that have limited students' involvement in physical education classes.”

Indeed there is plenty of evidence attesting to the fact that if you value your brain power and that of your children, you will want to make certain that exercise is a regular part of your family's life. Previous research has also discovered links between physical fitness and mental acuity in seniors, so it's equally important for all age groups.

A test program in a high school in the Chicago area illustrated the power of exercise to boost school performance in a powerful way a couple years ago. Students participated in a dynamic morning exercise at the beginning of the day and had access to exercise bikes and balls throughout the day in their classrooms. The results were astounding.

Those who participated doubled their reading scores. Research has also shown that after 30 minutes on the treadmill, students solve problems up to 10% more effectively.

A recent review of 14 studies, ranging in size from as few as 50 participants to as many as 12,000, also demonstrated that the more physically active school children are, the better they do academically.

According to the authors . . .

“Physical activity and Sports are generally promoted for their positive effect on children's physical health; regular participation in physical activity in childhood is associated with a decreased cardiovascular risk in youth and adulthood. There is also a growing body of literature suggesting that physical activities has beneficial effects on several mental health outcomes, including health related quality of life and better mood states.

In addition...there is a strong belief that regular participation in physical activity is linked to enhancement of brain function and cognition, thereby positively influencing academic performance."

Clearly the importance of encouraging your child to stay active after school and on weekends in order to reap the wonderful brain boosting benefits that exercise has to offer cannot be overstated. Even better, be a positive role model and stay active as a family.

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## HELPFUL IDEAS . . .

Uses for berry baskets...the little usually green plastic basket that strawberries (and sometimes other berries) come in, can be used in several different ways...here are just a few listed in Readers Digest book called Practical Problem Solver.

- ✚ Orchid planter . . . Line a plastic mesh basket with sphagnum moss, add a some shredded bark and plant an orchid, hang with monofilament or yarn
- ✚ Plant protector . . . Inver a basket and secure it firmly over small seedlings and plants to protect them from rabbits and squirrels.
- ✚ Bulb cage . . . to foil rodents, set a mesh basket in a garden bed at the correct depth, place bulbs inside and cover with soil.
- ✚ Easter basket . . . Attach a pipe cleaner for a handle and fill with shred paper "grass."
- ✚ Bow saver . . . when mailing a gift, protect the bow with an inverted basket.
- ✚ String dispenser . . . Place twine inside two baskets, tie them together, and pull the twine through a hole.
- ✚ Breadbasket . . . cover the inside with aluminum foil or a napkin and serve bread or rolls in it.

- ✚ Bubble maker . . . dip the basket in a soap bubble solution and wave it in the air to make clouds of bubbles.
- ✚ Colander . . . drain pasta or wash fruits and vegetables under cold running water in the basket.
- ✚ Frog . . . turn a basket upside down in a bowl to hold flower stems in place.
- ✚ Dishwasher basket . . . Put baby bottle caps and nipples in a mesa basket, using rubber bands, secure another one upside down on top. Place in the upper rack of the dishwasher.
- ✚ Party favors . . . weave decorative ribbons through baskets to make party favors or candy dishes.
- ✚ Portable cage . . . Tape two together to carry small pets (mice, toads, turtles and so forth) to school for show and tell.
- ✚ Mobile . . . suspend one upside down over an infant's crib and tie bells, scraps of ribbon or colorful fabric to it.
- ✚ Seed starter . . . about 2 to 3 weeks before outdoor planting time, line baskets with newspaper, fill with potting mix and sow four or five cucumber, squash or melon seeds in each. This later to three plants. Outdoors, plant one basket per hill, making sure soil is mounded over the basket.

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## OTHER HINTS . . .

*(from Family Circle Hints book)*

- ✚ Mock powdered sugar . . . next time you find yourself out of confectioners' sugar while in the midst of a recipe, substitute with granulated sugar that has been run through the blender.
- ✚ Company coasters . . . small, hand-painted tiles make attractive and inexpensive coasters for guests. (could even make them and let the guests take them home with them)

- ✚ Sweet onions . . . to turn strong tasting yellow onions into mild, sweet ones, slice them thinly into a bowl, pour boiling water over, drain and chill. They will be crisp and almost as mild as the big sweet Spanish ones.
- ✚ Pretty & edible centerpiece . . . for a pretty summer table centerpiece, place washed carrots, celery, green peppers, radishes and cherry tomatoes in a large brandy snifter (or similar footed glass dish) and sprinkle with crushed ice. The vegetables stay crisp and delicious.
- ✚ Gift trays . . . save the foil trays frozen dinners are packaged in, (or those that bakery items, like cinnamon rolls etc come in) Fill with nuts, candy and cookies, cover with a transparent wrap and tie with colorful ribbon.
- ✚ Care package . . . don't throw out those old shoe boxes. Instead, paint and decorate them, top with a lovely ribbon and use as "care" packages. You can give one filled with paperbacks, candy and the like for a lonely shut in or put crayons, paper, and small games for a sick child in another. Make these boxes in advance and always have them on hand to brighten someone's day.
- ✚ Special gift wrap . . . a road map makes an interestingly different gift wrap for a man's birthday or Father's Day. To wrap an exceptionally large gift package, use a gaily decorated paper tablecloth.
- ✚ Cover the seat . . . discarded shower caps make rainy day covers for bicycle seats.
- ✚ Handy container . . . use a clear plastic toothbrush container to hold a pencil and ballpoint pen in your handbag. It's easy to find and will protect the lining from marks.
- ✚ Renewing worn erasers . . . if pencil erasers have become too smooth to do the job, file them with an emery board and they'll be just like new.

# Birthstones

I am often asked about birthstones, so thought I would add a bit of information on the various stones for each month and what they are said to represent. (This info has been compiled from various sources and is for entertainment purposes only. No claims or promises are expressed or implied!!!) There is a precious stone and a semi precious stone for each month also.

- January ....garnet...stability, devotion, commitment
- February.... Amethyst....stability, intuition, peace
- March....aquamarine...courage, preparedness, self expression
- April....diamond....courage, healing, spirituality
- May ....emerald....love, sensitivity, loyalty
- June...pearl....purity, faith, sincerity
- July....ruby....spiritual wisdom, wealth, love
- August....peridot....healing, friendliness, understanding
- September....sapphire...beauty, prosperity, intuition
- October....opal....hope, health, wealth
- November....topaz....true love, trust, success
- December....turquoise....cleansing, protection, valor

# *Our Nation's Godly Heritage*

## Presidential / Founding Fathers Quotes

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

“The highest glory of the American revolution is this: it connected in one indissoluble 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.”

· Franklin Pierce, (1804-1869), 14<sup>th</sup> President of the U.S.:

“We have to maintain inviolate the great doctrine of the inherent right of popular self government to reconcile the largest liberty of the individual citizen with complete security of the public order: to render cheerful obedience to the laws of the land, to unite in enforcing their execution and to frown indignantly on all combinations to resist them; to harmonize a sincere and ardent devotion to the institutions of religious faith and the most universal religious toleration.

· Herbert Hoover, (1874-1964), 31<sup>st</sup> President of the U.S.:

“Menaced by collectivist trends, we must seek revival of our strength in the spiritual foundations which are the bedrock of our republic...”

· Franklin D. Roosevelt, (1882-1945), 32<sup>nd</sup> President of the U.S. from a 1935 radio broadcast:

“We cannot read the history of our rise and development as a nation without reckoning with the place the Bible has occupied in shaping the advances of the Republic. Where we have been the truest and most consistent in obeying it's precepts, we have attained the greatest measure of contentment and prosperity.”

# A God Given Inalienable Right

*(from an article in Wallbuilders)*

One of the first rights to be protected in early America was the right of conscience, the right to believe differently on issues of religious faith. As John Quincy Adams explained, this right was a product of Christianity.

Jesus Christ...came to teach and not to compel. His law was a Law of Liberty. He left the human mind and human action free.

Early American legal writer Stephen Cowell, (1800-1872), agreed: "Nonconformity, dissent, free inquiry, individual conviction, mental independence, are forever consecrated by the religion of the New Testament."

President Franklin D. Roosevelt likewise declared : "We want to do it the voluntary way – and most human beings in all the world want to do it the voluntary way. We do not want to have the way imposed....that would not follow in the footsteps of Christ."

The Scriptures teach that there will be differences of conscience (1 Cor. 8) and that if an individual `wounds a weak conscience of another, you have sinned against Christ. We are therefore instructed to respect the differing rights of conscience. Extending toleration for the rights of conscience is urged throughout the New Testament. (1 Cor 10:27-29, Romans 14:3, 15:7, Eph 4:2, Col 3:13)

Leaders who knew the Scriptures therefore protected those rights. For example in 1640, the Rev. Roger Williams established Providence, penning the governing document declaring: "We agree, as formerly hath been the liberties of the town, so still, to hold forth liberty of conscience."

Similar protections also appear in the 1649 Maryland "toleration Act, the 1663 charter for Rhode Island, the 1664 Charter for Jersey, the 1665 Charter for Carolina, , the 1669, Constitutions of Carolina, the 1676 Charter for West Jersey, the 101 Charter for Delaware, and the 1682 Frame of Government for Pennsylvania, John Quincy Adams affirmed that: "The transcendent and overruling principle of the first settlers of New England was conscience."

Then when America separated from Great Britain in 1776 and the states created their very first state constitutions, they openly acknowledged

Christianity and jointly secured religious toleration, non-coercion and the rights of conscience. For example, the 1776 constitution of Virginia declared; "that religion, or the duty which we owe to our Creator and the manner of discharging it, can be directed only by reason and conviction, not by force or violence; and therefore all men are equally entitled to the free exercise of religion according to the dictates of conscience; and that it is the mutual duty of all to practice Christian forbearance, love, and charity towards each other.

Similar clauses appeared in the constitutions of New Jersey, North Carolina, Pennsylvania, New York, Vermont, South Carolina, Massachusetts, New Hampshire etc. Today the safeguard for the rights of conscience pioneered by Christian leaders is a regular feature of state constitutions.

The Founding Fathers were outspoken about the importance of this God given inalienable right. For example, signer of the Constitution William Livingston declared: Consciences of men are not the objects of human legislation. How beautiful appears our constitution in disclaiming all jurisdiction over the souls of men, and securing by a never to be repealed section, the voluntary, unchecked, moral suasion of every individual. And John Jay, the original chief Justice of the U.S. Supreme Court, similarly rejoiced that; "security under our constitution is given to the rights of conscience and private judgment. They are by nature subject to no control but that of Deity, and in the free situation they are now left."

President Thomas Jefferson likewise declared that the first Amendment was and `expression of the supreme will of the nation in behalf of the rights of conscience."

(Note: Read 2 Chronicles 7:14 and follow the instructions God gave to Solomon ....He has the same instruction for us today, in regard to national matters. What becomes of our nation depends on Christians and our obedience to God's word and our repentance and prayers for our nation, our leaders, .. the world leaders...,and the upcoming elections..... So that we can live a quiet and peaceful life in all godliness and reverence. I Tim 2:1-4 )

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## **God Working Through You**

I feel the need to share my blessings of being a part of a wonderful church family / family of God with you, as I conclude this month's pages.

Our elders and ministers have been trying to teach us the importance of unity, despite differences, forgiveness, forbearance, patience and all of the attributes of agape love and commitment to Christ and each other. I am here to tell you it can be done and it can bring about changes in lives, and affect the outcome of many things going on in our lives.

We have seen the result of our loving church family in recent times by the prayers, forgiveness, acceptance, going out of the way and sometimes comfort zone I am sure, to support and uplift, teach and reach out to our family. The last couple years have seen some very difficult times for us and though we knew God was there in it all...you, our brothers and sister in Christ...were the instruments He used to make His presence visible ...and in doing so...you have saved a soul (and who knows how many more through that one), restored a soul and given hope to those who at one time had little. God was so evident in your actions, words and prayers that it's really hard to explain. We will be eternally grateful to you and to God for placing you in our lives. We know He will bless you mightily, as that is my prayer, and He always answers my prayers!! That has just been shown to me above and beyond!

May you know how much showing the love of Christ has meant for now and for eternity for us. Let us continue to be the hands, feet and voice of Christ and the bearers of His love to all. It's something you do very well...so continue on with blessings Thank you and God bless each of you for the part you have had in blessing us!!! Lila & family

***“They will know we are Christians by our love!” and that love demonstrated by our actions and words!***