
Compiled by Jan Nelson

Wisdom from Lila...

In going through some files I have, I ran across some notes I made several years ago and some quotes that caught my attention for my pondering and reminder for today. Will share a couple. They need no comment...

Jesus said "You are the light of the world, let your light shine before men that they may see your good deeds and praise your Father in heaven." *Matt 5:14-16*

"Our life will not be neutral; we will either point others away from God or show them that allegiance to God is important. Let us make an intentional effort today to shine the light of God's holiness and grace in all we do and say. O God may the words of my mouth and the actions of my life and the influence of my deeds, show others Your holiness and grace, and lead them to acknowledge your majesty and might. In Jesus' name, Amen."

"Our world view is determined by how we see God, Jesus and the Holy Spirit."
(anonymous)

"Here lies the tremendous mystery that God should be all powerful, yet refuse to coerce. He summons us to cooperation. We are honored in being given the opportunity to participate in His good deeds. Remember how He asked for help in performing His miracles.....fill the water pots....stretch out your hand....distribute the loaves."

- Elisabeth Elliot

Praying for you today, may it be a very good day (and week) for you, may you know He loves you and is working out his will in your life...always for your best interest because He loves you (enough to die for you) and may the Holy Spirit uplift and guide and comfort you today and give you peace!!!

Thinking this morning about the curves life throws us sometimes when we least expect it, and was reminded of how I, as a child of God can and should respond to the unexpected and often difficult things that I encounter; especially the difficult ones. I must trust God in whatever happens...He knows what is best and will see me through whatever it is. Some words from Robert Schuler were not only a reminder but an encouragement....a paraphrase of his words.....makes me wonder how many times I have been spared something even worse by circumstances that I thought were bad???

"Faith doesn't immunize you from difficulty. But it does radically alter your attitude. God's child disperses negative thoughts with positive ones. The believer waits for the

sunrise, with a positive faith he reverses the negative situation and turns it into something positive! He believes that God can bring good from bad situations. My friend, Denis Waitley, displays on his wall an airline ticket to a flight he missed (as a reminder). By the time he reached the gate the DC-10 was pulling away. He was terribly dejected. Then it happened. The plane had hardly taken off before it exploded. All passengers on board were killed. The negative feelings of missing the flight soon changed to thanksgiving to God that he had missed it!!

"Do not be overcome by evil, but overcome evil with good"
- Romans 12:21

"Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him, and he shall direct your paths."
- Proverbs 3:5-6

"A man's heart plans his way, but the Lord directs his steps."
- Proverbs 16:9

Praying your day will be blessed and you will give thanks to God for his bountiful blessings this day!!! Of all people, I am most richly blessed!!! Thank You Lord!!

From Joyce Meyer's Facebook page:

[Ann Woodruff](#) We can pray all of the time. That is, we can keep that secret love and conversation with God that only the individual and God know about. When we have problems or difficulties in life we get to complain and whine to God as much as we need to, until we've unloaded the emotions and have expressed the problem well enough to see clearly. God supports our need to empty our soul in the safest and saving environment with the Holy Spirit in Jesus Christ.

If we had only one opportunity to ask God for assistance, God would be unhappy. We get to ask for the assistance of God our Father, Jesus Christ and the Holy Spirit every moment about our ever continuing life. We are loved and our needs and problems are always important enough and small enough for God to listen to us help us and assist us to help ourselves. Our breath from moment to moment is in the care of God and we get to be ourselves to become our best self in the love and kindness of our Heavenly Father, his only begotten Son, Jesus Christ and the Holy Spirit. I recommend you let go of the guilt and let our Father help you because that is how you get to develop as a child of God.

[Linda Skeen](#) If you are so upset you don't feel like you can pray or feel like you don't know how to pray, all you have to do is reach out (on bended knee, if possible) and ask Holy

Spirit to bring your request to our Heavenly Father...Holy Spirit goes to the Father when we don't feel like we can. Then just stay in quiet meditation. God already knows what you need...He just wants you to ask Him. Believe that you will receive an answer and you will. Sometimes we don't realize that He has already answered our prayer because he answered in a way you didn't expect. God bless. I will be praying for you, too. Keep looking up!!!

3 Ways to Make Homemade Febreze



I like to use Febreze on almost everything in my house — the couch, my husband's shoes, the cat's bed, our blankets — you name it, I've probably sprayed Febreze on it. But Febreze costs about \$5 at my local grocery store. That's each bottle – no joke! I'm frugal (my husband calls it being a cheapskate) and I refuse to pay that much for something I can make at home for 15 cents. Fortunately, I discovered a variety of recipes that de-wrinkle and tackle odors just as well as the store-bought stuff.

Recipe #1:

1. Insert a funnel into the top of a 32 oz. spray bottle (I just use an old Febreze spray bottle).

2. Pour 1/8 cup of your favorite fabric softener into your spray bottle. I prefer Downy, but you can even use the cheap dollar store stuff if you are feeling especially frugal (or “cheapskate”).

3. Add 2 tablespoons of baking soda to the bottle.

4. Fill the rest of the bottle with water.

5. Replace the cap and shake the bottle well.

Recipe #3:

1. Using a funnel, pour 2 tablespoons of fabric softener into the bottle.

2. Add 2 tablespoons of white vinegar (which is super-cheap at almost every grocery store).

3. Remove the funnel and add six to ten drops of your favorite extract (like almond or vanilla) or an essential oil. I love the smell of lavender, so I use the lavender essential oils that only cost \$5 at my local Wal-Mart.

4. Fill the rest of your bottle with water.

5. Shake until well combined.

Recipe #2:

1. Fill a spray bottle with hot water. Leave an inch or so clearance at the top to allow room for the rest of the ingredients.

2. Add 2 tablespoons of rubbing alcohol.

3. Pour in 2 tablespoons of Purex crystals.

4. Cap the bottle and shake it up until the crystals dissolve. Because this took a little while, I had my daughter get into the action. She bonked herself on the head a few times but managed to have fun anyway.

ALMOND CRUNCH CEREAL

Preheat oven to 225°

Ingredients:

3 cups uncooked, old fashioned rolled oats	½ cup raw honey
1 ½ dry coconut shreds, unsweetened	¼ cup oil
½ cup wheat germ	½ cup cold water
1 cup sunflower seeds	1 cup slivered almonds
¼ c. sesame seeds	

Directions:

1. In large mixing bowl, combine rolled oats, coconut, wheat germ, sunflower and sesame seeds. Toss together thoroughly
2. Combine honey and oil. Add to dry ingredients, stirring until well-mixed. Add cold water, a little at a time, mixing until crumbly.
3. Pour into a large, heavy, shallow baking pan sprayed or brushed with oil. Spread to edges of pan
4. Place on middle rack of preheated oven and bake for 1 ½ hours, stirring every 15 minutes. Add almonds and bake for ½ hour longer, or until thoroughly dry and light brown in color.
5. Turn oven off and cool in oven.
6. Put in a tightly covered container & store in a cool, dry place

Makes 8 cups

From the Rodale Cookbook – Nancy Albright

Our Best Face Forward

Cool air and low humidity cause skin to lose moisture and vibrancy. The fix: a daily face lotion with vitamins C and E, which brighten and even out skin tone. Using the tips of your fingers, apply the moisturizer in an upward motion. This improves circulation and brings oxygen to the surface for healthy, glowing skin. (One type is available at Target & other retailers– Shea Moisture Coconut & Hibiscus Spot Correcting Moisturizer. \$11.99) (Woman's Day Nov. 2013)

Flu season starts in October, and symptoms can wipe you out for a week at a time. Set the stage with these infection-dodging steps.

- Prepare your body: Get the flu vaccine – it doesn't guarantee you won't get the flu, but reduces your chances by about 60%. Try to exercise for 30 minutes each day. Moderate physical activity helps strengthen your immune system. One study found that people who move daily were less likely to develop a cold, compared with people who didn't exercise. Eat lighter meals more frequently than three big ones. (If your body is digesting a heavy meal, it's less able to help support your immune system.)
- Stay safe at home – keep surfaces sanitized with disinfectant, have boxes of tissues in every room and encourage your family to be diligent about hand-washing – it is the best way to prevent the spread of disease. A recent study found that only 5% of people wash their hands long enough to actually kill germs. The CDC says 20 seconds of vigorous hand washing with soap and water is what you need to stay safe, but the average person spends only about 6 seconds at the sink. Teach your children to sing the ABC's while they are washing their hands, and they'll stay at the sink longer. Scrub between your fingers and scratch your fingernails in your palms to get soap and water underneath. Make sure you throw all tissues into a trash can with a liner immediately after they are used. A virus can live on a tissue or other surface for up to 2 days.
- Beware of sneaky germs: While inhaling airborne droplets of disease is a common way to catch a cold, touching something germy with your hands (such as a car door handle) and then touching your eyes, nose or mouth is typical. Pay attention to frequently touched, but easy to forget surfaces when you are cleaning. In your car, wipe down the dials and steering wheel with a disinfectant wipe once a week. At home, wipe down doorknobs. Flu germs can travel up to 6 feet in the air and live for 2 to 8 hours on hard surfaces-so grabbing the remote after a sick family member uses it could be just as bad as sitting right next to her. Stock your medicine cabinet and purse with hand sanitizers that contain at least 60% alcohol and apply during the day. Use provided antiseptic wipes to clean the handles of shopping carts at the store. (Woman's Day Nov. 2013)

From Lesa Brassette:

A plaque bearing this message stopped me in my proverbial tracks recently:

"Crown of thorns on His head

Cross of wood on His back

YOU on His mind"

Isn't that awesome?

*"Enter His gates with thanksgiving and His courts with praise;
give thanks to Him and praise His name."*

- Psalm 100:4

*"For all that You've done I will thank You
For all that You're going to do
For all that You've promised and all that You are
Is all that has carried me through
Jesus I thank You.*

*And I thank You for loving and setting me free
Thank You for giving Your life just for me
How I thank You
Gratefully thank You
Jesus, I thank You."*

*"Let us come before him with thanksgiving
and extol him with music and song."*

- Psalm 95:2

**IF YOU CANNOT BE GRATEFUL FOR WHAT YOU HAVE RECEIVED,
THEN BE THANKFUL FOR WHAT YOU HAVE BEEN SPARED.**

- YIDDISH PROVERB

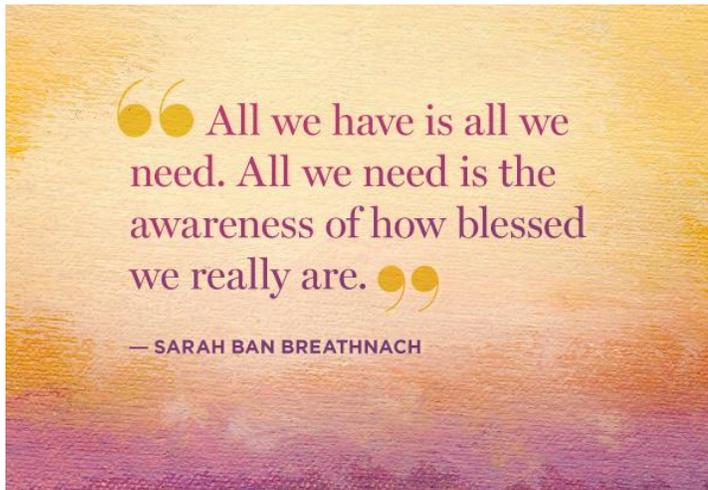
Father, "I would thank You from the bottom of my heart,
but for You my heart has no bottom."

(Author Unknown)

I'd like to recommend two books to each of you.

I am currently reading Ann Voskamp's One Thousand Gifts. It has affected me profoundly. I keep underlining passages and Scriptures she shares and then I re-read portions to let them sink in. Especially at this time of thanksgiving, it has a way of opening your eyes to the every day gifts our Lord lays at our feet and challenges us to lay thanksgiving at His. A quote that reached in and grabbed my heart:

“A nail is driven out by another nail; habit is overcome by habit,” Erasmus said that, contemporary and admirer of Martin Luther. When I read this thought, I am surprised because I had never known and I am sad for all that would have changed if only I had.”



The second book is set up with a daily reading. I'm being rather daring and reading from the beginning on the wrong day! <gasp> It is a book entitled Simple Abundance by Sarah Ban Breathnach. It speaks to my heart and draws on my desire to constantly aspire to achieve simplicity in my life.

My prayer for each of us is that our daily lives will become offerings of thanksgiving to our Savior. May we breathe prayers of gratitude throughout the day and be fully aware of just how good our Heavenly Father is.

- Lesa

