

Contents

Contents	A-7
Message from World President	A-9
Message from Territorial President	A-10
Message from the Coordinator of Resources	A-11
Territorial Project	A-12
Gifts of Hope	A-13
Outreach Initiatives	
Ten Tested Ways to Build Membership and Attendance	B-21
Community Drop-In	B-24
Balancing Act	B-25
Focus Groups	
Spiritual Growth	
Happiness Quiz	C-35
Hidden Springs – Secret	C-36
Hidden Springs – Happiness	C-38
Hidden Springs – Forgiveness	C-40
A Beautiful Woman	C-41
Devotional – Remember	C-45
Fellowship	
Drama – Better Shape Up	D-25
A “Wale” of a Night	D-29
Me and My Stuff	D-32
Left Handers	D-34
A Sense of Touch	D-37
Healthy Lifestyle	
Eat Healthy	E-23
End Winter Blahs	E-25
Recipe for 2010	E-36
Safety Tips for Runners and Cyclists	E-27
Pre-School	
Children and Chores	F-23
Ministry Kids – Have Needs Too!	F-24
Parenting Skills – Part 1	F-28
Prayer Station	F-39
Program Aids	
for Home League	
Beautiful Women	G-71
A Berry Good Night	G-73
Have Life in all its Fullness	G-76
Many Hats	G-78
Getting the Picture	G-82
Nesting Tea	G-84
Tribute to Canada	G-86
Pearl of Great Price	G-90
“HANDS”	G-92
Family Blessings	G-96

	Lessons from the Season	G-99
	How Have You Bean	G-101
	Precious Gems	G-103
Special Occasions	The Night That Was	H-37
	A Night Under the Stars	H-39
	Gingerbread House	H-43
	Remembrance	H-45
Resources	Complete Clichés	I-19
	Web Sites	I-20
	Find Thirty Books of the Bible	I-21
	Prayer Clichés	I-23
	Fund Raising	I-25
	Helpful Hints	I-27
Promotion Week	Introducing the Shepherd	J-43
	Better Understanding of the 23rd Psalm	J-43
	The Shepherd Speaks – Day 1	J-44
	Calls – Day 2	J-45
	Leads – Day 3	J-46
	Goes – Day 4	J-47
	Protects – Day 5	J-48
	Stays – Day 6	J-49
	Gives Eternal Life – Day 7	J-50
	Bible Study Activity	J-51
	Sermon – Hear the Shepherd’s Voice	J-51
	Worship	J-57
Cumulative Index		K-5

Cedar Springs of Inspiration

A publication dedicated to providing ideas, inspiration and resources to use in ministry.

Major June Newbury

Coordinator of Women’s Ministries Resources, Canada and Bermuda Territory

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MESSAGE FROM THE WORLD PRESIDENT OF WOMEN'S MINISTRIES



Dear Sisters in Christ,

New Year Message for 2010 We have an altar' (Hebrews 13: 10)

Greetings in the precious Name of Jesus, as we enter another year. The Lord has been with us throughout the past year and He will not fail us now.

We offer a simple theme for your consideration this year. The teaching in Hebrews chapter thirteen reminds us of the importance of personal religion. 'We have an altar' challenges us to remember that in our hearts we each have a meeting place with the Lord Jesus Christ. It also reminds us of the family altar – the time and place for prayer within the home where children are taught about the love of God and His daily care for them. Even in our Salvation Army halls, the 'altar' is a place with free access at any time for the penitent soul to kneel and seek the Father's face.

Do we have such an altar? It is not an elaborate, decorated place, nor a special holy place to which only a few have access. It is an entirely spiritual and personal concept, arising out of our forgiven relationship with Jesus. Our altar is where we kneel our souls to Him. It can be at the meal table, or by the bed or anywhere we choose. We are free to approach the Lord with our prayers anywhere, without any requirement but a contrite and loving heart.

Please take the time to teach this to your women and indeed to all you meet in this year.

If we use the altar in our hearts daily and hourly, we shall be transformed into His likeness and sanctified by His grace.

With warmest greetings for 2010.

In Christ,

Helen Clifton
Commissioner
World President of Women's Ministries

MESSAGE FROM THE TERRITORIAL PRESIDENT OF WOMEN'S MINISTRIES



Dear Shepherds and Sheep:

How exciting it is for me to greet you with the above title! In the love and care of the Good Shepherd, I write as your Shepherd and appreciate encouraging you once again, as my Sheep.

The Shepherd theme is a favorite. One of my prize possessions is a crook that was a gift from a Captain in Scotland. This shepherd's staff was hewn on the highlands by an authentic shepherd. This staff is worn from actually being used to rescue sheep and lambs from the craggy steeps and deep ravines where they had fallen. As well it was used to hollow out a shallow line of water where the sheep could calmly drink from still water. The sheep get frightened by and cannot drink from rushing streams, so the staff is used to dig a trench. They can then drink without being afraid and able to calmly drink.

Our Lord, the Good Shepherd, uses His own Staff to rescue us. He guides and keeps us safe. Through the study of His Word, He provides for us a calm place where we can drink deep and be lead by still waters. He makes us lie down in green pastures. When well-fed, sheep lie down and rest. These programs will offer food and drink to your sheep.

May you continually sense the Good Shepherd by your side, as you shepherd your sheep to drink deep and be fed during the coming year.

*Quiet, listen, He is so near.
The Shepherd is speaking
Your heart to cheer.*

*The shepherd is speaking, oh, list to His voice.
The Shepherd is Jesus
Make Him your choice.*

*Jesus is speaking, speaking to you.
Jesus is Speaking,
He'll see you through.*

*Jesus is speaking, He's bending so low.
The Shepherd is speaking,
And His loved ones know.*

mdf

*Jesus is speaking, It is so clear.
The Shepherd is speaking
He casts out all fear.*

Yours in Christ,

Marilyn D. Francis
Commissioner
Territorial President of Women's Ministries

MESSAGE FROM THE COORDINATOR OF WOMEN'S MINISTRY RESOURCES



Dear Friends:

I am delighted to share this new edition of Cedar Springs of Inspiration for 2010. As this year begins we reflect on the blessings of last year however, we focus our hearts toward God, our Father with expectancy that He will do amazingly more than we can imagine through Women's ministry.

Across this vast Territory women are meeting in groups to pray, seek His word, fellowship, weekly exercise programs, and to reach out in love to women who need to experience the Love of Christ.

Awaiting us, are many opportunities to be the hand's, feet and voice of Jesus to others. We simply cannot experience fullness of joy without giving that joy away to other's.

May your ministry be a blessing as you reach out to others!

June Newbury, Major
Coordinator of Women's Ministries Resources

Women's Ministries Territorial Project

It is our privilege during 2010 to raise **\$75,000** to assist two "Partner in Mission" countries.

2010

Germany – Wuppertal Corps, needs financial assistance to minister to migrant families, for feeding programs, for children and youth ministries which include camps, outings, retreats, sports instruction and guitar lessons.

Germany – Dortmund Corps, needs financial resources to develop new ministries for women and children in their neighborhood.



Liberia needs our help to provide (or repair) wells in six locations: Cotton Tree Outpost, Flehla Outpost, Zwedru Corps, Tubmanburg, Gardnersville, and the CHQ Compound. These wells will service hundreds of families in the villages and surrounding areas providing clean, safe water.

The Salvation Army in Liberia has two medical clinics; one stationary and one mobile.



Our funds will help provide much needed medical supplies and equipment for these clinics.





GIFTS OF HOPE

GIFTS THAT ARE GUARANTEED TO MAKE A DIFFERENCE

Give a gift that will delight your family and friends. A gift that will bring hope to children and families around the world.

SalvationArmy.ca/giftsofhope



Goat – \$40

Provide a family with a goat and an earning opportunity.

GH-0001



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A pig is easy to raise, a source of protein and income.

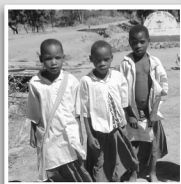
GH-0002



Cow – \$300

A cow secures a better future for vulnerable families.

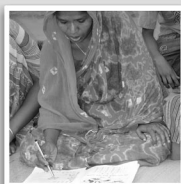
GH-0003



Education – \$40

Ensure that a child has all the basics for another year of schooling.

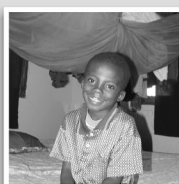
GH-0004



Literacy – \$200

Open doors to earning possibilities for 20 women.

GH-0005



Mosquito Net – \$12

One child dies of malaria every 30 seconds. A mosquito net offers protection.

GH-0006



Water – \$30

Provide a family with safe, clean water for life.

GH-0007



Stock a Clinic – \$100

Stock a medical clinic, making a difference to rural communities.

GH-0008



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Solar cookers are environment friendly, efficient and cost effective.

GH-0009



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THREE EASY WAYS TO ORDER:

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* Should the total amount of gifts exceed funding needs for a particular item,
your gift will be used for a related need.

Ten Tested Ways to Build Membership and Attendance

Adapted from WM Resources 2003, USA

Building membership

The building of membership and attendance in any women's ministries cannot be the job of a committee or just a few individuals in the group. While the routine work may fall to the committee, growth is the responsibility of everyone. The following are a few suggestions that have been successfully used in women's ministries groups. We trust they will help you.

Holding interesting meetings

Women's ministries meetings must be well planned, displaying a variety of content in order to create and maintain interest. Programs need to be attractive, worthwhile, challenging and purposeful otherwise all the effort extended will prove futile.

Good publicity

Use every available means of publicity. Announce the meetings so they sound inviting. For example, for a worship program, instead of announcing a meeting on "Light in the Life of a Christian" call it "Have You Flipped the Switch?" Make use of your church bulletin board to place attractive posters, include in weekly bulletin, give a personal invitation, make a phone call, car pool!

Does the group want to grow?

A women's ministries group must sincerely want to grow! A climate or atmosphere for growth must be cultivated. Leaders must create this desire in themselves to win more members. Many groups are satisfied with things as they are and won't do what is necessary to gain new members. Don't get to the point of stagnation — "same old gang, no new faces." The first step in increasing attendance is to survey the field, take



a poll, you may uncover and discover the sources from which to attract more women. It may mean some changes in structure, time, day or move to monthly or quarterly gatherings.

They must be friendly

The entire women's ministries group must be friendly. Implement a "welcome committee" to ensure that new members are integrated into the fellowship.

That means every member speaking to every visitor. This makes them feel that you really want them as a part of the group and that you are not just being polite. Provide the visitor with an attractive name badge or better yet, have name badges for your entire group. It will make it much easier for the newcomer to get acquainted. Or give each new member a coffee mug with a couple of tea bags/candies inside as a welcome gift. Add a verse of Scripture (reference to being welcome/friends) together with a contact number for information on future gatherings.

Do things other groups are not doing

Build up a spirit of pride in the women's ministry group. Plan special meetings. Watch the newspaper for special events or demonstrations that would be of interest. Read and find new ideas that would appeal to your group.

Have fun

Women come to the women's ministry meetings for many reasons. The anticipation of having a good time and belonging to women's ministries group should provide satisfaction and friendship. Do things with enthusiasm and maintain a spirit of fun, anticipation and excitement!



Put everyone to work

No women's ministry group will grow unless the women are kept busy. The more they participate the more successful it will become. Don't beg them to! Don't plead apologetically. Just accept

the fact that there's a job to be done and their help is needed. Never assign responsibilities without offering and providing help and guidance. Don't pressure anyone into accepting assignments, do it by encouragement, let them know that their contribution is appreciated. Allow the women to share in the planning and to volunteer for various assignments. Find jobs for everyone. Create them if necessary.

Have a set plan for follow-up

Establish a vigorous follow-up campaign for all visitors. Each one should receive a postcard or personal visit the week after the initial contact has been made. Assign names of newcomers to dependable women in the group and ask that they make a personal phone call to the visitor immediately following their attendance. Everyone likes to feel important, and we can often draw women into our group by displaying genuine interest in them.

The program must be Christ-centered

In all the things we do, we must never forget that our purpose is to win women for Christ and to assist them in their daily living. The ultimate purpose of the women's ministries must be kept in mind. A caring attitude of love and concern should prevail among the members. A prayer chain should be established so that members can be of support to each other.



"God can do anything, you know — far more than you could ever imagine or guess or request in your wildest dreams!"

Ephesians 3:20 (MSG)

Balancing Act

Phyllis Fudge, Triton, Newfoundland

Display: Books, videos, pamphlets, on balancing your Life, Body, Mind and Spirit.

Having difficulty balancing your life? Feel like you're walking a tightrope? Most women feel like that. Balancing the daily routine of family, friends, work and leisure time is challenging. Create an evening for outreach into your community to assist women with one of the main issues of life — balance. Invite guests to speak for 15 minutes on issues of balancing life.

KEEPING YOUR BODY IN BALANCE

Body: Balance your life through exercise. Invite a nutritionist, or a public health nurse to do a presentation on healthy eating and daily exercise.

Care for your body through a massage. Invite a massage therapist in to speak. Care for your body with regard to eating.

Walking: It is easy, safe and inexpensive. Walking is an injury-free way for you to keep fit. It burns calories, and it's an ideal fat-burning activity. It conditions the heart, improves muscle tone and strength, relieves stress, and can help with back pain, osteoporosis, respiratory problems, diabetes, arthritis, cardiac rehabilitation and a variety of other health problems.

Biking: This is a good exercise option for women with osteoarthritis of the knees who can engage in stationary cycling by using a high seat adjustment, low resistance setting, and toe clips.

Swimming: Swimming will help in strengthening the muscles, tendons and ligaments that support the joints, and thus improve stability and flexibility. Aim to exercise for 15 or 20 minutes at a time in the beginning.



*Caring for the spiritual
well being of the soul is vital
to a balanced life*

Low-impact aerobics: This is no jarring, jumping, or knee harming, heavy-duty swiveling, but rather stretching and then sustained exercise. Aerobic conditioning is the best way to strengthen your heart rate, which will allow you to keep exercising at your full capacity as you age and may protect you from heart disease later on. This can include dancing, aerobic machines, light step aerobics, square dancing- or any other exercise which fits the guideline of always having one foot on the floor.

KEEPING YOUR MIND IN BALANCE

Mind: Balance your life with wisdom on the subject of "A healthy outlook on life" Our minds are often so cluttered that we can't seem to find balance in our thinking. Invite a social worker to speak on the topic of health and wellness.

Personal Values

Values are the broad principles and frames of reference that we rely on. They emerge from personal choices and from beliefs acquired over time. Values greatly influence our way of seeing the world and interacting with people.

Values develop through experiences we've had or were told about by the people around us. They can change throughout our lives.

You're Values

It was only a dream! — Your most secret dreams and desires often reveal a lot about your values. For example, if you dreamed of getting married and having children, one could conclude that you believe in marriage, family, and commitment in a relationship.

Action/reaction: When a friend tells you what they are doing, do you surprise yourself sometimes by reacting or by feeling like telling them what to do because their behaviour isn't what you think it should be? Could your values be behind this reaction?

Take the time to think about the way you behave and the way you react to things. Can you name a few values that are important to you?

Think about your behaviour: Is it consistent with your convictions and values? For example, if you're against violence and you slight people around you, isn't that a contradiction between your values and behaviour? What can you change so that your behaviour is consistent with what you believe?

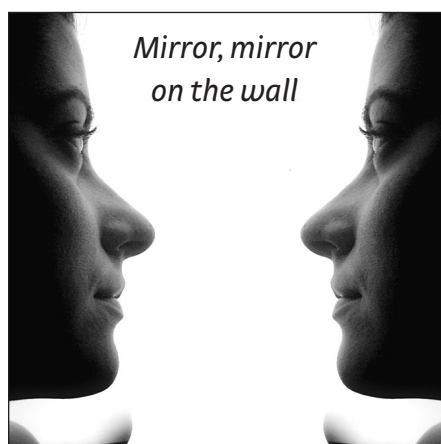
Learn to know the situations you're comfortable in and the ones you're better off avoiding. You'll find it easier to stick to your first instincts if you make smart choices that allow you to avoid embarrassing situations.

Respect yourself: It's not always easy to act in accordance with your values! In fact, you may sometimes be tempted to behave in a way that

contradicts them. If you want to maintain your self-respect you'll stay true to your values!

Our values help us to be comfortable with our decisions and resist pressure from others. They are a part of who we are.

Self-esteem: Mirror, mirror on the wall — Self-esteem is the way you see yourself and what you think your own self worth is as a person. Having high self-esteem means having an accurate idea of yourself, knowing your strengths, weaknesses and accepting yourself, as you are.



Profiting from experience: Self-esteem is the outgrowth of all your experiences, both the positive and the less positive ones. Your experience helps you develop an idea of what you like about yourself and what you'd like to change. Your experiences and your attitude to challenges can help improve your self-esteem.

Everyone has talents, skills, strengths, and weaknesses. What are some of your strengths? (Be realistic!)

Choose what to focus on: You can decide to focus on what you're not and what you don't have, or on what you are and what you have. Which glass do you choose? The one half-full or the half-empty one?

Take the time to enjoy your successes:

When you have success or do something great, do you take the time to savor the occasion, congratulate yourself, and enjoy receiving compliments from others?

Stretch yourself: Sometimes, the best way to stop a pattern of saying “I can’t!” is to take on challenges that prove the opposite forcing a change in the way we see ourselves.

Learn from your experiences: You can choose to see things that didn’t go so well either as failures or as experiences that teaches you something about yourself.

Stop comparing yourself to everybody else: Comparing yourself and envying others can cause you discomfort. Everyone is different and has characteristics that make them unique. Don’t become a clone?

Tone down your expectations: Everyone has weaknesses and weak spots. Are you too hard on yourself? Do you put too much pressure on yourself? Do you think you absolutely have to succeed at everything? All that pressure doesn’t help!

Ask questions: Sometimes, we’re the worst judges of ourselves! Think of a way to ask your family and friends what they think of you?

Talking about what you’re going through and what you’re feeling can help relieve your pain.

When you talk about things, you...

- see things in a different light and a different perspective
- feel other people’s support and realize that you’re not alone
- feel understood

How Can I Communicate?

To favour communication, you should...

- choose whom you’d like to confide in.



*Talking ... can help
relieve your pain*

- clearly state what you expect of the other person, what you need from them, and what you’d like them to do for you. Do you want them to give you advice, go with you to a resource-person, or simply listen to you non-judgmentally, without telling you what to do?
- choose a good time for both of you.
- be open — the more the other person knows what you’re going through, the more they can help you.
- talk about yourself (using the “I” form) and what you’re feeling, rather than accuse others of being responsible for what you’re experiencing.

You Always Have a Choice!

When things aren’t going well or when there’s an obstacle in your path, you may feel that you’ll never make it, or that you’re a victim of circumstances or someone else’s actions. You always have the option of changing your behaviour or the way you see things.

Examples:

- you can choose to be pessimistic, or to stay in a relationship that isn't working for you any more, or decide that you're bad at this and terrible at that.

OR

- you can choose to leave an abusive situation, or to communicate your needs, or try to change a difficult situation.

Doing nothing, complaining, playing the victim, and seeing everything as pointless are all choices too!

Seeing every decision and thought as a choice can give you the power to change your behaviour and ways of thinking.

When there isn't much to be done...

If you feel that you can't do much about a situation or problem, you can always choose to move on or to change the people you associate with. For example, if you're always fighting with your girlfriend or boyfriend, you can decide to stay in the relationship despite everything and live with the negative consequences. Or you can decide to leave the relationship for your own good, and move on to something new. You always have this choice.

Don't forget — you cannot change other people or make decisions for them. You have control only for yourself, at all times and in every situation. This control gives you the freedom to build your

life and allows you to avoid situations out of your comfort zone!

KEEPING YOUR SPIRIT IN BALANCE

Spirit: Balance your life through soul care. Caring for the spiritual well being of the soul is vital to a balanced life. Jesus, exemplified the practice of spending time with his Father to be replenished in his spirit.

Prayer: An important aspect of our spiritual life is Prayer. Introduce 'prayer journaling' — ask the ladies to write out their prayers. Set aside a prayer corner where they can sit quietly to pray.

God's Word: Another aspect of our spiritual wellbeing is God's Word. Providing they are comfortable doing so — invite any one of your ladies to conduct a short Bible study. Allow God's Word to speak into the lives of your women.

Provide a practical handout for each of the above areas to guide the ladies through a balanced day.

Leave adequate time for everyone to ponder on what has been shared and for them to share ways in which they feel they can put into practice what they have heard.

Conclusion: Conclude your evening with refreshments.



*“But they that wait upon the Lord shall renew their strength,
they shall mount up with wings as eagles: they shall run and not be weary:
and they shall walk, and not faint.” Isaiah 40:31 (NIV)*



Community Drop-In

Adapted for Cedar Springs, June Newbury, Toronto, Ontario

In today's society many women are stretched beyond their own personal limit so an evening geared specifically for them to "drop-in" may be more appealing rather than having to give up an entire evening. Create a community "drop-in" with a variety of focus centres. Having a start-up committee would be beneficial and to enable follow-up.

Allow sufficient time as the evening unfolds for conversation, exchange of ideas. Provide a listening ear; assure them that you have an understanding of the challenges of family life. For their own comfort level and to make them feel at ease, there may be some who would prefer a 'one on one' conversation. Let them establish their own comfort level, don't bombard them with questions, let them do the questioning.

Make the room where you will meet attractive,

bright, airy and welcoming. Assign ladies to be responsible for the following centres.

Parenting Centre

Display a variety of Christian magazines i.e. Christian Parenting, Just Between Us, Mom-Sense, have hand-outs available - pamphlets on a variety of issues related to family life.

- Raising Children
- Dealing with Troubled Teens
- Grief and Loss
- Aging Parents
- Loneliness

Salvation Army Safety Tip cards

Available through the Office of the Territorial Abuse Adviser at THQ or inquire through your own church.



Create Connect Cards

Prepare small discussion cards for parents or grandparents to take with them as they seek to build on open communication with their children, grandchildren. Use the following statements to create these cards. I enjoyed ... My friend and I talked about ... My favourite activity today was ... What did you enjoy doing today?

Community Kitchen

Have your committee/volunteers prepare recipe cards with easy meal or snack ideas for a family and for people who live alone.

Ask committee members/volunteers to prepare samples of these recipes to enjoy together with refreshments.

Workshops

Invite a guest to provide a 15 minute workshop on one of the following subjects. Health issues

- Work Related Stress
- Aging Parents
- Grief and Loss
- Social Issues – contact your local health unit, C.A.S.E. (Canadians Addressing Sexual Exploitation) Human Trafficking (check The Salvation Army website for further information)

To encourage the ladies to participate keep the workshops to the allotted time frame.

Clothing Exchange

Recycle clothing by bringing in clean wearable clothing for mom's and kids only. This is a great way of sharing the abundance of what we have with others. To make it easier for parents to view, display clothing by size and gender.



*“Originality is not doing something no one else has ever done,
but ... doing what has been done countless times
with new life, new breath. (Marie Chaplan)*

Hidden Springs — What's Your Secret?

Adapted for Cedar Springs by Marlene George, St. John's, Newfoundland.
(Resources taken from The Secret Things of God, Dr. Henry Cloud)

Have the ladies share in a game of "Secret" where the first lady in the circle whispers a secret to the lady next to her. She then passes the 'secret' on to the next lady and so on until each person has received the message and passed it on. When the last lady has received the message, she will share it with the group. See how well the group did with keeping the original message.

What's Your Secret

Have you ever had someone you haven't seen for a long time say, "Wow, you haven't changed a bit, ... what's your secret?" Have you ever looked at a friend who seemed more privileged than you ... nice husband, nice house, nice kids, etc. Always happy, never down and wonder, "what's her secret?"

Read Matthew 6:33-34 How do these verses describe the secret to abundant living?

Hidden Springs Revealed

If you sincerely seek God, He will show up. What pictures do you visualize when you think of the theme 'Hidden Springs'?

The beauty and refreshment of hidden springs will remain undiscovered unless we seek them. What hidden springs do you hope to discover this weekend? No matter where you are in your faith journey — whether you are just testing the waters to see if there is anything out there worth believing in, or you are a longtime believer desiring a richer, more fulfilling relationship with the Creator of the universe — the starting point is always the same. Seek. If you sincerely seek God, He will show up.

Jesus said, "Seek and you will find." Matthew 7:7 (NIV)

Invite a couple of ladies to share their "God Story." Everyone's God story is unique — telling

how He meets us where we are, in just the way we need. Share an incident where you sincerely sought God, and He revealed Himself to you.

The Path to all Other Hidden Springs: Trust

"It is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him." Hebrews 11:6 (NLT)

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do and he will show you which path to take." Proverbs 3:5-6 (NLT)

Through the act of trust we connect with God in a way that shows our reliance on Him and our surrender to Him.

As we take that first step of faith we learn that trust moves us beyond where we are and connects us with what God wants to do for us and through us.

Read Hebrews 11. As you look at the Faith Hall of Fame, those who trusted God despite uncertainty, who is it that you can most identify with? In which areas of your life are you needing to trust God for right now?

- | | |
|---|--|
| <input type="checkbox"/> relationship | <input type="checkbox"/> career choice |
| <input type="checkbox"/> health concern | <input type="checkbox"/> financial |
| <input type="checkbox"/> marriage | <input type="checkbox"/> children |
| <input type="checkbox"/> worry | <input type="checkbox"/> depression |
| <input type="checkbox"/> addiction | <input type="checkbox"/> service |
| <input type="checkbox"/> grief | <input type="checkbox"/> other |

Read together: Ephesians 3:14-21 (NIV)

"For this reason I kneel before the Father, from whom his whole family in heaven and on earth derives its name. I pray that out of his glorious

riches he may strengthen you with power through his Spirit in your inner being (hidden springs) so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that

surpasses knowledge – that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

Happiness Quiz: Satisfaction with Life

Quiz developed by Ed Diener at the University of Illinois

How satisfied are you? To find out, read the following five statements. Then, use the 1–7 scale to rate your level of agreement and add your answers together.

1 = Not at all true 4 = Moderately True 7 = Absolutely True

1. In most ways, my life is close to ideal.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐

2. The conditions of my life are excellent.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐

3. I am satisfied with my life.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐

4. So far I have gotten the important things I want in life.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐

5. If I could live my life over, I would change almost nothing.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐

Satisfaction with your life Score:

If you scored 15 or under, you are dissatisfied with your life. If you scored 31 or higher, you are extremely satisfied with your life.

If you scored somewhere in the middle, happiness expert Dr. Robert Holden has some advice on how to live a more satisfying life. Dr. Holden says the key to being happy is overcoming “destination addiction,” which he defines as “living in the not-now.”

“It’s always about tomorrow, so you’re chasing ‘more,’ ‘next’ and ‘there,’” he says. “You promise yourself that when you get there, you’ll be happy. And I promise you, you won’t, because you’ll always set another destination to go for.”

Instead, Dr. Holden says if you are unhappy with your life or looking to improve your score, there are two things you can do. “We have to learn to let go of our past, we have to give up all hopes for a perfect past. Let the past go, it’s gone.” After that, he says, “Take a vow of kindness. Be kinder to yourself and to others. “It’s never too late to be happy,” he says.



Hidden Springs—Happiness

*Adapted for Cedar Springs by Marlene George, St. John's, Newfoundland.
(Resources taken from The Secret Things of God, Dr. Henry Cloud)*

Introduction

Interactive Exercise: The Happiness Quiz

Interactive Exercise: Happiness in a Word

(Ask each lady to share one word that comes to their mind when they think of happiness)

Remember, every minute spent angry is 60 seconds of happiness wasted

God created us with the capacity and the desire to feel happy. While being happy is not God's only priority for us, He very much wants us to have a sense of well-being — He wants us to be filled with joy and peace and hope. Read Ephesians 3: 14-21 (NIV)

Secret # 1 Happiness = _____

Read Ecclesiastes 4: 9-12 (NIV)

One of the secrets of hidden springs of happiness is recognizing that the God who created us in His image, created us to be connected with others.

This secret is also supported in health psychology research. From the womb to the tomb, people who are connected to others have been shown to be healthier and happier.

While all of us have many people in our lives we know it is essential to our happiness that we have those in our lives that we are connected to. In your life how many people are you 'connected to'?

Secret #2 Our Happiness is affected by our _____

What happens inside your head will find its way outside — into your life. Our thoughts are so important to our well-being and the outcomes of life that the Bible talks about them a lot.

Read the following passages:

Philippians 2:5; Philippians 4:8; Colossians 3:1,2; Colossians 3:15,1

Many of us feel powerless to control our thoughts, but being in control of our thoughts is one of the secrets to controlling how we feel — and thus, how happy we are.

Read: 2 Corinthians 10:5 (from both *NIV*, *The Message*)

The research of Dr. Aaron Beck (Cognitive Therapy of Depression) has shown that some emotional problems are clearly linked to negative thinking, usually about three areas: the world, ourselves, and our future. The way you view these areas has a huge effect on your happiness.

- How do you view the world?
- How do you view yourself?
- How do you view your future?

Dr. Henry Cloud suggestions to help us control our thoughts should include the following:

- Monitor and observe the thought/take it captive to obedience (2 Corinthians 10:5)
- Analyze it: keep what's true, reject what's false (Philippians 4:8)
- Replace what is false with God's truth (John 8:38)
- Open up to positive people who will love and support you.

Secret #3 You are as Happy as you are _____

Read: Galatians 5:1 (*The Message*)

Slavery is one of the overriding metaphors in the Bible to portray the freedom that Christ came to provide. It began when the children of Israel were held as slaves in Egypt under Pharaoh.

"Slavery happens when you lose your freedom to choose, whether it relates to people or to patterns of behaviour."

Given the above definition, share examples of modern day types of slavery. (i.e. alcohol, food, approval, power, etc.)

"Learned helplessness" is one of the classic and most researched causes of depression and despair. It occurs when people feel as if they have no choices that will make a difference.

Read: 2 Corinthians 3:17 and Galatians 5:23
How does this knowledge impact the list of 'modern types of slavery'?

Secret #4 Happiness does not depend on happy _____

In the Bible we read amazing stories about people like the Apostle Paul, who while in a dungeon prison actually praised God and wrote letters to others about happiness.

Read: Philippians 4:12

The truth of living in this fallen world is that 'bad things will happen to good people.' Ask if anyone would be willing to share an experience that may reflect this statement.

How does this impact 'happiness'?

Would you agree with the statement that happiness is a result of what you believe and what you do, not a result of what happens to you? (Open for discussion)

In closing, share in praying of the Serenity Prayer ...

God grant me the serenity to accept the things I cannot change, to change the things I can, and the wisdom to know the difference. Amen.

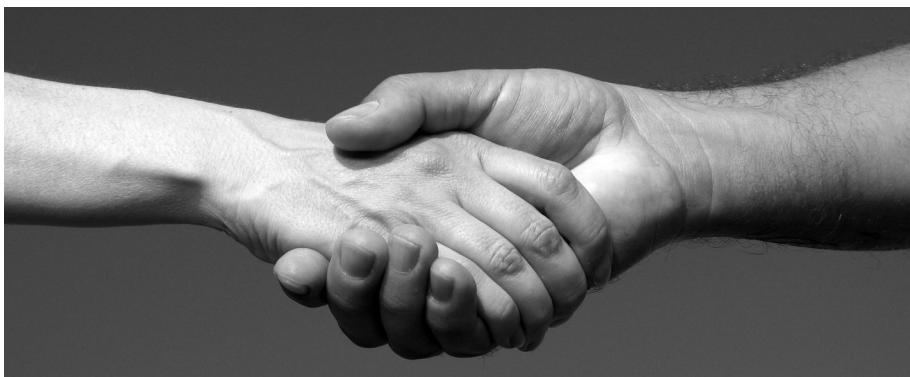
Notes for Bible study leaders only

Secret #1: Happiness = Being Connected

Secret #2: Our Happiness is affected by our Thoughts

Secret #3: You are as Happy as you are Free

Secret #4: Happiness does not depend on happy Circumstances



Hidden Springs - Forgiveness

*Adapted for Cedar Springs by Marlene George, St. John's, Newfoundland
(Resources taken from The Forgiveness Model, Dr. Daniel Klassen)*

Since it was the Creator's design that at the heart of the human condition is the need to be connected — to have relationships. When things go wrong in our relationships with others as inevitably they will from time to time — there is need for a plan ... something to help us reconnect ... often what is needed is forgiveness. Forgiveness is the ability to release the painful effects of an offence and move on to healing.

Mark 11:24-26 (New American Standard)

"Therefore I say to you, all things for which you pray and ask, believe that you have received them, and they shall be granted you. And whenever you stand praying, forgive, if you have anything against anyone; so that your Father also who is in heaven may forgive you your transgressions. But if you do not forgive, neither will your Father who is in heaven forgive your transgressions."

Read: Matthew 18:21-35

What does this parable tell us about the conditions of forgiveness.

When we fail to forgive others, we burn the bridge over which we ourselves must cross to be forgiven.

Matthew 6: 12, 14 (paraphrased) If we are seeking forgiveness from God (or anyone else) we must be willing to forgive those who have offended us.

It seems clear then that Scripture points out two very important points concerning forgiveness:

- Our personal forgiveness is conditional on our willingness to forgive others. The Golden Rule of relationships applies here as well
- We must include ourselves in the pool of offenders or potential offenders because until we genuinely understand and admit the potential for wrong-doing in ourselves, we are not likely to learn how to deal with the wrong — doing of others. Forgive us our trespasses as we forgive those who trespass against us.

How do you feel about including yourself in "the pool of offenders?" Can you recall a time when you have offended someone and sought their forgiveness? What impact does this knowledge have on your willingness to forgive someone who may have offended you?

I'm sure we would all agree forgiving is not easy; perhaps the only thing more difficult than forgiving is not forgiving.

Forgiveness is by definition “to grant pardon or freedom from a penalty: to cease to blame or feel resentment for a wrong that has been done.”

- is always a voluntary choice... no one in the universe has ever forgiven anyone because they have to — only because they want to (*Five Things Everyone Should Know About Forgiving* - Lewis Smedes)
- is making your peace with the offence
- freeing your spirit ... When I forgive I set a prisoner free, and discover that the prisoner was me (Lewis Smedes)
- a process ... Forgiveness is seldom instantaneous. It often takes time to complete its course ... similar to the process of grief
- difficult and humbling ... being willing to let go of what we feel is our right to ‘get back’ or take revenge. Humbly going before God, we are reminded of the many times God has forgiven us. Forgive us our trespasses as we forgive those who trespass against us.
- Exercising God’s strength and grace ... loving and accepting someone who has hurt us requires resources outside of ourselves. As we respond to God’s will to forgive He will empower us to love the unlovable.

We have been reminded today, one of the valuable hidden springs about relationships is to recognize that at the heart of our human condition we have been designed with a need for belonging and for connection. Another valuable hidden spring to healthy relationships is to recognize we are not wired to be able to successfully ‘write off’ those who have offended us — to be healthy and happy in relationships is to learn and practice the grace of forgiveness.

Remember Matthew 18 ... the truth is, just as the servant could not repay the master what he had owed him — it is impossible for the one who has offended us to repay or undo the offence.

So what do we do with the debt that is owing? Where do we go with it? We go to the road to healing — forgive.



Think about it, the reality of life is that it is predictable that you will offend someone close to you in your life time; it is also predictable that you will be offended by someone close to you in your lifetime and this is where forgiveness comes in.

Forgiveness is most supremely exemplified by the amazing grace of Jesus Christ. We believe that Jesus paid the price for the debt of our sinful state — “I owed a debt I could not pay, He paid a debt He did not owe ... I needed someone to wash my sin away ... and now I sing a brand new song, ‘Amazing Grace,’ Christ Jesus paid the debt that I could never pay.”

The hidden springs reveal the only one who can pay the debt is the victim. Is it fair? (NO) ... yet healing is in the word FORE — GIVE it is to give before the person owing can give to you.

Is there someone in your life you need to forgive?

Sing the chorus, “He paid a debt he did not owe” and pray silently for the grace to forgive that person and set yourself free from the pain of the offence. Blessings on You!

As we reflect on what we have learned today regarding hidden springs about relationships — we would all agree that we are not meant to be alone.

A Beautiful Woman in Christ

Jane Shirran, Toronto, Canada

Suggestion: Have a sample of each item — skin cleanser, moisturizer, wrinkle cream, foundation, eye make up, lipstick, blush, hand lotion and foot cream to be used as devotion is presented.

(Maybe even make up a small gift bag with samples of these items for each lady)

Proverbs 31:30 — “*Charm can mislead and beauty soon fades. The woman to be admired and praised is the woman who lives in the Fear-of-God.*”

It is not wrong to work on our outward beauty. As women who represent the King of Kings — it is important to make a good impression... We should always do our best, look our best but it is important to remember that God's perspective of beauty is not based on good looks alone. He sees and knows what is inside — He looks at our hearts and no good looks can cover up an ugly heart. Do we really understand God's concept of real beauty.

If we were to focus all our efforts on just one aspect of ourselves we could become very confused. Real beauty involves the whole person — inside and out. Proverbs 31:30 says ... “*a woman is to be admired and praised if she lives in fear (awe) of the Lord.*” This is the kind of real beauty that matters to God — not the superficial kind that comes from a jar or spray.

Look at the beauty products on the shelves at your local drug store — they advise if used daily they will, over a period of time produce results ... they need to become part of our daily routine. This same principle of daily routine is also applicable when it relates to being beautiful in Christ.

Here are some things to help us improve our beauty in Christ.

(These are applicable both for the inner heart of a woman as well as her outer body)



Cleanser: The first step in our beauty routine is cleansing. We need to get rid of the impurities in our hearts and lives; the basis of real beauty is cleanliness. Just as we have to wash the dirt and grime off our bodies so too we need to remove all of the ‘sin’ stains from our hearts and minds.

A good soap or cleansing agent will work wonders to make us look clean and fresh — for our hearts cleansing comes through repentance and our confession and through God's forgiveness.

Psalm 51:2 (CEV) “*Wash me clean from all of my sin and guilt.*”

1 John 1:9 (NLV) *If we tell Him our sins, He is faithful and we can depend on Him to forgive us of our sins. He will make our lives clean from all sin.*

Moisturizer: A good moisturizer will return tone and lustre to dry parched skin and make it soft and supple. For the Christian woman a heart of compassion that sees and responds to the needs of those around her can become a moisturizer that keeps our hearts soft and responsive.

Colossians 3:12 (NIV) “*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.*”

Wrinkle Cream: There are lots of good wrinkle creams on the market that will help to block those crevices in our cheeks and brows, around our eyes and mouths, but what can help a wrinkled heart? The best cure is a meek and quiet spirit?

1 Peter 3:4 (NIV) *"Your beauty should come from the inside. It should come from the heart. This is the kind that lasts. Your beauty should be a gentle and quiet spirit. In God's sight this is of great worth and no amount of money can buy it."*



I am sure you have all heard the old expression — "if the barn door needs painting — then paint it!" — so it is with our faces — many of us need the help of some make up to improve how we look.

Foundation: For the Christian the best foundation we can find is the Word of God? We need to hide God's word in our hearts and then the rest of our spiritual make-up can be easily applied. We need to be readers and doers of God's Word

Psalms 119:11 (KJV) *"Thy word have I hid in mine heart, that I might not sin against thee."*

Eye Makeup: For many of us our eyes are one of our best features and we like to highlight help them with mascara and liner to bring out their colour and shape. The Bible teaches that the eyes are the window to a person's heart. To keep our eyes shining bright we must protect them from seeing things that would darken the heart and mind of a woman seeking to be beautiful in the Lord.

Matthew 6:22 (NIV) *"The eye is the lamp of the body. If your eyes are good, your whole body will be full of light."*

Lipstick: Look at a beautiful woman's face — what is usually the first thing you notice — her lips! Lipstick!!! So many shades and colours to make us look attractive. As a Christian woman of beauty we must guard what comes from our lips. For best results our lipstick of choice should be the shade of 'pleasantness'.

As a Christian woman ... we must guard what comes from our lips

Ephesians 4:29 (Amplified Bible) *Let no foul or polluting language, nor evil word nor unwholesome or worthless talk (ever) come out of your mouth, but only such (speech) as is good and beneficial to the spiritual progress of others, as is fitting to the need and the occasion, that it may be a blessing and give grace (God's favour) to those who hear it.*

Blush: Looking pale and washed out does not make one look or feel beautiful. To give an added sense of health and well being carefully applied blush does the trick even to the palest skin tones. When others look at us as God's women they should see His love radiating out from us. They should *know we are Christians by our love.*

1 John 3:18-19 (NIV) *"My children, let us not love with words or in talk only. Let us love by what we do and in truth. This is how we know we are Christians."*

1 John 4: 11-12 (The Message) *My dear, dear friends, if God loved us like this, we certainly ought to love each other. No one has seen God, ever. But if we love one another, God dwells deeply within us, and his love becomes complete in us—perfect love!*

Hand Lotion: Now what other part of our body is most readily seen by others? — our hands. We do not want our hands to become dry so we apply hand lotion. As women striving to reflect God's beauty we need to be gentle and kind and giving, reaching out to help those in need with more than just words — our actions are usually shown through our hands.

Proverbs 31:31 (KJV) *Give her of the fruit of her hands; and let her own works praise her in the gates.*

Psalms 90:17 (Amplified Version) *And let the beauty and delightfulness and favour of the Lord our God be upon us; confirm and establish the work of our hands — yes, the work of our hands, confirm and establish it.*

Foot Therapy Cream: Often our feet get overlooked, they become callused and rough because of where we have made them go — so we need to get them going in the right direction. It is important that as women of inner beauty we make sure our footsteps are such that if others



were to follow they would be led to Christ. Take your feet only to the places that Christ would approve of.

Psalm 37: 31(NIV) *The law of his God is in his heart; his feet do not slip.*

Psalm 119: 101 (The Message) *I watch my step, avoiding the ditches and ruts of evil so I can spend all my time keeping your Word.*

Conclusion: *Remember beauty is in the eyes of the beholder* and the One beholding us is the Lord God our Creator! Be beautiful for Him!



*Give her of the fruit of her hands; and let her own works
praise her in the gates. Proverbs 31:31 (KJV)*

The Woman at the Well

Scripture Monologue: John 4:1-19, 25-26a, 28-30)

Allow me to introduce myself, perhaps I am a lot like many of you before you came face to face with our Creator. In listening to my story, you may discover your own story.

I didn't know I was in need of Christ, I didn't know I was dying of thirst. I didn't realize that my life was parched, wilted and dry. I didn't realize what I was hungering for, or that I was longing for an intimate partner, Jesus, the One who created me. All I knew was an unending sense of dissatisfaction, unsettledness, and uneasiness.

I came to the well alone, in the heat of the day, when it was so hot I knew no one else would be there ... to sneer at me and whisper hurtful things about me. That is what I did every day. I came to draw water from Jacob's well, which was deep but what I found was the Spring of Living Water, Jacob's Creator, who touched my life in the depths of my hidden springs, the part of my heart no one else saw. In fact it was a part of me I scarcely knew myself because I had never taken the opportunity to discover these hidden springs.

As I approached the well, I saw someone sitting down by the well. As I drew near to the well, this man whom I did not know asked me if I would give him a drink. I could hardly believe my ears, and said to him, You are a Jew and I am a Samaritan woman, how can you ask me for a drink? (For the Jews do not associate with Samaritans ... to the Jews we are half breeds because of our intermarriages).

Then he began to speak as a prophet, he said, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

Puzzled, I said, "Sir, you have nothing to draw with and the well is deep. Where can you get this living water? Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons, and his flocks and herds?"

His words were astounding, he answered. "Every one who drinks this water will be thirsty again. But whoever drinks the water I give him will never thirst. Indeed the water I give him will become in him a spring of water welling up to eternal life."

I was very interested in this living water, I said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."

And then he turned the conversation in a direction I was not comfortable with at first.

He said to me, "Go, call your husband and come back."

"I have no husband," I replied.

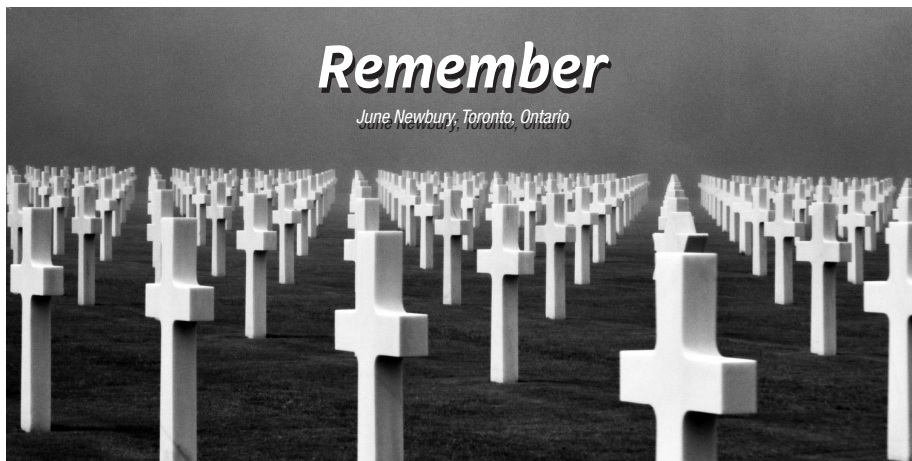
He said, "You are right when you say you have no husband. The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

What could I say, except, "Sir, I can see that you are a prophet. I know that Messiah (called Christ) "is coming, when he comes, he will explain everything to us."

And then he revealed to me the greatest and most transforming news of my life.

He, Jesus declared, "I who speak to you am he."

The conversation that followed changed my life forever. I saw myself for the first time in a long time as valued and loved in the purest sense. There is nothing that could compare to the peace that enveloped me that day. It was truly discovering the hidden springs of God's refreshing grace wash through my being.



Scripture: Joshua 4

If you ask my Mom for information regarding a historical event in the family she will often say, "If my memory serves me well" ... Well, I have to say that my memory isn't what it used to be. At times I find myself falling into the same trap! I think others are catching on, because I've had one or two people say 'June you already told me that once'. Speaking of being reminded someone decided a few weeks ago to leave a reminder on my desk. I asked a few people if they knew where it came from but no one seemed to know.

On a more serious note. November 11th is the one day of the year when people around the world pause to remember. Many veterans will re-live in their hearts and minds the experience of the 1st and 2nd World Wars and others. They will remember those who died in the fight for freedom. The freedom we enjoy today in 2010.

For some families it is a day when they remember the sacrifice their son or daughter has made in Afghanistan. Since February 2002 to Sept. 22, 2009 — 120 Canadian soldiers have lost their lives in hostile circumstances and 22 in non-hostile circumstances. This means that remembering for 152 families will take them to the depths of sorrow that comes with loss. For some of these 152 families 2010 will stand out as their first remembrance day without their loved one. It will be a very sad day.

The word "remember" shows up in Scripture a number of times and each time it challenges us to stop, to think of a time, a place and an event. I have always been captivated by the event of the Israelites crossing the Jordan River as recorded in Joshua 4: and today I'm even more intrigued as I read this passage because I have been there.

Read Joshua 4 (The Message) It is a time of remembering.

*I have many memories of a time,
a place and space when God
through His love touched my life*

What God has Done

"And these stones shall be for a memorial to the children of Israel forever." (verse 7)

The memorial stones were to be a reminder of their own personal experience. Note that in verse six this memorial will cause the children to ask what do these stones mean to you? These stones, first of all were to be a reminder to those who were present of their own personal experience, what they saw, heard and felt. They were to tell others what God had done in their lives. His provision of grace, comfort, forgiveness, faithfulness.



*When we remember
what God has done in our
lives we are humbled and
grateful people*

The question we need to ask ourselves is what kind of memorials do we have in our lives? I have many memories of a time, a place and space when God through His love touched my life. I call them kiros moments, divine moments, God moments. A moment in time when God's hand touched my life.

When we remember what God has done in our lives we are humbled and grateful people. Remembering provides us the opportunity to be in awe of an amazing God who cares deeply for us.

The memorial stones were to serve as a basis of sharing faith with their children (verses 6-7). Twice in this chapter the parents were reminded of their responsibility for the communication of God's Word and His calling on their children, generation to generation. Verses 6-7, *"that this may be a sign among you when your children ask in time to come, saying, 'What do these stones mean to you?' then you shall answer them that the waters of the Jordan were cut off before the ark of the covenant of the LORD. When it crossed over the Jordan, the waters of the Jordan were cut off. These stones shall be for a memorial to the children of Israel forever."*

Further in this chapter verses 22-23 *"Then He spoke to the children of Israel, saying: When your children ask their fathers in time to come, saying, 'What are these stones?' then you shall let your children know, saying, 'Israel crossed over this Jordan on dry land'. For the LORD your God dried up the waters of the Jordan before you until you had crossed over, as the LORD your God did to the Red Sea, which He dried up before us until we had crossed over."*

As with other memorials in the Old Testament, the intention of the memorial was to provoke questioning especially from future generations.

At the beginning of a new week take a few moments to "Remember" what God has done and is doing in your life. Take a moment to share with the next generation of a God who longs to be a part of their lives.

Prayer



"... Remember, I'm human and humans forget so remind me!

Remind me Dear Lord! (Alison Krauss)

Better Shape Up

by Steve Pavey, Richmond Hill, Ontario

A Evening of Drama and Fellowship around coffee and dessert

Purpose: To encourage strength in the Lord; to show differences in what makes us strong and what doesn't make us strong

Theme: Spiritual well-being

Scripture: 1 Peter 5:8-11

Church Year Season: Pentecost

Time: 5-7 minutes

Costumes: Tony and Suzy should be dressed in sharp exercising clothes; Tracy and Mr. Meyers are in more haphazard, sloppy exercising clothes

Props: A board, pre-cut so Suzy can "chop" it in half. Lighting: General



Sound: An off-stage microphone for Computer

Setting: Health club, present day

Cast

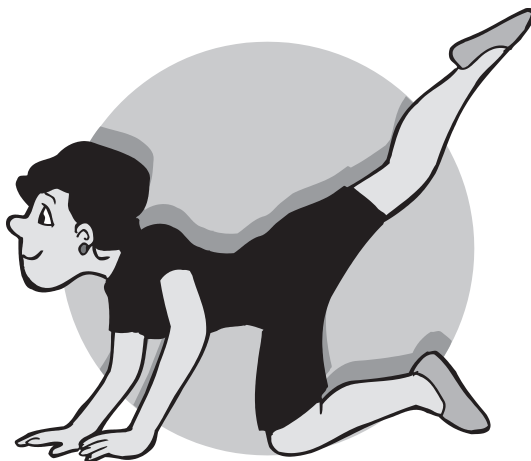
- **Tony** - extremely healthy looking, head of health club
- **Suzy** - instructor in health club
- **Tracy** - beginning health club member
- **Computer** - offstage voice of treadmill
- **Mr. Meyers** - beginning health club member
- **Extra Club Members** - other people exercising on stage (optional)

TRACY is stage right, running in place as if on a treadmill. MR. MEYERS is stage left, doing push-ups. OTHER ACTORS can be on stage, doing various stretches and exercises. SUZY is alternating between helping them and doing her own exercises. TONY ENTERS, running in and planting himself centerstage.

TONY: (*Shouting in a confident voice*) Hi, I'm Tony from Tony's Bible Fitness Emporium, here to tell you (*pointing to audience*) about an exciting new way of studying the Bible. We all know the difficulties we face in taking the time to read God's Word. But I'm sure you're also aware of how important it is to keep our spiritual lives in shape just as we keep our bodies in shape. That's why I've developed a program that combines our physical and spiritual fitness, killing two birds with one stone, so to speak. Let's listen to a living testimonial.



SUZY: *(Running up to stand beside TONY very bubbly)* Hi, my name is Suzy. I used to neglect my Bible all the time, until I met Tony. I never felt confident in my daily walk with the Lord. I always felt nervous about the idea of someone challenging me about my faith, and not being able to answer them. But all that's changed now. *(Giggles with excitement)* I've got the Lord on my side, so you'd better watch out.



TONY: Suzy, how about giving us an example of what you can do? *(Holds up a block of wood, which Suzy chops in half with her hand.)* Wow! What power! That is why Suzy has become my head instructor. *(SUZY helps others with their exercises, then EXITS.)* And you too can have the power to karate-chop Satan right in half. C'mon, let's have a look around the gym and see what other exciting things are happening. *(Moves to TRACY.)* How's it going, Tracy?

SUZY: *(Jogging as if on a treadmill)* I'm starting to get really tired. Can I stop now?

TONY: No, no! I'm just getting started with you. *(To audience)* You see, Tracy is trying one of our exciting new products. It appears to be an ordinary treadmill, but au contraire. We've added a new twist. The machine has been programmed with a computer memory that asks the user different Bible questions. If the incorrect response is given, the computer will automatically increase the speed by 10 percent.

COMPUTER: Which of Paul's epistles contains the words: "I have fought the good fight. I have finished the race"?

TRACY: Is it Ephesians?

COMPUTER: That is an incorrect response. Speed is increased by 10 percent. *(TRACY jogs faster.)* Complete the following phrase: "In the beginning was the Word ..."

TRACY: *(Panting)* I, uh, ... and the word spread like wildfire?

COMPUTER: That is an incorrect response. Speed is increased by 10 percent. *(TRACY jogs faster, with much difficulty.)*



TONY: *(Walking away and addressing audience)* Isn't it an exciting way to learn? My program gives you the discipline you need to study the Bible. *(In background, TRACY collapses. SUZY ENTERS and assists her off stage. TONY approaches MR. MEYERS, who is doing push-ups.)* Have you got your memory verses learned yet, Mr. Meyers?

MR. MEYERS: *(In distress)* I don't know. I guess, I ...

TONY: *(Shouts)* Well, do you or don't you?

MR. MEYERS: Yes!

TONY: Yes, what?

MR. MEYERS: Yes, Tony, sir!

TONY: Let's hear it!



MR. MEYERS: *(Stands quickly at attention)* "And this is the testimony: God has given us eternal life, and this life is in His Son." 1 John 5:10.

TONY: It's 5:11! You got the reference wrong!

MR. MEYERS: I'm sorry - I ran out of time to study this week. I was busy at work and with my family.

TONY: *(Sarcastically)* Well you do look exhausted. Can I get you a cold drink?

MR. MEYERS: *(Hesitant)* Sure.

TONY: And how about a massage? Would you like Suzy to loosen up those aching shoulder muscles?

MR. MEYERS: *(Brightening)* That would be great.

TONY: It would, eh? *(Yelling)* What do you think this is, a country club? Hit the floor! Give me another 10 push-ups, with claps in between! *(MR. MEYERS does this as TONY addresses the audience again with a smile.)* If you want to get your heart in shape, both physically and spiritually, give us a call.



SUZY ENTERS.

SUZY: Tony, it's Mr. Robinson in the swimming pool. He's trying to remove his lead weights, but he hasn't learned his memory work.

TONY: I'll fix him. (*Yelling*) Robinson! TONY and SUZY EXIT.



A Note to the Pastor or Bible Study Leader

Although ridiculous, the sketch illustrates what can happen when we approach our spiritual well-being with the same “weekend warrior” attitude we sometimes take in improving our physical well-being. Physically, we’re used to being able to control how much we eat, what we eat, and what we can do to combat the negative effects when we eat too much. We’re used to pushing ourselves harder and harder to gain — and later maintain — that ideal body image. Perfection, we tell ourselves, is only another mile or sit-up or aerobics class away.

Spiritual well-being, however, cannot be maintained in quite the same way. Reading and studying Scripture and focusing upon its center, the God of love, strengthens our spiritual heartbeat, but only because the Spirit works through our hearts strengthening and uplifting us. Attending worship with a desire to seek the heart God and become obedient to His leading — builds our spiritual muscles. The Holy Spirit will also use others within the body of Christ to help us in our walk with God. His Word along with a consistent prayer life are important parts of our spiritual upkeep. But if we have neglected to do such spiritual exercises, we need not punish ourselves by doing so many makeup ones. Forgiveness and renewal come when we repent and turn to our Lord for strength and support, and grow in the knowledge of His unmerited love.

Questions for Study and Discussion:

1. Do you know people like the characters in the sketch - people who either view themselves as spiritual gurus because of their knowledge, or spiritual dropouts because of their lack of knowledge? How can you minister to both types?
2. Why is it so easy to get caught up in what we can do to achieve perfection? What does Romans 3:23-24 have to say about this kind of attitude?
3. Read 1 Peter 5:8-11. Why is it important to have spiritual strength? Is Bible-memorization the way to achieve such strength?
4. Are there benefits to being Bible-wise? What are they?
5. How would you rate your spiritual exercise regimen? How can you strengthen it? Why is it important to do so?

A 'Wale' of a Night

Flo Sharples, Innisfill, Ontario (Adapted for Cedar Springs of Inspiration)

Wales, although only a small country, contains some of the most interesting and varied scenery in the World. The Snowdonia range of mountains contain the highest peaks in Wales reaching to over 3,000 feet, and where Snowdonia meets the sea it is doubly spectacular. It is the highest mountain in England and Wales, and has five distinct peaks. It may be climbed on foot without much difficulty and may also be ascended by the cog-wheel railway, the only one of its kind in the British Isles. Wales has one of the biggest steel industries in Europe, coal mining is one of the main industries in the country.

The Edwardian castles of Conwy, Caernarfon, Harlech and Beaumaris are all World Heritage Inscribed Sites and the magnificent 700 year old Chirk Castle has been lived in continuously since it was built.

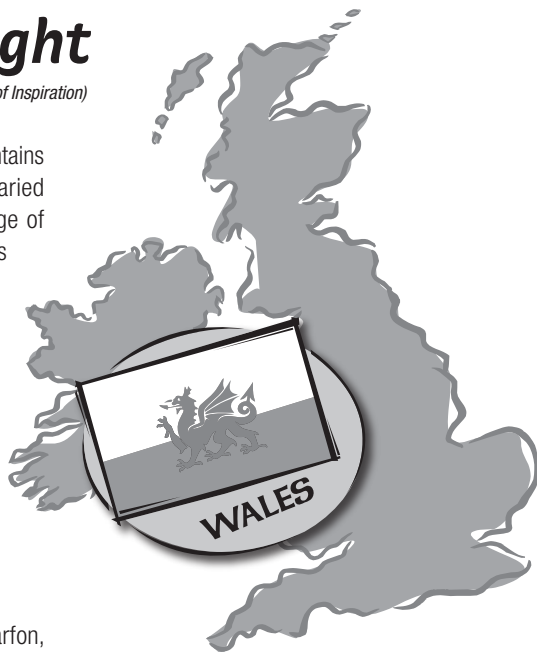
The Welsh coastline has many resorts with sandy beaches and picturesque harbours, the Victorian resort of Llandudno being the largest. Llangollen hosts the International Musical Eisteddfod in July each year.

St. David — the patron saint of Wales

March 1st is celebrated in Wales as St. David's Day. This is the most important day in the Welsh calendar and the day on which expatriates around

the world remember their roots. It is a day for Welsh people to celebrate their culture and identity. St. David was an early crusader for Christianity in Wales and is supposed to have died on March 1st, 589. His remains were buried at what is now the Cathedral of St. David's in Pembrokeshire, west Wales.

He lived simply and was a learned scholar who did much for his country's welfare. It is generally accepted that the Welsh people are religious and dedicated to the cultural, rather than the material things of life. There are more than 50 churches in Wales that still bear the name of St. David.





Welsh Culture and Traditions

There are many great traditions of Wales, one of these being Eisteddfod, probably the most ancient and certainly the most popular. Most towns and villages conduct an annual Eisteddfod, a festival of literature, music and performance, in one way or another. It is simply a competition, but the word translates as a "Chairing," with the winner being awarded a chair upon which he is ceremoniously crowned to great acclaim. Winners of local eisteddfodau (pl) go on to compete on a county or regional level, eventually reaching the Royal National Eisteddfod of Wales (Eisteddfod Genedlaethol Cymru) in which they compete with others from all parts of the country. The "National" is the largest folk festival in Europe: held in a different town the first week in August each year. Alternating between a venue in South Wales one year and North Wales the next, it draws vast crowds to enjoy its week-long activities.



Facts About Wales and the Welsh

The following facts, well known to all true Welshmen, are not as well known as they should be to those unfortunate enough to have been born outside Wales. This can be used as the basis for a quiz about the country of Wales.

- Welshmen may have settled America before Columbus.
- Canada was explored and mapped by a Welshman.
- America may have taken its name from a Welshman.
- St. Patrick was not an Irishman.



- A Welsh-American invented the automobile.
- Welsh Immigrants began The Mormon Tabernacle Choir.
- The Prince of Wales is not Welsh.
- A Welshman founded The New York Times.
- Wales is the most important sheep raising area in Europe.
- The world's first wireless transmission took place in Wales.
- A Welsh amputee conquered Everest.
- The Mumbles Swansea Railroad was the first to accept paying passengers.
- A Welshman was the first to transmit and receive radio waves.

Trivia about Wales

- The national flower of Wales is a daffodil. Children would wear them on their coats for St. David's day, however if they were not available they would wear a small leek, similar to our green onion.



also in its long literary history. Created in a time when the flood of Germanic pagan invaders from the continent threatened to destroy Christian Celtic civilization in Britain, its history continued through the depredations of the Vikings, the invasions of the Normans, the oppression of the powerful Marcher Lords, and the ever-constant, ever threatening power of the English people and the English language.

- A love for learning music and drama make up the true Welshman and it is all done within the framework of religion.
- The Welsh people are proud of their country, their heritage and their language, a pride which manifests itself in their national traditions.
- The language of Wales is very difficult as it has many consonants and not many vowels. The following is the name of one of the towns. LLANFAIRPWLLGWYNGYLLGGERCHWYRN-DROBWLLLLANDYSILIOGOGOCH.

History of Wales

The history of Wales is primarily a story of struggle. It is a tribute to the people of Wales' determination to survive against overwhelming odds — a struggle reflected not only in its castle-dominated landscape and its surviving Celtic language, but

that struggle, was followed by a millennium and a half of writing that tells of the survivors — the Welsh people themselves — a people that Dylan Thomas, in the 20th century, praised as “not wholly bad or good.” It tells the story of a people who have managed to retain much of their fullness of spirit despite a very early loss of most of their territory and political independence. It tells the story of a people who are still struggling to avert the loss of their ancient culture and language upon which much of that culture depends.

Song: SASB 377/TB 339 *One there is above all others* (sung to a Welsh tune)

Psalm 98: O sing unto the Lord a new Song

Devotional thought



WELSH CAKES

If you are not of Welsh descent you may not be familiar with Welsh Cakes. I think the best way to describe them would be scone-like, albeit in cookie form. The Welsh for welsh cakes is teisen lap (tea 'ion lap) which means "plate cake". It is traditionally cooked on a "maern"(pronounced marn), which is a 1.5-cm thick piece of cast iron placed on the fire or cooker. A heavy fry pan or griddle will do just as well.

Welsh Cakes are popular treat for "afternoon tea" in any home in Wales and worldwide!



Refreshments – try this recipe, served with a lovely cup of tea!

WELSH CAKES

- 3 cups flour
- 1 cup shortening
- 1 1/4 tsp baking powder
- 1/2 tsp soda
- 1 tsp salt
- 1 cup white sugar
- 2 tsp nutmeg
- 3/4 cup currants

Beat 2 eggs with 6 tbsp. milk until blended. Add to dry ingredients and mix well.

Cover and chill for 2 hours. Roll to 1/4" thickness and cut with cookie cutter.

Cook on a frying pan until top is shiny, turn and cook the other side until golden brown.

EASY WELSH RAREBIT – a quick and easy snack!

- 2 cups of rich cheese, grated
- Yolks of two eggs
- 1/2 cup of milk
- 1/2 teaspoonful of salt
- Saltspoonful of cayenne

Make three slices of toast, cut off the crusts, and cut each piece in two.

Butter these, and very quickly dip each one in boiling water, being careful not to soak them. Put these on a hot platter in the oven.

Put the milk in a saucepan over moderate heat, not too hot. When milk is at the boil put in the cheese and stir without stopping, until melted and looks smooth. Then put in the beaten yolks of the eggs and the seasoning, and pour at once over the toast and serve very hot.

Me and My Stuff

Flo Sharples, Innisfil ON

Preparation: Gather a variety of ‘stuff’ from home. It can be anything from crafts, to collectable items. Everything we have has a story. Create a display of items; be prepared to share with the ladies the story behind each item.

Introduction: The dictionary states that “stuff” is a collection of junk, the material that things are made of; material that may be used for some purpose. Stuff may also refer to:

- Stuff (cloth), a type of cloth or fabric used to fill pillows and other items
- Stuffing, a substance which is often placed in cavities of food items

We use the word stuff in a variety of ways. When speaking of someone when we say, “boy, she sure stuffed herself at that meal.” We may go to a meeting and say, “boy there was a lot of stuff in what she said tonight that I never heard of before.” We read a book and say to someone in recommending it, “there’s a lot of good stuff in that book.” When we have prepared a lot of letters to mail, we say we stuffed the envelopes. We get a cold and what do we say, “I’m all stuffed up.” We make a pillow and we stuff it with polyester batting or some other material. Come Christmas or Thanksgiving, what do we do with the turkey? We stuff it. If we like to hunt for bargains there are websites that offer all kinds of free stuff.

How Much of this Stuff Do You Know?

1. How long did the Hundred Years’ War last?
2. Which country makes Panama hats?
3. From which animal do we get cat gut?
4. In which month do Russians celebrate the October Revolution?
5. What is a camel’s hair brush made of?
6. The Canary Islands in the Pacific are named after what animal?
7. What was King George VI’s first name?
8. What colour is a purple finch?
9. Where are Chinese gooseberries from?
10. What is the colour of the black box in a commercial airplane?

Answers:

1. 116
2. Ecuador
3. Sheep and Horses
4. November
5. Squirrel Fur
6. Dogs
7. Albert
8. Crimson
9. New Zealand
10. Orange

Some stuff regarding Murphy’s Law

- After your hands are coated with oven cleaner your nose will get itchy or you will have to go to the bathroom real bad!
- When you dial a wrong number, you never get a busy signal.
- If you change lanes in the grocery store, the one you were in will start to move faster than the one you are now in.
- When you try to prove to someone that something won’t work, it probably will.
- The severity of the itch is inversely proportional to the reach.
- Oliver’s law: A closed mouth gathers no feet.
- The chances of an open-faced jelly sandwich landing face down on a floor covering are directly correlated to the newness and cost of the carpet.

Song: SASB 387 / TB 830 *There is Sunshine in My Soul Today*

Scripture Trivia Stuff

- What is the shortest chapter in the Bible? Psalm 117
- What is the longest chapter in the Bible? Psalm 119
- Which chapter is in the centre of the Bible? Psalm 118
- Fact: There are 594 chapters before Psalm 118 and 594 chapters after Psalm 118. Add these numbers up and you get 1188 chapters.
- What is the centre verse in the Bible? Psalm 118:8. Does this verse say something significant about God's perfect will for our lives? The next time someone says they would like to find God's perfect will for their lives, and that they want to be in the centre of His will, just send them to the centre of His Word.

Psalm 118:8 says(NKJV) *"It is better to trust in the Lord than to put confidence in man."*

Devotional: The first Bible verse that came to my mind regarding this, and of course I couldn't find one with the word stuff in it but from Hebrews 12:1, 2 the writer says "for us to throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us." I immediately thought of all the stuff that can trip us up spiritually and hold us back from being all that He has for us to be.

I don't know about you but when I have things to be done that I don't want to do, phone calls to make, appointments to keep when I'd rather be doing something else, I find that what I have left undone is always on my mind so I may as well do them or all that stuff just holds me back in my day and from accomplishing those things that really need my attention.

Sometimes there are other issues like not asking forgiveness from someone we have hurt, instead we let it fester, consequently it grows and stuff

just gathers and gathers and soon something that was just a little thing becomes a lot of stuff for us to deal with.

For example, when talking to someone about a lady who easily flies off the handle, and can be very sarcastic someone said, "Oh, that is just her (calling her by name) don't pay any attention to her." I replied, "I am sorry but I don't have time for that kind of stuff and negative attitude. Life is too short to nit pick and complain about things, if you can't do anything about it, move on. If you are able to do something about it, try and rectify the issue, make peace, quit complaining and discard from your mind all hurtful feelings and negativity. A grudge can become a burden, we are given one chance at living, take every opportunity that is given and "live life to its fullest".

If you are carrying a lot of stuff around that you need to get rid of spiritually, do it. If you need help with it, then discuss your feelings with someone you are comfortable with, you will feel so much better.

Devotional thot: You know the feeling when you tackle a drawer or a closet in order to try and get rid of stuff that's been 'taking up space' for a long time, well, you get the same feeling inside. Let go of the 'stuff ' and all the bad feelings and or grudges that have become burdensome. Get rid of the all the 'stuff' that is hindering your life and most importantly your heart.

A thought

"You may not be able to control what is happening to you but you can control what is happening in you."

Suggested songs

- SASB 983 *Great is Thy Faithfulness*
- SASB 757/TB797 *Standing on the Promises*
- SASB 397/TB 586 *When we Walk With the Lord*
- *One Life to Live* by Gwenth Redhead/Robert Redhead (Can be used as a solo)



Left-Handers

Adapted from Connect, U.K. Territory



A little background!

For years, it has been widely accepted that 1 in 10 people are left-handed. Recently, small studies (usually among children) have come up with figures of between 12% and 15% of the population and it has been argued that perhaps this increase is due to social acceptability of left-handedness which has never before been the case.

Left-handers have to fit in with home and office layouts designed for right-handers' comfort — put up with doors, ovens, sinks, computer mice, keyboards and desks that are efficient for right-handers to work at, while hundreds of times every day left-handers have to comfort themselves using back-to-front tools and gadgets that make them look clumsy and appear awkward in their efforts to work efficiently.

Some researchers claim that left-hander's are more intelligent and eloquent than their right-handed counterparts. Tests have proved that left-handers can be considerably more intellectually gifted. Are left-handers more intelligent? Just for a bit of fun try this quiz.

Try doing some typical right-handed tasks with your left hand (or vice versa if you are right-handed)

- Write your name with left hand
- Cutting piece of paper (anything) using a pair of scissors
- Spreading bread
- Peeling and cutting up an apple

Puzzle/Game?

1. Which four-letter word can be attached to the beginning of the following words to form five longer words?

AGE • WIDTH • IT • STAND • WAGON

Answer: Band

2. Rearrange the letters of 'ANY TIME' to give a seven-letter word. What is it?

Answer: Amenify

3. Replace the blanks in this sentence with two three letter words. The same three letters must be used for both words. What are they?

A woman decided to ____ a well-known firm of solicitors to ____ for compensation.

Answer: Use and Sue

4. What day of a particular month is recognized as Left-Handers' Day?

Answer: August 13th

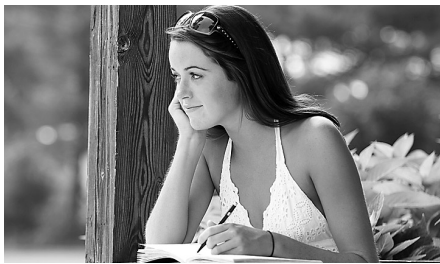
Game: What were these 'celebrity' south-paws famous for?

Bill Clinton	<i>42nd President United States of America</i>
John McEnroe	<i>Tennis</i>
Oprah Winfrey	<i>Talk Show Host</i>
Charlie Chaplin	<i>King of silent films</i>
Paul McCartney	<i>Musician (Beatles)</i>
Benjamin Franklin	<i>Creative Inventor</i>
Lewis Carroll	<i>Wrote Alice in Wonderland"</i>
Albert Einstein	<i>Famous Scientist (Light, Time, Energy and Gravity)</i>
Prince William	<i>2nd in line to the throne of England</i>
Winston Churchill	<i>British Statesman</i>
Queen Victoria	<i>Became Queen at the age of 18</i>

Devotional: 1 Samuel 17: 4 – 54

It is alleged (Source – The Internet) that David was left-handed!

The story of David and Goliath is an all time favourite from Sunday School days. Ask any child and they will (or should) say that bullies are not very nice people to be associated with. They



scream for attention and want their 'mates' to look up to them, they want to be in charge but when something goes wrong and there is someone to blame they probably say "it wasn't me"!

David was a shepherd boy who spent most of his time in the fields tending to sheep, always wondering about the God who created the lovely world. David was young, but he was brave.

The prophet Samuel had sent for him and anointed his head with oil. This was a sign that God had chosen David to be the future king of Israel.

It does not feel good to be taunted, particularly someone like Goliath was a big man — though various translations differ as to the height of Goliath he was a giant who stood well over 9 feet, he was a BIG man! He cursed at the Israelites and derided their God. He was a Philistine and wanted to settle, in a one-on-one contest so that many soldiers did not have to die. He asked for one man among the Israelites to come out to fight for them. Everyone was afraid of this enormous, person who towered over everyone.

Goliath had a suit of armour for protection, all David had was a slingshot and five smooth stones and his shepherd staff. King Saul advised David to wear armour for protection but it was heavy, he had never worn it before, hadn't God protected him from the wild life he encountered while working in the hills? So he left and trusted God and went to confront the giant.

When Goliath saw that the Israelites sent a shepherd boy to fight him he made fun of him some more. Perhaps David did not hear his disparaging remarks for he ran fearlessly toward

the Philistine giant. David gave a testimony right on the battlefield. *"All those gathered here will know that it is not by sword or spear that the Lord saves, for the battle is the Lord's, and he will give all of you in our hands."* 1 Samuel 17: 47

David's slingshot was not as you would imagine. You are probably thinking it is a Y-shaped stick with a rubber band between it, not so. It was a length of rope, attached to it was a small pouch to hold the stones, this would be waved around in a circle above the head to get the speed required to release the stone. When Goliath came at David, he didn't get scared and run away. He went straight at Goliath. He took a smooth stone from his shepherd's bag, placed it in the sling. He then slung above his head, then released it hitting the giant squarely in the forehead — Goliath didn't stand a chance! This action scared the Philistines so badly that they ran away in fear and were chased out of the land by the Israelites.

We all have our fears and yes, even enemies, sometimes we want to hide but we should not be afraid. We are assured and reassured that we have the protection of our Lord Jesus surrounding us, who will give us the courage when He is aware we need it. We only have to remember that the battle is the Lord's. When Jesus gives us the victory, let's be sure to thank and praise him for what he is doing in our lives.

Dear God, Your strong hand is like a mighty shield that keeps us safe and sure. Give us faith that we will always believe this. Help us to trust in You for everything we need. May we always look to You for everything we need. Help us especially to trust in Jesus as our Saviour from our sins and who will someday take us to heaven to be with Him. Amen.

Suggested songs

- SASB 826/TB 142 or 129 *In Christ there is no east or west*
- SASB 323/TB 527 *I am so glad that our Father in Heaven*

Sense of Touch

Adapted from *CONNECT THQ, U.K. Territory*

Preparation

- Ask members to bring things that are interesting to touch — it might be a plant, a piece of bark, a silk dress, scarf, or some feathers.
- Samples of different fabric for the members to touch fur, velvet, corded, flannelette, denim, hessian etc.)

At the Beginning

Ask every member to greet each other as they arrive — and show their greeting in touch — it may be a shake of the hand, a touch on an arm or shoulder, a hug, a kiss on the cheek (if the ladies are comfortable with this)

Touch It!

Have various objects in a cloth bag and invite volunteers to have a feel in the bag and guess the object. This can be quite hilarious.

Ask members to put their right hand where their left hand can't touch it. Answer: Place the right hand on the elbow of the left hand.

Did you know that sensory feedback from your muscles, tendons and joints enables you to keep track of your body in space?

Try this for fun: Place your right hand out of sight about your head, then keep your right hand still and use your left index finger to touch your right thumb. (It's not always easy to make an immediate connection with your thumb.)

Thot: The best and most beautiful things in the world cannot be seen, nor touched but are felt in the heart.

Discussion

Ask members what things they like the feel of *e.g.* velvet, the sensation of sand through their



toes at the beach, a soft towel. Or, if there is something they don't like touching, *e.g.* fur, creepy-crawlies!

There may be a favourite item of clothing worn because of the way it feels.

When we talk about touching we use words like grip, squeeze, stroke, slap and caress. They are active words that express the action and the intention.

Guidelines for Hugging

Be compassionate, not passionate — communicate comfort and caring.

Ask for permission — hugging requires a sender and receiver. Accepting that hugging isn't for everyone is simply another form of understanding and acceptance.

Ask permission when you need a hug. Hugging for wellness is a practice of sharing — if you need a hug simply ask for one. And if you receive a hug, let the sender know you are appreciative. Take responsibility for expressing what you need.

What is a hug?

A hug is like a boomerang — you get it back right away. *Bil Keane (Family Circus)*

Everybody needs a hug. It changes your metabolism. *Leo Buscaglia*

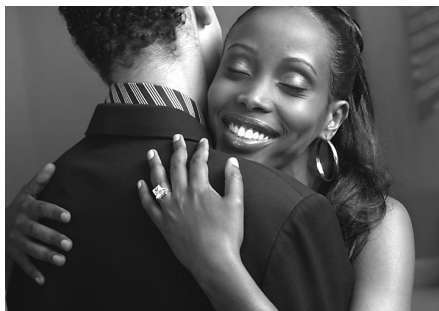
You can't wrap love in a box, but you can wrap a person in a hug. *Unknown*

A hug is a handshake from the heart. *Unknown*

Hugs grease the wheels of the world. *Unknown*

Oh, I love hugging. I wish I was an octopus, so I could hug 10 people at a time! *Drew Barrymore*

Hugs are not only nice they are needed. Hugs can relieve pain and depression ... makes the healthier happier, and the most secure even more so... Hugging feels good and overcomes fear. It provides stretching exercise to short people and stooping exercise to tall people. Hugging does not upset the environment ... It saves heat and energy ... requires no special equipment... Hugging makes happy day's happier and impossible days possible. *Author Unknown*



Hugging is healthy: it helps the body's immunity system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all natural: it is organic, naturally sweet, it has no pesticides, no preservatives, no artificial ingredients, and is 100% wholesome.

Hugging is practically perfect: there are no movable parts, no batteries to replace, no periodic check-ups, has low energy consumption, high energy yield, is inflation-proof, non-fattening, has no monthly payments, no insurance requirements, is theft-proof, non-taxable, non-polluting, and is, of course, fully refundable. *Sharon Lindsey*

HUG: Let us not forget to embrace those whom we love.

Thought: Touch is our most neglected sense. We are always touching something and being touched in return, but we seldom think about it. So often we are told not to touch items in museums or stately homes — it is a natural instinct to touch. We want to come into or be in physical contact with another thing at one or more points to help complete our perception of something. Touch can produce delightful sensations or uncomfortable reactions. The right touch can make us feel secure, happy, loved.

It seems that sometimes touch becomes essential.

In the Bible, Jesus' disciple Thomas tells his fellow disciples that unless he sees and touches Jesus' wound in His side he cannot believe it is really Him. Encouraged by Christ, he puts his finger into the wound to convince himself while the other disciples look on in awe.

Thomas senses truth in the physical sense. St. John's Gospel 20: 24 – 31

Apparently we easily neglect our sense of touch. We are always touching something but we discount it. For instance standing on a beach, we see the sea, we hear the waves breaking, but we ignore the constant pressure of the shingle on our feet unless we shift our weight and notice it again.

The sense of touch can be very powerful and certainly it is significant in many of Jesus' healing miracles. Jesus often stretched out His hand and touched the individual who needed healing — not because He needed to physically touch someone to heal them, but often because in touching them there came a sense of emotional healing.

Jesus wants to reach into our lives and touch us with His love and forgiveness and healing power. He invites us to stretch our hand out to Him and also to reach out in love and touch the lives of others in His name.

Suggested songs:

- SASB 768/TB 725 *What a Fellowship, What a Joy Divine*
- SASB 48/TB 150 *God's Love to Me is Wonderful*

Eat Healthy

Adapted from Eat Healthy – Source Internet

Eating healthy will give you some health benefits, but you won't achieve the full benefits possible unless you exercise. Exercising doesn't have to be hard, and you don't even have to break a sweat. Just going for a short 30 minute walk four times a week will greatly improve your health. Your next meal is as close as your local grocery store and we don't need extra energy stores to hold us over till the next meal.

Use extra virgin olive oil when cooking. It's purer, and better for your heart than other kinds of olive oil. The darker the better. Furthermore, "light" olive oil has as many Calories as extra virgin olive oil — the "light" refers to the color and flavor intensity. Unfortunately, though, using extra virgin olive oil when cooking at higher temperatures ruins the flavors that make it "extra virgin". Soybean and canola oils are not very good contrary to previous belief. They actually stimulate fat production and storage.

Consider eating leafy greens like Kale, Collard Greens, Mustard Greens and Swiss Chard. They are packed with nutrients and will fill you up very quickly. A simple sautee with olive oil, garlic, a little salt and pepper and you have a surprisingly tasty meal that is very nutritious.

Have a positive and upbeat attitude. If you start your new diet thinking "This is something I have to do," instead of "This is something I want to do," then you've already failed before you started.

Adding whole, unrefined grains to the diet can add valuable vitamins and minerals that would otherwise be lost, however it can completely upset our digestion as well. Many animals that eat grains have 4 stomachs they use to digest them adequately, and ferment them so they can uptake nutrients. Humans have only one stomach, and



if you introduce grains without first fermenting or sprouting them you may experience digestive upsets. There are various anti nutrients in grains (like phytic acid) and enzyme inhibitors that will prevent mineral absorption and lead to deficiencies and digestive problems. To remedy this, take oatmeal and soak it the night before in a little bit of yogurt. This will make it taste slightly sour, but make it more digestible. Sourdough bread is also another good example.

Lettuce is a great choice of natural fiber, and can taste great with the proper healthy dressings. You can make a great salad with nuts, raisins, and whole wheat croutons. Mix it in a bowl so it's evenly distributed and place it on top of a salad. Use a sugar free and low carb balsamic dressing; it has less than 1 gram of carbohydrates and 0 Calories.

Choose wheat (brown) bread instead of white bread. Processed carbohydrates such as those found in white bread are harder to draw nutrients from, and therefore are seen as empty Calories.

Smoothies are great for breakfast. Combine the following:

- banana
- 4 medium-size strawberries
- 1/2 cup of skim milk or soy milk



Non-fat yogurt can make a great snack, and its healthy bacteria can help with various stomach problems.

Carry water with you at all times. Try to drink water in place of soft drinks and other flavored beverages. A good rule of thumb is to drink half your body weight in ounces per day.

Consider eating organic. Organic food isn't made with the use of a lot of harmful chemicals, or other harmful processes. Not only is organic food good for you, but it is sustainable and good for the environment too! Other foods can be extremely harmful to the environment.

Read the labels on everything you eat. Don't just buy something because it is marketed as being "healthy." Lots of companies trying to sell their food off as healthy when really it is full of high fructose corn syrup, hydrogenated oils, trans fats, and hidden sugars. This is also the best way to learn about a product. It gives you almost all the information about that product you'll ever need. If you're trying to lose weight, try to choose foods with low calories.

Avoid processed foods. They are unnatural so are more difficult for your body to break down which means they will lie in your gut making you feel bloated and lathargic. Eat things which are not messed with such as raw fruits and vegetables, brown rice, wholewheat pasta and so on.

Don't drink diet fizzy drinks. The artificial sweeteners are much worse for you than real sugar. If you can't give them up, make the real thing a very occasional treat.

Seek solace in the fact that once you are used to eating fresh, healthy food you'll really begin to like it. You will stop craving cookies, chips, fries — everything that was damaging your body to begin with.

Eat before you shop so you can focus on your grocery list without having any unnecessary cravings.



"Above all else, guard your heart, for it is the wellspring of life"
(Proverbs 4:23 NIV)

End Winter Blahs

Taken from Women's World magazine, February 15, 2005, compiled by Christine DeLalla

- **Sing out loud!** (This triggers endorphins; extra oxygen gives an immediate burst of energy.)
Sing I've Been Redeemed!
- **Say the right thing in the morning.** (i.e. Good morning, Lord! You are wonderful!) If you complain about feeling tired or groggy, you'll only reinforce that feeling; say you are energized, and you'll believe it! Then you'll act that way.
- **Pay someone a compliment.** (It not only raises their serotonin and endorphins because they feel good about themselves, but also yours, because you feel good about making them feel good!)
- **Pay a compliment** to the person next on your right.
- **Count your blessings — on paper.** (Writing down your blessings, what you are thankful for is a good thing to do; we need to be reminded.)
- Write down 5 things you thank God for on the back of this paper.
- **Enjoy a hamburger.** (Tyrosine is an amino acid found in beef; it pumps up your neurotransmitters to keep you happy and energized.)
- **Get your daily vitamin D** — it stimulates mood-boosting hormones in the brain. (Getting your required daily amount helps you feel nearly 10% happier than those who don't.)
- **Drink your coffee between meals instead of with them.** (Otherwise, it might block mood-enhancing tryptophan and iron from being absorbed into your body.)
- **Turn down the lights at night.** Exposure to sunlight is a mood booster. But at night, if we leave lights on too long, it interrupts our sleep/wake cycles. Dimmer lights at night are better for us.
- **Volunteer!** People who participate in a cause they care about feel 48% happier than others — even months later! Tell us about your volunteer work in the past year.



The top traits of happier-than-average people

- **Spend time with others.** Especially when you are anxious, seek out your friends and family.
- **Keep active.** Even a little exercise is enough to keep you feeling “up”.
- **Try new things.** Be open to new experiences (foods, people, activities, etc.)
- **Wear rose-coloured glasses.** Try to see things — and people — in the best possible light!
- **Keep things in perspective.** Unhappy people blow things out of proportion. Every little setback — or every big problem — is not the end of the world.

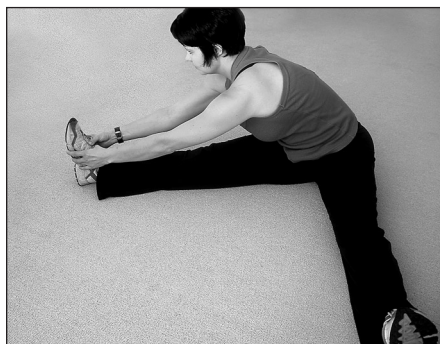
Recipe for 2010 25 Ingredients

Source Unknown

1. **Take a 10-30 minute walk** every day. And while you walk, smile. It is the ultimate anti-depressant.
2. **Sit in silence** for at least 10 minutes each day. Talk to God about what is going on in your life. Buy a lock if you have to.
3. **When you wake up** in the morning complete the following statement, 'My purpose is to _____ today. I am thankful for _____,'
4. **Eat more foods that grow** on trees and plants and eat less food that is manufactured in plants.
5. **Drink green tea and plenty of water.** Eat blueberries, wild Alaskan salmon, broccoli, almonds, sweet potatoes & walnuts.



6. **Try to make at least three people** smile each day.
7. **Don't waste your precious energy** on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
8. **Eat breakfast like a king**, lunch like a prince and dinner like a college kid with a maxed out charge card.
9. **Life isn't fair**, but it's still good.
10. **Life is too short** to waste time hating anyone.



11. **Don't take yourself so seriously.** No one else does.
12. **You are not so important** that you have to win every argument. Agree to disagree.
13. **Make peace with your past** so it won't spoil the present.
14. **Don't compare your life to others.** You have no idea what their journey is all about.
15. **No one is in charge** of your happiness except you.
16. **Frame every so-called disaster** with these words: 'In five years, will these matter?'
17. **Forgive** everyone for everything.
18. **What other people think** of you is none of your business.
19. **GOD heals everything** — but you have to ask Him.
20. **However good or bad** a situation is, remember it will change.
21. **Your job won't take care of you** when you are sick. Your friends will. Stay in touch!!!
22. **Envy is a waste of time.** You already have all you need.
23. **Each night before you go to bed** complete the following statements: I am thankful for _____. Today I accomplished _____.
24. **Remember that you are too blessed** to be stressed.
25. **When you are feeling down**, start listing your many blessings. You'll be smiling before you know it.

Safety Tips for Runners and Cyclists

During the summer months we are all likely to spend more time outdoors. Below are some statistics (pertaining to the US) and some safety tips. (Excerpt from the e-mail newsletter Bottom Line's Daily Health News, May 29,2008)

Road Safety Alert for Walkers, Runners and Cyclists

by Carole Jackson

Exercising outdoors is great fun and good for your health, but it can also be downright dangerous. Hundreds of thousands of walkers, runners and cyclists are injured on our roads each year and thousands are killed.

Take a look at these figures from 2006 from the CDC's National Center for Injury Prevention and Control and the National Highway Traffic Safety Administration's National Center for Statistics and Analysis:

- 170,048 pedestrians were injured and treated in hospital emergency departments
- 4,784 pedestrians died
- 74% of pedestrian fatalities occurred in urban areas
- 79% at non-intersection locations
- 90% in normal weather conditions
- 69% at night
- 466,712 cyclists were injured and treated in hospital emergency departments
- 773 cyclists died
- 73% of cycling fatalities occurred in urban areas
- 68% at non-intersection locations
- 27% between the hours of 5 and 9 pm

Road Safety Tips — Pedestrians

- Always walk on the sidewalk, if there is no sidewalk, walk facing traffic. Be able to see where you're going. If you're walking at night, carry a flashlight and cross the road in a well-lit area.



- Be visible to drivers. Wear light or bright-colored clothing, including reflective vests, accessories and shoes. Stand clear of parked vehicles (trucks, buses, cars), hedges or other obstacles so drivers can see you.
- Walk defensively. Don't assume vehicles will stop. Make eye contact with drivers so you can be sure they see you ... don't just look at the vehicle.
- Cross streets at marked crosswalks or intersections, if possible. This is where drivers know to expect pedestrians, which is not the case on other parts of the road. Also be alert for cars running red lights. And remember that cars, trucks, motorcycles and bikes stop at different speeds, so make sure they've stopped before you step into the street to cross.
- Watch for turning vehicles — especially those with large loads, as they require more space. Every vehicle has blind spots and drivers may not see you.
- Obey all traffic signals. In addition, look left, right, behind you and left again before crossing a street or stepping into traffic.

- Don't be distracted by wearing headphones or talking on a cell phone while crossing or when you are near traffic.
- Be cautious near reversing cars, trucks and other vehicles in parking lots and near on-street parking locations.

Runners

Pedestrian rules also apply to runners, but are even more important — people exerting themselves may be even less aware of their surroundings and have less time to think through options in moments of danger.

Cyclists

- Whenever possible, ride on a trail, paved shoulder, bike lane or bike route, or on a traffic-calmed street, where there are fewer cars and speeds are low. If you must ride on a road, ride with traffic and follow the rules of the road. Going with the flow of traffic makes cyclists more visible and predictable to motorists, especially at intersections and driveways. Ride on the right side of the road and be on the lookout for doors opening from parked cars.
- Ride straight on the road, and never wind in and around cars.
- Use hand signals when turning and stopping.
- Watch for turning traffic. Car/bike collisions often occur at intersections and driveways when motorists or bicyclists are turning.

- Be predictable. Try not to do things that motorists and other travelers may not be expecting.
- Be visible. Make sure motorists can see you. If riding in the dark, use headlights, taillights and reflectors and wear reflective materials and brightly colored clothing. Bicycles should be equipped with a front light and a red reflector or a rear flashing light. The easier you are to see, the safer you are.
- Put a bell on your bike to alert pedestrians and others.
- Always wear a bicycle helmet. It's been shown that helmets effectively reduce crash fatalities and head injuries.
- Don't wear headphones — they reduce your ability to hear traffic coming from behind you, which is especially critical when cycling.

No one can afford to ignore these safety tips. See and be seen and be smart about it. Assume that motorists are not going to respect your rights as a pedestrian or cyclist, so you must walk, run and cycle as defensively as possible.

If you'd like more information on pedestrian and bicycle safety, check out these Department of Transportation Federal Highway Administration funded sites: www.walkinginfo.org and www.bicyclinginfo.org. Not only do they have checklists and other educational resources, they also provide information helpful to those who want to work toward greater safety for the community — efforts we'd all benefit by.



“Love thy neighbour” is a precept which could transform the world if it were universally practiced.” (Mary McLeod Bethune)

Children and Chores

Christy Wilson Millard, Alabama, USA

I have just asked my three-year-old to . . . pick up her blocks. Like a scene from the Old West we face off, arms crossed, expressions fierce, bodies rigid. She's certain she isn't picking up her blocks. I'm equally certain she will pick up her blocks — even if we stand here until suppertime!

Getting children to help around the house is not easy. Certainly, it's faster to just do the work ourselves.

So, why bother training your preschooler to help with chores? Because, the rewards are great. By doing chores, your child learns responsibility, teamwork, and respect for others and for possessions. In the process, your child gains confidence in his abilities.

Start training your child to do chores early. Once a child can walk, he is able to help with simple tasks. But training can begin even younger. Babies enjoy watching mommy wash dishes or sweep the floor. Use this time to explain what you are doing. "Mommy is cleaning the dishes. Before long, you will be big enough to help."

Toddlers are naturally curious. They want to do whatever you are doing. Find ways to let them help. "Mommy is folding the laundry. Would you hand me a shirt from the basket?" Your child's responsibilities should be based on his abilities. Although, abilities vary greatly from child to child, generally, a two-year-old can help mommy carry laundry, put away toys and stir the cake batter. This same child will need mommy working alongside, keeping him focused. Three-year-olds can do these same things, but with more autonomy. Four-year-olds are beginning to do things on their own. They can be given daily responsibilities, such as making their bed and keeping their room clean.

Five-year-olds are capable of more detailed tasks such as: feeding the dog, cleaning off

the table after supper and putting away their clean clothes.

Training children to do chores can be challenging but the rewards are many. Make your job easier and combat your child's natural adversity to work, by making chores fun! Try these ideas for stimulating your pint sized task force:

- **Make it like a game.** Huddle up. "Davy, you get the clothes out of the dryer and into the basket. Then Alice, you get the clothes from the washer into the dryer. Ready? Hands in. Go team!"

- **Beat the clock.** Time chores to see how fast a job can be finished. Write it down and try to be faster next time.

- **In the Army.** Have a daily room inspection. Develop a routine. This might include checking under beds for toys or bouncing a quarter on the bed. Make this age appropriate and more fun than strict.

- **Make expectations clear.** Children need to know what's expected. If they have daily chores, make a list and hang it in plain view. Better yet, use a chalkboard so chores can be checked off when completed.

- **Extra chores = extra cash.** For older children, post an extra chores list. This could include things like cleaning out the car, pulling weeds from the flowerbeds or anything not done on a daily basis. Beside each item, list the amount of money you will pay for the job. Enterprising children will seize this opportunity to earn extra cash.

- **The great toy round-up.** To motivate children to pick up toys, get a small wagon. (Or attach a short piece of rope to a sturdy cardboard box.) This is the garbage truck. Help your child "drive" his truck through the house, loading it with toys. Once filled, pull the truck to the child's room and unload.

The Prayer Station

Pamela Maynor, USA Eastern Territory

It's a place filled with unfinished homework, toys, clutter and stinky socks! But, is it possible for a child's bedroom to be converted into a 'prayer room'?

This simple idea is a way to help children pray in a place they feel comfortable. Familiar places in their bedroom can be converted into prayer stations by placing a simple prayer and corresponding Bible verse at each station. As children become familiar with the written prayers and Bible verses, spontaneous prayers will begin to flow from their lips. Their bedrooms could be where they connect with the Lord and hear God speak, as Samuel did.

Prayers for stations in prayer room

Pillow (Dreams): *Lord, please speak to me as I sleep tonight. You spoke to Joseph and Jacob through dreams — will You speak to me too? Help me to understand what they mean and what I should do with them. In Jesus' name, Amen.* "I will pour out my Spirit on all people. Your sons and daughters will prophesy, Your old men will dream dreams, Your Young men will see visions," (Joel 2: 28)

Blanket (Fear): *Lord, thank You that I have nothing to be afraid of. I know that You are with me right now. Your perfect love drives away my fear. In Jesus' name, I command all fear to leave! Amen.* "Where God's love is, there is no fear, because God's perfect love drives out fear." (1 John 4:18 CEV).

Mirror (Beauty): *As I look at myself, I know that I am God's work of art. I am made in the image of God. Thank You for making me like You, Lord. In Jesus' name, Amen.* "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do" (Ephesians 2: 10 NIV).

Clothing (Temple): *Help me to wear clothes that honour You, Lord. When people see me, I want*

them to see You. In Jesus' name, Amen. "Do You not know that Your body is a temple of the Holy Spirit, who is in You, whom You have received from God? You are not Your own; You were bought at a price. Therefore honour God with Your body." (1 Corinthians 6:19 NIV).

Hairbrush (Sin): *Thank You for my hairbrush that straightens up my hair each morning. I need You to straighten up my mind and my thoughts so that I will think about You today. In Jesus' name, Amen.* "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things." (Philippians 4:8 NIV).

CD Player (Praise): *As I listen to this music, I want to praise You today because ... (fill in thoughts of praise).* "From the lips of children and infants You have ordained praise." (Psalm 8: 2)

Window (Witness): *There are so many people in the world who don't know about You, Lord. Please give me a chance to tell someone about You today. In Jesus' name, Amen.* "But You will receive power when the Holy Spirit comes on You; and You will be my witnesses." (Acts 1:8 NIV).

Chair/Desk (Work): *As I work hard today, let me remember that I am doing it all for You, Lord. In Jesus' name, Amen.* "Whatever You do, work at it with all Your heart, as working for the Lord, not for men." (Colossians 3: 23 NIV).

School Bag (Example): *In all I say, in all I do and in all I think — help me to be an example for You. In Jesus' name, Amen.* "Don't let anyone look down on You because You are Young, but set an example for the believers in speech, in life, in love, in faith and in purity." (1Timothy 4:12 NIV).



Generation Next Parenting Skills

The following could be shared and discussed with young mothers, one subject at a time, in a friendly group setting.

TOPICS:

1. AGGRESSIVE BEHAVIOUR
2. ATTENTION SEEKING CHILD
3. BEDTIME RESISTANCE
4. DISOBEDIENCE
5. HOT-TEMPERED CHILD
6. HYPERACTIVE CHILD
7. LAZYCHILD
8. LYING
9. MESSY/UNTIDY CHILD
10. OVER-DEPENDENT, CLINGING CHILD

1. Aggressive Behaviour In A Child

Aggression can be defined as behaviour that results in personal injury to another. This injury can be psychological (verbal attacks) as well as physical. Child also tends to be impulsive, easily irritable, immature, and inarticulate about feelings and has difficulty taking criticism or frustration.

Reasons why

1. Child learned behaviour by observing the example set by others such as parents, siblings and peers.
2. Child is rewarded for aggressive acts, that is he/she gets his/her own way or the attention that he/she wants.
3. Behaviour is triggered by the frustrations of daily living that makes a child react aggressively when an obstacle prevents him/her from satisfying a need.
4. Child is exposed to media that glamorizes violence.
5. Child lacks assertive skills in relating with other children.
6. Emotional needs of child, like the need for love and security, praise and recognition, are unmet.

How to prevent:

1. Limit your child's exposure to violence on TV. Use violence on TV/video games to point out to him/her the adverse consequences and non-violent alternatives.

Catch your child being good

2. Consistently enforce rules that promote 'love and respect' such as 'no hitting' and 'no teasing'.
3. Avoid discipline that is overly permissive or autocratic.
4. Provide opportunities for physical exercises to drain off tension, energy and aggressive impulses. Good parents will exercise with their children.
5. Model non-aggressive ways of expressing your anger and frustration like the use of compromise and negotiation.
6. Provide more adult supervision in child's activities to discourage aggressive reactions.
7. Rearrange environment by providing more physical space for child to play in. This will reduce the likelihood of him/her getting into another child's way.
8. Minimize marital strife where parents exhibit a high level of arguing, conflict and aggression (often in front of their children).
5. Teach your child assertive skills. He/she can learn to give the offender an objective description of the offending behaviour together with his/her personal reaction to this and make a request for expected behaviour: for example, "I was playing with the ball when you grabbed it away from me. I don't like it when you do that. Can I have my ball back please?"
6. Train your child to talk him/herself out of their aggression. Help him/her say quietly to him/herself thoughts of self control like "Talk, don't hit!" or "Stop and think before you act."
7. After your child has cooled down, discuss with him/her the adverse consequences. You can also discuss alternative ways to solve his/her problems like compromising having an adult intervene or walking away.

Discuss alternative ways to solve his/her problems like compromising having an adult intervene or walking away

What not to do:

1. Use aggression to stop aggression.
2. Lose your temper by yelling and screaming.
3. Use physical punishment frequently.
4. Scold, judge, criticize, lecture and confront child.
5. Remind your child of his/her past aggression/behaviour.

2. ATTENTION SEEKING CHILD

Child is always witty, coy, teasing, whining, fighting and pleasing at inappropriate times. He/she likes to show off or act like a clown. His/her behaviour is frequently silly, regardless of the social context or the consequences. When an adult attends to him/her, the inappropriate behaviour ceases temporarily.

Reasons why:

1. Child wants to be noticed.
2. Emotional needs of child like need for love and security, praise and recognition are unmet.
3. Child has low self-esteem. He/she feels worthwhile when he/she obtains attention.
4. Child can be diverting attention away from his/her own problems or defusing tense situation.

What to do:

1. Strengthen the loving feelings between parent and child by spending sufficient quality time alone with him/her.
2. Catch your child being good. Praise honestly. Encourage or reward your child for non-aggressive acts such as playing without fighting or yelling.
3. Use a reward chart to record how often your child plays cooperatively and challenge him/her to do it more often for 10 points earned - choose their reward within limits.
4. Use 'time-out' to isolate your child from an activity if behaviour is not acceptable.

5. Parental relationship between parents or parent to child.
6. Marriage separation or divorce, or parents have 'now' partner who don't like them.

How to prevent:

1. Ensure the child's emotional needs are met.
2. Spend sufficient quality time alone with child to share experiences and feelings.
3. Enhance child's self-esteem by focusing on his/her strengths and contributions rather than dwelling only on weaknesses.

What to do:

1. Analyze cause and take action. You may need to give child more positive attention by participating and showing keen interest in his/her activities.
2. Ignore all attention-seeking behaviour. Give attention to child at other times and praise for good behaviour.
3. Arrange situations that will result in child receiving positive attention like celebrating his/her birthday and leading in family games.
4. Highlight your child's positive points to members of the family and friends. Be free with your praise and encouragement.
5. Increase your child's self-esteem by helping him/her to be aware of his/her strengths. Create opportunities for him/her to develop these, for example by attending art classes or swimming lessons.

What not to do:

1. Punish or confront child. Child will gain revenge by being more attention-seeking.
2. Criticize, threaten, shame and yell at him/her.
3. Give attention to child's attention-seeking behaviour.
4. Constantly change the way you discipline the child according to where you are or who is watching.

3. BEDTIME RESISTANCE

Almost all young children go through a period when they will resist going to sleep. Resistance in going to bed is shown by long bedtime rituals as child asks for more stories, drinks or another trip to the bathroom.

Children below the age of 3 years are often disinterested in going to bed and will often wake up at night and demand to be held and attended to. Young children need 10-12 hours of sleep in which time their body has time to re-energize and grow.



Reasons why:

1. Child is anxious or over-stimulated prior to bedtime — e.g. watching movies, playing rides games etc.
2. Child craves for parent's attention and company and won't go to sleep without it.
3. Parents show excessive concern and distress or inability to be firm in getting child to sleep on their own.
4. Child already has too much sleep because of afternoon nap.
5. Child is put to bed before he/she is ready and able to fall asleep. Like adults, children vary in their sleep needs.
6. Child gets lonely sleeping by him/herself and needs parental reassurance. This does not mean continual presence.
7. No disciplined bed timetable.

Establish a regular routine and bedtime ritual for going to bed

How to prevent:

1. Establish a regular routine and bedtime ritual for going to bed and for waking up. You can have your child bathe, brush his/her teeth and put on his/her pyjamas in the same order every night.
2. Enforce firmly the time for bed. If your child states he/she is not sleepy, still expect him/her to rest or read quietly in bed until sleep comes.
3. Push back your child's bedtime a little later if you come home relatively late from work. This will allow your child some time to play with you.



Give your child a security object, like blanket or cuddly stuffed animal

4. Give your child 5 or 10 minutes advance notice that bedtime is approaching.
5. Provide your child with quiet and relaxing activities like reading or story-telling, an hour before bedtime. A warm bath or a bedtime snack can help prepare a child for sleep.
6. Associate sleep with pleasure, affection and relaxation. For example, you can tell a bedtime story, say an evening prayer or sing a goodnight song after child is in bed.
7. Give your child a security object, like blanket or cuddly stuffed animal. This can help him/her to make the transition from wakefulness to sleep.
8. Provide your child with plenty of attention and affection through play before bedtime.
9. Make exercise a daily habit for your child - not just watching TV etc.

What to do:

1. Promptly return your child to his/her bed whenever he/she pops out of bed after being put to bed.
2. Reduce or eliminate your child's daytime nap or consider a little later bedtime.
3. If your child is fearful of the dark, encourage him/her to talk about it and give him/her plenty of assurance. You can also have a dim light on and leave the child's door open. Make sure the TV others might be watching is not too loud stopping the child from sleeping.
4. Setup a star chart and reward your child for each night he/she goes to bed readily without any fuss. Several stars earn him/her a treat or special privilege. Let them choose an extra-special treat such as a meal out, sometimes.
5. Play beat-the-clock. Set the timer to 15 minutes. Reward your child if he/she beats the time in getting ready for bed, gets into his/her pyjamas, brushes teeth, gets a drink and goes to the bathroom.

What not to do:

1. Allow child to watch horror movies or indulge in rough and active play just before bedtime.'
2. Insist that child falls asleep immediately.
3. Punish child by sending him/her to bed early.
4. Threaten, criticize or spank your child.
5. Allow child to control the time of his/her bedtime.

4. DISOBEDIENCE

Disobedience is the greatest concern all parents face. It starts just before the child turns two and may carry on into the teenage years.

Reasons why:

1. Parents are either too lax or too harsh in their discipline.
2. Parents are inconsistent, that is, each parent has different methods of discipline. There is also inconsistent enforcement of rules.
3. The child is strong-willed, attention-seeking, tired, ill, hungry or emotionally upset.
4. The child is not recognized or praised when he/she is obedient.
5. Parents are not meeting child's emotional needs, thus child has no desire to please parents.

How to prevent:

1. Build a close relationship by spending quality time alone with your child.
2. Set an example in your own attitude towards authority.
3. Where possible, give children choices. When asking your child to keep his/her things, you can say "Do you want to keep your books in the cupboard or in this box?"
4. Do not restrict your child with too many rules, keep their boundaries clear but simple.
5. Give a warning in advance (i.e. "It is 5 minutes to bedtime").
6. Set realistic standards that are within your child's capability/age.
7. Accept and recognize child's feelings of anger or frustration on having to comply with rules. Explain why the rules are necessary – e.g. for safety, health reasons.
8. In your discipline method, use more encouragement and rewards than punishment.
9. Avoid nagging, criticism, threats, shaming and yelling.

What to do:

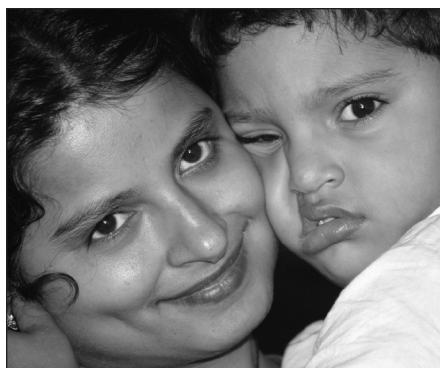
1. Be patient, firm, kind and respectful to your child.
2. Give simple, clear, specific and positive directions to young children.
3. Take every possible opportunity to point out his/her contributions and strengths. Praise or reward child whenever he/she obeys.

4. Use a chart to record how often he/she does a task and challenge him/her to do it more often.

5. Set rules with rewards and penalties made known in advance. Be consistent in your enforcement of rules.

REWARDS (i.e. "When both of you can play quietly for the next half hour, I will take you to the park to play.")

PENALTY (i.e. "If you have not finished your homework by the time I get home from work, you will not be able to watch TV/play on the computer for the rest of the evening.")

**5. HOT TEMPERED CHILD**

Behaviour associated with a hot-tempered person are a raised voice, rudeness and even physical and verbal aggression.

Reasons why:

1. Child is unable to handle his/her frustrations and anger constructively.
2. Child has learned from parents or peers who themselves react to anger in a hot-tempered manner.
3. Behaviour is the means chosen by the child to get what he/she wants or to seek revenge, to gain power or attention.
4. Behaviour is triggered by situations that attack the child's self-esteem.
5. Child has low self-esteem and low threshold for tolerance and frustration.

How to prevent:

1. Model appropriate ways of expressing your anger and frustration; for example, "I get very upset when I see your toys scattered all around your room."
2. Help your child to express his/her anger, for example "You seem to be upset. Are you angry about not being able to go swimming with Sally?"
3. Help your child to encounter rising agitation by deep breathing or muscle relaxation exercises.
4. Help your child handle his/her anger by getting him/her to role-play the appropriate response to anger-provoking feelings.
5. Help your child develop a positive self-image through his/her interests and activities.
6. Be willing to negotiate and work out solutions to disagreement or conflict.

What to do:

1. Use reflective listening skills to acknowledge and respect your child's feelings of anger, for example: "you seem to be very upset that your brother tore your drawing book."
2. Handle your child's anger in a calm and friendly manner.
3. Praise your child when he/she is able to handle his/her frustrations and anger constructively, for example: "You were really patient while waiting your turn in line. I am proud of you!"
4. Provide physical outlets' or other acceptable alternatives to enable your child to express his/her negative feelings such as writing them down and talking them through.
5. Train your child to talk him/herself out of his/her anger. Help him/her to say quietly to him/herself calming thoughts or thoughts of self-control like, "I do not want others to hurt me, so I must not hurt them."
6. After your child has cooled down. Discuss with him/her on how both of you felt during the episode and find alternative ways to solve such problems in the future.

What not to do:

1. Scream/shout at child and raise tone of voice.
2. Judge, criticize, lecture and make sarcastic remarks.
3. Confront child, as this will cause child to adopt defensive behaviour.
4. Punish child frequently, this only makes child more rebellious.

6. HYPERACTIVE CHILD

Some of the signs of hyperactivity are:

- Excessive physical movement
- Inappropriateness of activity
- Short attention span and distractibility
- Impulsiveness and restlessness



For such children, their need for physical activity is strong. They go from activity to activity without staying with anything for long. These children tend to have learning problems. It is possible to work towards reducing a child's hyperactivity but it is impossible to totally eliminate without medical help and advice. Some children need medication.

Reasons why:

1. Genetic factors
2. Brain damage
3. Diet (such as highly coloured drinks — especially red — or high content of sugar in food.)

4. Environmental influences — over-stimulation and under-stimulation.

The above factors cause the electro chemical mechanisms which control body movement to be altered resulting in excessive stimulation to the muscles.

How to prevent:

1. Teach your child a short but purposeful activity aimed at completion of tasks like fixing a jigsaw. This activity should be something that your child can do and enjoys doing.
2. Minimize distractions when you are trying to get your child to perform a task: For example, removing toys from his/her study table or turning off the TV set or computer or music or telephone.
3. Schedule periods with plenty of exercise.
4. Put your child on a special diet if diet is the cause. Consult a doctor or read the appropriate books/ internet information describing the problem.

What to do:

1. Work out a system of positive and negative reinforcement: For example: praise your child and award him/her one point if he/she is able to sit quietly for 5 minutes. He/she can choose his/her favorite breakfast if he/she has collected 10 points.
2. Establish a contract with your child. Grant your child some privileges or rewards for improved behavior or completion of specific tasks.
3. Be consistent in rules and discipline.
4. Have a very clear routine for your child. Construct a timetable for eating, play, study, chores and bedtime.
5. Catch your child doing good. Praise him/her when he/she sits still, pays attention or completes a task.
6. Use a timer/alarm to increase your child's attention span. Set the timer for a few minutes as you get your child to do a particular activity. Your child can stop the activity when the timer rings. Slowly increase the activity time before the timer rings.



7. Model or demonstrate appropriate purposeful activity like completing a task. You can make sure that your child finishes coloring a picture before engaging in another activity like completing a jigsaw.

7. LAZY CHILD

A lazy child usually dawdles, procrastinates and uses time poorly. More specifically, lazy means inactive, not energetic, sluggish and disinclined to actions. Children under 8-year-of-age are usually not able to use time wisely and be punctual on their own. As such it is typical for children of this age to require guidance and aid in planning, in order to have assignments in

Reasons why:

1. Child is exerting his /her independence and power especially when parents are too controlling.
2. Child is expressing anger passively or seeking revenge because of frequent punishment and nagging.
3. Child is avoiding any type of situation that is unpleasant to him/her.
4. Child is completely discouraged and feels that it is useless to try. There is a fear of failure.
5. Child is not recognized or praised for task completion. There is no positive feedback or supervision.
6. Parents have not developed a routine in getting child to complete tasks within a time limit.
7. Parents have unrealistic expectations. Task is beyond child's mental or physical capabilities.

How to prevent:

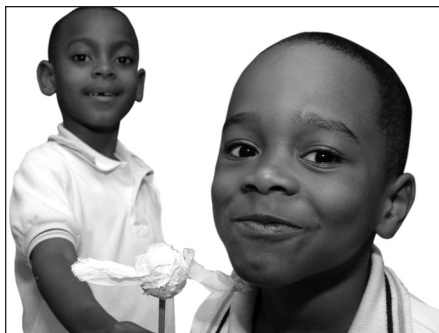
1. Build a close and loving relationship with your child by spending sufficient quality time alone with him/her.
2. Set realistic standards that is within your child's capability.
3. Use more encouragement and rewards than punishment.
4. Accept and recognize child's feelings of anger or frustration on having to perform a task that he/she dislikes.
5. Try to make task completion as fun and interesting as possible.

What to do:

1. Have a very clear routine for your child. Plan with your child a timetable for play, rest, study and chores.
2. Praise or reward your child for any efforts at task completion.
3. Use a chart to record how often he/she does a task like doing his/her homework and challenge him/her to do it more often. A point system can be used where your child secures points for
4. Accomplishing allocated tasks. These points can earn him/her rewards and privileges.
5. Establish a contract with your child. Grant him/her some privileges or rewards for completion of specific tasks.
6. Offer your child something pleasurable like watching TV, playing games on computer, or going down to the playground after he/she completes a task that he/she dislikes.
7. Be consistent in rules and discipline.
8. Teach your child how to perform task by breaking task down into learnable parts. Show and help child before getting him/her to practice.
9. Supervise your child and give him/her positive feedback in order to direct; help, encourage and motivate him/her to establish firm habits.
10. Be willing to negotiate and work out solution to disagreement or conflict.

What not to do:

1. Punish, criticize, threaten, nag, shout or confront child.
2. Demand obedience.
3. Expect perfection.
4. Redo tasks performed by child or complete tasks for child like cleaning his/her room.



During the preschool years, children have difficulty distinguishing fantasy from reality.

8. LYING

Lying can be defined as making an untrue statement, with the intent to deceive another so as to gain an advantage or evade unpleasantness.

During the preschool years, children have difficulty distinguishing fantasy from reality. Thus they are prone to exaggerations and wishful thinking.

Reasons why:

1. Child fears the unpleasant consequences of wrongdoing such as punishment or parental disapproval and loss of parental love.
2. Behavior is the means chosen by child to protect him/herself or seek revenge or gain attention or handle painful feelings.
3. Child has learnt behavior from parents, siblings or friends.

4. Child cannot distinguish make-believe from reality.
5. Child's emotional needs like the need for love, security, praise and recognition are not met.
6. Parents' expectations of child are too high or perfectionist.
7. Child has low self-esteem and feels inferior.

How to prevent:

1. Model acts of honesty by always telling the truth and refraining from telling 'white lies' or making empty promises.
2. Use stories or specific incidents to stimulate discussions of lying.
3. Use stories to also point out which situations are make-believe and which are about things that really happened.
4. Give your child plenty of praise and recognition for what he/she is or does, so that he/she does not have to lie to feel good. Your child will also feel secure enough to admit his/her mistakes and misdeeds.
5. Set a reasonable penalty for lying and make honesty more rewarding.
6. Set realistic standards that are within your child's capability.
7. Confront your child with the evidence of his/her misdeed rather than asking him/her what has happened. You can say, "I know that you took \$5 from my wallet," instead of, "Do you know anything about the missing \$5 from my wallet?"
8. Create situations where your child can achieve success upon the completion of simple tasks.

What to do:

1. Understand your child's main motive in lying as it will help you to prevent the problem from happening again.
2. Make it clear to your child that you know he/she has told an untruth. This will prevent your child from telling a further lie. You should also explain the adverse consequences: for example that adults/friends will not trust him/her.

3. Get your child to be aware of the act of lying by discussing or-examining the situation with him/her and pointing out areas which are not accurate or believable.
4. Penalize your child both for the act of lying and for the misdeed that prompted the lie. Your child should be clear as to which penalty is for which wrongdoing.
5. Reassure your child that you still love him/her even though you are disappointed with his/her act of lying.
6. Identify and prevent the misdeed that prompted the act of lying.
7. Seek help from a Social Worker if your child lies persistently.

What not to do:

1. Demand or force child to confess or testify against him/herself.
2. Punish child severely and frequently.
3. Criticize, ridicule and condemn.
4. Provide temptation for child to lie.



9. Messy, Untidy Child

Messy means being careless, disordered, untidy and lacking neatness or precision. Child is unusually untidy and careless concerning clothes, toys, school materials or appearance. Dirty habits are

also obvious when child will not wash or frequently gets very dirty. Arguments over personal appearance and messy rooms frequently occur between parents and young teenagers.

Reasons why:

1. Child develops messiness as a means of asserting independence and power or expressing anger.
2. Child does not understand the need to develop neat habits or be tidy. Child may be lazy and uncaring.
3. Child has never learned how to be neat and organized. Parents did not model this type of organized behavior.
4. Child is overprotected. Parents took care of things and never really expected child to be tidy



5. Parents give double messages. They state their expectations to child to take care of his/her room and yet communicate the feeling that child is incapable of this.
6. Child lacks positive reinforcement for the learning and carrying out of neat behaviour.

How to prevent:

1. Encourage simple rules of neatness from an early age such as putting toys in a box or keeping certain types of toys in one place.

2. Model neatness both in personal appearance and taking care of objects at home.
3. Teach the doing of tasks in an orderly manner; for example in painting activities your child can first cover the table with newspaper before mixing the paints and doing the actual drawing. The activity ends with child throwing the dirty newspapers away and putting his/her drawing up to dry.
4. Encourage your child to undertake regular chores throughout childhood and adolescence such as setting the table, washing or drying the dishes, making his/her bed and putting dirty clothes in a basket.
5. Get your child to actively participate in his/her personal grooming by letting him/her choose his/her own comb, brush or towel.
6. Teach and model concern for others. Child will then become neat in order to please others.

What to do:

1. Praise or reward your child for the slightest attempt at being neat and organized. A point system can be designed where points can be earned by your child for any form of neatness. These points can be used to earn privileges and rewards.
2. Establish a contract with your child. Grant him/her some privileges or rewards for neat or tidy behavior.
3. Demonstrate and reward steps to neatness. Tasks to be completed are broken down into steps. Thus keeping his/her room neat can involve the following steps:
 - throwing waste paper into the waste paper basket.
 - keeping toys on the shelf.
 - hanging clothes in the cupboard or placing in drawers. Demonstrate by having your child watch how you do it.

Encourage your child to undertake regular chores throughout childhood and adolescence

4. Use charts to help your child list the specific tasks of neatness that is expected like combing hair and when it should be done. A reward can be given for the completion of tasks.
5. A penalty can be imposed whereby any toys, games or clothing not in their proper place will be locked away for a period of time.
6. Offer your child something pleasurable like watching TV/playing on computer after she cleans up a mess.

What not to do:

1. Expect perfection
2. Punish messiness
3. Clean up mess made by your child.

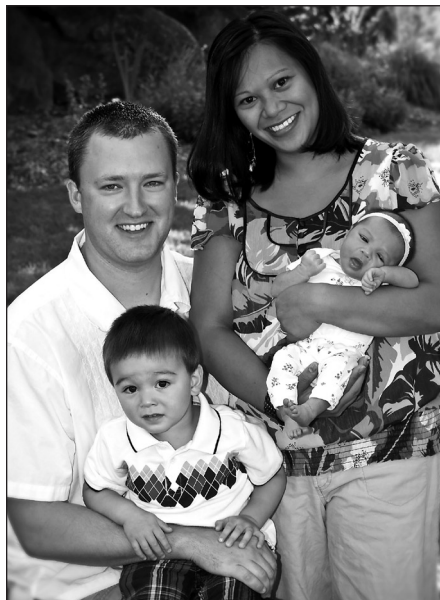
10. OVER-DEPENDENT, CLINGING CHILD

Dependent behavior involves the seeking of excessive help, affection or attention from another. The over-dependent child shows many signs of immaturity such as whining, crying and dependency behaviors. He/she also lacks initiative and demands that parents do things for him/her that he/she could do for him/herself.

Parents should not treat their children like babies doing everything for them such as feeding them etc.

Reasons why:

1. Child is rewarded for his/her dependency behavior, that is, he/she gets his/her own way.
2. Parents give in to whining child out of unconscious guilt like being away from the child too much.
3. Parents are permissive in their discipline. They have difficulty in setting limits.
4. Child wants to gain attention or power over parents, or another sibling.
5. Child is self-centered as he/she sees others only in terms of how they can be of use to him/her.
6. Child feels deprived or neglected.



*Provide early support
by being responsive to
your child's physical and
emotional needs*

How to prevent:

1. Involve your child in decision making. In his/her daily activities allow him/her to choose what food to eat, clothes to wear and games to play.
2. Provide early support by being responsive to your child's physical and emotional needs.
3. Give immediate and friendly attention to any request your child makes, if "no" is the definite answer, state it firmly and explain the reason.
4. Practice being away from your child for short periods of time from an early age.
5. Tell your child what you will be doing in your absence.
6. Before any separation, reassure your child that you will be coming back.
7. Provide activities that your child only gets to do when you are away or busy



What to do:

1. Be firm, and see that your child complies with reasonable demands.
2. Encourage your child to adopt independent behaviour by correction. Identify unacceptable behaviour with, "You just interrupted me". State your feelings about the behaviour such as, "I feel like leaving the room when you cry" and point out an acceptable alternative like, "When you talk to me without whining I'll listen to what you have to say."
3. Ignore your child's request for help. You can acknowledge your child's request with a phrase of encouragement such as "I'm sure you can do that."

4. Praise or reward your child for independent behaviour like playing on his/her own. You can also reward him/her for reduction in dependent behaviour; for example, you can state, "If you whine less than five times today, you can go to the playground."
5. Use time-out to discourage dependent behaviours such as whining, crying or interrupting; for example when your child starts to whine you can state, "Jane, go to your room until you are ready to talk clearly without whining."
6. Set aside a special time daily for your child to give him/her positive undivided attention.
7. Encourage your child to engage in independent behaviour on a regular basis such as playing on his/her own.
8. Use a timer to gradually increase the time whereby your child has to play by him/herself.

What not to do:

1. Procrastinate or be vague in response to child's request.
2. Pamper or do things for your child that he/she is able to do for him/herself.
3. Punish child for clinging.
4. Dominate your child by imposing many rules and by nagging.



*A Mother's Prayer: May you wake each day with God's blessings
and sleep each night in His keeping. And as you grow older,
may you always walk in His tender care.*

Ministry Kids Have Needs Too!

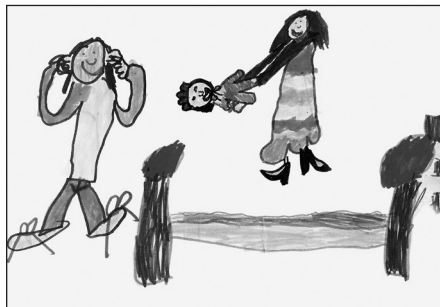
Just Between Us Spring 2009 Issue. Used with permission of Lisa Whittle, www.lisawhittle.com

As I rounded the corner of the worship centre with my giggling girlfriend, I heard some of the most familiar words known to the child of a pastor. “*That’s the PK, you know.*” I didn’t bother to stop and ask whether the woman who said it meant it in a positive way. From the disapproving look on her face (and the fact that I had been running in the church), I had a pretty good idea it was not exactly a compliment. Though my childhood “church running” days are well behind me, I can still recall the feeling of growing up in the wonderful, wild world of a ministry home. So many years later, my heart still beats lovingly for ministry kids who are just like me. Normal, rambunctious, fun-loving and spirited and quite literally, born with a job to do.

Sometimes that “job” brings perks and pleasures, and sometimes it brings frustration and fears. Regardless of what feelings it incites, being the child of a pastor is a unique and interesting journey. It brings with it some specialized needs that every ministry kid has ... and every ministry kid needs to have met.

They need to develop a personalized faith

Because church and spiritual things constantly surround ministry kids, it is vitally important that they develop a faith of their own. They need to know that, though their parents’ morals and beliefs have helped to shape them, their relationship with God is both personal and individual. Recognizing that their connection with Jesus Christ does not come through spiritual osmosis from their parents will help ground them in their relationship with Him. A personalized faith will help them to separate church and religion from a relationship with Jesus Christ and, in so doing,



will guide them to be better able to cope with the hurdles and hurts that may come up along the way.

They need to feel valued, but not entitled

While some ministry kids are stereotyped as rebellious, more often than not they are held up to a higher standard of conduct and behavior. Being children of a pastor carries with it an instant “celebrity” status of sorts, as pastors’ kids often are given preferential treatment. This priority status can leave pastors children feeling a sense of entitlement, which is not a healthy mindset to have. It’s important that they realize that, though they are significant and loved, they are not entitled or have a higher level of importance than their peers. Otherwise, their way of thinking can create a dangerous spirit of arrogance and lead them to believe they have a free pass to behave any way they want.

They need to be individuals with their own identities

Like all children, ministry kids need to know that it is not what they do in life that gives them identity, but who they are at their very core. They also

need to recognize as well that their parent's job is something they do to serve the Lord, but it is not what defines them or makes them who they are. If this need is not met, if there comes a time when their parents leave the church, through a significant ministry storm, or even lose their status in the ministry altogether, they will be left searching for their identities. Helping them recognize who they are outside of the church walls will further facilitate a healthy view of their heavenly status in and through Jesus Christ.

They need to feel normal despite their role

Ministry kids have an intense need to fit in and feel normal. Because they are usually being categorized or treated specially, they often want just to be like everyone else. During my pre-teen years, one of my favorite things to do in the summer was to attend a convention with other pastors' families from around the country. I loved it because it gave me the rare opportunity to be with other kids who were just like me! I needed and wanted that interaction and level of understanding. Whether in action or in attitude, people constantly remind pastors' kids of who they are and how they should act. In order to balance those reminders, it's important for their parents to allow them to feel and be "normal."

They need to see church through a healthy lens

Children typically see the church through the eyes of their parents. Parents and adults within their family circle will likely shape their mindset. With ministry kids, the health of their relationships with both the church and God will often be determined by the actions and attitudes of those with the greatest influence on them. While they do not need to be sheltered from every issue, they should be reasonably protected from major conflicts within the church body. Ministry kids need to see the church as a place of refuge and worship, but also as a place where they can be real and genuine

in their faith. They need to know that the people within the church are not perfect, and that they can expect them to make some mistakes!

Though bringing up good and godly kids in a ministry home may present some challenges, it is also a fertile environment for developing healthy, well-adjusted, spiritual champions for Christ. While the task may seem daunting at times, know that the Lord is your greatest advocate in nurturing children who will grow to love and serve Him. That makes raising godly ministry kids an exciting "kingdom call"!

The 1-2-3's of raising Godly kids

1. While all ministry kids have specific needs, there are practical things parents can do to bring up children who love God and the church. Be real and consistent in the home. Don't try to be perfect, but do try to be authentic. Kids will quickly figure out if you are the "real deal," and they will respond accordingly. Cherish and strive for their respect. Ministry kids will be better able to resist temptation if they respect you and don't want to dishonor you (or the Lord) in any way.
2. Allow them to fall and fail. Let your children be who they are and release them from the expectations their "role" in life brings. Facilitate honest and open communication, and give generous amounts of grace. By seeing you model this, you'll help them to better understand and appreciate the wonderful grace of God.
3. Recognize the spiritual battle and pray for your kids' future. There is no greater spiritual battlefield than in the ministry home. Satan would love nothing more than to totally destroy and demolish the lives of ministry children and their parents. He wants to bring shame to the name of Jesus Christ, and he pulls out all the stops when it comes to getting his grip on a family in ministry. It is imperative to recognize that you have the power of God on your side and to claim that power every day as you pray the victory over your children's lives and futures.

Beautiful Women

Wilma Patterson, Windsor, Ontario

Preparation: Gather items to create your very own personal beauty salon for the evening. A variety of photos of women, fashion ideas cut from magazines, Salon Chair and table. Place hair care products on a table and draped with pieces of soft coloured fabric to create a window display. Add an assortment of dainty purses and fancy shoes to complete the effect.

Fashion magazines provide tips on how women can look their best. Need a new Hair Style, Evening Fashion or a fresh new beauty look? Take a trip to your local Drug Store, for a wide range of articles on fashion and beauty at your finger tips in the magazine rack.

We all have our own ideas of what a beautiful woman looks like and we can see by our display that there are many tools to help outward beauty. But! What really counts is Beauty from Within. Join me in our own Personal Salon for an evening of getting to know the deeper meaning of Real Beauty.

Beauty is defined as "a combination of qualities that delight the sight or other senses or the mind."

Song: SASB 25/TB 604 *All Things Bright and Beautiful*

Prayer

Poem: *She Walks in Beauty* – Lord Byron (Source - Internet)

And yet with all this evidence, we still do our best with what we have to make ourselves more attractive. The cosmetic companies flourish as more and more money is spent on creams and make-up. Anything to cover the blemishes and make us look good. The hairdressers get rich cutting, trimming, colouring and perming our hair. We like to wear the latest styles in clothing and shoes. All to enhance the beauty that God has blessed us with!



Choruses:

- SASB 61 *Come Beautiful Christ*
- SASB 43 *Jesus, Jesus, Lily Of The Valley*
- SASB 104 *Sweet Spirit of Christ*

Devotional: Scripture speaks of 'Beauty' in many ways. Proverbs 31:30 *"Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised."* Do we put too much time and money into making ourselves more attractive? Each of us has to answer that question for ourselves. There are those that, perhaps, could put a little more effort into it.

We read in Psalm 27:4 of the Beauty of Holiness ... *"One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple."*

In Isaiah 33:17 *"your eyes will see the king in his beauty and view a land that stretches afar."*

There are several stories of beautiful women in the Bible but their beauty caused problems. In Genesis 12:10-20 we read that Sarah was so

beautiful that her husband Abraham was afraid the Egyptians would kill him when they entered Egypt, so he told the Egyptians that Sarah was his sister. The Pharaoh treated them well and Abraham became a very rich man.

Queen Vashti was a beautiful but willful woman. Her husband threw a party to show her off but she refused to go. (She was having her own party). All the men were afraid their wives would follow Queen Vashti's example and become disobedient to them. So the men consulted together and it was decreed that Vashti would never enter into the King's presence again. And the King gave her royal position to someone else. Esther 1:9-12

Bathsheba was a very beautiful woman, married to Uriah the Hittite. King David saw her bathing on the roof of her home and he desired her. He committed a great sin and Bathsheba became pregnant with his child. David put Uriah in the front lines of the battle so he would be killed so that David could have Bathsheba for his own wife. After the time of mourning for Uriah had passed David married Bathsheba and a son was born. David loved the son with all his heart but the Lord was displeased with David and the son died. 2 Samuel 11:2-3.

The Old Testament has many references to beauty and being beautiful — not all of them are complimentary.

Ecclesiastes 3:11 *"He has made everything beautiful in its time ..."*

Proverbs 31:30 *"Charm is deceptive and beauty is fleeting. But a woman who fears the Lord is to be praised."*

It is not our outward beauty that counts. We can spend hours in the salon having facials, manicures, pedicures, hair done in the latest style, spend hours at the spa or gym and come out looking like a million dollars. Many of us have not considered that our inner beauty also requires time and effort! If only we could always match our outward appearance to the inner beauty which is given freely by letting Jesus have control of our lives and letting His beauty shine through us and in us.

1 Samuel 16:7 *"The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart."*

Time of Reflection: SASB 77 Let the Beauty of Jesus Be Seen In Me

Closing prayer

Quotes: Ralph Waldo Emerson is quoted as saying "Grace is more beautiful than beauty."



*Women with no outward beauty, as considered by the world,
have their inner beauty shining through to all those who see them
— we have Mother Teresa as an example.*

A Berry Good Night

Karen Crocker - Glovertown, Newfoundland



Introduction: Fruit and the Memory

Fruit has a very positive effect on the brain just like carrots. So if you want to stimulate your brain functions eat fresh fruit and carrots (raw). Fruit contains natural sugars which stimulate the brain to think faster and recall information more quickly. There are many other substances that fruit contains which scientists believe stimulate the brain. How this works and which substance is responsible for which effect is still unknown.

Worship Songs & Choruses

- SASB 25/TB 604 *All Things Bright And Beautiful*
- Chorus SASB 46 *Now The Fruit Of The Spirit Is Patience*
- SASB 927/TB 735 *Praise And Thanksgiving*



Berry Facts: Use real berries to illustrate the facts.

Raspberries

Raspberries are perennial bush-type plants that produces fruit on woody stems or canes. The fruit may be red, yellow, black or purple, but the most popular variety in Canada and world-wide is the red raspberry.

Raspberries are an aggregate fruit. This means that each raspberry is a fruit cluster with many bead-like fruits called drupelets clustered around a core or receptacle. Each drupelet contains one seed and a well-developed berry generally has 100 to 120 seeds. When the berry is picked the receptacle remains on the bush and the berry resembles a hollow cone.

Blackberries

The bush is characterized by its usually prickly, erect, or trailing stems. The leaves usually have three or five oval coarsely toothed, stalked leaflets, many of which persist through the winter. The blackberry fruit is also an aggregate fruit that is composed of many smaller fruits called drupes. A drupe is a type of fruit in which the outer fleshy part surrounds a seed. Another example of a drupe is the peach.

There are two types of blackberries, erect and trailing. The primary difference is the growth habit of their canes. Erect blackberry fruit types have stiff, arching canes that are somewhat self-supporting. Trailing blackberries, also called dewberries in the eastern part of North America, have canes that are not self-supporting. Erect blackberries are more cold-hardy than trailing types. However, you can grow trailing types in colder areas if you leave the canes on the ground in the winter. All blackberries plants are perennial, with roots living for many years.

Blackberry canes bloom from mid to late June. The fruit starts ripening toward the middle of July. The berries are small, green, hard, and sour at first, becoming larger, and when fully ripe, juicy and sweet. Ripe and unripe berries frequently appear on the plants at the same time. Everyone loves the delicious blackberry fruit, and blackberries of one kind or another can be found throughout the United States, Canada and Europe.



Partridgeberries

Internationally known as the lingonberry, this relative of the cranberry family is a low mat forming evergreen shrub with tiny rounded leaves. These berries grow in the dry, acidic soils of Newfoundland and Labrador's barrens and coastal headlands. Their twin flowers have a pinkish hue in bud then turn white as they bloom in mid-June to mid-July. The fusing of the two flower ovaries gives rise to a single dark red berry

ripening through September's frost. Tart in flavour they are high in vitamin C, tannin, anthocyanin, and antioxidants. These agents are attributed to the prevention of high blood pressure, urinary tract infections, cardiovascular disease, cataracts. They also slow such aging processes as memory loss and the deterioration of motor-skills. They are also credited with improving circulation, as well as the prevention of certain forms of cancer.



Strawberries

An allergic reaction to eating strawberries is usually caused by the little hairs on the fruit. There is a good chance that the strawberries will not irritate if you rinse them with hot water before eating. Strawberries contain much vitamin C and iron. They should be eaten within a day or two of being picked for the best taste as they are picked when fully ripe. Strawberries also whiten the teeth.

Devotional: Fruit Berries

Blueberries were first eaten by the American Indians. Besides eating fresh berries, they would also set them out to dry. When Lewis Cass saw his first blueberries in 1831 outside the Indian lodges he called them "whortleberries." The deep blue of the berries has a powdery coating called bloom; that is why they look rather whitish. There are two basic kinds of blueberries, the wild and the cultivated. The cultivated are larger than and not as sweet as the wild berries.

Many people like blueberries the first time they taste them, others have to acquire the taste. Blueberries are made into pies, syrups, fritters, fruit

soups, puddings, muffins, pancakes and other desserts. When frozen, they are fun to pop in the mouth to suck on.

David invites us to “taste” Jesus. He will be sweet and good. Psalm 34:8 – “*Taste and see that the Lord is good; blessed is the man who takes refuge in him.*” When we trust in Jesus and He has all of our confidence, we will benefit from His wonderful sweetness. He is a God of love, and that love is ready to be poured out on each of us. Ask God to pour out His sweet love on you today.

Galatians 5:22-23a – “*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*” A basket of artificial fruit brightens up any room in which it’s placed. We can associate a colourful bowl of fruit with the Fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Like the colours of artificial fruit, these tend to brighten lives and bring blessings found no other way.

As Christians, we display many fruits at different times. If our fruit bowls contain real fruit, we need to be careful about it spoiling. Our spiritual bowl of fruit can also have spoiled fruit at times — when love turns to hate, joy to sadness, peace to chaos — no beauty remains, and there’s only an bowl of rotten fruit to offer to others.

Spiritual fruit is a commodity that increases with use. The more spiritual fruit we share with others, the more we find in our own bowl. The more obedient we are in sharing our fruit, the more we



find our own bowls full. God is willing to refill our bowls if we find the fruit in short supply. We are called to taste and see that He is good. We are told to ask and we shall receive. Our bowls can be kept colourful and running over.



Prayer: *Lord, help us to keep our fruit bowls filled with the fruits of Your Spirit. Give us a taste for Your fruit and a desire to share with others. Amen.*

Lord there are so many seasons
That we go through in life
May each season bring forth fruit
So you may be glorified.
M. S. Lowndes.

Activity: Unscramble the fruits and berries

ephcas	Peaches
eeisrtggn	Tangerines
tnwoaleer	Watermelon
epalp	Apples
naaabs	Bananas
enartcein	Nectarine
srpae	Pears
boosrereyg	Gooseberry
lentapuoc	Cantaloupe
taiosprc	Apricots
hrrcesie	Cherries
Slupm	Plums
brsseirrpae	Raspberries
byrrbuele	Blueberry
fttuucsirir	Citrus fruit



Mathew 3:8 *"Produce fruit in keeping with repentance."*

Philippians 1:11 *"Filled with the fruit of righteousness that comes through Jesus Christ to the glory and praise of God."*

Psalms 1:3 *"He is like a tree planted by the streams of water which yields its fruit in season and whose leaf does not wither."*

Scripture: Selected Scripture relating to fruit:
Genesis 49:22 *"Joseph is a fruitful bough, even a fruitful bough by a well; whose branches run over the wall."*

Isaiah 5:2 *"Then he looked for a crop of good grapes, but it yielded only bad fruit."*

John 15:8 *"This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."*

Conclusion: Conclude with a time of fellowship and refreshments using recipes with lots of berries.

UNCOOKED STRAWBERRY JAM

- 1 ¾ to 2 cups of prepared strawberries (1qt fully ripe)
- 4 Cups sugar
- 2 Tbsp lemon juice
- ½ bottle Certo liquid fruit pectin

Hull strawberries. Thoroughly crush into large bowl. Thoroughly mix sugar into fruit; let stand 10 minutes. Add lemon juice and Certo liquid and continue stirring for 3 minutes. A few sugar crystals will remain. Pour quickly into jars. Cover at once with tight lids. Let stand at room temperature until set. May take up to 24 hours. Store in freezer.



But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

(Galatians 5:22-23a)

Have Life in All Its Fullness

Irene Pleffer, Australia Eastern Territory

Preparation: Ask the ladies to bring a few items that are valuable to them and a few items that are not so valuable, and that they can do without. Have two tables set out as follows:

One table with an old fashioned freshly ironed tablecloth with items presented in a neat and orderly manner. Items may include a lamp, some books, pot plants, CD's or tapes and other household items which would represent something of significance at home.

Another table that has an un-ironed tablecloth with items placed haphazardly (not in an orderly manner) can include the above or a bit of everything – make it look cluttered.

Decor/Refreshments: Assorted sandwiches, a plate of sweets, a plate of party pies/sausage rolls etc. and a platter of fruit. Depending on the size of the group, the platter sizes can vary. Some nicely folded serviettes.

Program ideas/suggestions: Seating arrangements — have the ladies sit at the tables (preferably round tables with tablecloths), a vase of fresh flowers on the table and decorative serviettes, make the ladies feel welcomed and special.

Choruses:

- *All that I am*
- *Turn your eyes upon Jesus*

Welcome and Prayer: Ask the ladies to share the significance of what they brought and acknowledge it.

Song: SASB 637/ TB 456 *Showers of blessing*

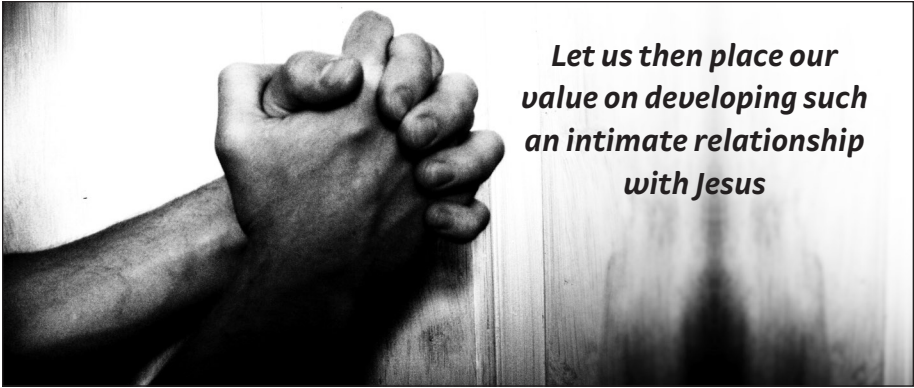
Scripture Reading: John 15:11; Psalm 23:1; John 10:10

Devotional

Quite often we have a tendency to accumulate things in our home. During those special times of the year, when we receive gifts or we buy too much on impulse when we see bargains, we tend to feel overwhelmed as to what to do with them. Sometimes we can put the extras aside with the hope of sorting them out later or we put them somewhere and then forget to use them. Have you ever had that experience?



When we live in a place for a long time, it is easy to overlook the things that once seemed to clutter our space. Spring-cleaning is a wonderful experience to go through, but as we 'go through' our dearly loved possessions that we have come to value and appreciate over the years, we find that it is hard to give things away, let alone the thought of "getting rid of".



***Let us then place our
value on developing such
an intimate relationship
with Jesus***

I love going through my possessions and “getting rid” of things that I no longer need and use. I dwell on the thought “it’s more blessed to give than to receive”. Over the years, I have found that the less I have, the better I feel. ‘Why is that’, one may ask? It is because I have found that if there is too much of everything or we get too materialistic with the things of the world, we miss out on the important things in life.

Clutter robs many people of joy, and yet brings happiness to some. These people are hoarders and store everything they can get. God made us with different personalities so that we can enrich each other’s life.

God’s desire for us is to enjoy His blessings and to become the person He created us to be. If our lives are cluttered with the things of the world and we do not have time to spend with Him in prayer, then we will find that we are missing out on His blessing because our values are placed elsewhere. God the Holy Spirit is always with us and is always trying to get our attention. He often wants to shift our thinking and change our hearts to aim for Godly things. Quite often in the chaos around us, He is unable to reach us because there is so much happening in our lives, in the lives of our loved ones and in our world.

Jesus talks about the joy that is everlasting. You do not need to have the materialistic things of the world to have this joy that Jesus gives. “Life in all its fullness” is the gift that God gives

to everyone who has a personal relationship with Jesus. They will lack nothing good in life just as Psalm 23: 1 says *“The Lord is my Shepherd; I have everything that I need.”* Living life in all its fullness is having Jesus at the centre of your life.

The materialistic things that we value will not always bring us joy unless we learn to develop an intimate relationship with Jesus. When we experience this special relationship, the things of the world will become insignificant as we turn our eyes upon Him.

Let us then place our value on developing such an intimate relationship with Jesus. He wants to give us the “fullness of life”, a free gift of happiness and joy that can only come to us when we spend time with Him in prayer and meditation.

Experience this when you feel that you do not have everything that this world has to offer. The materialistic things are temporary, but the joy that comes from serving the Lord is permanent.

Chorus: *He is able, more than able*

Reading: **The Difference** – “I got up early one morning” (Source - Internet)

Song: SASB 173/TB 548 *Yet once again, by God’s abundant mercy*

Refreshments and Fellowship

Many Hats

Grace Smith, Botwood, Newfoundland

Hats off to women” for their devoted efforts in the home, the church, the workplace and community.

Introduction: Hats off to Women

We often hear the comments: *I can't do anything! I can't sew, knit, sing, play a musical instrument, I can't do this, I can't do that!* In reality, each woman is unique and we all wear different kinds of hats. We have an important role to play in the many lives we touch on a daily basis. Every woman here this evening is special in her own way and so our hats are off to you!

Display Table: Place a vase of flowers in the centre of table. Make a colourful display with a variety of hats.

It's a Joy to Be a Woman

A good woman is content with herself.
 She respects herself and others.
 She is aware of who she is.
 She neither seeks definition from the person she is with,
 Nor does she expect them to read her mind.
 She is quite capable of articulating her needs.
 A good woman is hopeful.
 She is strong enough to work towards making all her dreams come true.
 She knows love and therefore, she gives love.
 She recognizes that her love has great value and will be reciprocated.
 If her love is taken for granted she doesn't stop giving it.
 A good woman has a lot of inspiration, and a lot more endurance.
 She knows that she will be called to inspire others to reach the potential God gave them.



A good woman knows her past, understands her present and moves toward the future.

A good woman “knows” God — not just about God. She knows that with God the world is her playground, but without God she will be the one who's played with.

A good woman does not live in fear of the future because of her past. Instead, she understands that her life experiences are merely lessons, meant to bring her wisdom and unconditional love.

Song: *Lord whose Human Hands* (Tune: *Sun of My Soul*)

O Lord, whose human hands were quick
 To feed the hungry, heal the sick.
 Who love by loving deed expressed.
 Help me to comfort the distressed.
 What is divine about my creed
 If I am blind to human need?
 For You have said they serve You best
 Who serve the helpless and oppressed.
 Lord, may Your love translucent shine
 Through every loving deed of mine.
 That men may see the works I do
 And give the glory all to You.
 Cause me to make a difference, Lord,
 In someone's life today.
 Through deep commitment to Your word,
 Help me reach out, I pray.



Thoughts to Ponder

When we do the best we can, we never know what miracle is wrought in our lives or in the life of another. Helen Keller

I am convinced that the influence of an army of godly women will be incalculable ... In our homes, our churches and our culture. Will you be one of those women? Nancy DeMoss



Suggestions for Entertainment

- A hat parade. Ask several ladies to decorate a hat and show off their latest fashion! Give a first and second prize for the best decorated hats.
- Have the ladies make nine squares on a piece of paper to fill in the blocks with the names of different hats. The leader will call out the names of hats (most are mentioned throughout the program). A prize will be given to the person who has filled in all her squares.

Game: How many hats can you name?

Nurse's	Cook's	Feather
Pillbox	Picture	Straw
Hospitality	Motherhood	Teacher's
Church leader	Home care worker's	
Understanding	Cleanliness	Music
Faith	Dignity	Salvation Army
Breton	Sun	Grandmother
Cashier's	Service	Loving Joyful

Song: Help Me to make a Difference Lord, (TB: 86 Fewster)

Cause me to make a difference, Lord,
In someone's life today.

Through deep commitment to Your word,
Help me reach out, I prayer.

Help me to make a difference, Lord,
Guide me to one in need,
And, with pure love, may I respond
That, hungry soul to feed.

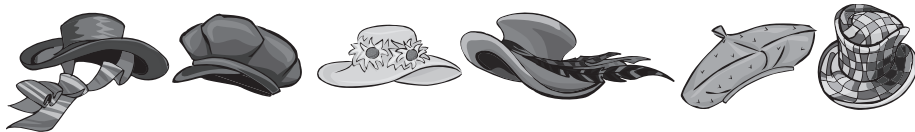
Use me to make a difference Lord,
Whether at work or play;
Showing response to Jesus' love
In all I do and say.

Bless, as I make a difference Lord,
All whom You send my way.
Give them a sense of Your great love.
Use me, O Lord, I pray

Reading: The Beatitudes for Women

BLESSED is she whose daily tasks are a labour of love; for her willing hand and happy heart translate duty into privilege, and her labour becomes a HAT OF SERVICE to God and all mankind.

BLESSED is she who opens the door to welcome both stranger and well loved friend; for her gracious HOSPITALITY HAT is a test of brotherly love.



BLESSED is she who mends stockings and toys and broken hearts; for her UNDERSTANDING HAT is a balm to humanity.

BLESSED is she who scours and scrubs; for well she knows that her CLEANLINESS HAT is one expression of Godliness.

BLESSED is she whom children love; for to wear a LOVING HAT toward a child is more valued than fortune or fame.

BLESSED is she who sings at her work; for her MUSIC HAT lightens the heaviest load and brightens the dulllest chore.

BLESSED is she who dusts away doubt and fear and sweeps out the cobwebs of confusion; for her HAT OF FAITH will triumph over all adversity.

BLESSED is she who serves laughter and smiles with every meal; for her HAT OF JOY is an aid to mental and physical digestion.

BLESSED is she who preserves the sanctity of the Christian home; for hers is a sacred trust that crowns her with the HAT OF DIGNITY.



leader hat, teacher's hat, nurse's hat, home care worker's hat, cashier's hat, cook's hat and the list goes on. Several of us wear a volunteer's hat by freely giving of our time at the Goodwill Centre, the Health Care Centre, the school breakfast program, the Red Cross and other organizations. Many women wear a volunteer's hat within the church working with the young people, Community Care Ministries, Women's Ministries, music ministry, and various committees.

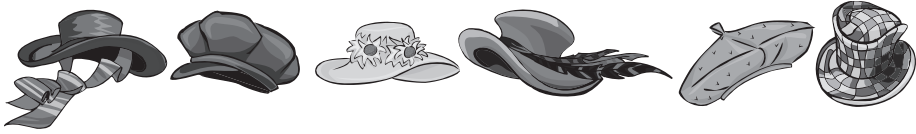
As we wear these different hats we should also be wearing the hats of commitment, patience, love, compassion, understanding and encouragement. We've often heard the expression, "where would the church and community be without women"? Society is justified in saying "hats off to women" for their devoted efforts in the home, the church, the workplace and community. However, sometimes it isn't easy to juggle our many hats to fit into with our daily schedule.

We live in a busy world of perpetual motion and we feel as if we are on a wheel. We stop the wheel long enough to get off to pick up and put back on hats that fell off. The wheel keeps turning and we feel badly about ourselves for not being able to handle it all. We may think that we've been taken advantage of, taken for

Our Many Hats

Remember when hats were in style? Beautiful, wide brimmed hats, the Bonnet with a bow and flowing ribbon, the Breton with the upturned brim, even the Jackie Kennedy Pillbox hat. Who could forget the feather hat? Remember how we shaped the feathers around our face? We thought we looked beautiful! Without our hat on we felt that we weren't really dressed appropriately for church. After a long period, hats are back with a young, modern attitude. Sometimes hats aren't really hats at all ... they serve as titles for the many jobs we do. Some ladies wear several hats. How many hats do you wear?

Looking around this women's group there are, I am sure a variety of hats represented: the motherhood hat, grandmother hat, church



granted. Some would say that we live in a mad world and what can we do about it? Stop the wheel and start with earnest personal prayer and Bible reading

Be still enough to hear God speak words of encouragement, support, comfort, wisdom and grace. It's all a matter of will a choice we make to take more time for God. He knows the many hats we wear but He also knows we need Him. He will help us focus on one hat at a time. He may ask you to hand a hat or two back to

where it came from ... the extra ones you put on out of guilt, pressure and the inability to say "no". The secret is to lay all of our hats at His feet daily and let Him rearrange them. He, the Divine Hat Maker, who gave us these responsibilities, will be in total charge.

Jesus, the ruler of our hearts and homes, will help us make a difference in the lives of those we touch each day, if we humbly wear our hats of service for His glory. To conclude, share with me the following which can, for each one of us be our personal prayer.



Dear Lord:

My hats are so heavy and I'm trying to wear them all at once. I can't! Lord, I lay them at your feet. Take them and put them in the right order; show me how to wear them properly, to walk in Your will. Please help me not to be like Martha who was preoccupied with serving but to be like Mary. Help me to take time to sit at Your feet, to share with You and to walk in Your ways.

I love You and I need You in my busy life. In Jesus name I pray, Amen



"He who began a good work in you will carry it on to completion until the day of Christ Jesus." Philippians 1:6 (NIV)

Getting the Picture

Aylene Finger, Western Australia Division

Introduction Greeting/Theme

Song: *Shine Jesus Shine*

Picture of You: Ask ladies to think of a word that best describes themselves. Once shared, ask other ladies in the group to affirm them.

My Favorite: One picture speaks a thousand words.

Pictures: Ask ladies to share about their favorite picture they have brought to Home League

The Big Picture: Always more than the obvious. Share with the ladies that Home League is part of the Big Picture of The Salvation Army — Corps, Division, Territory and Internationally.

Chorus: SASB Chorus 5 *Ask, ask, ask...*

Game Pictionary: It's all about getting the picture

Jigsaw Puzzle: piecing the whole picture together

Reading: "Picture of A Son" — a story that can be found on the Internet — www.google.com. Go to search and type in "A wealthy man and his son."

The Son

A wealthy man and his son loved to collect rare works of art. They had everything in their collection, from Picasso to Raphael. They would often sit together and admire the great works of art. When the Viet Nam conflict broke out, the son went to war. He was very courageous and

died in battle while rescuing another soldier. The father was notified and grieved deeply for his only son.

About a month later, just before Christmas, there was a knock at the door. A young man stood at the door with a large package in his hands.

He said, "Sir, you don't know me, but I am the soldier for whom your son gave his life. He saved many lives that day, and he was carrying me to safety when a bullet struck him in the heart and he died instantly. He often talked about you, and your love for art.



The young man held out his package. "I know this isn't much. I'm not really a great artist, but I think your son would have wanted you to have this." The father opened the package. It was a portrait of his son, painted by the young man. He stared in awe at the way the soldier had captured the personality of his son in the painting. The father was so drawn to the eyes that his own eyes welled up with tears.

He thanked the young man and offered to pay him for the picture. "Oh, no sir, I could never repay what your son did for me. It's a gift." The father hung the portrait over his mantle. Every time visitors came to his home he took them to see the portrait of his son before he showed them any of the other great works he had collected.



***The Son,
the Son, who'll
take the Son?***

The man died a few months later. There was to be a great auction of his paintings. Many influential people gathered, excited over seeing the great paintings and having an opportunity to purchase one for their collection. On the platform sat the painting of the son.

The auctioneer pounded his gavel. "We will start the bidding with this picture of the son. Who will bid for this picture?" There was silence. Then a voice in the back of the room shouted, "We want to see the famous paintings. Skip this one." But the auctioneer persisted, "Will someone bid for this painting? Who will start the bidding? \$100, \$200?"

Another voice shouted angrily, "We didn't come to see this painting. We came to see the Van Goghs, the Rembrandts. Get on with the real bids!" But still the auctioneer continued, "The son! The son! Who'll take the son?"

Finally, a voice came from the very back of the room. It was the longtime gardener of the man

and his son. "I'll give \$10 for the painting." Being a poor man, it was all he could afford. "We have \$10, who will bid \$20?" "Give it to him for \$10. Let's see the masters." "\$10 is the bid, won't someone bid \$20?" The crowd was becoming angry. They didn't want the picture of the son. They wanted the more worthy investments for their collections. The auctioneer pounded the gavel. "Going once, twice, SOLD for \$10!"

A man sitting on the second row shouted, "Now let's get on with the collection!" The auctioneer laid down his gavel, "I'm sorry, the auction is over." "What about the paintings?"

"I am sorry. When I was called to conduct this auction, I was told of a secret stipulation in the will. I was not allowed to reveal that stipulation until this time. Only the painting of the son would be auctioned. Whoever bought that painting would inherit the entire estate, including the paintings. The man who took the son gets everything!"

God gave his Son 2,000 years ago to die on a cruel cross. Much like the auctioneer, His message today is, "The Son, the Son, who'll take the Son?" Because you see, whoever takes the son, gets everything". *Author unknown*

Song: SASB 371/666 *O What A Wonderful Day*
(one verse only)

Testimony: Prior to the meeting ask someone to share their Spiritual journey — life before and after knowing God.

Chorus: SASB Chorus 173 *I'm Living My Life for Jesus*

Pictures from Scripture: Genesis 1: 1-8 Eve forgot God's big picture, and became the centre of the scene. She settled for a whole lot less.

or

Numbers 13 Caleb's vision of God's land

Refreshments

A Nesting Tea

Kathleen Applin, Eastern Territory, USA

Nesting Information

Nest building is a demanding activity for birds. It takes time to build a nest that provides support, insulation, concealment from predators and shelter for their young. Birds use many different materials in their nest — twigs, grasses, sheep's wool, spider webs, horsehair, feathers, down from plants and animals and mud to help cement it all together.

Ducks and geese will line their nest with down plucked from the female's breast. They pull this layer over the eggs when they leave the nest to help keep them warm and concealed from predators.

Most birds carry nesting materials in the same way they carry their food. Birds of prey carry it in their claws; other species carry it in their bills. During the nesting season it is interesting to watch the birds collecting items to build their nest.

Decorations

Try to find bird printed fabric or tablecloths that depict nature to use for refreshment tables. Make centerpieces using Spanish moss shaped as birds' nests; add coloured hard-boiled eggs and two bird figurines.

Table Favors

Edible nests filled with jellybeans or speckled eggs can be used as table favors. Make Rice Krispie treats using the recipe found on the box but substitute Coca Krispies and add coconut to the mixture. Form it into little balls and make an indentation with your thumb, simulating a nest.

Refreshments

Serve apple slices with peanut butter, dried fruit, nuts, popcorn, sesame or poppy seed muffins, fruit or nut cookies. All of these items contain the favourite treats of birds. Provide a variety of teas with lemon, milk and sugar.



God's Kind of Care

When you look at the intricacy of the nesting and brooding process of birds, you cannot but marvel at the way God has provided for their nurture, care and safety. Whether it is in the selection of the nesting materials, construction of the nest, protection of the eggs or care of the hatchlings, there is wonder in this God-ordained chain of events that perpetuates beautiful birds in our world.

This annual springtime occurrence is a reflection of God's overwhelming care for us. If we look closely at the world around us, we can clearly see God's nurture and concern for us. Even when we drift away from Him, He longs for us to return to His protection and guidance. Through the human race and in our lives personally God has designed a nurturing relationship with us.

Jesus speaks of the divine desire for a nurturing relationship with man in Matthew 23. In a powerful discourse, He drew attention to the way the children of Israel distanced themselves from God in attitude and relationship. Their spiritual blindness reduced their association with God to mere rule and practice. There was no real relationship. Blindness kept them from experiencing God's on-going blessing and seeing His new revelation in Jesus Christ.

At the end of this discourse Jesus reflected on God's true nature and desire. *"O Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed to gather*

your children together, as a hen gathers her chicks under her wings, but you were not willing.” (Matthew 23:37). God clearly prefers a loving, caring relationship as opposed to one of judgment and abandonment. He wants renewal for His children and a return to His nurture and care.



No matter who we are, where we have been or what we may have done, God longs for us to return to a relationship with Him in which He is our protection and guide. It is His desire and plan for us to be nested in His watchful care.

Game

Items Used In Building a Nest

Birds of a	feather
Baa Baa	sheep's wool
Small sticks	twigs
Up and	down
Mow it	grass
___ pies	mud
Strings to capture	spider webs
Equestrian mane	horsehair

Fellowship and Refreshments

Unscramble the Nesting Words

gsiwt _____	twigs
sasgr _____	grass
dmu _____	mud
orshe arih _____	horsehair
phees olow _____	sheep wool
rsfaethe _____	feathers
bew sdipre _____	spider web
wond _____	down



*“The eyes of the Lord run to and fro throughout the whole earth,
to show Himself strong on behalf of those whose heart is loyal to Him.”
(2 Chronicles 16:9)*

Canada

Margaret Butler, Spryfield, Nova Scotia

Decorations: Using the colours red and white gather some Canadian maps, pictures, flags and other Canadian symbols. The dollar stores have a good selection of Canadian items that can be used for prizes or table favors.

Introduction: We live in a picturesque country. We can view beautiful mountains on the west coast of Canada and rugged Newfoundland coastlines in the east. The landscape in between is filled with rolling hills, fertile farm land, flowing rivers and towns and cities that have wonderful attractions. This program is designed to pay tribute to our country of Canada.

Facts about the Provinces of Canada:

Request participation

My name is **British Columbia**,
The jewel of the west coast,
Forestry and fishing are
The things that I do most.

Hi, I am **Alberta**,
A wild west kind of place,
With cows and oil! and mountains
And lots of open space.

I am **Manitoba**,
And I'm Saskatchewan,
We're the golden prairies
Where fields of wheat grow in the sun.

Hi. I am **Ontario**,
The home of our government,
To me each year the leaders
Of our democracy are sent.

Bonjour. I am **Quebec**,
Here French is my language too,



When I want to ask "how are you?"
I say "comment allez vous?"

Newfoundland, New Brunswick,
And Nova Scotia — those are we,
We are Atlantic Provinces
The three musketeers of the sea.

I'm **Prince Edward Island**
And know I may be small,
But without me all the rest of you
Would have no potatoes at all.

The **Yukon, Nunavut and Northwest**
Territories are up north.
Through ice and cold and polar bears
Few brave souls venture forth.

Together we are **Canada**
One nation strong and free
With sharing friends and happiness
Forever we will be.

Song: SASB 994 O Canada

Prayer

Song: *This Land is Your Land*, words and music
by Woody Guthrie

Poem: *They All Call It Canada* — Source
- Internet

Activity: DO YOU KNOW????

Make up posters with the names & pictures of provincial flags, flowers, birds, trees and capital cities — have the ladies try to match each with the correct province (you can easily find these on the Internet) and can be copied. *Could be used as a quiz:*

CANADA

Flower - Maple
Bird - Canada Goose
Tree - Maple
Capital City - Ottawa

British Columbia

Flower - Pacific dogwood
Bird - Steller's Jay
Tree - Western red cedar
Capital City - Victoria

Alberta

Flower Wild Rose
Bird - Great Horned Owl
Tree - Lodgepole Pine
Capital City - Edmonton

Saskatchewan

Flower - Prairie Lily
Bird - Sharp-tailed Grouse
Tree - White Birch
Capital City - Regina

Manitoba

Flower - Prairie Crocus
Bird - Great Grey Owl
Tree - White Spruce
Capital City - Winnipeg

Ontario

Flower - White Trillium
Bird - Common Loon
Tree - Eastern White Pine
Capital City - Toronto

Quebec

Blue Flag - Iris
Bird - Snowy Owl
Tree - Yellow Birch
Capital City - Quebec City

New Brunswick

Flower - Purple Violet
Bird - Black-capped Chickadee
Tree - Balsam Fir
Capital City - Fredericton

Nova Scotia

Flower - Mayflower
Bird - Osprey
Tree - Red Spruce
Capital City - Halifax

Prince Edward Island

Flower - Lady's Slipper
Bird - Blue Jay
Tree - Red Oak
Capital City - Charlottetown



Newfoundland

Flower - Pitcher Plant
Bird - Atlantic Puffin
Tree - Black Spruce
Capital City - St. John's

Yukon

Flower - Fireweed
Bird - Common Raven
Tree - Sub-alpine Fir
Capital City - Yellowknife

Nunavut

Flower - Purple Saxifrage
Bird - Rock Ptarmigan
Tree - None
Capital City - Iqaluit

Northwest Territory

Flower - Mountain Avens
Bird - Grey Falcon
Tree - Tamarack (Larch)
Capital City - Whitehorse

You know you're Canadian if:

- You eat chocolate bars instead of candy bars.
- You get milk in bags as well as cartons and plastic jugs.
- You know what a Robertson screwdriver is.
- You have Canadian Tire money in your kitchen drawers.
- You drink pop, not soda.
- You can eat more than one maple sugar candy without feeling nauseous.
- You were mad at the CBC when "The Beachcombers" were taken off the air.
- You know who "Relic" is/was.
- You know Toronto is NOT a province.

- Driving is better in the winter because the potholes are filled in with frozen snow and slush.
- You can play road hockey on skates.

Canadian Facts: Ask for participation from ladies, each read one the following:

1 ONE DOMINION. Canada is defined by statute as “One Dominion” in the text of the British North America Act (BNA Act), 1867. The Act is now incorporated into the Constitution Act, 1982.

2 TWO OFFICIAL LANGUAGES. Canada has two official languages — English and French. Many languages other than the official languages are spoken across the country. These range from Cree to Chinese but only English and French are officially recognized by the Canadian Constitution.

3 THREE ABORIGINAL PEOPLES. The Canadian Constitution recognizes three aboriginal peoples; two are the Inuit (Eskimo) and one Indian. The customs of these two peoples differ, yet they are racially identical and are the original occupants of the Land. The third group, the Metis are descendants of Indians and Europeans.

4 FOUR REGIONS. The four regions of the country are determined by geography and society. The regions are: Atlantic Canada, Central Canada, Western Canada, and Northern Canada. Atlantic Canada consists of Newfoundland, Nova Scotia, New Brunswick and Prince Edward Island. Central Canada consists of Quebec and Ontario. Western Canada consists of Manitoba, Saskatchewan, Alberta and British Columbia. Northern Canada consists of the Northwest Territory, Yukon and Nunavut.

5 FIVE CLIMATIC ZONES. Meteorologists and geographers have determined that there are five major climatic zones in Canada: the Arctic, Northern, Prairie, Cordilleran, and Pacific. Of these five, only one, the Cordilleran, requires an explanation. Cordilleran refers to the region of the Rocky Mountains. This region constitutes a climatic zone with its own peculiarities.



6 SIX MARITIME AND PRAIRIE PROVINCES. There are three Maritime provinces and three Prairie provinces. Newfoundland is defined as “Atlantic”; British Columbia as “Pacific”; and Ontario and Quebec as “Central”. The number six also refers to the number of letters that comprise the name of the Nation’s capital - O-T-T-A-W-A.

7 GROUP OF SEVEN. The culture of our country is one of its characteristics, and Canadian culture has no better representatives than members of the Group of Seven. This school of painters flourished in the 1920s. It was inspired by Tom Thomson (not a member) and led by Lawren Harris. The group’s name remains something of a misnomer. At the beginning there were seven painters, but over the years the group expanded to embrace a total of 11 artists. Members of this group were the earliest artists to respond in an expressive manner to the country’s northern landscape.

8 EIGHT ATLANTIC AND WESTERN PROVINCES. As noted earlier, there are four Atlantic provinces and four Western provinces.

9 SWEATER NUMBER NINE. No sport is more popular in Canada than hockey. The best way to feature the exciting world of sports and athletics is to feature hockey’s “magic number”. In the numerology of hockey, the magic figure is “No.9”.

Only a “hockey great” has the right to wear that number on his sweater. Number 9 has been worn by such players as: Gordie Howe, Bobby Hull, and Maurice Richard.

10 TEN PROVINCES. Until 1949, there were only nine provinces. That was the year that Britain’s oldest over-sea’s colony, Newfoundland, joined Confederation. This act brought the number of provinces up to the present 10.

11 ELEVEN FIRST MINISTERS. There are 11 so-called “first ministers”. Their group consists of the Prime Minister of Canada, who heads the federal government, plus the 10 provincial premiers, who head their provincial governments.

A Canada Quiz (Answers in bold)

- How many provinces and territories are there in Canada? **(10 provinces, 3 Territories)**
- Name the Canadian territory that was created on April 1, 1999. **(Nunavut)**
- Name the five Great Lakes. **(Erie, Ontario, Huron, Michigan, Superior)**
- What three oceans border Canada? **(Atlantic, Pacific, Arctic)**
- Which river is Canada’s longest? a) The Mackenzie, b) The St. Lawrence, c) The Red, d) The Fraser **(Mackenzie)**
- In which province can you find a Provincial Park famous for its deposits of dinosaur bones? **(Alberta)**
- Name the original provinces that joined together in Confederation. **(New Brunswick, Nova Scotia, Quebec, Ontario)**
- Name the Scottish immigrant, skilled lawyer and Father of Confederation who became Canada’s first prime minister. **(John A. MacDonald)**
- Who is Canada’s Head of State? **(Queen Elizabeth II)**
- Capt. John McCrae served as a medical officer in the First World War and wrote what is considered to be Canada’s most famous war poem. What is it called? **(In Flanders Fields)**

Devotional Thought

We know from Genesis 1: God created this beautiful world. Read Genesis 1 as it will help paint the picture of how God created this magnificent world we live in. The picture described in Genesis of the Garden of Eden is breathtaking. Our first parents Adam and Eve had a wonderful place to live, so why did they leave? Because of sin as recorded in Genesis 3:6, 24.

The greed of leaders has caused many wars, wars that are still being fought. The suffering of children and adults caught in these situations must grieve the heart of God. Christians are oppressed in parts of the world with little hope for their future, yet we live in a country where peace reigns.

We are a blessed people to live in this country, Canada, a land of plenty in many ways. With the opportunity for education, sufficient medical resources, jobs and the privilege to worship. We can’t help but sing the words, “Now thank we all our God, with hearts and hands and voices. Who wondrous things hath done. In whom his world rejoices” written by Martin Rinkart.

We have much to rejoice about, much to thank God for, yet, often we live out our daily lives without much thought for the blessings we have. We celebrate each October the special occasion of Thanksgiving and after all the festivities forget about it until the following year.

The bounty of food, clothing and shelter should evoke words of gratitude to God. The love and care of family and friends should bring us to a place of gratitude toward God for the gift of life and the relationships we are privileged to share. The benefit of clean drinking water to refresh our bodies is a gift to our health and well being for which we should be always grateful.

Take a few minutes to reflect. As you do, create a list of the things you are most grateful for, offering your own prayer of thanks to God.

Song: SASB 12 /TB752 *Now Thank We All Our God*

Benediction and refreshments.



The Pearl of Great Price

Joanne Slater, Australia Eastern Territory

Preparation

Decorate a table to be the centrepiece of your meeting room. Place some rich coloured fabric on the table in tiers, and place a string of artificial pearls over the tiers and a single flower in a vase — simple but elegant and effective.

Ask the ladies who may have pearl necklaces, earrings or brooches to wear them for this occasion.

Program Ideas

Invite the ladies to share when they received their pearls, or their knowledge of pearls.

Songs

- *Seek ye first the Kingdom of God*
- *Jesus, The Name High Over All*
- *Who Is He In Yonder Stall*

Scripture Hunt

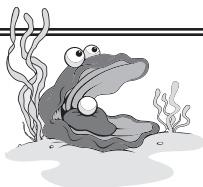
Ask the ladies to find a verse of scripture with the phrase “The Kingdom of Heaven.” Share this verse with each other.

Pearl Quiz: See page 92

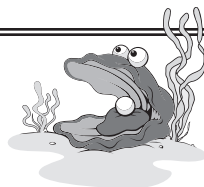
Information on the Pearl

A pearl is a hard, roundish object produced within the soft tissue of a living shelled mollusc. Just like the shell of molluscs, a pearl is composed of calcium carbonate in minute crystalline form, which has been deposited in concentric layers. The ideal pearl is perfectly round and smooth, but many other shapes of pearls (baroque pearls) occur.

The finest quality pearls have been highly valued as gemstones and objects of beauty

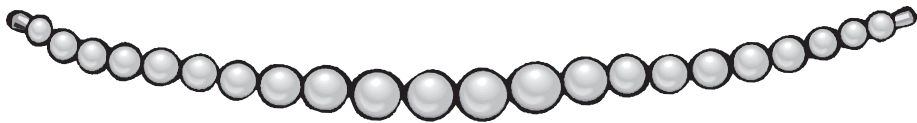


Pearl Quiz



1. The pearl is the birthstone of people born in which month?
 - a. December
 - b. June
 - c. July
 - d. None of the above
2. Pearls are the traditional anniversary gift for which year?
 - a. 5th
 - b. 15th
 - c. 30th
 - d. None of the above
3. Which historical figure is said to have dissolved a pearl in a glass of wine and drunk it to impress a man?
 - a. Cleopatra
 - b. Lady Godiva
 - c. Helen of Troy
 - d. Joan of Arc
4. The rules of European society once forbid everyone except the nobility to:
 - a. Handle pearls
 - b. Wear pearls
 - c. Fish for pearls
 - d. Use pearls in a wedding ceremony
5. Which famous jeweller financed his landmark New York City store by trading two pearl necklaces for the property?
 - a. Charles Lewis Tiffany
 - b. David Yurman
 - c. Jacques Cartier
 - d. Harry Winston
6. Saltwater pearls include:
 - a. Akoya, South Sea and Tahitian
 - b. South Sea, Tahitian and Mabé
 - c. Tahitian, akoya and blister
 - d. Mabé, Tahitian and South Sea
7. Pearls are graded on several characteristics. They include size, shape, surface quality and:
 - a. Nacre thickness
 - b. Matching
 - c. Colour
 - d. All of the above
8. A 12-13 inch pearl strand is known as a collar, a 14-16 inch strand is a choker. A matinee is 20-24 inches. Opera length is 28-34 inches, a rope is over 45 inches. What is a 17-19 inch pearl strand called?
 - a. Classic
 - b. Princess
 - c. Audrey Hepburn
 - d. None of the above
9. The organic materials that make up a pearl are collectively called:
 - a. Nacre
 - b. Mother-of-pearl
 - c. Lustre
 - d. Overtone
10. Which type of animal produces pearls?
 - a. Oysters
 - b. Molluscs
 - c. Snails
 - d. All of the above

Answers: 1. b, 2. c, 3. a, 4. b, 5. c, 6. a, 7. d, 8. b, 9. a, 10. d



for many centuries, and the word pearl has become a metaphor for something rare, fine, and admirable.

A true pearl is made from layers of nacre, by the same living process as is used in the secretion of the mother of pearl which lines the shell. A "Natural Pearl" is one that formed without any human intervention at all, in the wild, and is very rare. A "cultured pearl", on the other hand, is one that has been formed on a pearl farm. The great majority of pearls on the market are cultured pearls. The unique lustre of pearls depends upon the reflection and refraction of light from the translucent layers. The thinner and more numerous the layers in the pearl, the finer the lustre. The iridescence that pearls display is caused by the overlapping of successive layers, which breaks up light falling on the surface.

Pearls are often white or cream, but the colour can vary quite a lot according to the natural colour of the nacre in the various species of mollusc used. Thus pearls can also be black, or various pastel shades.

Devotions

Matthew 13:44-46.

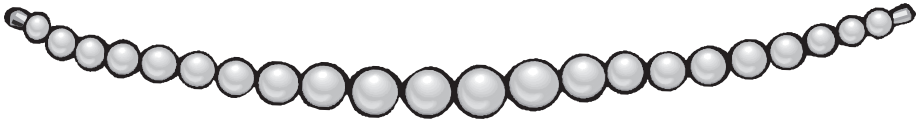
When some of us go shopping, we go mostly with a particular idea in mind, especially when purchasing a gift. We think about who the gift is for, trying to determine what they might like. We may even hear hints of their wishes throughout the year. Sometimes finding the right gift may take a while, but the joy of the search is so worth the effort when hopefully you find what is hoped for, no matter how little or large the gift may be.



***A key value is the pearl
of heaven, for which we can
constantly give thanks***

In searching for God's truth, we travel on the road of assurance because we know He wants us personally to find His grace and discover His Kingdom even more than we do. However, without stretching for His truth, we may not truly appreciate all that He has done for us. Without surrendering to Him completely, letting His Kingdom be fully recognized as what we have longed to find, we would miss its power and beauty.

The Kingdom brings joy, not because its demands are easy, but because it calls us to a life of wholehearted, singularly-focused truth.



1. The Kingdom is spoken of as a hidden treasure, a pearl of great price.
 - Christian character satisfies deeper needs than anything else can.
 - The Kingdom answers to humankind's highest aspirations.
 - The Kingdom is not only a treasure of infinitely finer quality but of longer duration.
2. Many look for a cheap and easy religion today.
 - We are bargain seekers
 - We are looking for instant gratification
 - Many want to use Christ for a convenience
3. The cost of the best.
 - The cost is all that a person has
 - The Kingdom must be first
 - The Kingdom deserves your best: Time, Talents, Treasure, Testimony



The Christian life is often difficult and painful; this cannot be denied. It is valuable, however, in many ways. A key value is the pearl of heaven, for which we can constantly give thanks. This gift of treasure from God, bought with Christ's blood, gives us a godlier attitude toward perseverance in trials.



*I've found the pearl of greatest price, My heart does sing for joy
And sins I must, for Christ I have
O What a Christ have I! (John Mason)*

Hands

Verna Mansell, Toronto, Ontario

Preparation

As members arrive have them trace around their hand on a piece of coloured paper and cut it out.

Several colours could be available. Have ready prepared a large sheet of card on which is drawn a few stems with leaves (but no flowers). Also prepare some circular pieces of card with a split pin through each one to become the flower centers. This will all be used at the start of the message.

Blu-tac could be used if wanting to place them on a blank wall — depends on what is available at the location.

Song: SASB 50/TB 25 *If Human Hearts are Often Tender*

Prayer

Three Stories

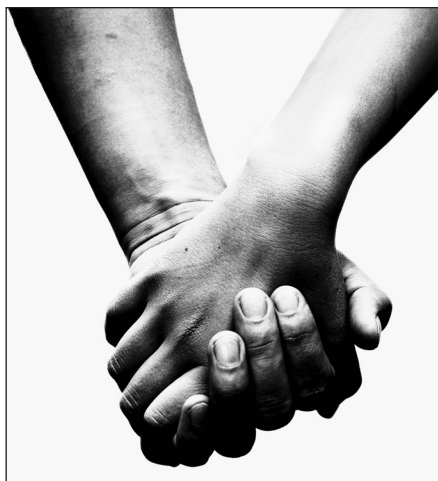
The Touch that Brought Comfort

On August 24, 1999 shortly after John Kennedy Jr. lost his life in an airplane crash, Chelsea Clinton joined his sister Caroline Kennedy's family for a sailing trip in the waters off of Martha's Vineyard. It was the first outing since the July 16th crash that devastated the Kennedy family. Chelsea bonded with Caroline's 3 children and they had a good time. There were moments of sadness and grief as Caroline reflected on the loss of her brother. John loved the clay cliffs of Gay Head close to where he used to kayak. In the morning sun the cliffs were a riot of colour — green, gold, red and various shades of brown. As Caroline stood alone on the boat's deck and gazed at the cliffs her chest heaved and she wiped away a tear. Chelsea noticed her anguish and went to her. She gently squeezed her hand and gave her the assurance that she was not alone in grief and anguish.

It is a lovely moment between friends — a warm and loving person can relax and open their heart to another — that's all we have to do when words fail us.

Representing a Kindly Spirit

A dentist with his wife and their children lived in Kabul but were anxious to move to a safer area where there was less strife their children could go to school and feel safe. Eventually after much fear, hesitation and trepidation they finally packed all their possessions and moved to a safer place. Upon arrival at their "safe haven" they started arranging where they would place furniture, hang pictures to make it look like home. A picture was hung of Jesus in a prominent place on the living room wall. People came by bringing gifts to welcome them to the neighbourhood. A Muslim lady came to welcome her new neighbour and was invited into the house, she was startled to see a picture of Jesus on the wall. She expressed surprise and delight as she had been praying for a long time that someone would come to the neighbourhood and be able to tell her about Jesus.





Bravery and Sacrifice

A young man was always embarrassed by his Mother's badly scarred hands. He was always curious but never wanted to ask any questions as to how it had happened. Then someone told him that when he was a baby a fire broke out in a room where he was asleep in his crib. In an instant she knew what she had to do — without hesitation she entered the room where the flames were spreading quickly and the smoke was a major irritant but she saved her young son's life. Were we to face similar circumstances would we be willing to act as selflessly not giving a thought to the outcome.

Song: SASB 302/ TB 311 *Rock of Ages*

Quiz

Hand — bag; ball; brake; bell;
 Hand — crafted; cuff; clap;
 Hand — grip; gun; glass
 Hand — kerchief;
 Hand — made; maid
 Hand — out; over
 Hand — picked
 Hand — rail
 Hand — saw; set; shake; spring; stand; some;
 (to) hand
 Hand — work; writing; written;
 Handi — capped; work
 Handle — bar

Chorus: SASB 97 *Send a New Touch of Power on my Soul*

Poem: Hands — Thank you Lord for dirty hands
Judith Peitsch (Source — Internet)

Study of the Hand

The hands are the two intricate, prehensile, multi-fingered body parts normally located at the end of each arm of a human or other primate. They are the chief organs for physically manipulating the environment, used for both gross motor skills (such as grasping a large object) and fine motor skills (such as picking up a small pebble). The fingertips contain some of the densest areas of nerve endings on the body, are the richest source of tactile feedback, and have the greatest positioning capability of the body; thus the sense of touch is intimately associated with hands. Like other paired organs (eyes, ears, legs), each hand is dominantly controlled by the opposing brain hemisphere, and thus handedness, or preferred hand choice for single-handed activities such as writing with a pen, reflects a significant individual trait.

Try to secure a large print of a hand — both sides.



The human hand consists of a broad palm (metacarpus) with 5 digits, attached to the forearm by a joint called the wrist.

The four fingers on the hand are used for the outermost performance; these four digits can be folded over the palm which allows the grasping of objects. Each finger, starting with the one closest to the thumb, has a colloquial name to distinguish it from the others:

- index finger
- middle finger
- ring finger
- little finger or 'pinky'

The thumb is located on one of the sides, parallel to the arm. The thumb can be easily rotated 90°, on a level perpendicular to the palm, unlike the other fingers which can only be rotated approximately 45°. A reliable way of identifying true hands is from the presence of opposable thumbs. Opposable thumbs are identified by the ability to be brought opposite to the fingers, a muscle action known as opposition.

The Master's Hand

If ever your life is out of tune,
And no music soothes the soul,
Seek out The Master whose gentle touch
Will bless you and make you whole.

Like an old violin, weathered and worn
A life may not be so grand,
But may be uplifted, transformed, and renewed
By the touch of The Master's Hand.

Ken Brown

Scripture Reading: Galatians 6:1-10 (v-10 in particular)

Devotional: *Using the paper cut-out hands, take one and show that on its own it is colourful, but is just one paper hand. Collect all hands and*



Many hands can do so much

arrange them to make flowers and attach on to the prepared flower. (Wrist part at centre of flower)

One hand is beautiful, but look at the effect that can be achieved by using many hands together. One hand can do many things, but many hands can do so much more; the job is easier; it gets done quicker. Use your hands to lighten burdens; to greet a friend; to touch another in love; to give a pat on the back; to dry someone's tears ... We could go on and on! You may sometimes think that what you can do is insignificant, but if we all do the little things with our hands, together we will have a big effect. However, we will still perform all of these tasks much better if we have first placed our hands in the hand of Jesus, asking Him to guide us. His hand is always there for us. He is never the one who lets go! If you feel that He is not holding your hand at any time, it is because you have let go.

Do you remember the song that says?

Put your hand in the hand of the Man who stilled the waters

Put your hand in the hand of the Man who calmed the sea.

Take a look at yourself and you will look at others differently

By putting your hand in the hand of the Man from Galilee.



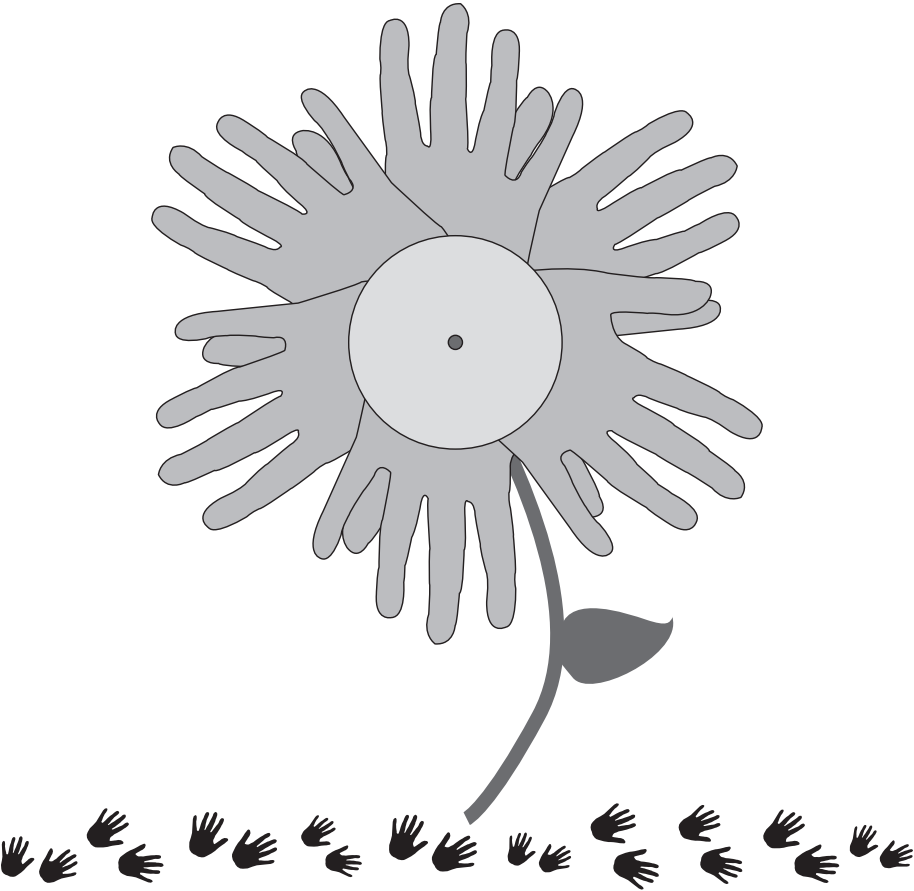
What a difference it will make to your life! We can sing “I’m in His hands” because we know He cares about us, but it is only when we take His hand, and ask Him to lead us in all our living that we can truly say we are following Jesus. To take His hand is a matter of us choosing to do so, we are saying “Yes” to his control. He is waiting for you to reach out.

Song: SASB 732/TB 687 *I shall not fear though darkened clouds may gather round me*

Craft: How to make a flower from hand shapes. Trace each person’s hand on coloured paper on arrival. Use several colours to be able to make several flowers. See example below.

Competition: All answers contain the word “hand”

- | | |
|---------------------------|----------------------|
| Odd-jobs man | Handyman |
| Not new | Secondhand |
| Of fine appearance | Handsome |
| A welcome greeting | Handshake |
| Shackle around wrists | Handcuffs |
| A south-paw | Left-handed |
| Convenient | Handy |
| Curt, casual | Offhand |
| Made by hand | Handicraft/handiwork |
| A disability | Handicap |
| It makes carrying easier | Handle |
| What can fit in your hand | Handful |
| He wrote the ‘Messiah’ | Handel |



Lessons We Learn From The Seasons

Idea from "Focal Point" Australia Southern Territory. Adapted for Cedar Springs by Gwen Hickman, Toronto, Ontario

All creation and all seasons bear God's autograph.

God created the world out of nothing and, so long as we are nothing, He can make something out of us. *Martin Luther*

Expect change! Respond to it! Learn from it!

Your Life

Count your garden by the flowers,
Never by the leaves that fall,
Count your days by golden hours,
Don't remember clouds at all!
Count your nights by stars, not shadows,
Count your life with smiles, not tears.
And with joy in this,
Count your age by friends, not years.

As the years add up, God's faithfulness keeps multiplying.

In our weakest times God's strength is ours to trust,
In our saddest times His compassion is ours to heal,
In all times and seasons His love is ours to share.
Happiness depends on happenings.
Joy depends on Jesus.

May God open ...

...our hearts to His love,
...our minds to His wonders,
...our ears to His voice,
...our lives to His presence.

- Have you ever wondered where the years of your life have gone?
- What is the very first memory you have of your life?
- Can you recall your childhood and how you felt the first day you started school?

When you were young, you most likely couldn't wait to leave school. You longed to be an adult, earn your own money and make all your own decisions.

Then, for some of you, came marriage and then, maybe, children arrived and their needs seemed endless as you wondered if you would ever again have time to totally relax and, just for a while, do what you want to do.

The children grow up and "leave the nest" and you have the time you wished for, but miss your children around you.

As you get older the years seem to go by even faster, yet your life passes a day at a time, at exactly the same pace every day for the allotted 24 hours, for however many years you have lived.

- Can you calculate how many days you have lived so far?
- How many hours?
- How many minutes?

Thank God for His gift of life and every moment He has given for you to live it.

Springtime

Nature is awakening all around
As the plants and grass are starting to grow
For some moisture and warmth are in the ground.
And there's a good feeling winter has left.
Now is such a great time to go outside
Where we all can then enjoy fresh spring air
And see new green grass on the countryside
As it brings hope for another season.
We just know springtime is life at its best
When the animals and mates romp about
And we can watch a bird building its nest
While we see happy children out at play.

O. Lillie Randa



Summer Flowers

Behold the flowers of June! how fair
 And bright their buds appear,
 As, opening to the summer air,
 Our eyes and hearts they cheer!

Who would have thought there could abound
 Such beauty and delight
 Beneath the cold and wintry ground
 That hid those flowers from sight?

That power which made and governs all--
 The mighty power of God--
 Alone could life and beauty call
 Out of the lifeless sod.

And He, who from the Winter's gloom
 Can Summer thus disclose,
 Shall one day make the desert bloom,
 And blossom as the rose. *Source - Unknown*

Autumn Morning

The rarest Autumn morning,
 of leaves set all ablaze.
 The mildest touch of sunlight,
 amid the Autumn haze.
 The booted feet of daybreak,
 falling to the ground,
 The cool clear air a stirring,
 God's poetry profound. *Linda A. Copp*

But ... it's winter now.

It's cold and often dark.
 It's overcast and rainy now.
 We shiver, and sometimes look with fear
 Down darkened lanes -
 You see, it's winter now.
 But winter has its compensations,
 And its own rewards:
 We gather closer to the fire,
 And watch, and talk,
 And even make the time to listen.
 Our hearts are strangely moved.
 And as we feed upon His Word
 We are sustained and warmed.
 We know we can be clothed against the storm.
 And even though it's winter now,
 We are assured that
 Spring will come.
 And, with this perspective,
 Say, "We trust You, Lord" *Ruth Downey*



Name the Nut

A nut common to Hawaii	Macadamia
Favorite nut with monkeys	Peanut
This is a "money" nut.	Cashew
A part of a house	Walnut
A flavorful nut	Almond
A nut that grows on feet	Acorn
A nut that is part of the body	Chestnut
A nut that is the name of a country	Brazil
A letter of the alphabet nut and a can	Pecan
A nut containing milk	Coconut
A nut that is a girl's name.	Hazelnut
A kind of the smoked nut	Hickory
A nut with a centre hole	Donut

Family Blessings

Joyce Yetman, Charlottetown Corps, NL East

Preparation: Set up a display of family photos.

Introduction: When counting our blessings, we often start by naming the members of our families who are such a blessing to us in so many ways. As we watch our children grow and mature as individuals, they amaze us. They grow up so fast — one minute they are wobbly-legged toddlers then suddenly they are grownup young men and women. They leave home, find a partner, marry and have their own families; then come the grandchildren, and we are doubly blessed.

Many of us also have fond memories of our own childhood — of loving parents, a happy home, contentment, and caring for each other. Can you remember coming home from school to a warm house to be greeted by the delicious aroma of supper cooking or cake baking? Do you remember Dad coming in from work, togetherness around the dinner table followed by the evening spent sharing with each other? (none of this TV couch potato stuff!) We felt so very blessed.

Song: SASB 371/TB 666 *O What a Wonderful, Wonderful Day*

Poem: *Fathers Are Wonderful People* — Helen Steiner Rice

Poem: *No Other Love like a Mother's Love* — Helen Steiner Rice

Song: SASB 797/TB 737 *When Mother's of Salem* (verse 1 only)

Scripture: Selected Verses (NIV) - (acrostic — F.A.M.I.L.Y)

John 3:16; Romans 8:28; Proverbs 3:11-12; John 14:2,3; Philippians. 2:3; Psalm 23:4)



Poem: Our Son

A special boy God gave to us one day,
You were placed in our arms for us to lead your way,
The love we had for you right from the very start,
Has grown so much and now it completely fills
our hearts,

Our lives have had some laughter,
We've had our share of tears, But God has given
Each their place within the passing years,
You stand before us now, it's hard to understand
How God has turned our little boy into a fine
young man.

But this one thing remember as you open each
new door,
That as much we do love you, God still loves you
more. *Author Unknown*

Chorus: SASB 61 *Come, Beautiful Christ*

Devotional: Honour Your Parents

Exodus 20:12 — “Honour your father and your mother, that your days maybe long upon the land.”

It was a sad unsigned letter from an elderly mother, “I have only one son”, she wrote, and “who does all sorts of things for other people but hates to do anything for me. He rarely visits me although I live only 8 minutes away. He seldom even phones”. How sad — so close and yet so far away.

God puts a high priority on family relationships throughout life — so says the 5th commandment.

On the surface it seems to speak directly to children, but parents must set the example. Children learn to honour, respect and obey their parents when they see mom and dad honouring and respecting each other when they feel respected, affirmed, and loved by their parents, and when they observe their parents' obedience to God. This commandment actually touches us all.

How many of us have been as thoughtful of our parents as we could have been? And who among us as parents have been to our children all that we could have been to our children? Although we have broken this commandment, our guilt has been removed by Jesus' death on the cross. He gives us the courage to ask forgiveness of our children and our parents. If they are not living, we can show sincere repentance by strengthening our other family relationships.

We honour God our Heavenly Father when we honour our earthly parents.

"Children who honour their parents
Are doing what's good in God's sight;
Parents who love and admonish,
Are teaching to do what is right."

(RBC Our Daily Bread Sept 15, 1994)

Poem: A Tribute to all Daughters – Helen Steiner Rice

Chorus: It's Beginning To Rain

It's beginning to rain, rain, rain,
Hear the voice of the Father,
Saying, "Whosoever will, come drink of this water",
I promise to pour my Spirit out,
On your sons and daughters,
If you're thirsty and dry, look up to the sky
It's beginning to rain.

Poem: Family Love

A bond that can't be broken, a treasure you
hold dear,
A love that can't be measured, are the things a
family share.

It's the people that you lean on, when things in
life go wrong,
And pulls you through the rough times and helps
you carry on.

It's the willing hands extended, when you're
desperately in need,
And happy smiling faces, when you try and then
succeed.

It's the precious cherished memories of happy
childhood times,
Are things that keep a family close and hold the
ties that bind. *Evangeline Hill*

Chorus: We're Part Of The Family

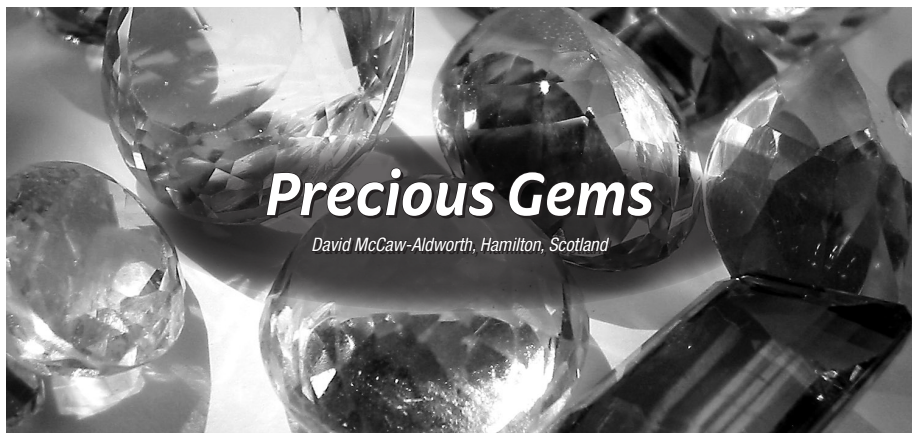
We're part of the family that's been born again
We're part of the family that knows no end,
For Jesus has saved us and made us His own,
We're part of the family that's on our way home.

Benediction

Game: Point Game

Have the ladies list the number of points they get from the following categories — the one with the most points to receive a small prize..

- 10 points for every brother you have
- 10 points for every sister you have
- 20 points if you are married
- 15 points for each child you have
- 5 points for each member of your family
- 5 points for each aunt
- 5 points for each uncle
- Minus 10 point if you did not tell a family member you love them today
- 50 points if you get together for a special time with your family at least once a year
- 10 points if someone in your family is expecting a baby
- 15 points if there was a family wedding this year
- Minus 20 points if you did not talk to a family member on the phone today
- 10 points if you had a family member in for a meal this week



We are all precious to God, just like precious gems, small unique miracles of creation that are very valuable. This has led me to look at Gems in the Bible and more precisely, to two lists of Gems; the first is in Exodus 28:17-21, 29. The second account is in Revelation 21:15-21 where the foundation of the New Jerusalem was described as decorated with precious stones.

Share the reading from Exodus 28:17-21, 29 which describes the breast piece of the high priest Aaron.

Song: SASB 344/TB 819 *I've Found A Friend in Jesus* to the tune *He's the Lily Of The Valley*

Chuckles

Captain to Adherent: "Did you like my sermon on the milk of human kindness"

Adherent to Captain: "Oh yes, but I do wish it had been condensed".

Intro

At the pearly gates there was a queue of men standing as far as the eye could see. The sign said 'for men who are dominated by their wives'. There was another sign which said 'for men who have never been dominated by their wives' with just one man standing at it. St. Peter was curious he asked the man if he was ok and if he was in the right queue. 'Oh yes I am fine' was the reply,

'I know I am in the right queue because my wife told me to stand here'.

In looking at the breast piece I would like to look at a selection of the gemstones.

Ruby

The name Ruby refers to the Latin name for red 'Rufus'. The ruby gemstone is meant to bring good luck to gamblers and also lovers, but we won't dwell on that! Rubies have been mined for the last 2,500 years and have been a prized possession ever since. The ancient Hindus were so enchanted with rubies that they called them Rajinapura which means the 'King of Gems'. Rubies are only second to Diamonds in their hardness, but are more expensive than their harder cousins.

In Scripture rubies are mentioned several times. Two of the references are in connection with the breast piece in Exodus (28:1 and 39:10). Proverbs also has an interesting comparison with rubies.

Proverbs 31:10 *"A wife of noble character who can find? She is worth far more than rubies."*

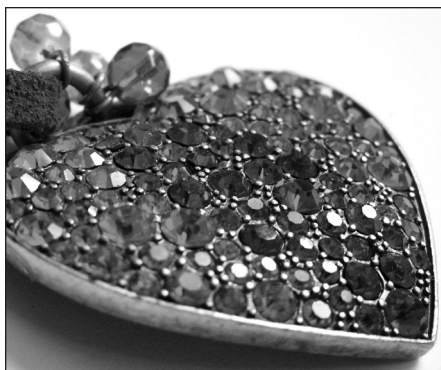
Proverbs 20:15 *"Gold there is, and rubies in abundance, but lips that speak knowledge are a rare jewel."*

Proverbs 3:15 *"She is more precious than rubies; nothing you desire can compare with her."*

Amethyst

There is an interesting mythology surrounding this gemstone. Dionysus was well known for his love of wine, and indeed he was considered to be the god of wine. After a few glasses of wine he became aggressive and argumentative with a passing mortal in the forest who refused to pay the respect due to him as a god. Dionysus, who was at this point more than a little tipsy vowed revenge on the next mortal he saw.

A beautiful young maiden named Amethyst came along. She was on her way to pay tribute to the goddess Diana. Dionysus decided to take his revenge on Amethyst. With a snap of his fingers he summoned two tigers to kill and eat the girl. Amethyst was frightened and called out to the goddess Diana for help. While Dionysus was anticipating what was to happen, Diana changed Amethyst into a statue of glistening white quartz which protected her from the tigers attack



Dionysus realized the error of his ways and started to cry. Tears fell into his wine glass. He then collapsed and the tear soaked wine ran from his glass onto the statue of Amethyst. The white quartz started to absorb the tear stained wine and according to legend the gem that we know today was formed, Amethyst is thus considered the gemstone of the gods.

Mythology apart, Amethyst is considered to be a talisman against drunkenness, and the word "amethyst" is derived from the Amethystos

meaning 'not drunk'. The Amethyst is also meant to hold the power to change anger into tranquility and are considered to have healing and meditative powers. Amethyst was also used in the middle ages to decorate Catholic churches and was considered to be the 'Papal stone'; indeed bishops today still wear amethyst rings.

Whatever the stories or myths, amethyst is a wonderful purple gemstone belonging to the quartz family.

Quiz

Which months are the following birthstones associated with? – (mix them up for the quiz)

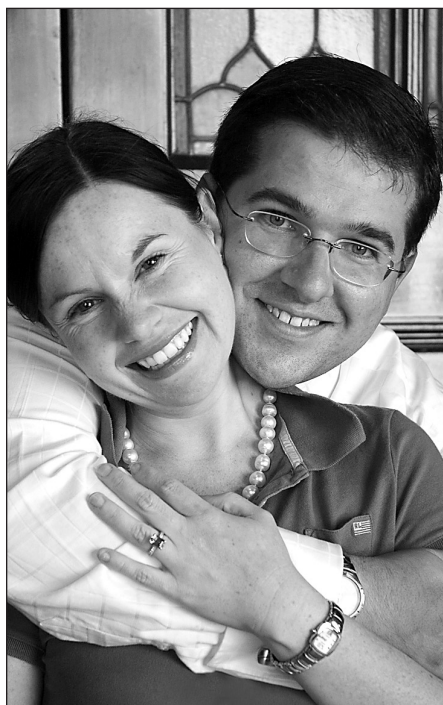
January	Garnet
February	Amethyst
March	Aquamarine or Bloodstone
April	Diamond
May	Emerald
June	Pearl or Moonstone
July	Ruby
August	Peridot or Sardonyx
September	Sapphire or Lapis Lazuli
October	Opal or Pink Tourmaline
November	Topaz or Citrine
December	Turquoise or Zircon

Sapphire

Sapphires are often referred to as the gems of the heavens or celestial gems. This is to do with their blue colouring, the name is derived from the Latin 'sapphirus' meaning blue.

While sapphires are mentioned in the Bible many times, there are others with references referring to precious stones, decorations or thrones of sapphire. A sapphire is mentioned as a stone representing one of the tribes of Israel on the breast plate of Aaron, and also mentioned as a decoration upon the foundations of heaven recorded in Revelation.

Today you can get sapphires from many different parts of the world and the colours range from the traditional blue to yellow, white, purple, lavender, green, orange, bi and tri colour.



Ancient legends have many different stories about sapphires. The first person known to wear sapphires was the legend of Prometheus who took the gemstone from Cacaus where he also stole fire from heaven for man. The Greeks adorned themselves in sapphires while the Persians thought that they were chips from the pedestal that held the earth.

One of the bizarre beliefs about sapphires is from India. It was believed that a sapphire immersed in water formed a magical elixir that could cure a snake or a scorpion bite.

Jasper

Jasper is a gemstone that we sing about in our song book. Trusting him while life shall last, Trusting him till earth be past, Till within the jasper walls; Trusting Jesus, that is all. This is a direct reference to the walls of heaven from the book of Revelation, and also to the decorating of the first foundation of this wall.

The name 'jasper' originates from the Latin name for gem 'lapis'. Jasper was a favourite gem of the ancients with Greek, Hebrew, Assyrian, and Latin literature all containing references to this stone which can be either red, brown, pink, yellow, green, grayish white and shades of blue and purple. No two pieces of jasper are alike, each has its own particular markings.

Quiz: What is the gemstone or precious metal associated with the following anniversaries?

1st	Gold Jewelry
15th	Ruby
2nd	Garnet
20th	Emerald
3rd	Pearls
25th	Silver Jewelry
4th	Blue Topaz
30th	Pearl Jubilee
5th	Sapphire
35th	Emerald
6th	Amethyst
40th	Ruby
7th	Onyx
45th	Sapphire
8th	Tourmaline
50th	Golden Jubilee
9th	Lapis Lazuli
60th	Diamond Jubilee
10th	Diamond Jewelry
65th	Star Sapphire
70th	Sapphire Jubilee
75th	Diamond

Onyx

Sometimes known as black magic the name comes from the Greek word "onyx", which means fingernail or claw. What has this to do with a gemstone you may ask? According to mythology, while the goddess Venus was sleeping Cupid cut her fingernails and allowed them to drop to the floor. Because no part of a god or goddess can die the gods turned them into gems which became known as onyx.



With that in mind, it is no wonder that, according to myth, onyx is believed to encourage the growing of fingernails, hair and also skin. Onyx is also considered to have the ability to soothe souls and banish griefs and bad habits through a better focus.

Whatever thoughts, myths, and traditions may be associated with this gemstone, it was created by God as all things are and clearly depicts God's abilities in the creation of this world.

Onyx has many references within scripture found in the Old Testament, many referring to the preciousness of this gem. (Genesis 2:12; Exodus 28:9; Exodus 28:20; Job 28:16; Ezekiel 28:13)

Turquoise

Turquoise has been mined for the last 7,000 years in Iran and is its national gemstone. The name however comes from the French 'pierre turquoise' which means Turkish stone, as originally the Europeans thought this stone came from Turkey.

Turquoise was a favourite with many throughout history, the Egyptians, Persians, Mongols and also Tibetans valued this stone highly. The Egyptians

used turquoise to make into jewelry and when the person died their jewelry was often buried with the mummified body. In 1900, the tomb of Queen Zer was discovered and her mummified body was wearing a turquoise bracelet making this one of the oldest pieces of jewelry in the world.

Turquoise is mined in many countries around the world from the USA to India, and Australia to Chile, it is also found in England.

Time of reflection

Many people search the earth looking for the rarest of gemstones; other people spend all their time sorting, cutting, grinding and mounting them. Gemstones are like most things that are prized by men, they become unimportant when we get to heaven and are surrounded by the celestial city.

Listen to the description of this city from Scripture: Read Revelation 21:15-21

What is amazing is that we consider jasper and gold to be precious and costly, but in heaven, it is no more precious than concrete or some other earthly building material!

What is important in life is not searching for gemstones to wear; rather it is becoming a gemstone to shine for God, to glow in this world for Him. Let us illuminate God in this world by being His precious treasures here on earth. Put your trust in Him, now and forever.

Song: SASB 754/TB 302 *Simply Trusting Every Day* to the tune *Will ye no' come back again?*

Benediction



"Let God be exalted,. The Rock of my salvation!"
(2 Samuel 22:47)

How have you BEAN?

Deborah Coles, Simcoe, Ontario

Introduction: The worst diseases we struggle with in North America include: heart disease, cancer and diabetes. Studies have shown that our diet is a major factor in our health. These diseases may all POSSIBLY be prevented by proper nutrition.

God the Creator designs things well. What He makes is beneficial. Let us not forget our God, who “daily loadeth us with benefits” (Psalm 68: 19 KJV)

Activities

- Set up a jar of jelly beans. How many beans in the jar? (winner gets the beans)
- How many kind of beans can you name?
- Puzzle: “The Magnificent Bean” (made at puzzle.com)

Preparation: Picture book of “Jack and the Beanstalk”. To add fun to the display, try to get some Beanie Babies!

Story Time: Read “Jack and the Beanstalk”

The Magnificent Bean Devotion

Jack and the Beanstalk: Remember the Story? Once upon a time there was a boy named Jack, who lived with his mother in a small cottage. They were very poor. They struggled along until finally the mother sent Jack to the market to sell their old cow. “At least we’ll have food for a little while, and then I guess we’ll just starve,” sighed the mother. On the way to the market, Jack met an old man who offered to trade five magic beans for the cow. Jack accepted the trade and returned back home with the beans in his pocket.

His mother was horrified! “How could you let him deceive you like that? Now we have nothing!” Furious, she threw the beans out the window. During the night the beans germinated into the soil and a gigantic beanstalk had grown by the

next morning. When Jack saw the huge beanstalk, he immediately decided to climb up it. He arrived in a land high up in the clouds, and he saw a huge castle.

An old woman explained to him that the castle is the home of a terrible, man-eating giant. This giant had killed Jack’s father and stolen their family’s treasure. Jack realized that he had to win back what had been lost.

He entered the castle, but the giant quickly sensed a human was near, and he roared:

Fi-Fie-Fo-Fum! I smell the blood of an Englishman. Be he alive, or be he dead, I’ll grind his bones to make my bread.

However, Jack is saved by the giant’s wife. As he escaped from the palace, he took a bag of gold coins with him.

After Jack and his mother spent the gold, he decided to try his luck again, and once more climbed up the beanstalk. This time, while the giant slept after supper, Jack took a hen which laid golden eggs. Again he is able to escape with the help of the giant’s wife.

The third time Jack climbed the beanstalk, he grabbed a magic harp that played by itself. The harp cried out to the sleeping giant “Help! Help! Someone is taking me away!” The giant chased Jack down the beanstalk, but Jack reached the ground first, grabbed an axe and chopped the beanstalk down. The giant fell to earth, hitting the ground so hard that it split, pulling the beanstalk down with him.

Jack and his mother lived happily ever after with the nasty but talented magic harp and the hen that laid the golden eggs.

Song: SASB 417/TB 608 *Have you BEEN to Jesus*

Chorus: *I’ve BEEN redeemed,*

Scripture: Selected verses from Psalm 103

Devotion: *Jack and the Beanstalk*

Jack and his mother lived in poverty. If only they knew what was rightfully theirs! It seems that the giant in the sky had stolen from them both the protective father of the family and their treasures. We also live in poverty if we do not remember that “our God will meet ALL our needs according to His glorious riches in Christ Jesus.” (Philippians 4:19)

Jack eventually regained the goose that laid the golden eggs, the singing harp and the bag of gold. However he had to take some risks. He struggled, he climbed, he faced new dangers — and he succeeded. What is the lesson for us? Life is not easy, nor is it meant to be. As Christians, we need to leave our comfort zones and become adventurers for God. He will protect and guide us as we do.

When you consider Jack’s bravery, and the courageous actions of the giant’s wife, one might start to wonder why Jack’s mother is the one character in the story that seems fearful. She had already given up hope when we met her at

the very beginning of the story. “Sell the cow and then we’ll die.” “Those worthless beans.” “Don’t climb up there, it’s too dangerous.” “Don’t go back up there!” She was not a very encouraging mother for the adventurous, growing boy. Could the message for us be, Do Not Fear? All through the Bible we are told again and again not to fear, for our God is with us. (Joshua 1:9)

Jellybean Prayer: (this could be made into a bookmark)

Red is for the blood He gave.
Green is for the grass He made.
Yellow is for the sun so bright.
Orange is for the edge of night.
Black is for the sins we made.
White is for the grace He gave.
Purple is for His hour of sorrow.
Pink is for our new tomorrow.

A jar full of Jelly Beans
So colorful and sweet;
is a prayer, is a promise,
is a loved one’s treat



**The Magnificent
BEAN Wordsearch**

BEANBAG
BEANIEBABY
BLACK
BOSTONBAKED
FAVA
FULLOF
GREEN
HAS
JELLY
JUMPING
KIDNEY
LIMA
MIGHTHAVE
STRING
YELLOW

The Night That Was

Taken from: Talks and Skits for Women by Ruth Senter



Narrator: I'll never forget the night as long as I live. It started out just like any other night. I tucked a couple of pieces of hard bread into my tunic and filled my ram's horn with cold water from the well. I kissed my wife goodbye and quietly slipped through the deserted village streets, out to the sheep gate where I started the midnight shift. It was the same routine I had gone through for years. There were the same sheep. I knew them all by name. There were the same shepherds who had always watered the sheep and let them out the gate by the time I got there.

Our sandaled feet made a muffled pat-pat on the same dirt streets I had walked down so often before. The same familiar hills lay, dark and sleepy, just at the edge of town. The sheep turned by instinct and headed out toward the silhouetted slopes. I pulled my loose tunic closer around me as the chill winds of the valley blew into my face. The same stars twinkled in the sky above me. I knew their locations and formations, and night after night, they provided an endless panorama for me.

Yes, everything seemed just the same as every other night. Little did I realize as I plodded along behind my sheep, that this was more than just an ordinary night. It was the night that God had planned since before these Judean hills were even formed. It was a night that would change the lives of men for ages to come. It was to be a very special and holy night.

Music: *O Holy Night* or *Silent Night*

Narrator: As we crossed the flat valley and started up the sleeping slopes out toward the sheep folds, I remember thinking how very peaceful and still the night was. The silence seemed to wrap around us like a gentle coat. As we reached

the top of the hill, I turned to look back over the path by which we had come. There, nestled in the arms of the hills, I saw my town, Bethlehem. The view from the top of the hill was my favorite, and the little town looked so quiet and peaceful that night, sleeping there in the darkness. I thought of all the people there that I knew and loved. Bethlehem — the very place at which God had chosen to step into history. Bethlehem — a very small and ordinary town, and yet, a town that would be remembered for ages to come.

Music: *O Little Town of Bethlehem*

Narrator: Sometimes as we walked out to the hills with our sheep, we talked; but that night each was lost in his own world of thoughts and feelings. I was very tired, and my thoughts kept drifting back to the few coins that were left to buy the next week's flour. I didn't know how we would make them last. Somehow a shepherd's pay just never seemed to be enough for my growing family. And then, just that day, I had gone down to pay my taxes to the Roman government, of whom I was not particularly fond, anyhow. That took a great deal of the precious money we had saved for food. Times were hard, work was scarce, and nights were often long. Life was demanding and routine. But then, that's how things were for the poor shepherds of Bethlehem. At least, that's how things were for the shepherds of Bethlehem until that night when we heard the voices.

Music: *The First Noel*

Narrator: I'm not sure when I first realized that was no ordinary night. The sheep were settled close to each other to keep warm and I had stretched out by the fire. The night noises



seemed distant. Only the soft breathing of the sheep and the crackling of the fire interrupted the stillness. I felt the warmth of the fire. And then I grew vaguely aware of the sound of singing from somewhere beyond us.

Suddenly the routine ended. The darkness disappeared. The stillness was interrupted. My little world was forever changed — changed by that announcement in the sky. Changed by the decree of an eternal God, who stooped to earth and gently lay in her arms a tiny babe — a newborn King.

Music: *Hark The Herald Angels Sing*

Narrator: My mind tried to grasp the meaning of it all. At first I thought I was dreaming. But the angels, their voices and their song all seemed so very real. It was almost as if I could reach out and touch them. But nothing out of the ordinary ever happened to me; nothing unusual ever happened in Bethlehem. This was just an ordinary night and I was just an ordinary shepherd. It couldn't be happening here. It couldn't be happening to me.

But it was, and suddenly I knew that of all the hills in Judea, God had chosen this hill. Of all the shepherds in Bethlehem, God had chosen us. Of all the nights of the ages, God had chosen this very night. No! I was not dreaming.

Never had we scrambled down those grassy slopes so fast as we did that night. Our feet simply would not move fast enough through the darkness down those familiar paths, down into the valley. The village was still sleeping quietly. No one knew its secret. No one but us.

Ye shall find the babe, wrapped in swaddling clothes, lying in a manger, the heavenly voice had said. We came just as we were. My hard bread was still bulging out of my tunic, the cold well water was still in the ram's horn that hung around my waist, and my shepherd's staff was still in my hand. We left our sheep and the warm fire. Joyfully and expectantly, we came to Bethlehem,

Music: *O Come, All Ye Faithful*

Narrator: I knew the streets well; and in no time at all, we found the place. It was just a plain little stable, down a dark alley. The smell of hay and cows and sheep greeted us before we ever stepped through the entrance. It was just like the stables all over Bethlehem, but from the moment I stepped inside, I knew it was a very special place. Somehow I felt as if I were stepping into the palace of a king. As I looked at that tiny form nestled there in the hay, I sensed that I was looking into the face of a very wonderful miracle.

Suddenly it didn't matter that there were only a few coins left for the next week's flour. Suddenly it didn't matter that I was tired and discouraged. Because suddenly, things were different. I knew that God had chosen me to be one of the first to view His gift to the world. And I knew that the baby lying there in the manger was God's gift to me. I would be the same again, because of those voices which had brought the message of comfort and joy to a discouraged and tired shepherd. I knew He had come for me.

Music: *Thou Didst Leave Thy Throne*

Narrator: The stable is empty now, and there are no more songs from the sky. I still work the long hours of the night in order to make a meager living for my family, But I'm not just any ordinary shepherd anymore, because when God touched this earth with His Son, He also touched my life. Where there was once boredom, now there's purpose. Where there was once worry, now there is peace. Where there was once a heavy heart, now there is joy. And He came to Bethlehem not only for us poor shepherds, but He came to bring new life and joy to the world.

Music: *Joy to the World*

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Night Under The Stars

Sharon Wilson, Bermuda

Preparation: To set the atmosphere for the evening we made stars to hang from the ceiling, do sufficient to make it look festive. The color theme was purple and silver with a touch of gold. The stars were made from poster board which the young people started cutting a few months ahead. Everyone assisted with the decorating. Christmas lights in star shapes were hung, people loaned their nativity scenes, some of which were lit, small ones were used as centre pieces on the tables, and others were placed around the hall. Our theme was "They followed His star to Bethlehem". All sections of the corps participated in the "celebration" — it was truly a night to remember.

Introduction and Welcome

- SASB 90/TB 816 The First Noel
- Food Options: Catered, Pot Luck, Just Desserts, Christmas Dinner — whatever works for your group.

Christmas Fun and Laughter: Why Jesus is better than Santa Claus *(Have old and young people participate from all around the room – very effective)*

Santa lives at the North Pole ...
JESUS is everywhere.
Santa rides in a sleigh ...

JESUS rides on the wind and walks on the water.

Santa comes but once a year ...
JESUS is an ever present help.

Santa fills your stockings with goodies ...
JESUS supplies all your needs.

Santa comes down your chimney uninvited ...
JESUS stands at your door and knocks, and then enters your heart when invited.

You have to wait in line to see Santa ...
JESUS is as close as the mention of His name.

Santa lets you sit on his lap ...
JESUS lets you rest in His arms.

Santa doesn't know your name, all he can say is
"Hi little boy or girl, what's your name?" ...

JESUS knew our name before we were born.
Not only does He know our name,
He knows our address too.
He knows our history and future and
He even knows how many hairs are on our heads.

Santa has a belly like a bowl full of jelly ...
JESUS has a heart full of love



All Santa can offer is tinsel and toys...
JESUS offers health, help and hope.

Santa says "You better not cry" ...
JESUS says "Cast all your cares on me for I care
for you."

Santa's little helpers make toys ...
JESUS makes new life, mends wounded hearts,
repairs broken homes and builds mansions.

Santa may make you chuckle but ...
JESUS gives you joy that is your strength.

While Santa puts gifts under your tree ...
JESUS became our gift and died on a tree....
The cross.

We need to put Christ back in CHRISTmas, Jesus
is still the reason for the season.



Game: Christmas Word Scramble

lube misathrisc	Blue Christmas
rats	Stars
lleb	Bell
misathrisc eert	Christmas Tree
wnos	Snow
snoaes	Season
ydaliho	Holiday
sseuj	Jesus
Inseit	Tinsel
dlarnag	Garland
furledonw	Wonderful
rivles	Silver
rolensuoc	Counselor
cenpicr fo ecaep	Prince of Peace
tfisg	Gifts
niotavsal ymra ttlek	Salvation Army Kettle
tdenva	Advent
rdineeer	Reindeer

Game: So you think you know your Christmas carols? Guess the carols from the list of lyrics below.

- A thrill of hope, the weary world rejoices
O Holy Night
- Above thy deep and dreamless sleep
O Little town of Bethlehem
- And to the earth it gave great light
The First Noel
- And unto certain shepherds brought tidings of the same
God rest ye Merry Gentlemen
- Come to Bethlehem and see Him whose birth the angels sing
Angels we have heard on high
- Field and fountain, moor and mountain
We Three Kings
- I have no gift to bring
The little drummer boy
- Let every heart prepare him room
Joy to the World





- Shepherds quake at the sight
Silent Night
- Sing, choirs of angels, sing in exultation
O Come all ye Faithful
- The world in solemn stillness lay
It came upon the midnight clear
- Two turtle doves
Twelve days of Christmas
- The cattle are lowing
Away in a Manger
- O what fun it is to ride on a one horse open sleigh
Jingle Bells

Christmas Praise: SASB 82/TB 322
Hark! the herald angels sing

Scripture: John 1:1-14

Devotional: “WOW”

We are sharing the Miracle of Christmas — WOW, the same forwards and backwards, what a magical time of year. Can you feel it? A baby born two thousand years ago in a darkened stable on a Bethlehem hillside reaches out across the centuries and, in an instant, our lives are transformed. We slow down. We stop and notice one another — to really see. Sagging spirits lifted — hearts flutter. The air is electric with — excited shoppers, children’s laughter and shouts of praise! WOW! It’s Christmas!

Throughout the season we remember the spirit of the three Magi who brought gifts to the Christ child. John tells us: “That God sent His Son to be the Light of the world.” And just as these wise men followed a brilliant star to find Him more than

two thousand years ago, bringing their gifts from distant lands, so we seek His glory, bringing our own gifts of love, gratitude and, joy.

A little African boy gives a ‘double gift’ — The boy was listening carefully as his teacher explained why it is that Christians give presents to each other on Christmas day. “The gift is an expression of our joy over the birth of Jesus and our friendship for each other”, she said. The young boy decided to give his teacher a gift to remember and brought

her a sea shell of lustrous beauty. “Where did you find such a beautiful shell?” the teacher asked as she gently fingered the gift. The young boy told her that there was only one spot where such extraordinary shells could be found. When he named the place, several miles away, the teacher was left speechless. “Why ... why, it’s gorgeous ... wonderful, but you shouldn’t have gone all that way to get a gift for me. His eyes brightening, the boy answered,” “LONG WALK PART OF GIFT.” Whether we give the gesture of a loving deed — as in the story of this African boy’s double gift, we are celebrating and sharing the miracle of His birth (double gift) and His death — with one another.

John Whitter writes: “Little blessings, somehow, not only for Christmas but all the long year through, the joy that you give to others, is the joy that comes back to you, and the more you spend in blessing, the poor and sad, the more of your heart’s possessing, returns to make you glad.”

Remember — love is a gift from the heart of God. (Proverbs 3:5, “Trust in the Lord ...” Psalm 9: 1- “I will praise Thee Oh Lord; with my whole





heart.") As this Christmas Season draws near let us come again not to a manger but to the Cross — where Jesus gave Himself for our sins and find forgiveness and love — remembering the greatest gift you can give God — is to accept His Son Jesus, as your personal Saviour and friend and then may each gift shared be an act from the heart — your way of sharing the miracle of His Birth, with those you love, this and every Christmas. So once again WOW! It's a magical time of year! Read Isaiah 9:6.

Let us approach Christmas with awe and remember when the wise men beheld the star in the east, They rejoiced with exceeding great joy ... fell down and worshipped Him. (Matthew 2: 10,11.

The song writer penned these words "Come and Worship, Worship Christ the Lord." That similar joy of His coming into our lives that we share with one another. As we reach out to celebrate and rejoice with others during this magical time, I pray, that Christmas will bring to you the warmth of friendship, the spirit of love, and most of all the peace of God! Amen!

Chorus: *Emanuel, Emanuel,
His name is called Emanuel,
God with us revealed in us,
His name is called Emanuel.*

Benediction

Closing Carol: SASB 89/TB 800 *Silent night!
Holy night!*



"God grant you the light of Christmas, which is faith; the warmth of Christmas, which is Love; ... the all of Christmas, which is Christ." (Wilda English)



Gingerbread Christmas

Jennifer Reid, Fredericton, New Brunswick

Welcome: As the ladies arrive serve Hot Chocolate with a candy cane or Hot Apple Cider with Cinnamon stick with Christmas Music playing in the background.

Decorations: Set up individual tables of 6-8 people covered with brown packing paper that can be purchased by the roll from a craft store. Smaller rolls can also be purchased at your local bargain store. Tie raffia ribbon around the four sides of the table with a bow in the middle to make it look like a parcel and give it a country effect. For centre pieces have the cookies, tubes of icing and other supplies for decorating the cookies placed in a basket in the centre of each table.

Decorate the room with country decorations and the tree with Gingerbread cookies purchased from local grocery store (homemade would be good!) hang on the tree with raffia ribbon. The scent from the cookies will blend well with the evening.

Have "door prizes" of various Gingerbread items placed under the tree as "give always". These could be done up in brown gift bags tied with raffia ribbon.

Special Music: Guest Vocalist; group of children; instrumental.

Gingerbread House Demonstration

Contact the bakery at one of the larger chains or a local bakery to do a demonstration and give tips on putting together a Gingerbread house.

Christmas Sing-a-Long: Favorite Christmas Carols, for added fun try Karoke!

Decorate Gingerbread Men Cookies:

The ladies will enjoy decorating their own cookies that were purchased or someone could also



make homemade cookies. Supply icing scribbles, these work well to decorate with also used mini M&M's, Smarties. or similar small decorative candy. Provide Gingerbread cellophane bags, can be bought at local bargain store or party supplier to take it home in.

Special Music

Devotional: In preparation for the evening our thoughts have centered on gingerbread and we can think of some of the characteristics that a gingerbread man might compare to that of a Christian.

How many enjoy baking? Some may love to bake a lot, some just a little, or some may not enjoy baking at all. In order to make gingerbread you mix all the ingredients together and form it into dough. Then you roll out the dough and press the gingerbread cookie cutter into the dough to make the shape. You have to press carefully to make perfect the shape of a gingerbread man. You may never have thought of it before, but you and I are a lot like that dough. Jesus Christ has perfectly shaped us and made us each according to His plan and purpose. In Jeremiah 18 we can read about the potter, and verse 6 says, God loves us so much and carefully shapes us to His will when we give ourselves to him.



As you bake and prepare for Christmas remember who has created you and that God has made you perfect in His sight

We've decorated Gingerbread men this evening and what's interesting is that there are no two exactly alike, similar perhaps but not identical. God has made each one of us women in His image, but has made us all different as well. We each have different gifts and abilities that God has given to us, and His desire is that we use these gifts for His glory. Romans 12:6a says, "*we have different gifts, according to the grace given us.*"

A third characteristic of gingerbread is the scent, the aroma they give. Ginger bread has such a sweet aroma that can fill a room. In 2

Corinthians 2:15a & 16b it says, our lives are a fragrance presented by Christ to God. To those who are being saved, we are a life-giving perfume. The fragrance we read about here is not one that we can physically apply or smell like baking. It is the fragrance that comes only through an intimate personal relationship with Christ. Our lives are to be fragrant, filled with the fragrance of Jesus Christ—a sweet smell to those around us. I always love to walk around the department stores where the scents of the various perfumes fill the air from the cosmetic counters. The smell and sweet aroma when you walk into the kitchen when someone is baking. Do people smell the sweet fragrance of Christ as they pass by us whether with a smile or with our attitude?

As you bake and prepare for Christmas remember who has created you and that God has made you perfect in His sight. He desires for us to give ourselves to Him, and He desires to use us for His glory. Just maybe we are more like the gingerbread man than we think!

Christmas Carol: SASB 89/TB 800 *Silent Night*

Refreshments

- Gingerbread Cake with Whipped Cream.
Decorate around the edge of the plate with a crushed candy cane.
- Tea/Coffee; Egg Nog,



Thot: "For somehow, not only at Christmas but all the long year through, the joy that you give to others is the joy that comes back to you."



Table Display: Green tablecloth with poppies attached as a border. The display can consist of any items that the leader can find that relate to the wars of the last century in which Canadian military personnel fought: WW I, WW II, the Korean War, Afghanistan, etc. may include photos, books articles of uniform attire, memorabilia acquired by military personnel in the countries where they served, etc.

Everyone was invited to bring photos of any relatives who have served or are currently serving in the Canadian Forces. These were added to the display as the ladies came in.

Welcome and Announcements

Song: SASB 12/TB 127 *O God Our Help In Ages Past*

Section 1 — In Ages Past ...

Photo display: Ask those who have brought photos to name the person, when and where they served. Highlight other items on display.

Test Your Knowledge

What do you know about Remembrance Day? Here are some questions to test your knowledge: Material from this section was taken from the websites of the Dept. of Veterans' Affairs and the Royal Canadian Legion, and other websites that were found through searching the internet.

Why is Remembrance Day held on Nov. 11th?

At the 11th hour of the 11th day of the 11th month in 1918, the armistice of WW I was signed. It has remained a time for remembering all those who have given their lives in WW I and all subsequent wars, armed conflicts and peacekeeping missions.

The first Remembrance Day was conducted in 1919 throughout the Commonwealth. Originally called Armistice Day, it commemorated the end of the First World War on Monday, November 11, 1918, at 11 a.m.: the eleventh hour of the eleventh day of the eleventh month. From 1923 to 1931, Armistice Day was held on the Monday of the week in which November 11 fell. Thanksgiving was also

celebrated on this day. In 1931, MP Allan Neill introduced a bill to hold Armistice Day on a fixed day — November 11. During the bill's introduction, it was decided the word "Remembrance" would be used instead of "Armistice." The bill passed and Remembrance Day was first conducted on November 11, 1931. Thanksgiving Day was moved to October 12 that year.

What are the Books of Remembrance?

The Books of Remembrance are kept in the Peace Tower on Parliament Hill to honour Canadians who died serving Canada in war. There are seven books in all one each for the South African War, WW I, WW II and the Korean War. There is one for the Merchant Navy and another for Newfoundlanders (NL did not join Confederation until 1949). The seventh Book of Remembrance was dedicated in 2005. It honours Canadian Forces men and women who have given their lives in Military service since 1947, and is ongoing.

Are any Veterans of WW I still living?

Yes, As of Nov. 7, 2008, there are 10 verified veterans of the First World War who are still alive. They range in age from 105 to 112. This year is the 90th anniversary of the end of WW I. Approximately 650,000 Canadians served in this war and nearly 69,000 died.

Are any of these surviving WW I veterans Canadian?

Yes. According to Veteran's Affairs Canada, the only surviving Canadian veteran of WW I is Mr. John Babcock, who is 108 years old. Mr. Babcock was born near Kingston and joined the 146th Battalion Expeditionary Force. He traveled to England, and was placed on reserve in the "Boy's Battalion" or "Young Soldiers Battalion" when it was discovered that he was not yet 18 years of age. While he completed his training, the war ended before he was old enough to be sent to the front lines. He later moved to the States, where he served

in the US Army from 1921-1924. He settled in Washington and eventually became an American citizen, but earlier this year expressed a desire to reclaim Canadian citizenship and was recently sworn in as a Canadian citizen.

In WW II, how many Canadians landed on the beaches of Normandy?

About 14,000 Canadians landed in Normandy on D-Day (June 6, 1944), with over 1000 Canadian casualties and more than 400 killed. The concept of D-Day originated during WW I. During WW II, D-Day was used to identify any day there was a planned offensive. It literally means Day-day: the day of an attack. Approximately one million Canadians and Newfoundlanders served in this war, and more than 47,000 gave their lives.

Which war is sometimes referred to as "The Forgotten War"?

For many years, the Korean War (1950-1953) was often forgotten, but approximately 26,000 Canadians served with the Canadian Army Special Forces in this war, and 516 of them died. This year marks the 55th anniversary of the end of the Korean War.

There is a bronze statue of a Canadian soldier in the United Nations Cemetery in Busan, South Korea. The South Korean people have taken time and expense to honour those from other countries who gave their lives for South Korea's freedom. Canadian Veterans of this war also meet across Canada to participate in an effort called "Turn Toward Busan." They share in a time of remembrance at exactly the same time (note there is a thirteen hour time difference) as the ceremony takes place in the UN cemetery in Busan.

When was the Year of the Veteran?

The Canadian Government celebrated the Year of the Veteran in 2005 to pay special tribute to Canadian veterans of the wars of the last century. It also coincided with the 60th anniversary of the end of the Second World War.

Where is the tomb of the Unknown Soldier located?

The tomb of the Unknown Soldier is located at the National War Memorial in Ottawa. It holds the remains of an unidentified Canadian soldier who died in France during WW I. All that we know about him is that he was Canadian, he died in France, and he was young. Almost 20,000 of the 80,000 Canadians who died in this war have no identifiable graves. Those who could be identified as Canadian have gravestone inscribed "A Canadian Soldier of the Great War — known unto God." The Canadian Government asked the Commonwealth War Graves Commission to select a grave of an unidentified Canadian soldier in the Vimy Ridge area. His remains were repatriated from France on May 23rd, 2000 and buried at the tomb of the Unknown Soldier on May 25, 2000. The purpose of this tomb is to remind Canadians of the human cost of Canada's commitment to the cause of peace and freedom in the past, the present, and the future.



Why do Canadians wear a poppy on Remembrance Day?

Since 1921, the poppy has served as a symbol of Remembrance, to help us remember those who have fallen in war and military operations. The poppy has been connected with those who have been killed in war since the Napoleonic Wars in the 19th century, especially in the area known as Flanders. For many Canadians, the symbolism of the poppy is understood in the light of Lieut.-Col. John McCrae's well-known poem "In Flanders Fields". As many of you know, he wrote this poem in France in May 1915, after the death of his friend Lt. Alexis Helmer of Ottawa.

Read together: In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders Fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.

Canadian Flag: (A recording of the Last Post and Reveille can be used. Perhaps you may be able to find someone to play this, which would make it more meaningful.)

Please stand as we pause to reflect and remember those who gave of themselves in active service, from the yesterdays to the present day with the playing of the Last Post following which we will observe 2 minutes of silence and Reveille.

Responsive Reading: Invite the ladies to join in the Act of Remembrance as outlined below:

Leader: They shall not grow old as we that are left,
grow old. Age shall not weary them nor the years
condemn. At the going down of the sun, and in
the morning, we will remember them.

Response: We will remember them.

Leader: Our help is in the Lord who made heaven
and earth. Blessed are they that mourn, for they
shall be comforted.

Response: We will remember them.

Leader: God of grace and glory, we reflect in
gratitude today on those who laid down their
lives for freedom and truth.

Response: We will remember them.

Together: O Lord of Hosts be with us yet; lest we
forget. Lest we forget

Section 2 — Be thou our hope while life shall last (present)

Where are our Canadian Troops serving now?

On any given day, about 8,000 Canadian Forces members — one third of our deployable force — are preparing for, engaged in or returning from an overseas mission. (Internet Information)

Information where our troops are serving can be found on the Canadian Department of Defense. Also you will find material of interest that you may want to incorporate into your own Remembrance Program.

Information is also available if you want to “Write to the Troops”

Activity: Post cards for Canadian military personnel in Afghanistan — copy can be through Women’s Ministries at THQ, Canada and Bermuda or through www.forces.gc.ca

Prayer: Pray for military personnel and their families

Section 3 — Our hope for years to come ...

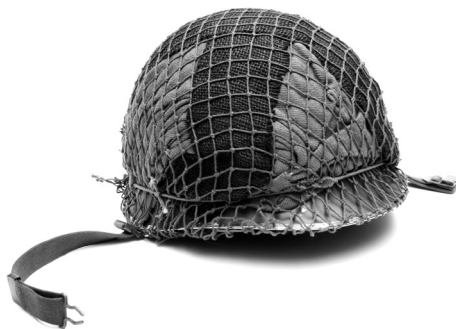
Scripture: Joshua 4: 1-9, Psalm 77:1-12)

We have been talking a lot about remembering. We have remembered soldiers who have given their lives in the service of their country. We have thought of others who fought in some of those same battles and returned home to their families once again. We have brought to mind men and women who are on military service for Canada — at home and some far away. We have thought about families: parents, spouses and children who await their return.

Think for a moment about a time when someone remembered you. Perhaps it was your birthday, or a friend remembered to phone you or sent you a card — just to celebrate the fact that you

were born! Maybe someone in your family went on vacation and brought you back a special treat. When visiting a friend and she offers you a cup of tea, you may be surprised that she remembers exactly how you like it. Being remembered feels good, doesn’t it?

Sometimes, though, we need a little help with our memories. I know of someone who switches around the rings on her fingers when she wants to remember something. If you are list-maker, you have to remember to look at it or even where you put it! Often we see roadside remembrances — where there has been an accident, people leave flowers, or a stuffed toy. For a long time ribbons have acted as a sign of remembrance of men and women who served and still serve in places far from home. A yellow ribbon has many meanings, mostly associated with those waiting for the return of their loved ones or of military troops who are afar serving their country.



One way in which we can help ourselves to remember, is to build things. There is statue in the city of Athens. Probably most would look at it and wonder, “Who is that?” but for the people of Greece, this statue is very important: it is George Averof, who played a significant role at the beginning of the modern Olympic Games movement.

There is a statue of a lion, also in Greece, apparently in the middle of nowhere — there is no city close by. But for those who know the story, it marks the site of the ancient city of Amphipolis, where the apostle Paul once visited. It was made

to commemorate a great victory of the citizens of Amphipolis over some of the other cities nearby. The city is long since gone, but the statue remains to remind future generations of the people of Amphipolis and the battle that they won over their enemies.

In Ottawa we have the national war memorial — a sight that is particularly familiar to us at this time of year as we commemorate Remembrance Day. Tomorrow wreaths will be laid there as Canadians remember the soldiers of so many wars, and those who died on peacekeeping missions as well.

We build monuments of stone or other long-lasting materials so that the memorials may remain for future generations. They help to keep our story alive.

When Joshua led God's people across the Jordan River into the Promised Land, he was commanded by God to build a monument. We read of it in Joshua 4. Why was this monument built? It was built to help the people remember: In the future, when anyone asks "what do these stones mean?" Tell them that the flow of the Jordan was cut off before the ark of the covenant of the Lord. In other words, the visible sign of these piled-up stones would cause future generations to ask questions and so they would learn another part of the story of how God took care of their nation and brought them into the land that he would give them. It was a reminder of how God keeps his promises to his people.

Sometimes, when we are in the midst of difficulties and challenges, we can lose sight of the fact that God is with us. We need something to remind us that God, who has already done many wonderful things for us, is still ready and able to be present with us. The Psalmist had such an experience. In Psalm 77 he asks, "Will the Lord reject us forever? Will he never show his favour again?" But in the midst of his deep distress, the Psalmist remembers what God did in the past, and he is encouraged that God will continue to take care of his people in the future. So he



writes, "I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will meditate on all your works and consider your mighty deeds. . . . You are the God who performs miracles." (Psalm 77:10-14). Remembering the past reminded this poet that God was still with him in the struggles he was facing.

There is one final sign or memorial that I would like for us to think about tonight. Jesus is God's way of assuring us that he is with us in all of life. Before Jesus came to this earth as a human baby, one of the names given to him was "Immanuel — which means God with us." (Matthew 1:23). Jesus was God with us when he taught his followers about the Kingdom of God, when he healed people who were ill, when he was opposed by those he had come to save. He was God with us when, like many who fought to protect human freedom, he suffered a violent death. Through his sacrificial death, we have the gifts of freedom from the punishment for sin and eternal life. And he is with us still. He died, yes, but he was also raised to life. In 2 Timothy 2, we

read, "Remember Jesus Christ, raised from the dead." The sign of an empty cross helps us to remember that Jesus is alive now and present with us through his Holy Spirit. He is still, and always will be, God with us.

On this Remembrance Day let us remember with gratitude those who served our country even, in some cases, at the expense of their very lives. We celebrate Jesus; too, whose death has made

new life possible for each of us. We have much to remember much for which to give thanks.

Let us be patriotic as we reflect on these things, please stand with me as we sing our National Anthem — *O Canada*

Prayer

Remembrance Day Word Search



- | | | |
|----------------|----------|----------------|
| AFGHANISTAN | FREEDOM | PEACEKEEPERS |
| ARMISTICE | GULF WAR | POPPY |
| BOSNIA | KAPYONG | PRINCESS PAT'S |
| BEAUMONT HAMEL | LEGION | PUSAN |
| CEASE FIRE | MILITARY | SACRIFICE |
| D-DAY | NORMANDY | TREATY |
| FATIGUES | NOVEMBER | TROOPS |
| FLAG | O CANADA | VIMY RIDGE |
| FOXHOLE | | YPRES |

Prayer Shawl

Karen Feltham, Bishops Falls, Newfoundland

Try this idea as preparation for your women's day or retreat weekend. Knit a prayer shawl and as you do, pray for each lady who has registered for the event. Keep in mind any special circumstances they may be facing. Write the prayers (anonymously) in a prayer journal thus giving the ladies the opportunity to read them during the event.

During the welcome time present the shawl to the ladies and share with them the prayers already prayed on their behalf. Give an invitation to the ladies to spend some time during the event to wrap themselves in the shawl and receive the prayers and to pray for each other.

The shawl was passed between the ladies, carried to women as they prayed together in adjoining rooms and placed individually over their shoulders as they prayed at the altar. I also included a journal with the shawl so ladies could document the journey of the prayer shawl and pray for the needs that ladies before them may have entered in the journal. It was an exciting journey and the ladies really enjoyed the presence of the shawl and it became a treasured item.

This shawl took on a life of its own. I had fully intended on keeping this shawl after the retreat, but I very quickly realized that this was no longer mine ... it belonged to everyone. Now for my dilemma, what to do with the shawl!

I remembered the movie "Sisterhood of the Traveling Pants." A 'Coming of Age Adventure' based on a best-selling novel by Ann Brashares' book about a special 16th summer in the lives of four lifelong friends who go in different directions, separated for the first time. On a shopping trip, the girls find a pair of thrift-shop jeans that fits each of them perfectly. They decide to use these "magic" pants as a way of keeping in touch over the months ahead, each girl having the jeans to wear during one week to see what good fortune they would bring before sending them on to the next. Though miles



apart, the four friends still experienced life, love and loss together in a summer they would never forget. It was suggested by the producer of the movie that the "jeans are a metaphor." "They linked the girls and became a symbol of their connection. Friendship is one of the most important bonds a person can make and will help you get through whatever you must face in life." Then I got the idea that each lady should take the prayer shawl home for a week and bring it with them to church the following Sunday for the next lady on the list to take home for the subsequent week.

Pattern: Choose a pattern or adapt the following idea:

Knit the shawl on 66 stitches for the number of books in the Bible.


Include a pattern of 3 x 3 blocks over most of the shawl a reminder of the trinity who ministers to our Trinitarian needs of body, mind and spirit.

Include a short section of cable reminding us of the tangles of sin and the need to confess our sins.

A short section can be knit very loose thus creating holes to remind us that our lives are incomplete without a relationship with Jesus. Add tassels on the four corners to remind us of the commands of God, as the Israelites were instructed to do with their garments.

Using a single strand of red crochet cotton or embroidery floss weave a single thread through the shawl to remind us of our sins.

The prayer shawl was knit with white wool: ... *"though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool."* Isaiah 1:18



Resources, Websites

LIFT (Leaders in Fellowship Together) – www.liftaz.org

Join with other women's ministry leaders as they gather for networking, brainstorming, encouragement, training and equipping: retreats for directors and coaching classes for all leaders.

Helpful websites for gathering ideas, themes, devotionals, ice-breakers, sketches, recipes, etc. Many have free downloads. Some have charges, but just browsing them will often speak your own creativity! We have perused these sites and believe them to be acceptable, but have not checked out everything.

www.sweetmonday.org

Sweet Monday is creative evangelism that "reaches out to women one sweet invitation at a time for Christ. "Women laugh a lot, learn from each other and leave with a simple introduction to Jesus Christ." Sweet Monday is also a homegrown, tiny tool that God is using in a BIG way to connect women to each other and Himself.

www.SandysTeaSociety.com

Joining women together in small groups nationwide and beyond and creating a friendship community here online as a place where we can connect with one another and inspire each other with graciousness, hospitality, kindness, and creativity.

www.LWML.org

(Lutheran Women's Missionary League)

Full of ideas, of women who are finding avenues to use their God-given talent as they meet the challenges to share the Gospel message.

www.womenalive.org

Women Alive is a national, Canadian organization that inspires and equips women in their personal, professional and spiritual lives. We are passionately committed to helping women reach their God-given potential.

www.JustBetweenUs.org

A magazine filled with ideas you can use, covering day-to-day issues. Each quarterly issue also features an encouraging and insightful article from author, speaker and pastor's wife Jill Briscoe.

www.WomensMinistry.net

We're thrilled to share our new site with you. Who doesn't enjoy a fresh look every now and then? You'll find loads of new features too. It's lots better than loads of laundry, and it's all women's ministry. And for the first time, you can become a WM Premium Member with unlimited access to:

- 10 years of ministry tips, articles & ideas ... archived and searchable
- Fresh monthly features ... new ideas around every corner
- WM Forum ... good questions, great answers and terrific people too
- WM Get Published ... where readers become published writers

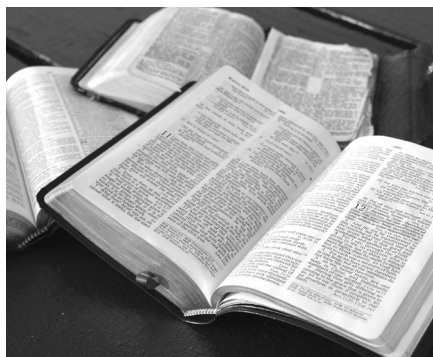
www.EventPlannersFriend.com

Group Games, Crafts and More; Women's Ministry Guide; Retreats – How To Guide

Find 30 books of the Bible

There are thirty books of the Bible *hidden somewhere within* this paragraph. Can you find them? (all you need is the contents page of a Bible and a very sharp eye!)

This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket, on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much he passed it on to some friends. One friend from Illinois worked on this while fishing from his john boat. Another friend studied it while playing his banjo. Elaine



Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving this puzzle so involving, she brews a cup of tea to help her nerves. There will be some names that are really easy to spot. That's a fact. Some people, however, will soon find themselves in a jam, especially since the book names are not necessarily capitalised. Truthfully, from answers we get, we are forced to admit it usually takes a minister or scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new sales record. The local paper, the Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, "the books are all right here in plain view hidden from sight." Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind, that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus, there really are 30 books of the Bible lurking somewhere in this paragraph waiting to be found.

Find 30 books of the Bible

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Acts – Amos – Chronicles – Daniel – Esther – Exodus – Genesis – Hebrews
Hosea – James – Job – Joel – John – Judges – Kings – Lamentations – Luke
Mark – Matthew – Malachi – Nahum – Numbers – Peter – Philemon
Revelation – Romans – Ruth – Samuel – Timothy – Titus

Fund Raising Ideas

Isa McDougald, National Headquarters, Washington

Raising funds to help support CFOT, World Services, divisional and corps projects is an important aspect of women's ministries, but it can be a challenge. The following fundraising events will give you some ideas in which all the women can participate.

A Stay at Home Tea

Staple a tea bag to the cut out of a teacup on which the following poem is printed. Ask the women to mail the teacup to family and friends to raise funds for World Services.

*In the quiet of your home
With a napkin on your knee
We invite you now to share
In a wonderful cup of tea.*

*Please be our honored guest
At this very special tea
And remember all the others
Not as fortunate as we.*

*With a specific goal in mind
We hope you will agree
To send a very thoughtful gift
To benefit missions overseas.*

Patch the Shirt

Place a shirt and colourful patches of material in a box. The box is given to a different woman at each meeting. She sews a patch on the shirt with a donation hidden underneath. At the end of a specified time, the women guess the total amount of money raised. Give a prize to the woman who comes the closest.

Birthday and Blessing Apron

Make an apron with three pockets lettered with "birthday," "blessings" and "answered prayer."



Each week the birthday apron chairman invites the women who've had a birthday that week to put their birthday money in the pocket. If anyone has a special blessing or an answer to prayer, they too can give an offering.

Yule's Plundering

Following Christmas, ask everyone to bring a new wrapped item that they received but can't use. Auction these off to the highest bidder.

Too Much of a Good Thing

This can be held at any time of the year. Ask the women to bring new items that they can't use. The items can either be auctioned off or priced for sale. This could include home grown vegetables, fruit or flowers.

White Elephant Sale

Ask everyone to bring a wrapped package containing something they no longer need. Put price tags on the packages and offer them for sale. In deciding on the price, it is a good idea to get input from the donor.

White Elephant in Reverse

Each wrapped package is accompanied by a disguised description of the contents. The auctioneer reads this description. The highest bidder gets one guess as to the identity of what she purchased. If she guesses correctly, her money is refunded.

A Mile of Pennies

Ask for donations to make a mile of pennies. Fourteen pennies placed side by side measure a foot. There are 5,280 feet in a mile. When the goal is reached you will have \$739.20. A jar can be passed around at each meeting for the women to donate their pennies.

The Ten Cent Apron

Make miniature aprons with a pocket for the dimes. Attach the following verse. Invite the women to send the aprons to family and friends.

*We're sending this apron your way
Please do us a favour this day
Measure your waist line and note the inches.
Don't pull the tape measure 'til it pinches.
Then for each inch please count ten cents
And send us the sum of your measurement.
With the dimes you give,
Our (insert the project) treasury you'll swell
For as the Lord gives us, we give as well.*

Round Robin Basket

Make up an attractive basket filled with small inexpensive items—pins, sewing articles, boxes of tea, a small vase—with the sale price marked on them. The first person takes the basket home, selects one item and puts the cost of the item in the box provided. She adds a new priced item to the basket and passes it to the next person.

Service Sale

Ask each member to write down one service that she would be willing to donate for one time, for example: baking, babysitting, alterations, gardening, shopping. The services are sold to the highest bidder in a silent auction.

Birthday Auction

Quarterly, invite the women whose birthday falls in those months to bring an item to be auctioned. The auctioneer is chosen from women in this group, which helps to encourage rivalry as to who can raise the most money.

Willing Feet

Print the following poem on a cut — out of a foot and stick it on an envelope. The women measure their feet and contribute ten cents for each inch.

*My feet are big, I must admit.
But I like my shoes to fit.
No pinching here, or squeezing there;
Two willing feet it's only fair!
I want to do my fair share.
So measure them with great care.
Ten cents per inch is what is due.
And if 'twere more, I'd give that too.*



Jewellery Sale

Invite the women to send this letter to family and friends as a means of obtaining jewellery for a sale to raise funds for World Missions.

*The world's aflame with hate and strife
Destroying homes and human life,
And in many lands we must confess
There are millions of people in dire distress.
So we are planning a jewellery sale,
For missions abroad and we must not fail.
But in order to carry out our plan
We must first have a shower throughout the land.
So please donate a "jewel" either old or new.
And help a good cause each one of you.*

Household Hints

- When ironing flatwork turn the ironing board so that the iron rests on the narrow end of the board. This gives more ironing surface for the larger pieces.

- Use lemon juice or vinegar to remove rust stains from porcelain, rust stains caused by leaking taps.

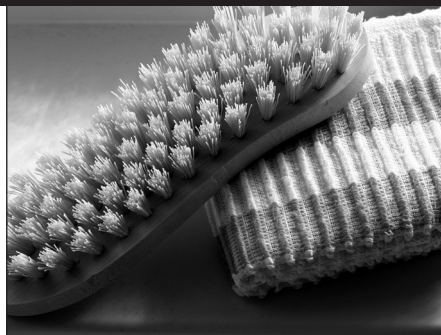
- If you are plagued with dry skin there's a way to cleanse it without using soap and water. Use creamy baby lotion that softens skin, an excellent cleanser. The lotion contains oils that help dissolve soil and make-up, it also contains water to wash it away. Apply the lotion over your face; then wipe off with cotton puffs.

- Too much salt in the soup or stew can be remedied by adding a raw potato, peeled and quartered. Simmer until potato is cooked, then discard it. The potato will absorb a great deal of the salt.

- An ideal spot remover, safe, and without the unpleasant odor that many commercial removers have, is foam shaving cream. Spray foam on soiled spots, rub in gently, allow to sit for a few minutes, then wash off with cool water. This is safe to use on most carpets, upholstery and clothing fabrics.

- Hair spray can be used to remove many types of ballpoint ink. Spray directly on the fabric, wait until you see the ink stain break up, then wash gently with cold water.

- Use the water you have boiled eggs in to water plants. This provides many minerals that promote healthy growth.



- Clear plastic wrap kept in the freezer compartment of the refrigerator will unroll easily, will not stick to itself until it has been out of the freezer for a few minutes

- Instead of using a whole scouring pad for a small pan that is badly burned, crumple a small piece of aluminum foil and use that with a bit of scou'ring powder. Add a few drops of glycerine to the birdbath in cold weather to keep the water from freezing.

- Small magnets hold nylon articles to a shower rod and the garments will dry faster.

- If you scorch an article while ironing, wet the piece and rub cornstarch into the scorched area. Allow it to dry and all traces of scorch will disappear. Only in the worst cases will you have any need to repeat the treatment.

- To ripen peaches, pears or tomatoes quickly, place them in a brown paper bag, with a ripe apple. Poke a hole in the bag and put it in a cool, dark place. The apple will give off ethylene gas and cause the other fruit to ripen. To avoid the unpleasant odor of cabbage being cooked, add a stalk of celery to the water the cabbage is cooking in.

- To keep cut fruit from turning brown, dip it in a mixture of lemon juice and water. Use the juice of one lemon to a litre of water.
- To remove the corn silk from corn on the cob easily, brush towards stalk end with a damp toothbrush; every strand of corn silk will come off.
- For great french fries, soak the cut potatoes in a bowl of cold water for 20 minutes or more before frying. Dry potatoes thoroughly then cook them for a few minutes. Remove potatoes from pan and blot off the grease, and then fry them a second time until golden brown.
- For tender omelets add one tablespoon of water per egg, instead of milk.

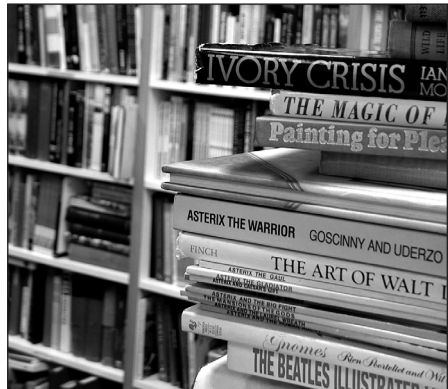


- To remove coffee, tea and juice stains from counter-tops, rub with a paste made of baking soda and water. Let stand for half-an-hour, then rinse.
- When entertaining friends at a hamburger fry, try rolling out the hamburger steak to the desired thickness with a rolling pin, placing the meat between layers of waxed paper so that it will not stick. Cut with biscuit cutter. You will find that method much quicker than the usual way of making patties.

Can you complete the following common cliché's?

Australian Southern Territory — Focal Point Jan-June 2000

... before beauty	<i>Age</i>
... for tennis?	<i>Anyone</i>
Back to the drawing ...	<i>board</i>
Between a ... and a hard place	<i>rock</i>
Bless her little ... socks	<i>cotton</i>
Chalk it up to ...	<i>experience</i>
Don't get ... get even	<i>mad</i>
Don't worry, be ...	<i>happy</i>
Faster than a ... bullet	<i>speeding</i>
Have a nice ...	<i>day</i>
How to win and ... people	<i>influence</i>
It seemed like a good idea at the	<i>time</i>
It takes two to ...	<i>tango</i>
Just what the ... ordered	<i>doctor</i>
... up the good work	<i>Keep</i>
... all the way to the bank	<i>Laughing</i>
Life is just a bowl of ...	<i>cherries</i>
...dressed up as lamb	<i>Mutton</i>



...as a bug in a rug	<i>Snug</i>
The ... must go on	<i>show</i>
The ... is always right	<i>customer</i>
You ain't ... nothing yet	<i>seen</i>
My lips are ...	<i>sealed</i>

Introducing the Shepherd

June Newbury, Toronto, Ontario

Scripture came alive last summer as I traveled to Israel on a spiritual pilgrimage to walk in the footsteps of Jesus. The land of Judea, where so much of the Bible unfolds, has for thousands of years been used for pasturing of sheep. Every inch of the rough terrain had been walked by wandering shepherds. The people of Israel saw the shepherd as a symbol of leadership and protection. Great prophets like Moses, and Israel's greatest King, David were both shepherds by trade. Although Jesus was a carpenter, when He spoke of His loving care for His people He chose to portray himself to us as the "good shepherd", the door of the sheepfold, through whom His sheep can safely go in and

can find pasture, can be protected and cared for. All of these images we find in John 10 in fact Bible Scholars suggest that there are no less than eighteen statements made about Jesus, the Shepherd in the John 10 text.

So, as I write on the image of the shepherd as recorded in Scripture my mind wanders back and forth from Scripture to the land of Israel where I can visualize the shepherd in the fields with his sheep. We talk a lot about soul care and the need to care for ourselves and others as we live such busy lives. With an open heart allow the Holy Spirit to speak into your life through the Word and the imagery of the Shepherd over the next seven days. Embrace the Shepherd!

Understanding the 23rd Psalm

You can better understand the 23rd Psalm when you are acquainted with The Shepherd

The Lord is my Shepherd ... **THAT'S RELATIONSHIP!**

I shall not want ... **THAT'S SUPPLY!**

He maketh me to lie down in green pastures ... **THAT'S REST!**

He leadeth me beside still waters ... **THAT'S REFRESHMENT!**

He restoreth my soul ... **THAT'S HEALING!**

He leadeth me in the paths of righteousness ... **THAT'S GUIDANCE!**

For His names sake ... **THAT'S PURPOSE!**

Yea, though I walk through the valley of the shadow of death ... **THAT'S CHALLENGE!**

I will fear no evil ... **THAT'S ASSURANCE!**

For thou are with me ... **THAT'S FAITHFULNESS!**

Thy rod and thy staff they comfort me ... **THAT'S SHELTER!**

Thou preparest a table before me in the presence of mine enemies ... **THAT'S HOPE!**

Thou anointest my head with oil ... **THAT'S CONSECRATION!**

My cup runneth over ... **THAT'S ABUNDANCE!**

Surely goodness & mercy shall follow me all the days of my life ... **THAT'S BLESSING!**

And I will dwell in the house of the Lord ... **THAT'S SECURITY!**

Forever ... **THAT'S ETERNITY!**

The Shepherd SPEAKS

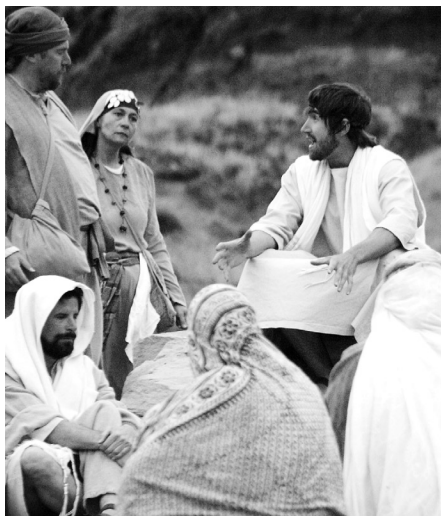
Frances Ridley Havergal wrote song 614 in The Salvation Army Song Book:

*Master speak thy servant heareth,
Waiting for thy gracious word,
Longing for thy voice that cheereth:
Master, let it now be heard.
I am listening, Lord for thee;
What hast thou to say to me?*

"The watchman opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out." John 10:3

We hear many voices. Voices that seek our attention and distract our focus from the things that really matter in life. Our Shepherd longs to teach us the deep things of God. In John 10:3 we are reminded that the sheep listen to the voice of the shepherd. It is only when we are His sheep that we hear Him speak.

Jonah 1:1 reads; *"Now the word of the LORD came unto Jonah the son of Amittai, saying, ..." The prophet Jonah heard the voice of God calling him to go to Nineveh. His mission was to preach repentance to the people so that God's purpose for Israel would be accomplished. But Jonah disobeyed and ran from the voice of God. As a result, Jonah found himself in a situation on a boat endangering the lives of the ship's crew. Disobedience to the Word can put others*



in spiritual danger. On a boat, in the belly of a fish, was the place and time that God chose to provide a second chance for Jonah to hear His voice — this time there was no escaping the voice of God. Sound familiar?

The Word of the Lord comes to us, but I wonder if we pay attention.

The Lord also speaks to us through other believers. How grateful I am for the gift of Christian family and friends. Make a list of the people God has used to speak into your life. Write a prayer of thanksgiving to God to share with each person as a way of encouragement.

Do we listen deeply to His voice?

Do we obey His voice?

Do we run away in disobedience?

The Shepherd CALLS

The watchman opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out." John 10:3

Refer to SASB 614 verse:2

*Speak to me by name, O Master,
Let me know it is to me.
Speak, that I may follow faster,
With a step more firm and free.
Where the Shepherd leads the flock
In the shadow of the rock.*

H. V. Norton in his book "In the Steps of the Master" recounts an experience near Bethlehem when one night he saw two flocks of sheep in a cave which had come together into one communal fold. He wondered how the two flocks could possibly be disentangled in the morning. It was very simple. The next In the morning one of the shepherds stood some distance away and gave his own peculiar call, and immediately his flock ran to him, because they knew his voice. In Palestine, these sheep knew their shepherd's voice and would answer only to his voice. John 10:4 and 5 read; *"When He (the Shepherd) has brought out all of his own, he goes on ahead of them and his sheep follow him because they know his voice. But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger's voice."*

When our name is called by a family member, a close friend or a co-worker it brings a personal connection with the other person. We respond to the call because we know the person calling. We recognize their voice. Along our spiritual journey with the Shepherd, we hear when our name is called. We are called to salvation, holy living, servant hood, to reach out to the poor, feed the hungry, and to spur one another on in the faith. There are moments when our Shepherd calls

our name but we aren't listening. We mistake His voice because our hearts are not in tune to hear Him speak.

In the midst of great despair Mary Magdalene heard her name called. Jesus had just been buried and Mary had gone back to the tomb and found that His body was no longer there. Two angels were seated where Jesus body had been. Mary stood in the garden weeping because she thought someone had taken the body of her Lord when an angel appeared. Mary turned around, and she saw Jesus even though she didn't recognize Him. *"Woman, He said why are you crying? Who are you looking for?"* Mary thought He was the gardener and immediately assumed that he had taken him away. *"Tell me where you have put Him and I will get Him."* In that moment, Jesus called her name. This was a deep personal moment that changed Mary's experience with Jesus. Jesus called her name because He knew His sheep and she knew her shepherd.

An amazing spiritual connection!

Spend some time pondering the words of a song entitled *He knows My Name* written by Tommy Walker.

*I have a Maker
He formed my heart
Before even time began
My life was in his hands*

*I have a Father
He calls me His own
He'll never leave me
No matter where I go*

*He knows my name
He knows my every thought
He sees each tear that falls
And He hears me when I call.*

The Shepherd **LEADS**

The watchman opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out." John 10:3

The Palestinian shepherd led his sheep (He did not drive them), and the sheep followed because they knew his voice. Jesus claimed that He was destined to lead His sheep into new pastures, which implied the ability to impart a depth of spiritual revelation into the heart. The Word of God takes us to new depths of insight as we read, meditate and surrender to the Spirits leading. In surrendering our lives to the will of God for us we experience new pastures. Our Shepherd leads us from one spiritual pasture to another as we learn to grow in Him.

The Shepherd leads

Teach me how to live, O Lord. Lead me along the right path, for my enemies are waiting for me. Psalm 27:11 (New Living Translation)

The Shepherd leads

From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety. Psalm 61:2 (New Living Translation)

The Shepherd leads

And see if there is any wicked or hurtful way in me, and lead me in the way everlasting. Psalm 139:24 (Amplified Bible)

The shepherd also leads us through Prayer. Scripture reveals that Jesus, the Good Shepherd modeled the discipline of prayer. On many occasions Jesus went by Himself to a quiet place to pray. Time with the Father was crucial in His relationship. It was, in those moments that Jesus gained strength to accomplish His purpose on earth. In Prayer we seek the will of the Father for



our lives, in prayer we can hear and listen to the voice of God speak tenderly to our hearts. Prayer refreshes and renews the heart, body and mind. Prayer is relationship with the Shepherd.

The Shepherd leads us towards godly friendships. David and Jonathan experienced a godly friendship and so did Ruth and Naomi. The gift of a godly friend is a treasure to the heart and soul and gives refreshment to the journey of life. Take a few moments to thank the Lord for the godly friends you have.

Conclude by reflecting on the words written by Joseph Henry Gilmore.

*He leadeth me! O blessed thought!
O words with heavenly comfort fraught!
Whate'er I do, where-e'er I be,
Still 'tis God's hand that leadeth me*

*Sometimes 'mid scenes of deepest gloom,
Sometimes where Eden's bowers bloom
By waters still, o'er troubled sea.
Still 'tis His hand that leadeth me*

*He leadeth me he leadeth me!
By His own hand He leadeth me
His faithful follower I would be,
For by His hand He leadeth me.*

CCLI Song No. 62762 © Public Domain Joseph Henry Gilmore / William Batchelder Bradbury

The Shepherd GOES before

When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice." John 10:4

As I glance out into the field I can see the shepherd going ahead of the sheep and the sheep watching closely as they follow along the hillside. This picture helps me to ponder the idea of the good Shepherd going ahead of my every step. Life is a journey with many detours along the way — trials, hardships, joys, and sorrows yet, I am confident of the future because my Shepherd, Jesus goes ahead guiding my path.

Jesus, while living on earth experienced all of the same trials, temptations, hardships, joys and deep sorrows that we experience. Therefore, He knows and understands the day to day walk of life. His presence goes before, all we have to do is follow Him rather than going the journey alone.

Darlene Zschech and Reuben Morgan wrote the words *At the Cross*.

*Oh Lord You've searched me,
You know my way;
Even when I fail You,
I know You love me.*

*Your holy presence
Surrounding me
In every season,
I know You love me;
I know You love me*

Chorus:

*At the cross I bow my knee,
Where Your blood was shed for me,
There's no greater love than this.
You have overcome the grave,
Your glory fills the highest place,
What can separate me now?*

*You go before me, You shield my way,
Your hand upholds me; I know You love me.
And when the earth fades, Falls from my eyes,
And You stand before me, I know You love me;
I know You love me.*

After Moses had presented Joshua to the Israelites to be their new leader he had to remind them that "*The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.*" Deuteronomy 31:8



God knows where we are in our journey of life and paves the way in our circumstances. Job 23: 10 (NIV) states "*He knows the way that I take; when he has tested me, I will come forth as gold.*"

Take sometime to pray then answer the following questions.

- Are you facing a situation where you need the Lord to go before you with His wisdom and insight to make an important decision?
- Are you experiencing deep sorrow that you need His comfort to wrap around your heart?
- For what do you need His strength?

The Shepherd PROTECTS

I am the good shepherd. The good shepherd sacrifices his life for the sheep. The hired hand is not the shepherd who owns the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it." John 10:11, 12



The people of Israel always saw the shepherd as a symbol of leadership and protection. One of the main tasks of being a shepherd was to protect his flock, yet John 10:12 reveals that the shepherd ran and left them unprotected. Instead of thinking of the sheep he thought only of himself and the money he would collect at the end of the day. One of the greatest qualities of a true shepherd is self-sacrifice. If it were necessary the shepherd would risk and even give his life for the sake of the sheep who had strayed or fallen prey to a

wolf. There was noting the shepherd wouldn't do for his sheep.

Jesus, our Shepherd, protects us out of love. There is a deep commitment in our relationship with Jesus. Jesus is not merely doing a job, He is committed to loving us deeply, so deeply that He died to save us in our sinful nature, from the wrath of God so that we could live forever if we only believed in Him. There will never be a time when our Shepherd will leave us unprotected in our journey. His Spirit will comfort our hearts when we experience trials or hardships. His spirit will strengthen us daily. His spirit is all powerful and eternal. The wellbeing of our souls is top priority to Jesus, our Shepherd.

Take a few moments to thank God for providing Jesus, the great Shepherd, who protects your heart and mind from the dangers of life.

Conclude this time of reflection by reading:

*Mercies new and never-failing
Brightly shine through all the past,
Watchful care and loving kindness.
Always near from first to last.
Tender love, divine protection.
Ever with us day and night.
Blessings more than we can number
Strew the path with golden light.*

Hester Periam Hawkins (1846-1928)



*"I rejoice that I am in God's hand – that He is everywhere present
and can protect me in one place as well as another."*

(Ann Hasseltine Judson)

The Shepherd STAYS

The man runs away because he is a hired hand and cares nothing for the sheep.”
John 10:13

This verse contrasts the difference between a hired hand and a genuine shepherd. A hired hand is there because of a personal agenda ... to make money. The hired hand reveals his lack of care and concern for the sheep because he runs away when danger approaches. By doing so, the hired hand leaves the flock unprotected. There is something cold and detached about running away from the sheep when they are vulnerable.

In contrast, the Shepherd genuinely loves his sheep and will sacrifice all to keep them safe.

Willing to sacrifice all means staying with the sheep in the good times and the bad. In times of trouble and in times of joy. Our Shepherd willingly STAYS to care for us. In the midst of our lives Jesus touches the deep pain and wounded ness of our lives with his compassion. He stays with us because he is personally involved and has made a commitment to us. There is safety and security in this knowledge.

Jesus’ words in John 15:4 *“Remain in me, and I will remain in you”* reminds us that the Shepherd is with us as we face every obstacle of life. Our relationship with Christ is a two way street. He remains as long as we remain in Him. The Living Bible says; *“Take care to live in me”*... As we go about our daily routine we can do so with confidence that there is no difficulty to face without the Shepherd close.

The disciples experienced a very personal Jesus for three years. As Jesus went about teaching, healing and performing miracles, the disciples gained an understanding of the care Jesus gave to them and others. When the time came for Jesus to leave them, He gave them the assurance that He, Jesus, would provide the counselor – the

Holy Spirit to be with them. They would not be alone. The Holy Spirit would guide and comfort them – He would stay with them.

Jesus said in John 14: 15-16 *“If you love me, you will obey what I command. And I will ask the Father, and he will give you another Counselor to be with you forever – the spirit of truth.”*



Take a few moments to reflect on the words of the children’s song:

*Jesus loves me he will stay
Close beside me all the way.
If I love him when I die
He will take me home on high.*

As you begin each day, know that Jesus, the Good Shepherd stays with you in every moment of every situation. He is close beside you right now!

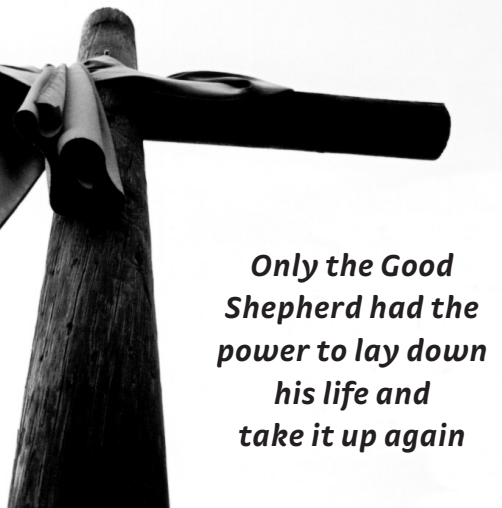
The Shepherd GIVES Eternal Life

The reason my Father loves me is that I lay down my life—only to take it up again. No one likes it from me, but I lay it down of my own accord. I have authority to lay it down and authority take it up again. This command I received from my Father.” At these words the Jews were again divided. John 10:17-19

This passage speaks of the Shepherd who was willing to lay down his life for his sheep. It was a voluntary decision. Only the Good Shepherd had the power to lay down His life and take it up again. He submitted to death and emerged from it victorious, triumphantly alive.

His resurrection proves His authority over all and assures us that the voice we have heard calling us into eternal life is truly the voice of God. The giving of God's Son was the ultimate sacrifice -the shedding of blood brought us back into relationship with the Father with the benefit of Eternal life.

John 10:10 Jesus promises to give life in all it's fullness. “I have come that they may have life, and have it to the full.” This fullness of life is for the present and future. From the moment that we experience the tender care of the Shepherd in salvation, we receive the forgiveness of sin and we have the assurance that we will go to live with Him forever. Each day has new meaning because God shows up in our every moment



***Only the Good
Shepherd had the
power to lay down
his life and
take it up again***

with His abundant grace, everlasting love and overflowing mercy. His grace comes as a healing balm to our wounded souls. His grace comes with the comfort of unconditional love through our Christian family and friends. His mercy is new every morning adding a deep sense joy to our lives. To know the Shepherd is to experience the constant presence of God's spirit in our lives and the promise of eternal life.

Reflect on song 277 in The Salvation Army song book.

*Who comes to me the Saviour said,
To him I freely give
Eternal life; though he were dead
Yet henceforth shall he live.
His Life shall be with gladness filled,
His treasure is on high.
Bright sunshine shall his pathway gild
And he shall never die.*

Write a pray of thanksgiving to God for the gift of Eternal life, through Jesus Christ, our Lord.



Hear the Shepherd's Voice

June Newbury Toronto, Ontario

Text: John 10: 1- 30

A man was having difficulty communicating with his wife and concluded that she was becoming hard of hearing. Without her knowledge he decided to test her level of hearing. One evening he sat in a chair on the far side of the room. Her back was to him, she could not see him. Quietly he whispered, "Can you hear me?" no response. Moving a little closer, he asked again, "Can you hear me now?" Silence. Cautiously he edged closer whispering the same words, but still no answer. In frustration he moved right in behind her chair and said, "Can you hear me now?" To his surprise and amazement, with a high level of exasperation in her voice, "For the fourth time, yes!" I believe this is true about the Christian life as well. The hearing problem may not be with God not speaking but with us not listening!

Throughout the Old Testament you will read many examples where God spoke to his chosen prophet's words of direction, guidance and wisdom in dealing with the people of Israel. Some of the prophets heard His voice and responded in obedience. Exodus 3:10 records a moment in time when God spoke to Moses. *"So now, go, I am sending you to Pharaoh to bring out my people the Israelites out of Egypt."* God saw the living conditions of his people and wanted to free them from bondage. Moses heard at once, however he was reluctant expressing his inadequacy for the task. Sound familiar?

God used a burning bush to speak to Moses while he was tending the flock of his father in law Jethro. At the top of Mount Horeb, an angel of the Lord appeared to Moses in flames of fire from within a bush, yet the bush did not burn.

Can you picture Moses standing in awe of the



***The sheep hear his voice,
and he calls his own sheep
by name ... A stranger
they will not follow,
but they will flee from him,
for they know not the
voice of strangers***

voice he was hearing yet, curious of what was happening? In that moment Moses decided to go over to the burning bush. "I will go over and see this strange sight — why this bush does not burn up. When the Lord saw that Moses had gone over to look, God, called to him from within the bush, Moses! Moses! Moses replied, "Here I am." Exodus 3:3, 4

The willingness of Moses to listen to the voice of God gave him the opportunity to fulfill the special purpose for which God had for Moses and His chosen people — the Israelites. They would not live in bondage much longer for, under the guidance of their leader Moses, the Israelites would move forward into the Promised Land.

As a young child I can remember the voice of God speaking to my heart to accept Him in salvation, and in later years the voice of God calling me, to be a Salvation Army Officer. God's voice has spoken through His Word, godly leaders and friendships but in recent years God's voice has spoken through quiet retreats. The Lord has spoken. *I am with you ... I will comfort you ... I will sustain you ... I have loved you with an everlasting love ... I will restore your broken heart ... I understand your grief ...* The Shepherd is very close and I am known by Him deeply.

The voices we hear are many but the most profound, is that of the Shepherd. Jesus entered a world where the Law of Moses was taught — the old covenant. But God, in His love sent Jesus to fulfill the new covenant, a covenant of grace, a relationship focused on Jesus, who longs to speak into our lives.

Even though the presence of God was here in human form there was no guarantee that people heard him. John 1:11 *"He came to that which was his own but his own did not receive him."* Jesus at one time told His disciples that it was possible to hear, and yet not hear, to see, and yet not see... echoing the word of Yahweh in the commissioning of Isaiah (Mark 4:12; Isaiah 6:9-10). This is the very reason Jesus spoke in parables. Jesus wanted to see if the people were really listening to Him. Facing the spiritual blindness and deafness of those who were plotting his demise, Jesus declared these words. *"He who enters by the door is the shepherd of the sheep. To him the gatekeeper opens. The sheep hear his voice, and he calls his own sheep by name and leads them out. When he has brought them out all his own, he goes before them, and the sheep follow him, for they know his voice. A stranger they will not follow, but they will flee from him, for they know not the voice of strangers".*

Jesus goes on to say; *"I am the Good Shepherd". I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep. And I have other*

sheep that are not of this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd. My sheep hear my voice and I know them and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand.' John 10: 2-5, 14-16, 27

Here, Jesus is talking about family, His true disciples. During Jesus' earthly ministry there were crowds of people wanting to see Him, some for physical healing, curiosity and even some who wanted to catch Jesus in saying something so they would have reason to kill Him.

To hear the voice of God we must be His true disciples willing to listen and respond to the voice of the Shepherd. How do we know we are true disciples of Jesus?

As true disciples we: HEAR THE SHEPHERD PERSONALLY

"He calls his own sheep by name" John 10:3

In John 10:3-5 believers are compared to sheep and Jesus, the Shepherd. The good news of a relationship with Jesus is we are known by the Shepherd therefore when He calls we are familiar with his voice.

It was customary for the shepherds on a hillside tending the flock to gather their sheep at night into a cave to keep them safe. One never knew how many sheep would show up however, it was very interesting in the morning when the shepherd would call his sheep. The sheep all knew their own individual shepherds voice so they only came for their owner.

Jesus knows your name and mine personally and when we hear him speak our name we are in touch with the divine. It isn't a strange voice rather a voice that is familiar. When we have a deep connection with Jesus there is a listening to His voice that happens.

John 20: records for us a very special moment in the life of Mary when she heard her

name spoken by Jesus. It was after the death of Jesus and Mary stood outside the tomb crying. The event unfolds with Mary encountering two angels in the tomb where Jesus' body had been laid. They asked 'why are you weeping'? Mary responded by saying they have taken my Lord away and I don't know where they have put him. At this she turned around and saw Jesus but didn't realize it was Jesus.

"Woman", he said why are you crying? Who is it you are looking for? Mary thought he was the gardener so she says tell me where have you put him and I will get him. Jesus said to her, "Mary". A personal moment, with a personal Saviour. Jesus knew her name.

***The good news of a
relationship with Jesus
is we are known by
the Shepherd therefore
when He calls we are
familiar with his voice***



When Jesus was visiting with Mary and Martha at their home there came a personal moment for Martha when Jesus spoke her name. Her sister Mary just sat at the feet of Jesus while Martha was busy preparing the meal for Jesus and His disciples. This upset Martha so much that she says to Jesus "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me.

Jesus says, "*Martha, Martha you are concerned with many things.*" A very personal moment for both Jesus and Martha... words spoken to teach Martha the most important of all is to be with Jesus.



***If we are not careful
... we will find ourselves
being lead astray
to other beliefs***

Tommy Walker wrote the words "He Knows My Name".

I have a father he calls me his own

He'll never leave me no matter where I roam.

He knows my name. He knows my every thought

*He sees each tear that falls and hears me when
I call.*

As true disciples we are: FAMILIAR WITH THE WAY HE SPEAKS

"The sheep follow him, for they know his voice"

John 10:27

Growing up I knew the voice of my parent's because I lived with them. I was also very familiar with the different tones of their voices and knew immediately when I was in trouble.

A family took a trip to Disney World. In among the crowds of people the young children would go and come as they please because the parents had developed a calling which their children recognized and they would come immediately to their side. They knew the voice because it wasn't just any voice, it was their Mom or Dad.

Many are the voices of the world that call us but there's something different in the voice of Jesus. When we know the Shepherd intimately we are familiar with his voice. The words spoken have deep meaning for our lives.

As true disciples we are able: TO DISCERN WHEN IMPOSTERS SHOW UP TO LEAD

"A stranger they will not follow, but they will flee from him, for they know not the voice of strangers. John 10: 5

When the sheep heard their names called from the cave they wouldn't follow if it wasn't their own shepherd they would never follow an unfamiliar voice.

Paul warned Timothy, "For the time is coming when people will not endure sound teaching, but have itching ears they will accumulate for themselves teachers to suit their own passions, and will turn away from listening to the truth and wander off into myths" 2 Timothy 4:3-4.

True disciples are committed to feeding on sound teaching, not wasting their time on teachings that don't reflect the voice of their

shepherd. If we are not careful to pay attention to the Word in obedience we will find ourselves being led astray to other beliefs.

**As true disciples we: REALIZE
THAT THERE ARE STILL OTHERS
TO BE CALLED**

John 10:16 *"I have other sheep that are not of this sheep pen. I must bring them in also. They too will listen to my voice, and there shall be one flock and one shepherd."*

There were many religious leaders who believed that they were God's chosen. They had studied the law and understood it very well. The problem was, in all their study of the Law, they had missed Jesus. When Jesus came they were not prepared for Him nor would have accepted Him. Rather than seeing Jesus as the fulfillment of the law they rejected Him.

We must come to a place in our own lives when we see our mission in life to win others for the Kingdom of God rather than becoming very comfortable in our Church buildings. We must make room for others within our Christians circles. The voice of Jesus is always calling us out into the pasture, where more sheep can join the community. So, what are we doing to reach others for Christ?



***The voice of Jesus
is always calling us
out into the pasture,
where more sheep
can join the community***

If we are not reaching out to win others God's Kingdom will not grow. Where there is no vision people will perish. Can you hear the voice of the Shepherd speaking and are you willing to respond?



*Follow, I will follow thee, My Lord
Follow ever passing day;
My tomorrows are all known to Thee
Thou wilt keep me all the way.*

Looking Into the Scripture

Read John 10:1-21 and discuss. (Life Application Bible) *25 Minutes*

1. I've always thought of Jesus as:
 - a. superman-coming to my rescue
 - b. hired hand-paid to do a job
 - c. thief-taking away my most prized possession
 - d. shepherd-constant companion, caretaker and guide
 - e. stranger
2. In this story, who do the sheep represent?
 - a. followers (as opposed to leaders)
 - b. all the people of the world
 - c. Christians
3. Why do you think Jesus used sheep in His example?
 - a. they are helpless without a shepherd
 - b. their eyesight is poor
 - c. they are lovable
 - d. they are pretty dumb animals
4. A shepherd who knows his sheep by name has:
 - a. a phenomenal memory
 - b. incredible love
 - c. nothing better to do
 - d. an appreciation of the uniqueness of each sheep
 - e. infinite patience
5. Who has the responsibility for keeping shepherd and sheep together?
 - a. the shepherd to gather and lead the sheep
 - b. the sheep to follow the shepherd
6. The basic point of this story is that:
 - a. Jesus is vigilant against intruders
 - b. Jesus is committed to his sheep

- c. Jesus lays down his life for his sheep
- d. Jesus protects his sheep from anyone who would harm them
- e. Jesus gives his sheep the good life
- f. Jesus wants to expand the fold

My Own Story - 20 Minutes.

1. The nursery rhyme that best describes my relationship to the Good Shepherd is:
 - a. Mary Had a Little Lamb
 - b. Little Bo Peep
 - c. Baa-Baa Black Sheep
 - d. Little Boy Blue
2. If I were to follow the shepherd it would be because I need:
 - a. protection
 - b. to be fed
 - c. security
 - d. someone who knows me by name
 - e. direction
3. When I don't follow the shepherd it's because:
 - a. the grass is greener somewhere else
 - b. I feel like a black sheep
 - c. I've fallen asleep in the grass
 - d. no one else around me is coming along
 - e. I'm too timid
 - f. I don't know any better
4. The most reassuring thing about this passage for me is that:
 - a. Jesus always has His eye on me
 - b. all my needs are met by the Good Shepherd
 - c. I have been accepted just the way I am
 - d. no thief or stranger can take me away from Christ
 - e. others I love will be brought into the fold eventually



Call to Worship: In His Word, God has given us help and direction through the experiences of His people. Think of David. He, like us, found the life-journey filled with temptations and challenges that could enticed him from the path and cause him to stumble. Yet he knew where to look for continued strength and guidance. Listen to David's words from Psalm 28: 6-9.

"Praise be to the Lord, for He has heard my cry for mercy.

The Lord is my strength and my shield; my heart trusts in Him, and I am helped.

My heart leaps for joy and I will give thanks to Him in song.

The Lord is the strength of his people, a fortress of salvation for his anointed one.

Save your people and bless your inheritance; be their shepherd and carry them forever."

Knowing God is our shepherd, we too can travel this life in safety and victory, despite what we may have to face. Let's sing this song as our affirmation and in praise to Him.

Song: SASB 9/TB 221 *Jehovah is our Strength*

Prayer: Instruction from the Word, encouragement from his people.

Worship Segment: Way back in Genesis 48: 15, Jacob spoke of *"the God who has been my shepherd all my life to this day."* If we acknowledge Him as our Shepherd, He will lead us in the way that is best for us, along the path of righteousness. He will provide all we need for life. Psalm 46:4 says... *"There is a river whose streams make glad the city of God..."* It speaks of the river of God's grace, God's life, His provision and presence. Let's praise Him for all that means to us...

Song: *The River is Here* – Andy Park

The pitfalls and storms we face can rob us of our exuberance and joy. However, we can depend on our Shepherd to lead us and restore us. Isaiah 40:11 from The Message reminds us... *"Like a shepherd He will care for his flock, gathering the lambs in His arms, hugging them as he carries them, leading the nursing ewes to good pasture."*

Song: *God Will Make a Way* – Don Moen



Song: *Jesus, Be The Centre* – Michael Frye

Prayer

Tithes and Offerings

Scripture Reading

Song: *Lamb of God* Twila Paris (He is our Shepherd, but also became the Lamb!)

Vocal item: *He Leadeth Me*

Message

Meditation/Appeal

- He is Able
- Shepherd of Love (by John W. Peterson)

Songs

- SASB 845-TB 424 *Saviour, Like a Shepherd*
- SASB 991 *Tis So Sweet to Trust in Jesus*

Benediction

Alternative songs/choruses:

- *Turn Your Eyes Upon Jesus*
- *Be Thou My Vision*
- SASB 53/TB *The King of Love My Shepherd Is*

Visual Aids

- Power Point
- Scriptures used during worship, appropriate backgrounds, pictures.
- Worship Centre with appropriate pictures of the Shepherd.
- A Shepherd's Crook has a lot of symbolic meaning – safety, protection, rescue, marking out the way ahead, discipline in a gentle sense of prodding, guiding. The comfort and security all this gives. Psalm 23.



When we believe that God lovingly seeks our best and that He is vastly more sensitive to us than we are to ourselves, we will seek to hear Him.

When we doubt God's intentions, His intimate caring, or His ability to speak directly and work powerfully in our lives, we may go through the motions ... but we won't be listening expectantly to God. (Martha Thatcher)

Cumulative Index

Outreach Initiatives

Adopt-A-Bed	B 9
Balancing Act	B-25
Be an Evangelistic Group	B-2
Community Drop-In	B-24
Encouraging Those Who Serve	B-1
Getting the Picture	B-3
God's Agents in The City	B-15
Love by the Month	B-19
Love in Action	B-13
Meaningful Memories	B-6
New and Used	B-7
Sharing of Cultures	B-18
Ten Tested Ways	B-21
Welcome your Neighbour	B-17
Won't you be my Neighbour	B-5

Focus Groups

Spiritual Growth

A Beautiful Woman	C-41
A Private House of Prayer	C25
Beauty Within	C-1
Devotional – Remember	C-45
Fresh Ideas	C-3
Fruit of the Spirit Activity	C-7
Going the Distance	C-4
God Blesses Broken Things	C-5
Happiness Quiz	C-35
Helping Others Unmask	C-20
Help a Needy World	C-8
Hidden Springs – Secrets	C-36
Hidden Springs – Forgiveness	C-40
Hidden Springs – Happiness	C-37
How do you keep your Faith Fresh	C32
Influential Characters	C-13
Learning to Talk to God	C-33
Personal Retreat	C-21
Prayer Journaling	C-9

Prayer Walk – A Time to Listen	C-17
Spiritual Development	C-29
The Pearl String	C-14

Fellowship

A Celebration Christmas with Friends	D-3
An Evening Cruise	D-13
A Taste of Christmas	D-7
A Sense of Touch	D-37
A “Wale” of a Night	D-29
Drama – “Better Shape Up”	D-25
Christmas Bon-Bons	D-8
Holy Hobbies	D-20
Jesus, God’s Glory Revealed	D-5
Left Handers	D-34
Me and My Stuff	D-31
Mirror, Mirror on the Wall	D-15
Precious Moments of Blessing	D-1
Secrets	D-21
Shawl, A Hug from God	D-17
Shop ‘Til you Drop	D-4
Social Butterflies	D-12
Use your Loaf	D-9

Healthy Lifestyle

Are You Getting Enough Water	E-18
Creating Space	E-15
Dealing with Anger	E-19
Eat Healthy	E-23
End Winter Blahs	E-25
Handling Stress	E-2
Health and Wellness	E-9
Health Care Helps	E-21
Keeping Fit – Body and Soul	E-3
Recipe for 2010	E-26
Safety Tips	E-27
What Works for Us	E-1
4 Ways to Cancel your Pity Party	E-5
6 Great Ways to Make Your Goal Stick	E-11
18 Ways to Lift Your Spirit	E-8

Pre-School

Building your Child's Self Esteem	F-4
Cabin Fever Busters	F-1
Child Abuse	F-17
Child Care in Church	F-8
Children and Chores	F-23
Create your Safety	F-16
Creating a Home without Creating Debts	F-2
Dealing with the Death of a Pet	F-7
Got 10 Minutes?	F-14
It Counts as Quality Time	F-6
Just for Fun	F-15
Mean Moms	F-5
Ministry Kids have Needs Too	F-24
Parenting Skills – Part 1	F-28
Prayer Station	F-39
Read and Play Café	F-3
Summer Boredom Busters	F-22
10 Tips for Flying	F-21
Themes for Pre School Ministry	F-9
Ways to Praise	F-15

Program Aids for Home League

A Berry Good Night	G-72
And God Created Lavender	G-45
An Inside Campfire	G-23
Back to Basics	G-9
Bad Sweater Party	G-31
Bear One Another's Burdens	G-11
Beautiful Women	G-71
Dog's Best Friend	G-51
Don't Step on my Toes	G-3
Family Blessings	G-96
Footprints	G-47
Friends – God's Way of Taking Care of Us	G-59
Fun with Advertising	G-15
Getting The Picture	G-82
God My Redeemer	G-39
Gum – Gum and More Gum	G-67
Handkerchiefs	G-63
"HANDS"	G-92

Have Life in All Its Fullness	G-76
He is God of Enough	G-41
Help a Heart Week	G-35
How Have You Bean?	G-100
Joy on the Journey	G-1
Lamps of Motherhood	G-17
Lessons From The Seasons	G-99
Many Hats	G-78
Nesting Tea	G-84
New Year's Old English Blessing	G-21
Pearl of Great Price	G-90
Prayer	G-28
Precious Gems	G-103
Revealing the God Colour of Love	G-49
Stained Glass Windows	G-5
Sunflowers	G-62
Tribute to Canada	G-86
Tune Into	G-25
Welcome Back	G-8

Special Occasions

A Night Under the Stars	H-40
Celebration of Light	H-25
Chinese New Year	H-15
Christmas Symbols	H-9
Gifts Come down at Christmas	H-3
Gingerbread House	H-43
I Walked Today where Jesus Walked	H-29
New Year's Program	H-35
Remembrance Day	H-46
Snow Flakes	H-11
The Harvest Basket	H-23
The Night That Was	H-37
The Real Meaning of Thanksgiving	H-19
The Story of Christmas	H-21
Thoughts for Easter	H-1
Why Jesus is better than Santa Claus	H-14

Resources

A Leader People Follow	I-7
----------------------------------	-----

Benefits of Team Leadership	I-8
Building a Prayer Support Network	I-9
Complete the Clichés	I-19
Crafts – Quilled Cross Card	I-5
Woven Bookmark	I-6
Re-Cycled Christmas Ball	I-6
Creative Giving	I-1
Harvest Bread	I-11
Helpful Hints	I-27
Fund Raising	I-25
Networking	I-15
Planning for Women’s Ministries	I-16
Prayer Clichés	I-23
Suggestions for Small Groups	I-3
Tears are God’s Treasure	I-13
The Art of Delegating	I-4
Find Thirty Books of the Bible	I-21
Ways of an Influential Woman	I-2
Web Sites	I-20
Whatever	I-17

Promotion Week

An Evening of Grace	J-36
Better Understand the 23 Psalm	J-43
Bible Study – John 15	J-9
Bible Study – God’s Unfolding Grace	J-37
Bible Study – Activity	J-51
Connecting in Worship	J-12
7 Days Prayer Reflection	J-1
Day 1 – Connected	J-2
Day 2 – Cared For	J-3
Day 3 – Cultivated	J-4
Day 4 – Completed	J-5
Day 5 – Compelled	J-6
Day 6 – Commissioned	J-7
Day 7 – Chosen	J-8
Drama – Branching Out	J-13
Grace for the Mornings	J-23
A Place of Solitude	J-24
A Place of Desire	J-25
A Place to be Transparent	J-26

A Place to Listen	J-27
A Place of Awareness	J-28
A Place of Rest	J-29
A Place of Grace	J-30
The Shepherd Speaks – Day 1	J-44
Calls – Day 2	J-45
Leads – Day 3	J-46
Goes – Day 4	J-47
Protects – Day 5	J-48
Stays – Day 6	J-49
Gives Eternal Life – Day 7	J-50
Mid-Week Program	J-19
Sermon – Rivers of Grace	J-31
Sermon – Making the Right Connection	J-15
Sermon – Hear the Voice of the Shepherd	J-52
Unfolding Grace through Worship	J-42
Worship	J-57