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Cedar Springs of Inspiration

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

Major Patsy Rowe

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

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**MESSAGE FROM THE WORLD PRESIDENT
OF WOMEN'S MINISTRIES**

Dear Friends,

**NEW YEAR LETTER 2011
WOMEN'S MINISTRIES - 'BEYOND BORDERS'**



Greetings in the Name of the Lord Jesus. This New Year Message for 2011 is the last I shall write before retirement! I hope the theme inspires you, whether you use it personally or as your women's ministries theme for the year. The theme is 'Beyond Borders'. As always, our hearts go out to you in prayer as we look ahead. My own prayers will continue even when I am no longer in my appointment.

We need to reach out in our prayers to those who are across borders from us in the political world or the cultural world.

We need to be praying for them, that they will somehow hear the Word of the Lord and be saved.

Please make this your prayer and your desire in the coming year with an intensity you have not felt before.

'The earth and everything on it belong to the Lord. The world and its people belong to him.'
Psalm 24:1

With love in Christ and prayers for the whole world.

'I always see the Lord near me, and I will not be afraid with him at my right side. Because of this, my heart will be glad, my words will be joyful and I will live in hope.' Acts 2: 25 - 26

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MESSAGE FROM THE TERRITORIAL PRESIDENT OF WOMEN'S MINISTRIES



Dear Women's Ministries Enthusiasts:

Greetings in the beautiful name of our Lord and Savior,
Jesus Christ, our soon coming King!

What joy it is to welcome you to this wonderful week of focusing on the 'hands' of Him who saved us with His own life's blood. Worthy is the Lamb of God to receive blessing and honor. In His Hands was all of creation formed. He made you and me. Awesome, isn't it really as we take time to dwell on that thought. The beautiful comforting, calming, nail-pierced hands of God are holding not only the world He made, but all of us, His children.

Never will I forget the most poignant moment when the Hand of God stretched out and *touched my hand*. In London, serving at IHQ my heart and mind were preparing in prayer for the High Council to elect our General. The weight of the responsibility was heavy on my heart. As I cried out to God, He spoke with a scripture verse.

Isaiah 41:13 came and it was personal and real. The verse gave me the confidence I had to move out and make a decision without feeling fright or insecurity. God spoke directly and He became and is today, *My Right-Hand Man!* Who could ask for a better support than God Himself?

He said through His Living Word, *"For I the Lord your God will HOLD YOUR RIGHT HAND, saying to you, FEAR NOT! I will help you."*

This 'hand-to-hand' combat in the war against sin and evil in the lives of women can be won. God Himself will be your right –hand 'holder.' As you do Kingdom Business, sense the One who is holding your right hand. When you get discouraged, raise your right arm to heaven and you will sense Him holding your right hand! Believe and trust...and He will! It is a promise.

Yours in Christ,

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

**MESSAGE FROM THE COORDINATOR
OF WOMEN'S MINISTRY RESOURCES**

Dear friends,

It is my pleasure to greet you as co-workers in the Christian ministry. On behalf of all the people you seek to serve, I extend a big thank you for your faithful ministry.



As you peruse and use the contents of this edition of *Cedar Springs of Inspiration 2011*, it is my hope that it will be useful to you in your sphere of ministry.

I am grateful to the many people who have assisted with the production of *Cedar Springs of Inspiration 2011*, especially Major June Newbury, my predecessor. It is my prayer that the investment of their time, energy and creativity will inspire you to engage women to have a meaningful relationship with Christ.

God bless you as you minister in His name and in the exact place where He wants you to be.

Yours in His Service

Patsy Rowe
Major
Coordinator of Women's Ministry Resources

Women's Ministries Territorial Project

2011

The Caribbean Territory encompasses 15 countries including Haiti. It was here, in one of the poorest nations that the earthquake struck in January 2010.

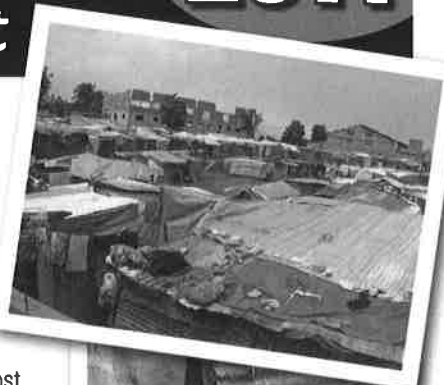
The Salvation Army operates schools, clinics, a hospital, feeding programs, children's homes and corps in Haiti. Many of those right in the city of Port-au-Prince the hardest hit area.

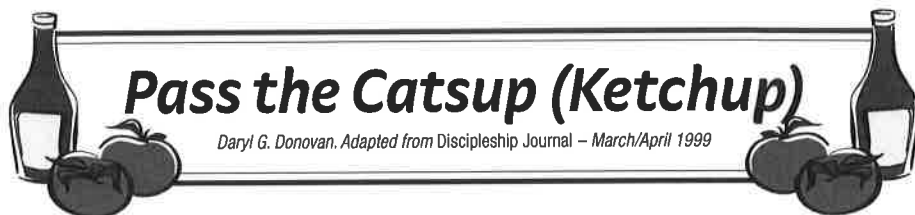
Haiti has known disasters throughout the years but this most recent catastrophe is possibly the most tragic experienced with significant loss of life and extensive damage to buildings.

Among those damaged were a number of Salvation Army properties. The children's home, clinic and church suffered major damage. Several smaller buildings including quarters have collapsed. The Army's hospital in Fond-des-Negres, 75 miles west of Port-au-Prince also reported minor damage.

We want to help with the recovery and rebuilding so our project money this year will go to Haiti, in the Caribbean Territory supporting:

- Small building projects
- Social integration of disabled people
- Livelihood support
- Educational support for orphans
- Counseling for traumatized leaders
- Funding for Haiti women officers to attend a conference that will provide leadership training, encouragement and spiritual refreshment.





Pass the Catsup (Ketchup)

Daryl G. Donovan. Adapted from Discipleship Journal – March/April 1999

Catsup is considered an essential commodity at our house. Our children put it on just about everything. We have to buy it in bulk! Catsup is essential for small groups, too. Not the red stuff in the bottle but the six ingredients that contribute to healthy growth.

C Confidentiality: As a blowout is to a tire, so is a breached confidence to a small group. It can be repaired, but it can inflict great damage when it occurs. Commit to keeping confidences.

A Accountability: Mutual consent to check up on one another keeps us growing. Accountability is one of God's rods to keep His sheep on a safe path.

T Teaching: Don't get together just to get together. Take time to study Scripture.

S Support: Share your lives by encouraging one another bearing one another's burdens, and fellowshiping outside your meetings.

U Unction: Unction is the anointing of the Holy Spirit. Non Christians can do meaningful things in small groups, but they cannot taste the power that unction brings to a Christ-centered small group. Invite the Holy Spirit to work in your midst. Praise and worship are great ways to invite God to pour some unction on your meeting.

P Prayer: Pray before, during, and after your time together - and then pray for one another during the week. Paul said, "*Devote yourselves to prayer with an alert mind and a thankful heart*" (Colossians 4:2, NLT).



Character is who you are when no one but God is looking.



How to Help New Women ...

Welcoming new women to your church, ministry and community is most effective when it's addressed proactively. So have a look at these tips or ... perhaps put them to the test in your church and community!

How to Help New Women Make a F.R.I.E.N.D.

Find new faces.

Enlist a group of women who will be attentive to new women and make an initial effort to meet them and find out a little bit about them.

Roll out the red carpet.

Show them around the church. Help them find their way to classes for their children and for themselves. Ask them to join you for small group

time or take them to a small group that best suits their needs. You might even have a small gift to give to each new woman who visits. Homemade cookies, a bookmark and information about the church and its programs would be enough to really make me happy ... especially the cookies!

Introduce, Include, Invite

Introduce her to people you know, people who she might share a connection with (nearby neighbor, husband in the same kind of work, moms who have children of similar ages, etc.), her children's teachers, the pastor and anyone else to make her feel welcome.

Include her by inviting her to join with you and some others for lunch or coffee. This will afford her the opportunity to meet and greet new friends in a social setting.

*Help her feel comfortable and accepted
within the church and community*



Invite her and her family to join in upcoming women's ministry events, children and student ministry activities and anything else that is planned in the weeks ahead. These three steps will help her feel comfortable and accepted within the church and community.

Email, call and write a note.

EStay in touch by calling her, adding her to your email list and keep her informed by sending her an occasional note in the mail. This seems obvious, but it's easy to let the little things fall between the cracks. Little things make a big difference but mean a lot. Your ministry team should make contact with every new woman at least five times during her first month.

Notice her needs.

NIf she is new to town, give her a chance to ask questions about doctors, schools, shopping, restaurants, etc. Give her a city map and other information that will help her become more acclimatized to her new surroundings. Find out if she has particular needs that you can help meet. Does she need help moving? Could you help care for her children while she unpacks? It seems that women often move when they are expecting a baby. If this is the case, plan a shower! Stay alert to ways you can help.

Draw her in.

DStay in touch by meeting her first thing the next Sunday morning (or two) to welcome her, help with her children if needed and sit with her. Help her get involved in a Bible study or outreach project. Provide her with information about the church, women's ministry, children



and student ministries. Host a get-together so she can meet other people. You may be the first and only friend she has at her new church, so go the extra mile and then some to make her feel a part of the church family.

Women love having friends, and they love having a job to do. So gather your most hospitable women and set them loose as your ministry's new welcome wagon. Simple gestures like these will lead to profound relationships and a whole new group of women whom you can serve.

You can set the example by following these steps yourself. You may not be able to personally welcome every new woman, but you can do this for a few, and when you do, you'll lead the way for other women to follow by example.



Women love having friends, and they love having a job to do

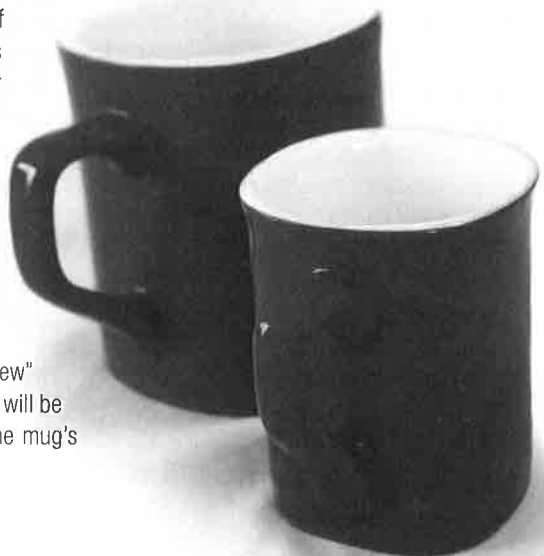
Have Mug, Will Pray

Adapted from Discipleship Journal November/December 1997

Most of us aren't good at remembering to pray for group members in the midst of our busy weeks. Here is an idea that worked for one small group.

Ask each person to bring a coffee mug – new or not – to the next small group get-together. As they arrive, they should write their names on slips of paper and put them in their mugs. Arrange for comfortable seating in a circle, mugs in hand. Ask someone to pick a number that's less than the total number of people present. Then pass the mugs to the left according to the number chosen. For example, if the number is four, people should pass their mugs to the person four seats away on their left.

Now ask the group members to look at their slips of paper in the mugs to see who they will be praying for each day. In the weeks ahead, as people use their "new" mugs daily for coffee, tea etc. they will be reminded to pause and pray for the mug's original owner.



"The prayers of a righteous man are powerful and effective."

James 5:16 (NIV)



A Grace Prayer Walk

Melanie Rideout, Gambo, Newfoundland

Preparation: Throughout the Gospels we read of many people who had an experience with the 'Unfolding Grace' of Christ. As we journey through this prayer walk, may we be reassured of God's 'Unfolding Grace' in our lives, and in every circumstance.

Grace Brings Forgiveness

Luke 7:36-50

Ignoring the stares, she made her way towards Him, Jesus. She hardly knew what she was doing as she covered His feet with her kisses then anointed them with the precious perfume, wiping His feet with her hair. Did Jesus scold as Simon had done? No! Did Jesus grumble as the disciples did (John 12)? Not at all! Instead Jesus forgave! Jesus' words to her were, "Your sins are forgiven." Though this woman was a "notorious" sinner, she recognized her great need for grace. She owed a debt that she could not pay, but Christ unfolded His grace to her.

Think for a moment, what is the greatest gift you have received? Have you received Christ's forgiveness? Offer a prayer unto Christ, thanking Him for His forgiveness! Give time for personal and private prayer.

What is the greatest gift you have been given? Was it forgiveness? Has someone wronged you? Have you hurt or wronged somebody? Ask the Lord to forgive you! Ask the one you have wronged to forgive you! Write them a note — they might not forgive you, but at least you asked.

Ephesians 4:32 tells us, "be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you."

Grace Brings Fellowship

Luke 10: 38-42

How thrilled she was to have the Master in her home again. How wonderful it was to hear Him teach. Mary was overjoyed to be able to sit at the feet of Jesus. And it was only through Christ's



'Unfolding Grace' that she was able to do so. Christ's 'Unfolding Grace' in her life was what allowed such a precious moment to occur. Wanting nothing more than to cultivate her deep, spiritual inner thoughts, Mary chose to sit at Christ's feet and to enjoy sweet communion and fellowship with Him.

Read: 1 John 2:9-11 & 1 John 4:20-21.

Chorus

At thy feet I bow adoring, bending lower, lower still.

Giving up my all to follow, just to do my Master's will.

Giving up my all to follow, just to do my Master's will.

Our fellowship must not only be with Christ, but it must also be with one another.

As sisters in Christ, we must fellowship with one another.

Read: 1 John 1:9 & Hebrews 10:24-25

Prayer: Pray for your Corps, your Corps Officers, the families represented, the community in which your Corps is situated, its programs and activities.

Pray that Christ's 'Unfolding Grace' would be manifested in the lives of His people. (Request sentence prayers).

Grace Brings Hope

Matthew 9:18-25

These two women were in hopeless situations. Jairus' daughter had no hope — she had died. The nameless woman with the issue of blood in a sense was also dead. She was relationally and socially dead, and some could say she was financially dead, having spent all she had on medical help. She had also been declared "unclean" because of her condition; so it was just as well if she had been declared dead - she had no hope. But the moment these two women encountered the 'Unfolding Grace' of Christ their lives changed completely. Life and hope was restored as they turned their eyes towards Jesus.

Chorus

Turn your eyes upon Jesus.

Look full in His wonderful face

And the things of earth will grow strangely dim.

In the light of His glory and grace.

Read: Isaiah 40:28-31 & Psalm 121

We know many who are feeling as if they are in hopeless situations. Let us pray for those who are sick, sad, and sorrowful. Let us pray that the Lord would remind them of the hope that He gives, even through the most difficult situations. He is the bridge over every troubled water. Please pray for those who need to know the Hope of Christ.

Grace Brings Peace of Mind

Matthew 15:21-28

She was at her wits end. Her precious daughter suffered from demon-possession. This Mother heard a rumor that the Jewish Healer had come to Tyre, and she decided she was going to go to Him for help; she would even throw a fit herself, if need be. She found Jesus, and Jesus tested her faith; she passed with flying colours. Jesus spoke

these words to her, "Woman, you have great faith! your request is granted."

Scripture does not describe this little girl, but judging from other accounts of demon-possession (Luke 8:26-39 and Matthew 17:14-18), one can only believe that she was made whole. Christ's 'Unfolding Grace' was manifested in her life and she was healed. This woman must have rejoiced that day to see the daughter she loved safe and sane, experiencing peace of mind, all because of Christ's 'Unfolding Grace'.

Chorus

*Peace, peace, sweet peace
Wonderful gift from above
O wonderful, wonderful peace
Sweet peace, the gift of God's love*

Prayer: Let us pray for our Province, our Country our World. Pray that Christ's 'Unfolding Grace' would penetrate the hearts and lives of those who govern. Our world seems to be a rather 'peaceless' place. Pray that the Prince of Peace would 'Unfold' His grace and His peace in these turbulent times.

Grace Brings Eternal Life

John 3:15-21

Display tea-light candles in the shape of a Cross. We have looked at different women from various Scriptural accounts that experienced Christ's 'Unfolding Grace' in their lives. But did you know that you and I are in the Bible? We are! No, our names may not be in print, but we are there.

John 3:16 tells us, "*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*"

Now read it this way, but put your name in the blank provided:

"For God so loved _____ that he gave his one and only Son, that if _____ would believe in him, then _____ would not perish but have eternal life."

This is the Grace of God in our lives.

Jesus said, "*I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.*" (John 8:12) Before us we see, candles arranged in the form of a cross. It's because of a Cross, Calvary's Cross, that we can know the 'Unfolding Grace' of Christ. It's because of the Light of the World, Christ, going to the Cross, that we can have eternal life.



Have you accepted this gift of eternal life? Offer a prayer unto Christ, thanking Him for it! Thank Him for the fact that you have experienced His 'Unfolding' grace in your life.

Perhaps you haven't accepted the gift of eternal life that Christ offers to you. By faith, you can accept Christ's gift of salvation and claim the gift of eternal life.

Personal and private prayer

Song: SASB 308/TB 70 *Amazing Grace*

Closing prayer

Becoming People of Purpose

Keith Wright, Colonial Presbyterian Church, Kansas City, Missouri

We often grapple with how to encourage spiritual growth in each other. A sincere desire may exist to "*spur one another on toward love and good deeds*" (Hebrews 10:24), yet doing so can become uncomfortable when hard questions must be asked. By avoiding the discomfort of dealing with sensitive matters, however, many groups miss the rewards of sharing dreams, triumphs, partial victories, and failures.

Consider having each person write a Personal Mission Statement — a one-page document that encompasses spiritual, social, financial, physical, and relational values and goals. Encourage each group member to set aside adequate time in a quiet setting for prayer reflection, and writing about how they desire to live for Jesus Christ in the various arenas of their lives. This activity can provide a "life map" that charts direction and gives purpose to a person's time and energy, so he can focus on what is important and best.

Questions to Ask as You Write Your Personal Mission Statement

Give adequate time to ask questions of each other and affirm one another's desire to be used by God. If members are willing, distribute copies to each other so periodically they can refer back to these statements and gently hold each other accountable.

- Who has God shaped me to be at this stage of my Christian journey?
- What Christian character traits does God desire to develop in me in the future?
- What is God calling me to do on His behalf in the future?
- What principles will guide me to the future to which I believe God has called me?
- What attitudes will be present in my significant relationships?



- How will I practice faithful stewardship of the gifts God has given me?
- What levels of physical fitness and financial stability will I need in order to pursue my dreams?
- What do I want to do in life just for the fun of it?

Getting Started

One person began with the following statement of intent: "I will be a Kingdom Builder for Christ in all areas of my life—in my marriage, family, ministry, and relationships. I will seek to consistently grow and stay open to new ideas so as to stay on the cutting edge of life and faith. I will model for others healthy relationships and approaches to ministry."

Then listed specific goals or intents under each category — marriage, ministry, family, relationships — and what it would take to accomplish his stated mission (*e.g.* staying physically fit, spending time daily in the Word and prayer, living below his financial means, etc.).

Try it! You will find involvement with each other on a deeper level, influencing each other "as iron sharpens iron" (Proverbs. 27:17).



The Shape of The Cross

Fay Foster, Australia Eastern Territory



What would you say is the central symbol of Easter?

The cross of Jesus

Let's look at the shape of that cross, because it has significance for how we appropriate or claim for ourselves the meaning of the cross. So what do we see when we look at this cross ... or this one? (*Have several crosses of various colours and sizes*) What can we say about its shape? There is one beam going up and down — and one going across. Borrowing the language of mathematics the cross has a **vertical axis** (the up and down beam) and a **horizontal axis** (the one going across).

Vertical axis : The **vertical axis** represents the relationship between God (up) and us (down). We receive God's forgiveness and we give back our worship.

Horizontal axis: The **horizontal axis** represents our relationships with other people. We forgive as God has forgiven us. We receive forgiveness from other people. Here are some Scripture verses that talk about forgiveness (hand them out or lay them out on a table). Give everyone a verse to read out, then pin it on the cross. Where you pin it will depend on what you think the verse is about. If it's about God forgiving us, pin it on the vertical beam of the cross. If it's about us forgiving others, or them forgiving us, pin it on the horizontal beam.

God's forgiveness — vertical axis

Luke 15:18-20 Exodus 34:6b-7a
Psalm 32:5 Psalm 51:1-2



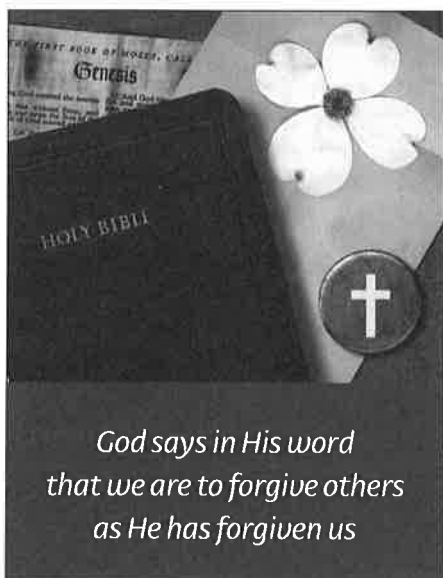
Psalm 51:7 Psalm 51:9
Isaiah 38: 17b

Human forgiveness — horizontal axis

Note to leader: As these verses are read, point out that these verses talk about both horizontal and vertical forgiveness, so they should be pinned at the intersection of the two beams. There is no mention of human forgiveness without God's forgiveness being mentioned as well.

So God says in His word that we are to forgive others as He has forgiven us. He also says that we will be dealt with harshly unless we forgive others. Perhaps we can't really forgive others unless we've known God's forgiveness. It's obviously very important to God that we forgive each other.

Luke 11:4a
Colossians 3: 13



What does it mean to forgive someone?

Here is one definition: "Forgiveness is freeing up and putting to better use the energy once consumed by holding grudges, harboring resentments, and nursing unhealed wounds ourselves."

Sidney & Suzanne Simon — www.wisdomquotes.com

So how do we go about forgiving someone?

- **Feel the pain** — We need to know what we're forgiving!
- **Decide that it's not going to warp your life** — It's my choice to free my life of the burden of unforgiveness.
- **Ask forgiveness for any fault of yours in what happened** — Most of our problems with other people are two-way, at least to some extent!

- **Give the person a clean slate** — What does that mean? I take it to mean that if we encounter that person again, we treat them as though they did not owe us anything. We give up our right to revenge. We don't see the world as owing us something because we've been hurt. BUT we don't have to put ourselves in the way of more abuse. We keep ourselves and those we love safe, but we live free of the belief that someone has to repay us in some way for what we have suffered.
- **Repay good for evil in the world** — Sometimes it's not wise to try to make the relationship right with the person who has hurt us. Instead of becoming bitter we become better people, and the world is better for our contribution.

Will you decide to forgive the people who have hurt you?

Think about someone you need to forgive. Are you ready to take these five steps toward forgiving them?

- **Feel the pain** — know what you are going to forgive them for; decide that it's time to stop resisting forgiveness; it's time to live free of that burden.
- **Ask God's forgiveness** for any wrongdoing on your part the relationship; decide that from now on you will think of that person as not owing you anything.
- **Work out how you will pay back good** instead of bad into the world. If you feel you can't take all of those steps today, that's perfectly o.k.
- **Keep talking to God** about the people you need to forgive, and ask Him to show you how to do this.

Matthew 18:34-35

Ephesians 4: 32

365 Names, Titles, and Attributes of The Father, Son, And Holy Spirit



Abba, Father
Abiding
Able
Abounding and Abundant
Adequacy
Adonai, Lord and Master
All-knowing
All-powerful
All-sufficient
Almighty God
Alpha and Omega
Amen
Ancient of Days
Anointed of God
Answer
Architect and Builder
Arm of the Lord
Ascended
Atonement
Author and finisher of faith
Authority
Available
Avenger
Awesome

Balm of Gilead
Banner to the people
Beautiful
Before all things
Beginning and end
Beloved Son of God
Betrothed
Blameless
Blessed hope
Blesses
Bread from heaven
Bread of life
Bridegroom
Bright morning star
Brightness of glory of God
Brother
Burden-bearer
Captain of the Lord's host
Carpenter
Chief cornerstone
Chief shepherd
Child Jesus
Choice and previous
Chosen of God

Christ Jesus our Lord
Christ the power of God
Cleansing
Comforter
Coming again
Commander of the Army of
the Lord
Compassionate
Complete
Confidence
Conquering
Consolation
Consuming fire
Counsellor
Covenant-keeping God
Cover for sin
Creator
Crucified
Defender and defense
Deliverer
Desire of nations
Despised and rejected of men
Died and lives again
Discerner



God the Father
 God who sees
 Good
 Good shepherd
 Governor
 Grace and gracious
 Great
 Great high priest
 Guard and guardian of my soul
 Guarantor of a better covenant
 Guide
 Head of the church
 Head of every man
 Healer
 Hears
 Heavenly Father
 Heir of all things
 Help and helper
 Hiding place
 High and exalted one
 Holy
 Holy One of Israel
 Holy Spirit
 Hope
 Horn of salvation
 Humble
 Husband
 I AM
 Image of God
 Immanuel, always with us
 Immortal
 Incarnate
 Incorruptible
 Indwelling
 Infinite,
 Inheritance
 Innocent, sinless, perfect
 Intercessor
 Instructor
 Jealous God
 Jehovah-Jireh (Provider)
 Jehovah-M'Kaddesh
 (Sanctification)

Dominion	Forgiveness of sin, the forgiver
Door	Fortress
Dwelling place	Foundation stone
El Shaddai –	Fountain for sin
El Elyon — most high God	Fragrance
Elohim — eternal God	Friend, friend of sinners
Elroi — God who sees	Full of Grace and truth
Endures	Generous
Enthroned	Gentle and kind
Eternal God	Gift of God
Eternal life	Giver of every good gift
Ever-present	Giver of life
Everlasting Father	Glorious Lord
Everlasting name	Glory of Israel
Exalted	God of all comfort
Excellent	God of all grace
Expected one	God of deliverances
Faithful and true	God of glory
Father of lights	God of hope
Father of mercies	God of Israel
Father to the fatherless	God of love and peace
First and the last	God of retribution
Firstborn of creation	God of vengeance
Forerunner	God our Saviour

Jehovah-Nissi (Banner)	Lord of the Sabbath
Jehovah-Rohi (Shepherd)	Love and loving
Jehovah-Rophe (Healer)	Lover of my soul
Jehovah-Shammah (Ever-present)	Loving kindness
Jehovah-Shalom (Peace)	Lowly in heart
Jehovah-Tsidkenu (Righteousness)	Magnificent
Jesus	Maker
Jesus Christ our Lord	Majesty, majestic glory
Jesus of Nazareth	Man Christ Jesus
Jesus the Son of God	Man of sorrows
Joy	Man whom God appointed
Judge of all the earth	Marred, pierced, stricken, rejected
Just one and justifier	Marvelous
Keeper	Mediator
King eternal	Meek
King of glory	Merciful
King of Israel	Messiah
King of the Jews	Mighty God
King of kings	Morning star
Lamb of God	Most High God
Lamp	Nailed to a cross
Lawgiver	Name above all names
Liberty	Near
Life and life-giving spirit	Never-failing
Light	New covenant of God
Light of the nations	None other
Light of revelation	Obedient Son
Light of the world	Offering for sin
Lily of the valleys	Omnipresent
Lion of Judah	Omniscient
Living bread	On high forever
Living God	Only begotten Son
Living water, unfailing spring	Only God our Saviour
Long-suffering	Only one
Lord God, the Almighty	Only wise God
Lord Jesus Christ	Over all
Lord of all	Overcomer
Lord of glory	Paraclete
Lord of the harvest	Pardons
Lord of Hosts	Passover, blood of the Lamb
Lord of Lords	Patient
	Peace



Peacemaker
 Perfect
 Physician
 Portion
 Potter
 Power and wisdom of God
 Precious cornerstone
 Priest
 Prince of Peace
 Prophet
 Propitiation for our sins
 Protector
 Provider
 Pure and purifier
 Quieter of the storm
 Quick and powerful God
 Quickener
 Rabboni
 Radiance of His glory
 Reconciliation
 Redeemer and redemption
 Refiner
 Refining fire
 Refuge
 Reigns
 Rescuer
 Restorer of my soul



Resurrection and the life
 Revelation
 Reviving one
 Rewarder and reward
 Righteous one
 Righteous judge
 Righteousness
 Risen Lord
 Rock of salvation
 Rock of refuge and strength
 Root and offspring of David
 Rose of Sharon
 Ruler
 Salvation
 Same
 Sanctuary
 Sanctification
 Satisfaction Sceptre
 Searches hearts and minds
 Security
 Seed of Abraham

Seeker
 Sent
 Servant of God
 Shade
 Shadow of the Almighty
 Shelter
 Shepherd
 Shield
 Sin-bearing sacrifice
 Slow to anger
 Son of David
 Son of God
 Son of the Highest
 Son of Man
 Son of righteousness
 Song Source
 Sovereign
 Spirit of adoption
 Spirit of counsel and power
 Spirit of the Father
 Spirit of God
 Spirit of grace
 Spirit of holiness
 Spirit of the Lord
 Spirit of truth
 Spotless, unblemished Stay
 Steadfast
 Strength
 Strong deliverer
 Stronghold
 Suffering servant
 Sufficient
 Sun and shield
 Sun of righteousness
 Sure and our surety

Sustainer
 Teacher from God
 Tower of strength
 True God
 True light
 True riches
 Trustworthy
 Trainer
 Truth
 Unchanging
 Understanding
 Uniter
 Unsearchable
 Unspeakable gift
 Upholder of all things
 Upright One
 Vengeance
 Very present help
 Victorious warrior
 Victory
 Vindicator
 Vine and vinedresser
 Voice of the Lord
 Wall of fire
 Way
 Witness to the peoples
 Wonderful Counsellor
 Word of God
 Word of life
 Works wonders
 Worthy
 Yahweh
 Yesterday and forever the same
 Zealous
 Zions righteous King

Hallelujah! What a Saviour!!

The Birds – Our Teachers

Grace Bringans, Singapore/Malaysia/Myanmar Territory.
Adapted for Cedar Springs

Psalm 104 is a Psalm of praise to God, an invitation to worship. Both this Psalm and Psalm 103, begin and end with "Praise the Lord, O my soul". Psalm 104 celebrates the greatness of God in creation, establishing Heaven, earth and sea and sustaining their creatures with life and food. Verses 12 and 17 make reference to birds or the air.

"In the beginning God created..." says Genesis 1: 1. In verse 2 it says that the earth was without form, empty and dark but the "Spirit of God was hovering over the waters". This is our first word-picture of the Spirit of God hovering like a great bird with wings outstretched, ready to change the world.

V. 3 & 4 Remind us that God created light so we could enjoy daylight and night.

In V. 6 - 8 He separated the sea and sky

In V. 9 He formed dry ground and called it land.

In V. 11 - 13 The land was made to produce vegetation and plants and all kinds of trees.

In V. 14 - 19 He put the sun, moon and stars in their places.



In V. 20 - 23 He created the teeming creatures of the sea and the birds to fly above the expanse of the earth.

In V. 20 - 25 God created the animals of all kinds. He saw that all He had made was good.

In V. 26 - 28 He created man and woman.

Are you a bird-watcher? If not you might become more interested as you learn of some birds, beautifully designed both in colour, size, ability and strength, for you cannot help but think of their Creator and how much He loved us to bless us with such creatures.

It is estimated that there are over 9,000 different species of birds in our world. We only have time to learn from just a few of these. Birds are found in every part of the globe — from desert to tropical rain forest and even in the bitter cold of the North and South poles. Birds come in all shapes and sizes, they have different feathers, from browns and grays to glorious bright colours. They have different diets, habits and habitats — where they live.



A big bird like the flightless ostrich can weigh up to 200kg. The tiniest bird is the Bee Hummingbird, found in Cuba. From the tip of its beak to the tip of its tail it is just 2.25 inches long — 1 inch without beak or tail and weighs .56 ounces. There are 320 species of Hummingbird all found in North, Central and South America. Most of these active birds have brightly coloured, iridescent feathers and are most well known for their flight. They have long, thin beaks and feed on the nectar of flowers and eat insects. They can manoeuvre themselves so skillfully they can fly upwards and downwards, backwards and forwards, sideways and even upside down. They can do loops, whilst holding their body almost motionless. The sound, as they beat their wings 80-200 times a second, is like someone humming. They don't walk or

hop but move only by flight, feeding drinking and bathing as they do so. They are so active they need to consume half their body-weight in sugar each day.

The largest flying bird is the Albatross, with wingspans of 12 – 14 feet. These birds are huge and glide on the wind currents in the southern oceans. Their long narrow wings spread out so they can fly immense distances and stay in the air for long periods of time — even weeks. They sleep while gliding — with their wings locked in place by an in-built mechanism. They only come to land to breed.

While the largest flying bird in the world is the Albatross, the Sparrow is one of the smallest. It lacks colourful feathers, chirps but cannot sing. Other bigger birds often intimidate it and chase it away from any food it is trying to gather. The sparrow while often regarded as being useless doesn't fight, because it knows it won't win. The sparrow, a small common, usually insignificant bird was specifically mentioned by Jesus as important to God. Many people around us feel unwanted and unloved. Have you ever wondered, why God loves YOU? It is because He knows you — even by your name — you are important to Him.

In the words of an old gospel song that says: "His eye is on the sparrow and I know He watches me".

Our worth to God is great for He sent His Son Jesus to die on the Cross for me that I might be saved from sin, live a fulfilling life and one day spend eternity in Heaven. God cares! He cares and He prepares, for YOU.



*"God sees the little sparrow fall, it meets His tender view,
If God so loves the little birds, I know He loves mee too!"*



Top 40 Hymns to Pray

Adapted from: *Discipleship Journal* – January/February 2005

Praise and Thanks

"Come, Thou Fount of Every Blessing" (Robinson)
 "Fill Thou My Life, O Lord My God, in Every Part with Praise" (Bonar)
 "For the Beauty of the Earth" (Pierpoint)
 "God of My Life, through All My Days" (Doddridge)
 "Holy, Holy, Holy" (Heber)
 "Immortal, Invisible" (Smith)
 "My Maker and My King, to Thee My All I Owe" (Steele)
 "O God, Our Help in Ages Past" (Wafts)
 "O Lord, I Will Delight in Thee and on Thy Care Depend" (Ryland)
 "Thanks to God for My Redeemer" (Storm)

Confession and Repentance

"Approach, My Soul, the Mercy Seat" (Newton)
 "Dear Lord and Father of Mankind" (Whittier)
 "Just as I Am" (Elliot)
 "No, Not Despairingly, Come I to Thee" (Bonar)
 "O Thou That Hearest When Sinners Cry" (Wafts)
 "O Thou to Whose All-Searching Sight" (Zinzendorf)
 "Rock of Ages, Cleft for Me" (Toplady)

"Search Me, O God, and Know My Heart Today" (Orr)

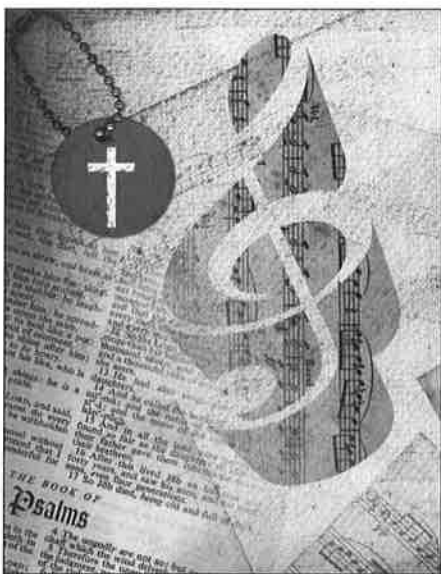
"Weary of Wandering from My God" (Wesley)
 "With Broken Heart and Contrite Sigh" (Elven)

Consecration and Service

"Breathe on Me, Breath of God" (Hatch)
 "Have Thine Own Way, Lord" (Pollard)
 "I Am Thine, O Lord, I Have Heard Thy Voice" (Crosby)
 "I Need Thee Every Hour" (Hawks)
 "Jesus, the Very Thought of Thee" (Clairvaux; Caswall, tr.)
 "My Jesus, I Love Thee, I Know Thou Art Mine" (Featherston)
 "O Love That Wilt Not Let Me Go" (Matheson)
 "O Master, Let Me Walk with Thee" (Gladden)
 "The Quiet Hour" (Grimes)
 "Take My Life and Let It Be" (Havergal)

Petition and Intercession

"Abide with Me" (Lyte)
 "Be Thou My Vision" (Byrne/Hull)



"Father, I Know That All My Life Is Portioned Out for Me" (Waring)

"Guide Me, O Thou Great Jehovah" (Williams)

"Higher Ground" (Oatman)

"Holy Father, in Thy Mercy, Hear Our Anxious Prayer" (Stephenson)

"Jesus, Lover of My Soul" (Wesley)

"Jesus, My Strength, My Hope" (Wesley)

"Lord, Speak to Me" (Havergal)

"May the Mind of Christ, My Savior" (Wilkinson)

Hymns can not only be sung but also spoken. A hymn book can be used as a prayer diary. Praying the hymnal takes no practice and very little preparation. Anyone can do it. It helps to express deep longings that may be on the heart.

Choose hymns that speak directly to God.

Not all hymns are prayers. Some teach, some testify, and some inspire. Hymns that could aid your prayer life such as "Have Thine Own Way," "Take My Life and Let It Be" are just two that need no revision to aid your prayer life or expressions of worship.

Speak the Hymn rather than sing it.

It may be easier to verbalize, speaking aloud can breathe new life into words of a hymn, such as
*Breathe on me, breath of God,
 Fill me with life anew,
 That I may love what Thou dost love,
 And do what Thou wouldst do.*

Hymns can become so familiar that we sing them as routine, without making too much connection with what the words really mean. Not knowing the melody could, at times be of benefit in that they can be used to aid your prayer life by reading them audibly.

Personalizing a Hymn

Make a Hymn "your own" while also laying claim to its promises. Changing "thee" and "thine" to "you" and "your" or singular "my" and "me". Praying a hymn this way lets you express the deep yearnings of your heart in ways that perhaps you have never experienced. As an example, "O God, Our Help in Ages Past" by Isaac Watts may be revised as follows:

*O God, my help in ages past,
 My hope for years to come,
 You are my shelter from the stormy blast,
 And my eternal home.*

Meditate on specific lines or words

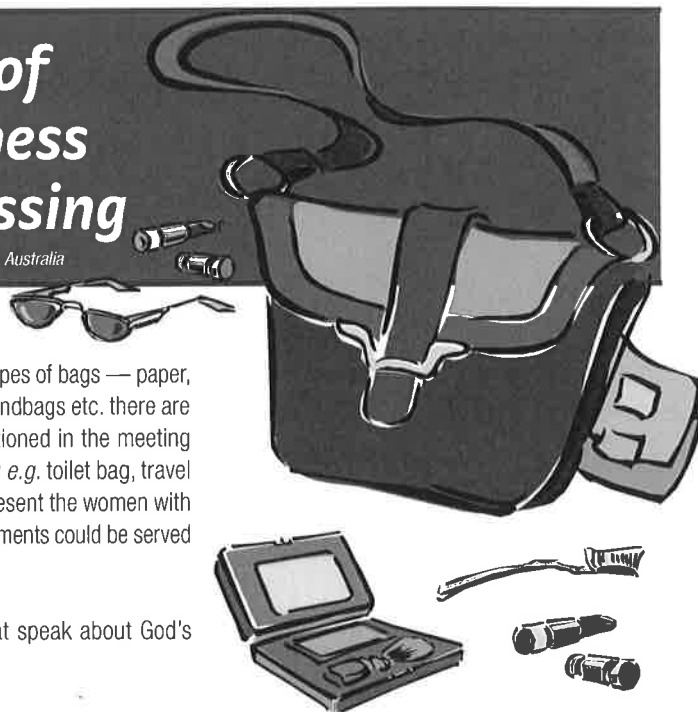
Praying a hymn can be just the beginning, words that have been penned by poets to express emotions and sentiments of the heart can speak volumes for us when we have difficulty in voicing our own petitions.

*'Mid all the traffic of the ways,
 Turmoils without, within*

Words by John Oxenbaum/ are both soothing and calming, especially if days have been hurried and harried while opening the door to someone who will take away the confusion and
*Make in my heart a quiet place,
 And come and dwell therein.*

God of Goodness and Blessing

Jan Condon, Sydney, Australia



Preparation

Have a display of different types of bags — paper, sandwich, gift, cosmetic, handbags etc. there are many. As each bag is mentioned in the meeting outline, have one on display *e.g.* toilet bag, travel bag etc. You may wish to present the women with a small gift in a bag. Refreshments could be served in a small snack bag.

Songs: Choose songs that speak about God's blessings or goodness

Toilet bag game: provide a couple of cheap toilet rolls and ask everyone to take as many sheets as they will need: but at least three. Do not say any more at this stage. When everyone has their paper, ask them to share one thing about themselves for each piece of paper taken.

Cosmetic Bag

Lips: use only the lipstick of truth, sometimes expensive, always becoming.

Eyes: drops of compassion used daily, eye shadow of understanding gives depth and beauty.

Cheeks: tint softly with the rouge of dreams to give radiance to complexion.

Voice: tune regularly with prayer. It will then be melodious.

Nails: manicure carefully with readiness and buff with enthusiasm.

Hands: rub in the cream of gentleness and keep handy the gloves of goodwill.

Powder: humility is the best. It covers all blemishes of the ego.

Sweets Bag: This will take you back a decade or two!!

Delivered to the door each morning

milk bottles

May rescue you from drowning

life savers

This will keep the doctor away but you may need the dentist

toffee apple

You need these to make sauce for the lamb

mint leaves

Sometimes wobbly on their feet

jelly babies

Where money is made?

the mint

What we call the smart ones

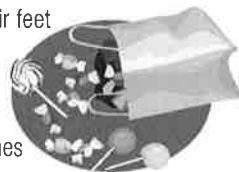
smarties

This sweet is right on target

bulls eye

Look in the hive to find this one

honeycomb





Shopping Bag

"I went shopping and I bought" Choose a letter from the alphabet and a list of stores and all answers must begin with the chosen letter — *e.g.* the chosen letter is P — all answers must begin with P, then list different types of stores *e.g.* Supermarket, post office, chemist, electrical etc and products from these stores starting with the chosen letter.

Mail bag: Print letter from God on note paper and put in an envelope addressed to each member — tell them they must not open it until they get home.

Travel bag: Ask someone to share about a holiday or special trip they have taken — sing songs to see from other countries.

Travel bag: Food from different countries. Ask the ladies which country these foods come from.

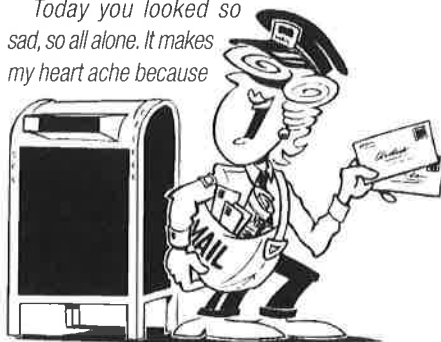
Spaghetti	(Italy)
Goulash	(Hungary)
Schnitzel	(Austria)
Curry	(India)
Smorgasbord	(Sweden)
Haggis	(Scotland)
Waffles	(USA)
Pizza	(Italy)
Pumpkin pie	(USA)
Sauerkraut	(Germany)
Moussaka	(Greece)
Escargots	(France)
Paella	(Spain)
Roast beef and Yorkshire pudding	(England)
Sukiyaki	(Japan)
Leeks	(Wales)
Fried Rice	(China)
Chili con Carne	(Mexico)

Dear Friend,

I just had to send a note to tell you how much I love you and care about you. I saw you yesterday as you were walking with your friends. I waited all day hoping you would want to talk with me also. As evening drew near, I gave you a sunset to close your day and a cool breeze to rest you. And I waited, but you never came. It hurt me, but I still love you because I am your friend.

I saw you fall asleep last night and longed to touch your brow. So I spilled moonlight on your pillow and your face. Again I waited, wanting to rush down so that we could talk. I have so many gifts for you. But you wakened late the next day and rushed off to work. My tears were in the rain.

Today you looked so sad, so all alone. It makes my heart ache because



I understand. My friends let me down and hurt me so many times too. But I love you. Oh, if you would only listen to me. I really love you. I try to tell you in the blue sky and in the quiet green grass. I whisper it in the leaves on the trees and breathe it in the colours of the flowers. I shout it to you in the mountain streams and give the birds love songs to sing. I clothe you with warm sunshine and perfume the air with nature's scents. My love for you is deeper than the oceans and bigger than the biggest want or need in your heart.



If only you knew how much I want to help you. I want you to meet my Father. He wants to help you too. My Father is that way, you know. Just call Me, ask Me, talk with Me.

Please, please, don't forget Me. I have so much to share with you.

But I won't hassle you any further. You are free to call me. It's up to you. I'll wait because I love you.

Your friend, Jesus

Devotions: Choose one of the following.

Cleaning Bag: have cleaning items in bag and show for each line of devotions — enlarge on points

- Wash away the grit of selfishness (choose a detergent or washing powder)
- Sweep away the cobwebs of pride (broom or brush) Throwaway the rags of regret (rags)
- Wipe away the dust of idleness (duster) Burn out the rust of neglect (rust remover)
- Destroy petty grievances (your suggestion) Psalm 51 "Create within me a clean heart O God"

Lunch bag: use the story of Jesus feeding the five thousand

My bag of goodies: prepare a short talk on Psalm 145 based on the blessings/good things God provides.

Extra: Give each lady 2 tea bags to take home so they can share a cuppa with their neighbour in need or to invite someone to your ladies meeting or to church.



*"In Your presence is fullness of joy;
At Your right hand are pleasures forever more." Psalm 16:11
The goodness of God endures eternally.*

Books

Wilma Paterson, Windsor, Ontario

Preparation: Gather books of varying interests, mark a line or paragraph to read from each. Choices will differ.

Choose from any category: Fiction, History, Biographies, Study Books, Music, Poetry, Art, Design etc.

Everyone has a favorite author — in childhood it could have been Anne of Green Gables (Lucy Maude Montgomery) Little Women (Louise Alcott). As we mature we become more selective in what we choose to read. Choice of author, subject matter, become more important — our interests change — hobbies, home decorating, gardening, arts and crafts. In some instances we may look for books that will look decorative on the shelf!

Books can be like people, some we have had for years and wouldn't want to part with. Others we take to second-hand bookstores to exchange, or we may belong to a book club or participate in book exchange which is economical and practical.

Some are old and battered, some generational that must be kept in the family looking rather the worse for wear but of personal value to us.

Some are useful. One of the most used books gives us information, opportunity to communicate — can you guess? (the telephone book) though even this particular tome is in, some households being replaced by the formidable computer where we can get instance results at the touch of a button!

We treasure some books, because we have enjoyed them so much we loan them and never see them again. They were given to us, or we bought them to enrich our lives

I have brought some books to share with you tonight.

Book of poetry: Edgar Guest

Our Salvation Army Song Book: full of inspiration and blessing.



Childrens Book: "*I'll Love You Forever*" by Robert Munsch. Everyone will enjoy this book.

Little books: "*Wisdom in A Small Package*" — may have to do some research to trace this book.

Backwards book: The Torah, written back to front.

Sad books: read a paragraph from "*Uncle Tom's Cabin*"

Happy Books: *Laughter For A Women's Soul*.

Favorite Books: *Mary Jones and Her Bible*

History Books: *Salvation Army "Some of My Best Men Are Women"*, Flora Larsson

Inspirational Books: authors, Henri Nouwen, Chuck Swindoll etc.

Cook Books: series of "*Company's Coming*" reasonably priced and easy recipes.

Life Changing Books: "*Experiencing God*" work book by Henry T. Blackaby

"*Lessons from my Garden*": a gardener and inspirational writer reflects on what she's learned from gardening.

Share a devotional from the best reference book, The Bible

Closing Song: *Holy Bible Book Divine*



Preparation: Create a fun evening for women to relax and laugh. Decorate using fall colors to make it look like a Fall Festival. Brown and orange would make a great color scheme for the evening. Have on display a few pumpkins already cut out with a variety of faces. Add a tea light inside and have them lit for the face to glow.

Introduction: Picture a pumpkin carved with a happy face. A candle sits inside allowing the glow to light up the pumpkin. The light is a reminder of the light that God sent from heaven in Jesus.

Song: *Shine, Jesus shine*

Games:

- Draw a pumpkin in the dark
- Pumpkin Penny Toss
- Pumpkin Party Words

Drawing a Pumpkin

Pass out a sheet of orange paper or construction paper and a marker to each person. Lights must be out in the room so that it is not possible to see papers. Leader will give clear instructions one step at a time: (Show a sample)

- Draw the outside circle shape of the pumpkin.
- Draw 2 triangular shaped eyes.
- Draw the shape of a mouth with teeth included.
- Place a stem on the top of the pumpkin.
- Draw two C-shaped ears.
- Draw a square shaped nose.
- Finally, sign your work of art.



Pumpkin Penny Pitch: Object of game is to pitch a penny into a pumpkins

Method #1: Carve out a pumpkin (or two, or three) and line the inside with plastic or aluminum foil.

Make the top opening big.

Method #2: Use several small plastic pumpkins(Less messy)

Playing the Game:

- Place the pumpkins at least three feet away
- Give each player ten to fifteen pennies.
- Every time a penny goes into the pumpkin, a piece of candy is won.

Pumpkin Party Words

This is a simple paper game to see who can get the most words from the letters in "Pumpkin Party". Set a 5 minute time limit.

Devotional Thoughts

In the New Testament the word "LIGHT" is occurs 72 times, and almost half (33) of these are in the Gospel of John. As might be expected, the word is used both for natural light and spiritual light. Jesus said "*I am the Light of the world.*" He also said "*Whoever follows me will never walk in darkness, but will have the light of life.*" John 8:12.

Light a positive element, it dispels the darkness.. As we enter a room and turn on the light the darkness flees away. The light of the Gospel of Christ is that it dispels: The darkness of fear and the darkness of sin. Once we experience the light of God through Christ's death on the cross all darkness is gone. We are in the Light of God. Our response to hearing of the Light is to accept the spiritual Light available to us, then live in the Light of His sons that it shines bright for Him.

Pumpkin Prayer

{cut off top of pumpkin} Lord, open my mind so I can learn new things about you.

{remove the inside} Remove the things in my life that don't please you.

Forgive the wrong things I do and help me to forgive others. {cut opening for eyes}

Open my eyes to see the beauty you've made in the world around me.

{cut out nose} I'm sorry for the times I've turned my nose at the good food you provide.

{cut out mouth} Let everything I say please You. {light the candle}

Lord, help me show your light to others through the things I do. Amen

Liz Curtis Higgs

Song: SASB 332 (verse 2) /TB 160

Prayer



The following can be made prior to the event and served with cornbread at the close of the evening.

Recipe: Stew in a Pumpkin

It's simple to prepare: the beef stew cooks on the stove, while the pumpkin roasts in the oven. Then the stew is placed into the pumpkin and baked for a half hour more. The roasted pumpkin imparts a uniquely delicious flavor, as do the sweet potatoes, corn, and dried apricots. Serve this stew with rice or egg noodles and corn bread.

Ingredients:

- 1 8-10 inch diameter pumpkin
- 2 tablespoons melted butter
- 1/2 teaspoon pumpkin pie spice
- 1 large onion, chopped
- 2 cloves of garlic, minced
- 1 green pepper, chopped
- 1/3 cup olive oil
- 1.5 pounds stewing beef, cut into 1 inch pieces
- 1 can stewed tomatoes
- 2 cups beef broth
- 3 sweet potatoes, peeled and cubed
- 2 white potatoes, peeled and cubed
- 2 tablespoons sugar
- 1 large winter squash, peeled and cubed
- 7 ounces dried apricots, roughly chopped (about 1 cup)
- 1 cup frozen corn

One Less Couch Potato

Amanda White, UK Territory with the Republic of Ireland



I don't have the time. I don't have enough money. I don't have the right gear. And after a full day at work and chauffeuring three teenagers around in the evenings, I certainly don't have enough energy to exercise! No doubt many of you can identify with these excuses. You, like me, are probably more than happy to sit yourself in front of the TV with a coffee once the kids are in for the night and the chores done.

As Christians, we know our bodies are the temple of the Holy Spirit and, as intelligent human beings, we know that physical exercise has a

positive effect on our health and quality of life. Yet we still don't make exercising a priority.

Well let me tell you, there is now one less 'couch potato' in the world since I have made a pact between myself and God to blow the dust off my trainers and start exercising — no excuses.

I am 48 years of age, married with three teenage children, have been in full-time ministry for 23 years in corps work and currently have a DHQ appointment.

Until the time I entered full-time ministry I was heavily involved with sport at both school and

As Christians, we know our bodies are the temple of the Holy Spirit ... we know that physical exercise has a positive effect on our health and quality of life



club level. Even in the training college I swam twice a week and played netball with other women cadets. So what went wrong? What changed? I think I became so involved in my ministry and family life that I forgot to make time for myself. That is until the beginning of this year, when due to illness I was forced to reflect on the lack of balance in my work and life.

Realising again the need to look after my God designed physical well-being, and remembering

how good I used to feel after exercising, I decided to take responsibility for my body. I stopped moaning. I stopped making excuses. I began walking, then jogging, and then going to the indoor swimming pool for a weekly swim.

I rediscovered the benefits of regular physical exercise and I feel better because of this. I now enjoy reduced stress levels. Improved blood flow throughout my body increases my concentration and I don't feel slow and sluggish. Increased production of endorphins improves my mood.

I feel well, fitter and happier than I did. I have more energy and am better able to cope with the demands of full-time ministry and being a mother and a wife. And the good news is that these benefits stay with me all the time, not just when I am exercising.

If you are like me, with children and limited funds, remember that walking and jogging are free. You can become a stair-person instead of using the elevator, or ask for a fitness/dance DVD or video for your birthday.

You could buy your family a joint Christmas present this year and invest in Wii Fit. Or, instead of sitting down at lunch time you could go for a walk before eating, or dig out your bike and go for a ride. Trust me. You'll feel good!

How do you know if you're a couch potato? Take the COUCH POTATO QUIZ

1. Which of these would you spend your money on?

- a Burger and fries
- b Exercise DVD
- c 10-year membership to nearest gym — entire family package!

I rediscovered the benefits of regular physical exercise and I feel better because of this

2. You sleep in on a Saturday until

- a The alarm rings for your 4 am run
- b You have to get up and do stuff
- c You can't be bothered to get up

3. How long do you spend watching TV each night?

- a None — TV is for losers
- b Less than three hours
- c I surrender — more than five hours

4. Which exercise class would you join?

- a Extreme military assault course
- b Walking class
- c Exercise? What's that?

5. You have two hours before you need to meet a friend. What do you do?

- a Go to sleep
- b Tidy the house
- c Run a half-marathon

If you scored between:

5-8 You are a real couch potato. Step away from the remote control and put on your trainers. Find a way to increase the steps you take in a day by taking the stairs or by walking to the supermarket. Even a little exercise will increase your energy and help you break away from the couch of despair.

9-12 You have a healthy attitude towards exercise, Way to go! If you wish to improve your health even further, find ways to give a boost to your exercise routine. If you are in a rut, try something new for a change, Perhaps you can increase your distance ... annoy the neighbour's dog and see how far it chases you.



13-15 You really love exercise and are probably in great shape! However, as with all good things, there is the danger of over-exercise — you could be doing too much. Achy joints? Trouble sleeping at night? Perhaps you should take a break. Always remember to take a day of rest once a week.

Scores for the answers

- 1 a – 1; 1b – 2; 1c – 3;
- 2 a – 3; 2b – 2; 2c – 1;
- 3 a – 3; 3b – 2; 3c – 1;
- 4 a – 3; 4b – 2; 4c – 1;
- 5 a – 1; 5b – 2; 5c – 3

I have more energy and am better able to cope with the demands of full-time ministry and being a mother and a wife



Tips for Better Concentration

Adapted for Cedar Springs from Discipleship Journal - July/August 1988

With the routine demands of family, work and pleasure it is evident that to keep focused one must be intentional. Many churchgoers struggle on Sundays with regard to taking in the sermon. The lack of concentration becomes a point of frustration because the mind is everywhere but in the right place to hear what God has to say. Here are a few tips to put into practice that will help.

Get enough sleep

It's difficult to concentrate on a sermon if you haven't had enough sleep. Very few things will help you pay attention better than a good night's sleep. How you spend Saturday night and early Sunday morning has a great deal to do with how much you'll receive from the sermon.

Takes notes

Taking notes focuses your concentration on the preacher's message. Even if you don't intend to file the notes for future reference, writing down key thoughts will help you pay attention. Writing

down ideas burns them into your brain much more effectively than merely hearing them. You can enhance your note taking by recording your own thoughts, questions, applications, and related Scriptures as you listen. This helps make the sermon an interactive, relational experience instead of simply a passive one.

***The lack of
concentration becomes
a point of frustration***

Sit near the front

Sitting closer to the front minimizes distractions. The less distance between you and the preacher, the fewer the diversions. You'll see fewer people talking and moving. You'll be less distracted by other people's idiosyncrasies, clothing, babies looking at you, or parents struggling to make their children pay attention.

Listening Makes Cents

Clark Cothorn, *Discipleship Journal* – July/August 1997



Are your small-group members good listeners? Here's one way to find out.

Give each person in your group five pennies. Then divide into groups of three and provide the groups with a current news story or a Bible passage to discuss. Explain the ground rules: "When you speak, you must forfeit one penny. No one else may interrupt while you are speaking. Once you have made your comments move onto the next person". Once everyone has forfeited their pennies, come together as one group and discuss the following questions.

- Did you find it easy or hard to follow the rules of this exercise? Why?
- Did any of you run out of pennies before you ran out of things to say?
- Did any of you find it hard to forfeit all your pennies?

- Did comments other groups made indicate that they were listening? What body language did they use to say, "I'm hearing you"?
- Did you find you had more thoughts on the subject than you expected?
- Did you feel your contributions to the group were appreciated?
- What made you feel that way?
- Did the awareness of listening more carefully make the conversation more effective or less effective?
- Could this exercise improve our Bible study discussion? How?

What would happen if Christians practiced better listening before responding to non Christians? What would listening do for other relationships — with workmates, friends, relatives, your spouse?

Undiscovered Resource

Esther Bailey, *Discipleship Journal* – July/August 1997

When was the last time you visited your church library? You may be overlooking an excellent, convenient resources for small-group leaders and members alike.

Ask your church librarian to give a brief tour for small-group leaders so they will know what is available. Once you're familiar with your library you can share its riches with all small-group members.

When you're about to start a topical study, compile for each person a list of available books, videos on the subject. If someone is struggling with an issue visit the library together to see what is available. When special needs arise, let your librarian know so they can find appropriate materials.



Make the library an ally in your leadership role, and your whole group will benefit.

Four Alternatives to Worry

Stacey S. Padrick — Discipleship Journal — July/August 2000



Memorize verses on anxiety and God's character. Write them on file cards or the back of business cards, and carry them in your purse, pocket, day timer, or on your dashboard. Any time you are in line (queue), in traffic, at a stoplight, or in a waiting room, review the verses slowly and meditatively.

Stop! Whenever your mind and body start racing, take five long, deep breaths. As you inhale slowly, say to yourself, "Today, come what may, I will remain in God's peace," or, "I do not worry about anything. I trust in God in everything," or, "The Spirit of peace controls me." Make time each morning or during an afternoon break to meditate on peace.

Laugh! Nehemiah wrote, "The joy of the LORD is your strength" (Nehemiah, 8: 10). Joy and laughter will boost your strength. Find something to laugh about each day. Look for it! We may assume we can't laugh until our problems are solved. On the contrary, laughter is a wonderful antidote to worry. It has been proved to relieve stress. Read

something humorous. Create a "Laughter and Encouragement File" in which you save funny cards or e-mails from friends, classic cartoons, life-giving quotes, or anything that helps you gain a freer and fresher perspective.

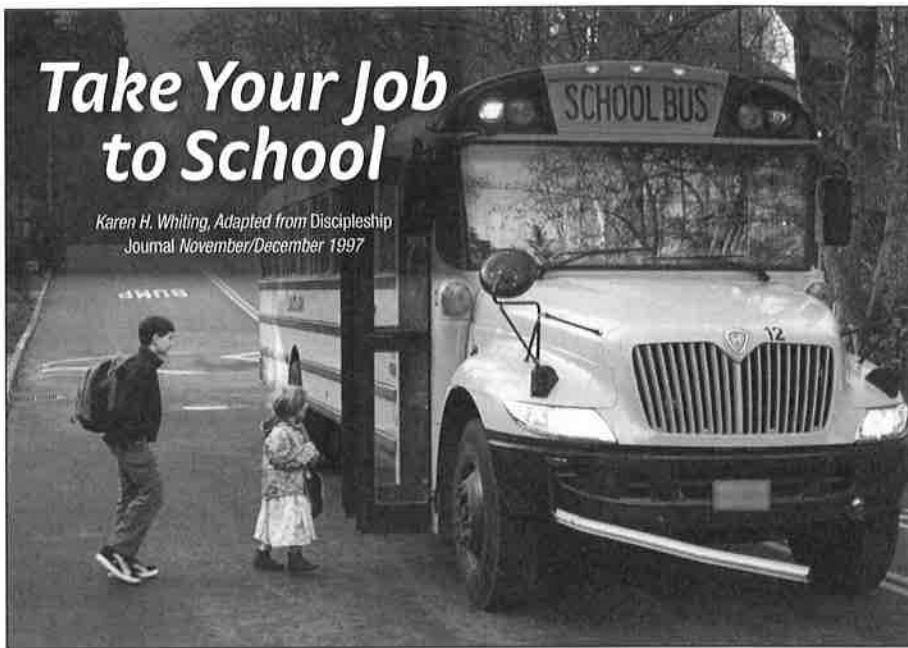
Also, hang out with non-worriers.

When we spend time with people who are easygoing and like to laugh, it makes it difficult to remain fixed on our worries. I have learned a lot about lightening up from my friends who help me not to take myself-or life-quite so seriously.

Practice Praise. As we pour our energies into praising the God who created the mountains — and who can move them with a word — we will begin to see our worries shrink from their mountainous size. Play some worship music and sing along. Take a walk, and praise Him for the radiant flowers He adorns with glory, the delicate hummingbird He cares for, and His promise that you are far more important to Him than they are (Matthew 6:26-30).

Take Your Job to School

Karen H. Whiting, Adapted from Discipleship
Journal November/December 1997



Within a few miles of your home is an ideal place for you to serve your community. When considering where to invest your time and talents, don't overlook opportunities to speak to students in your local school.

School Clubs: Junior Engineering and Technical Society (JETS), future nurses or teachers clubs. A call to your local school will reveal if there is a club that matches your career. Ask for the name of the club president, contact them at the school and volunteer your services.

Career Days: Most high schools have Career Days. No matter what your career — including full-time homemaker — this opportunity allows volunteers to talk about what helps them succeed in their job. For Christians, this could include talking about how God helped match their talents to a career and how God helps them in the daily challenges of their work.

School Needs: Another way you can serve your school is by matching your talents or skills to school needs. As a puppet ministry director at a local church, I use my talents at local schools by performing shows or teaching drama students about puppetry. I also talk about opportunities for careers in puppetry, including Christian puppet videos and television shows.

What are your talents? In what areas have you developed skills? Whether you cook, repair cars, or care for the homeless, you have something to contribute to your local school.



Generation Next Parenting Skills ~ Part II ~

(Continued from Cedar Springs of Inspiration 2010)

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

TOPICS:

- 11. POOR STUDY HABITS
- 12. SHORT ATTENTION SPAN
- 13. SHY CHILD
- 14. SIBLING RIVALRY
- 15. SLOW AND FUSSY, EATERS
- 16. STEALING
- 17. TEMPER TANTRUMS

11. Poor Study Habits

Studying is the application of mental faculties to acquire knowledge. Typically materials are read with the intention of learning and remembering. When this process is accomplished ineffectively

or inefficiently, we say that a child has poor study habits which often lead to underachievement.

Reasons why:

- 1. Parents' expectations are too low, or too high.
- 2. Parents use rigid, overly controlling approaches in their teaching methods.
- 3. Parents are too permissive — not setting limits or expecting compliance.
- 4. Parents' over involvement prevents the development of independent study skills.
- 5. Child uses poor homework and studying to get even for feeling rejected and criticized.
- 6. Child is preoccupied with family problems.
- 7. Child has low self-esteem.
- 8. Child has not learned skills involved in how to study



How to prevent:

1. Encourage your child to achieve simple goals like putting on their shoes and socks.
2. Encourage your child to learn and discover new things by providing them with educational toys, books and outings.
3. Stimulate their curiosity and expose them to many different ideas. Visit museums, science centres, libraries etc.
4. Show your enthusiasm for reading and acquiring knowledge. Share the discovery of why and how things work.
5. Set up a quiet, comfortable proper study area, with only the necessary supplies, which is free from any distractions like the T.V or telephone.
6. Have an established daily homework time.
7. Supervise your child during homework time. List what must be completed and check that it is done.
8. Encourage your child to do their homework independently — instead of giving the answer, ask questions.

What to do:

1. Consistently praise your child for starting and completing their homework.
2. Motivational tools such as stamps or erasers and incentives like extra playtime may be used.
3. Use a Homework Contract or a chart or point reward system to record how often they complete their homework and challenge them to do it more often. These points can earn rewards and privileges.
4. State your expectations calmly and firmly, do not argue but repeat your expectation.
5. Impose consequences when your child does not complete their homework; for example suspending privileges.



Consistently praise your child

6. Play "Beat-the-Clock" with your child. Reward them if they finish their homework before the timer goes off.

What not to do:

1. Beg, plead, punish, criticize, threaten, nag, shout, argue or confront child.
2. Expect perfection.

12. Short Attention Span

Attention span is the length of time an activity is pursued. For a child with a short attention span, shorter than average time is spent on an activity and a task is not stuck to. The child will shift from one activity to another and can easily be sidetracked. The average length of attention span is approximately:

- 7 minutes - 2year-olds
- 9 minutes - 3year-olds
- 12 minutes - 4year-olds
- 14 minutes - 5year-olds

Reasons why:

1. Slow maturation or organic brain malfunction.
2. Inherited trait.
3. Inadequate visual and auditory perception resulting in poor ability to receive sights and sounds, understand the meaning and respond appropriately.



4. Child is anxious, insecure, lacks confidence and has not developed patience or persistence.
5. Associated with learning disabilities, retardation and emotional disturbance.

How to prevent:

1. Promote adequacy and success. Praise and encourage child for any efforts at completing a task. Help select a task that your child can complete with success and praise task completion.



Encourage them to openly express their positive or negative feelings and opinions as well as to accept negative reactions from others.

2. Child's attention span can be increased by careful task planning — giving tasks that they enjoy doing or short specific tasks that can be successfully completed.
3. Use a timer to increase your child's attention span. Set the timer for a few minutes to do a particular task. Slowly increase the activity before the timer rings.
4. Use a positive reinforcement like praise and rewards to encourage longer intervals of focused attention.
5. Use educational games to encourage concentration; *i.e.*: jigsaw puzzles, or memory games that sharpen visual perception.
6. Give clear specific instructions. Ensure that your child is looking at you and have them repeat the instructions. Be consistent in rules and disciplines.
7. Have a very clear routine. Construct a timetable for eating, play, study, chores and bedtime.

2. Teach and reinforce your child's increasing ability to focus on a task: *i.e.*: praise child for playing with a toy for longer intervals.

What to do:

1. Structure the environment to minimize distractions; *i.e.*: give your child one toy at a time or placing other toys out of sight.

13. Shy Child

In social situations, a shy child is often silent, speaks softly, and avoids eye contact, frequently avoid others is usually timid, easily frustrated, distrustful, reserved and hesitant to commit to most things.

Reasons why:

1. Child feels insecure, lacks self-confidence and self-reliance.



2. Child has limited socializing opportunities and is overprotected by parents.
3. Child is frequently teased and ridiculed. Thus is fearful of being judged, rejected or embarrassed.
4. Child is often punished, criticized and threatened with withdrawal of love and acceptance.
5. Parents are inconsistent, unpredictable and harsh in their discipline.
6. Parents are themselves shy and quiet.

How to prevent:

1. Provide your child with pleasant, happy socializing experiences with peers.
2. Encourage and reward your child for socializing: *i.e.* smile and comment you are happy that they are having a good time when you see them playing with other children.
3. Provide a warm and accepting atmosphere. Help them feel loved and wanted even though their behaviour is not to your liking.
4. Helping them to be aware of their strengths thus building self-esteem. Create opportunities for them to develop their own strength; *i.e.* art classes or swimming lessons.

What to do:

1. Reward social skills. Praise any effort made by child to relate to others.
2. Teach and demonstrate social skills. Tell your child appropriate and specific ways of relating to people like saying, "Hello", giving and accepting compliments, smiling, nodding and observing eye contact.
3. Make socializing situations as pleasant and non-threatening as possible. One friend and then more can be invited to visit with your child. When attending a party, you can pair your child with a familiar friend.



4. Encourage assertiveness. Teach your child to ask for what they want and to say "no" nicely when they do not want to do something. Encourage them to openly express their positive or negative feelings and opinions as well as to accept negative reactions from others.
5. Get your child to help younger children by doing a chore or playing a game.
6. Engage your child in Supervised Play Activities giving opportunities for them to interact with other children.

What not to do:

1. Put child in the spotlight.
2. Reward shy behaviour by giving child considerable attention.
3. Allow child to engage in too many isolating activities such as television viewing, or playing on computer.
4. Criticize, threaten, shame and shout.





14. Sibling Rivalry

Sibling rivalry refers to the hostility and jealousy that brothers and sisters develop towards one another. Rivalry is most prevalent in siblings when they are fairly close in age and of the same sex.

Reasons why:

1. Child demands the total attention of parents. They are unable to share their parents with anyone.
2. It is part of normal conflicts and disagreements.
3. Child is jealous over parents' favoritism of the other sibling.
4. Child's hostile feeling towards parents is taken out on younger sibling.
5. Child feels inferior in talent to another sibling.

How to prevent:

1. Make each child feel loved and valued especially the child who is less talented, attractive or successful.
2. Build a close and loving relationship by spending 'special time' alone with each child.
3. Treat all children fairly.

4. Provide each child with as much privacy as possible.
5. Encourage a certain amount of physical separation to reduce friction.
6. Teach your child respect for private property by training them to ask rather than use the possessions of another child without permission.
7. Model respect, warmth, consideration and constructive problem solving through the relationship with your spouse.
8. Praise and reward your child for any acts of cooperation and sharing.
9. Arrange for frequent family group activities such as picnics, parties and games.
10. Prepare your child for the expected birth of a sibling well in advance. Let your child also help with the care of the new baby.

What to do:

1. Let your children settle minor squabbles on their own.
2. Teach your children to be assertive — to state their rights, needs and feelings without being aggressive.
3. Encourage your children to engage in mutual problem solving to arrive at an effective solution that will meet the needs of all concerned.
4. Act as an impartial negotiator if your children are not able to solve the problem themselves.
5. Enforce the rule on 'no hitting' or name calling.
6. Use group rewards and penalties. Reward your children for not hitting, fighting or calling name — impose a penalty for fighting such as staying apart in separate rooms or removal of object under dispute.
7. Give your children more supervision during play-time.



What not to do:

1. Overprotect the youngest child.
2. Compare child with another sibling.
3. Take sides predictably or constantly.
4. Respond to tattling.

15. Slow and Fussy Eaters

After your child's first birthday, their growth will slow down considerably. Dawdling over meals, loss of appetite or developing specific food likes and dislikes is common between twelve months and four and a half years.

Loss of appetite or developing specific food likes and dislikes is common between twelve months and four and a half years

Reasons why:

1. Child did not receive training in proper table manners or eating habits.
2. Child gets attention from parents when they are coaxed to eat.
3. Child can make use of meal-time to exert their power especially when parents themselves are too controlling.

How to prevent:

1. Make eating a pleasant and relaxing activity by:
 - Presenting food in an attractive manner.
 - Eating in a cool and comfortable place.
 - Offering a variety of food.
2. Involve children in:
 - Food selection (going to the supermarket).
 - Food preparation (helping you in the kitchen).
 - Learning about food (talking about nutrition).

3. Make meal-time eating time. Set the rule that the child must remain at the table during meal-time.
4. Talk to your child at the table. They will not become bored or try to get your attention by playing with their food.
5. Let the older child have a choice in choosing a portion of food or the food they would like to eat first.

**What to do:**

1. Set a time limit for your child to finish their meal. Remove the food after the time limit with a neutral attitude saying something like, "I guess you're not hungry. You can eat again at dinner." Do not feel guilty since your child chose not to finish their meal.
2. Use preferred food as a reward for eating or trying the non-preferred food.
3. Introduce new food at the beginning of the meal when your child is hungry.





Stealing can be defined as taking an object not clearly belonging to the child without permission of the owner

5. Get upset when they will not eat. Giving child attention for not eating will make not eating much more satisfying than eating.
6. Make a fuss over slowness it only gives more attention and diversions that distract from eating.

16. Stealing

Stealing can be defined as taking an object not clearly belonging to the child without permission of the owner. Minor stealing incidents in early childhood are quite common. However if regular stealing persists after age 10, child is most likely to require immediate professional help.

4. Substitute fruits for vegetables if your child dislikes vegetables.
5. Present non-preferred food in a different or attractive manner. You can also mix the non preferred food with a food that they like, for example blending vegetables with meat.
6. Give your child encouragement when they eat a spoonful of anything.

What not to do:

1. Force, bribe, coax or remind children to eat. Force-feeding creates tension and unhappiness for both mother and child.
2. Insist that children finish all the food on the plate.
3. Serve large portions of food.
4. Provide snacks in between meals when they are hungry.

Reasons why:

1. Child has not developed an understanding that it is wrong to take another person's belonging without their permission. They cannot distinguish between borrowing and stealing.
2. Child is self-centered and needs to satisfy their desires immediately.
3. Child's emotional needs like love, security, praise and recognition are not met.
4. The behaviour is the means chosen to seek revenge or to gain — power, approval or attention.
5. Child enjoys the excitement and sense of adventure involved in stealing.
6. Child has insufficient money to meet their material needs.



7. Child has learnt behaviour from parents; siblings or friends.

How to prevent:

1. Establish rules that ensure your child respects the property rights of others; *i.e.*: has to borrow and return property belonging to others.
2. Model acts of honesty and respect.
3. Ensure that your child has some pocket money to buy things they like.
4. Encourage your child to come to you for assistance when they cannot afford something they want to have. Encourage child to save for what they want.
5. Provide opportunities for your child to earn the money to buy something they want.
6. Avoid leaving loose change, wallets or money lying around the house.

What to do:

1. Understand your child's main motive in stealing to help you prevent the problem from happening again.
2. Calmly confront your child verbally about the act. Explain why the act is wrong. You can examine the feelings others have towards people who steal.
3. Encourage empathic responses from your child by statements like, "How would you feel if someone stole something from you that you really liked a lot?"
5. Get your child to take responsibility by making restitution — either return the stolen object with an apology or pay for it out of their own pocket money. This should teach them that there are consequences to the choices they make.

6. Remove privileges like watching T.V, playing on the computer or going for an outing if restitution is not possible. It is important to immediately and consistently set penalties for stealing incidents.

7. Seek help from a Social Worker if your child steals persistently.

What not to do

1. Get too emotionally upset or angry.
2. Give child a bad label or suggest a bad outcome.
3. Demand a confession as this will force child to lie.
4. Allow child to keep the stolen objects.



17. Temper Tantrums

Temper tantrums are violent outbursts of anger manifested by screaming, breaking things, rolling on the floor, whining, holding breath, kicking or hitting. It starts in children from as young as 18 months, is common between 2 to 4 years and may continue in their teens if left unchecked.



Reason why:

1. Child gets angry or frustrated due to inability to get what they want. Child is unable to cope with anger or frustration.
2. Child learns that this is the only way to get what they want.
3. Child wants to gain attention.
4. Child learns this behaviour from parents who are impatient and quick tempered.
5. Child is tired, hungry or easily irritable.



6. Praise your child when they handle frustration without becoming upset.

What to do:

1. Remain as calm as you can. Ignore the tantrum. Try to stand firm. Do not give in. You can ignore the tantrum by not looking or talking to your child or walking away from them.
2. If child throws a tantrum in a public place, take them home or to a place where they will receive little or no attention for this kind of behaviour.

Give your child adequate attention to make them feel loved and wanted

How to prevent:

1. Make sure that your child's physical needs like sleep, food and physical activity are met.
2. Set an example in handling your own anger and frustrations. Teach your child to look at the choices available to solve their problem instead of yelling and screaming.
3. Do not place excessive demands and restrictions on your child.
4. Encourage your child to express minor irritations in a socially acceptable way: *i.e.* "I know you are angry because your sister took your book. Instead of hitting her you could ask her to give it back to you."
5. Give your child adequate attention to make them feel loved and wanted.

3. When your child is destructive or dangerous to themselves or others, it is necessary to physically restrain them until they calm down. Alternatively you could remove them to a time-out.
4. Introduce a reward system like a star for every two hours of no-tantrums.
5. Put child in time-out area, a place where they can cry alone until they calm down.
6. Teach your child an appropriate way to express their anger verbally. Recognize and acknowledge their feelings of anger.

What not to do:

1. Try to reason or explain why they cannot have their way. They are simply not receptive at that particular moment.
2. Punish, criticize, threaten, shame and shout. You are simply getting yourself into a power struggle and teaching a negative way to resolve problems.



LEFTOVERS!

Flo Sharples, Innisfil, Ontario



Preparation: Invite the ladies to bring along an unfinished project from home, you will be amazed what will show up. Set up a display of these "homemade/unfinished projects", have suitable music playing in the background.

Introduction: When I say the word 'leftovers' what comes to mind? Left over food, unfinished projects, leftover feelings from a variety of situations. This program is designed to motivate those in the group to complete unfinished projects.

Leftover Projects: How many of you have started projects but never completed? How long ago, 2, 5, 10 years? – give a few minutes for two or three ladies to "tell their tale" of their unfinished masterpiece! Perhaps some of ladies in your group may offer to complete someone else's project!

Song: SASB 215/TB 669 *I've Felt a New and Loving Touch*

Prayer: Unfinished Things

*Today, Lord, I see my life like a highway,
I look back and, as far as memory can trace,
I see unfinished things thrown aside.*

*I have been a veritable litter-bug
in this respect;*

The thrill of starting something fresh;

*The enthusiasm for a new idea,
the joy of creating;*

*then the slackening interest as the new
venture palled.*

*Laying it aside; forgetting it for many days:
and finally throwing it away.*

*It's not wrong, Lord, to have thrown so
much aside,*

The fault was in beginning too much.

As a child it is good to try one's skills:

but as adults we must discriminate.

If I accept this, I must relinquish that:

if I give to this, I must sacrifice that;

if I choose this, I must renounce that.

I need wisdom, Master. I need Your help, Your guidance. For I have only one life to live, only so much time invested in the bank of life, and I want my life to count and to count for good; to accomplish something useful; to help bring in Your kingdom. Show me, then, what things are worthwhile, Lord, and help me do them with all my heart and mind. by Flora Larsson

Philippians 1:6

"... being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

Joshua 1:9

"Be strong and courageous, do not be afraid, for the Lord your God will go with you wherever you go"

Devotions: Be sensitive to people's feelings; some may prefer not to be part of this exercise – have some appropriate music playing in the background to set the mood.

Provide each person with a pencil and piece of paper. It is a confidential exercise between them and God. Request that they write down issues which have hindered their spiritual progress be it a hurt, a grudge, a sin, bad attitude, gossip, worry over this past year, or maybe more years. Some habit or care they want rid off. Some burden that they have carried that they don't need to carry any longer. His word says, "Casting all your care on Him, for He cares for you." When finished, ask that they make their way to the table, pause for a moment, let them tear up their piece of paper then drop into the box (box will be discarded), then return to their place.

Everyone needs God's continuing grace in their lives. Turning over a new leaf does not erase the guilt of the past it just helps to see the path ahead of you. Wishing your sins or attitudes, feelings were

gone doesn't help. It is the blood of Jesus that washes away the old sin and continually cleanses, giving sufficient grace to make a new start.

Often it is just in the act of actually doing something publicly that gives you the courage to put into action, an attempt to reach your goal.

Let us sit quietly, while the music plays, taking the time to look inside your own heart to see where you need to ask the Lord to help you make a fresh new start.

Choruses:

He, who began a good work in you.

He who began a good work in you.

Will be faithful to complete it,

He'll be faithful to complete it

He who started the work,

will be faithful to complete it in you.

Change my heart oh God, make it ever new.

Change my heart oh God, may I be like You

You are the potter, I am the clay.

Mold me and make me, this is what I pray.

Change my heart oh God, make it ever new.

Change my heart oh God may I be like You.

Closing Prayer: *Lord, help us to be thankful for this new beginning and the possibility that this can be the "first day of the rest of our lives" for You. During this past year there have been many times and places where we have stumbled and fallen; we have faced problems too complex for us to handle. We have failed to receive all the blessings in Christ that could have been ours. We have not always looked to You for answers to our problems but today we desire to make a new start. We know that You will be in the future for all of us as you have been in the past. You will lead us into our tomorrows. Give us courage, sufficient to enable us to stand firm in our faith and spend each day with you. Amen*

The Walls Came Tumbling Down

June Newbury, Toronto, Ontario

Preparation: Gather interior decorating magazines and create a display of ideas for wall decorating. Family photos re-arranged, floral prints displayed with a piece of fabric draped to the side can give a whole 'new' look to a room. Include a Bible in your display to draw attention to the fact that by faith and trust in God He can break down the walls of our lives and create a new look if we are obedient to Him.

Introduction: A visit to Jericho is an exciting experience. A few years ago, as a tourist, I stood at the top of the hill that overlooks the town of Jericho. Our tour guide proceeded to read the story from Scripture of the victory won in Jericho by the Israelites. Following the reading of Joshua 6: 1-20 a member of our group played a horn seven times. It was, for me, a moment in time when that story came alive. The walls of Jericho came down because God gave the Israelites the victory in battle; likewise it's the same for us. The walls in our lives can only tumble down when we trust in our Lord and allow Him to fight for us.

Song: SASB 754/TB 299 *Simply Trusting Everyday*

Story: In a lighthearted Time magazine essay, Sarah Vowell tells that she signed up for course #39 a 3-hour lesson called, "*Instant Piano for Hopelessly Busy People*." Regretting that she didn't stick with music lessons as a child, she made it her goal to learn to play one piece by memory. What she found was that even this seemingly simple task required hours of practice. There is no such thing as instant piano. But as she continued to practice, a recognizable melody began to emerge from her fingers.

Her experience is a good reminder that though we often desire immediate results in our walk



of faith, this too is a matter of patient practice. The children of Israel walked around the walls of Jericho for seven days and thirteen times before the wall came a' tumbling down.

Our Daily Bread. September/October/November 2001 November 2, David C. McCasland.

Song: SASB 604/TB 21 (TB Tune *He Leadeth Me*) *Jesus, Where'er Thy People Meet*

Wall Designs: There are many ways to display photos or pictures, etc. If you have a home decorating store in your community invite a staff member to share with your group, or maybe you have a lady in your group who could demonstrate how they can create a new look in a room by making a few changes.

Devotional: Faith Brought the Walls Down.

Joshua 6: 1-15

Joshua and the Israelites faced a great challenge — a fortified city wall. The city of Jericho, built thousands of years before Joshua was born, was one of the oldest cities in the world. In some places it had fortified walls up to 25 feet high and 20 feet thick.

Soldiers standing guard on top of the walls could see for miles. Jericho was a symbol of military power and strength – the Canaanites considered it invincible.

Israel would attack this city first, and its destruction would put the fear of Israel into the hearts of every person in Canaan. The Canaanites saw Israel's God as a nature god because He parted the Jordan as a war god and because He defeated Sihon and Og. The Canaanites did not consider him a "fortress god" — but one who could prevail against a walled city. The defeat of Jericho showed that Israel's God was not only superior to the Canaanite gods, but He was also invincible.



The opportunity of Faith. Joshua 6: 1-3

Jericho stands in the way of the conquest of Canaan. It is a strong, walled city and the defenders are mighty men of valor. What were they to do? Scale the walls. Beat down the gates. Tunnel underneath at night. Joshua's faith was strong in the Lord. He was confident in the promise of the Lord. *"I have delivered Jericho into your hands, along with its King and its fighting men."* This

was the promise Joshua was counting on as he gave instructions to the people. The opportunity required obedience.

The Obedience of Faith. Joshua 6:3-14

It was a strange battle plan; however, Joshua trusted, in obedience, to the God of the plan. March around the city in silence once a day for six days with all your men, but on the seventh day march around seven times. When the Priests blow their ram's horns, they were to shout. They did as was commanded and when the people gave the shout the walls of this fortified city crumbled and Israel won an easy victory. This can teach us a few lessons. Most important was that obedience, even when God's commands seem foolish, brings victory. It also showed that God would surely fight for Israel in the battles ahead. The Lord will fight for us!

Are there personal walls that we are facing? Can we see that these walls with eyes of faith to believe that God can bring victory?

Hebrews 11:30 *"By faith the walls of Jericho fell, after the people had marched around them for seven days."*

Chorus: SASB 117 Faith is the Victory

Prayer

*When we cannot see our way,
Let us trust and still obey;
He who bids us forward go.
Cannot fail the way to show.*

Thomas Kelly (1769 – 1855)

Choruses:

SASB – Chorus section

130 *I Believe In the Word of God*

137 *Launch Out Into the Deep*

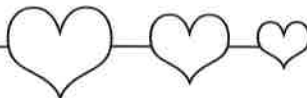
138 *Lean On His Arms, Trusting In His Love*

Closing Benediction

Refreshments and Home League

A Cure for the Heart

Marilyn Bawden – USA Western Territory. Adapted for Cedar Springs



Valentine's Day is February 14—the day our thoughts turn toward love, hearts and flowers. On this day no one wants to feel unloved or alone.

February is Heart Month. Heart disease is the number one killer of women in this country. Every year, tens of thousands of people across Canada put their hearts into making a difference to the lives of others by participating in the Heart and Stroke Foundation's largest grassroots fundraising initiative – Heart Month.

Program and Service Ideas

Contact the Heart and Stroke Foundation of Canada for information to request a speaker to come to your group to talk on heart issues. Their website (<http://ww2.heartandstroke.ca/splash/>) offers suggestions for education and involvement on heart issues and also gives suggestions for education and involvement in heart issues. Brochures and leaflets are also available.

Be part of the cure by becoming an advocate. Raise money for the foundation by holding a 'walk-a-thon' or a "Rocking for the Heart Day". Bring rocking chairs to the church and get sponsors to pay for the number of hours volunteers from the Women's Ministries spend rocking. Encourage family and friends to become involved or to come and cheer the participants on.

The heart is not just the centre of our being. The word "heart" is an important part of everyday language.

- Indigestion may also be called *heartburn*.
- A sorrowful condition brought on by disappointment for a romantic partner might be called *heartache*.
- When love is gone, a person might become *heartbroken*.
- If you lack compassion, you are *heartless*.

- To give complete approval is giving it *wholeheartedly*.
- If you are cowardly in nature, one might say you are *faint-hearted*.
- The occurrence of the heart muscle contracting and expanding is called a *heartbeat*.
- To encourage is to *hearten*.
- The centre of a tree is called *heartwood*.
- An instance of heart failure is called a *heart attack*.



Look up the Bible reference to find out what kind of hearts these are.

B	heart (Psalm 34:18)	<i>brokenhearted</i>
P	heart (Psalm 51:10)	<i>pure</i>
D	heart (Proverbs 12:20)	<i>deceitful</i>
H	heart (Ephesians 4:17, 18)	<i>hard</i>
P	heart (Proverbs 17:20)	<i>perverse</i>
F	heart (Proverbs 15:7)	<i>foolish</i>
J	heart (Psalm 4:7)	<i>joyful</i>
H	heart (Proverbs 15:13)	<i>happy</i>
P	heart (Proverbs 16:5)	<i>proud</i>
R	heart (Proverbs 15:28)	<i>righteous</i>
S	heart (Proverbs 13:12)	<i>sick</i>
D	heart (1 Kings 3:11, 12)	<i>discerning</i>
U	heart (Psalm 7:10)	<i>upright</i>
W	heart (Proverbs 10:8)	<i>wise</i>



Create In Me a Pure Heart

Scripture tells us that David was a man after God's own heart. Chosen by God at a young age to rule over Israel, he was one of the greatest men in the Old Testament (1 Samuel 16). He started his rule as a godly king and the Lord caused the nation of Israel to prosper under his leadership. Unfortunately, sin entered David's life when he lusted after a woman named Bathsheba. When she became pregnant with his son, he arranged for her husband to be killed on the battlefield (2 Samuel 11). Later the child died, which caused David terrible anguish. He suffered from a diseased and broken spiritual heart.



David was confronted with his sin when the prophet Nathan appeared and pointed it out to him (2 Samuel 12). Even though David repented before God and was forgiven, the consequences of the sin remained. His prayer of sorrow and repentance is recorded in Psalm 51. He asked God to "create in him a clean heart and to renew a right spirit within him" (verse 10). David spoke the truth when he stated that a "broken spirit and a contrite heart pleases God" (verse 17).

When we sin, we must sincerely repent and pledge before God to turn from our sin. He honours this kind of prayer. Our God is the Great Physician — the healer of broken and diseased hearts. We must pray sincerely as did David, "Create in me a pure heart, O God, and renew a steadfast spirit within me" (Psalm 51:10).

Poem: My Heart Sings

*Today my heart sings, Lord;
Everything within me rejoices.*

*Joy bubbles up in my soul,
Overflows and cascaded
like a stream leaping all barriers;
The joy of knowing You,
The joy of union with You.*

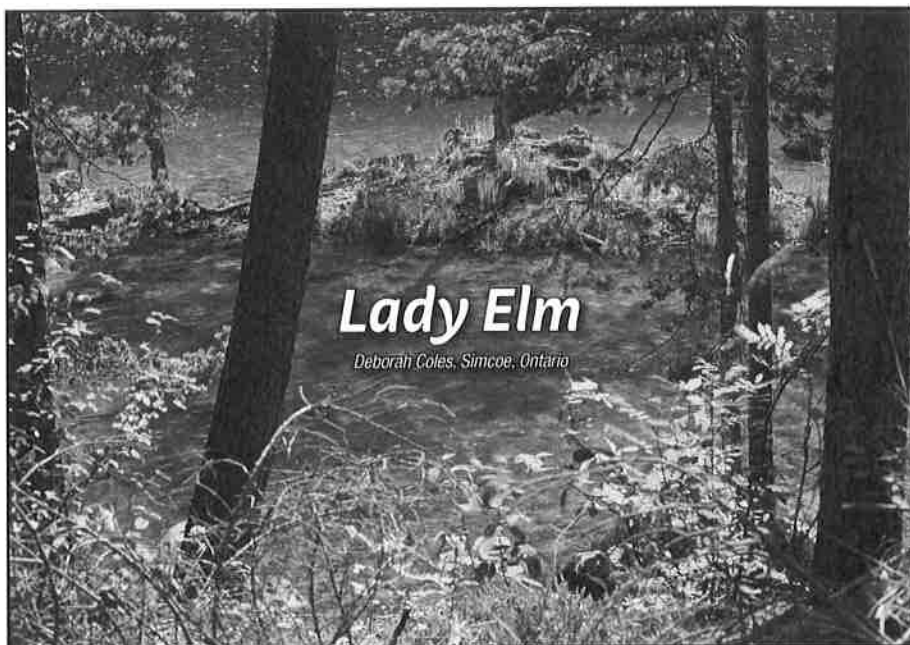
*One with the You, Creator of the world,
and my Creator,
One with You, Saviour of the world,
and my Saviour.
One with You, Spirit of the eternal God,
and my God,
One with You, almighty King of kings
and my Lord and King.*

*Joy, joy at the heart of living,
Joy in doing, joy in being;
Sing for joy, my heart,
For sheer joy, my soul.*

*The joy of loving You,
The joy of following You,
The joy of serving You;
All the way 'long, it is glory.*

*Today my heart sings, Lord;
Everything within me rejoices,
Joy bubbles up in my soul,
Glory Glory!*

Taken from Just a Moment, Lord, Flora Larsson



Preparation: Set up a display of potted trees, tree books, posters depicting trees

Theme: Lady of the Forest — what the elm tree symbolizes

Thoughts on the “Lore” of the Elm Tree

It is interesting to note that the elm's mythology is intimately bound up with death and the transition into the Underworld, and that the wood was used to such deadly effect in mediaeval warfare. The elm's connection with death does not end there, as its wood is traditionally used to make coffins, though the wood's durability underground may be part of the reason in this choice.

Perhaps people who knew elms well, were reminded of their own mortality when remembering the elm's reputation for dropping large boughs without warning on otherwise still, warm days; “elm hateth man, and waiteth” as the old saying goes. news.sonorika.co.uk/news/American-hardwoods-elm

Notwithstanding the elm's legendary associations with death and the Underworld, people also looked to the elm for medicinal cures. The inner bark was especially efficacious when chewed or boiled into a liquor to treat colds and sore throats, while the boiled bark was also used to treat burns.

Adapted from: Paul Kendall: Published: Caledonia Wild! Winter 2003-04 Trees for Life, The Park, Findhorn Bay, Forres IV36 3TZ, Scotland, UK

Song: SASB 8/TB 569 *Immortal, Invisible, God Only Wise*

Poem: Oh, To Be in England

*Oh, to be in England
Now that April's there,
And whoever wakes in England
Sees, some morning, unaware
That the lowest boughs and the brushwood sheaf
Round the elm-tree bole are in tiny leaf,
While the chaffinch sings on the orchard bough
In England — now!*

Robert Browning - 1812~1889

Readings

- Knowing trees, I understand the meaning of patience. Knowing grass, I can appreciate persistence. (Hal Borland)
- The adjectives "majestic" and "stately" leap to mind when describing elms. These trees are truly one of our most recognizable trees whether lining our streets and boulevards or standing on guard in a farmer's field. The number of "Elm" streets, parks and buildings demonstrates just how much a part of our lives this tree has become. (Elmcare.com)



- The majestic elm is one of the most beloved of all our trees. Unfortunately, Dutch elm disease has taken its toll and sadly the elm is disappearing from our landscape. Thankfully through community action, new research and a concentrated effort, the elm can make a comeback. Perhaps soon, the stately elm can reclaim its rightful place in our lives.
- Trees add not only beauty but value to a property. The value of a mature elm for insurance purposes is C\$3,600. The 7,700,000 elm trees in urban centres in North America have a combined value of over US\$ 19 billion.
- Dutch elm disease got its name because it was discovered by scientists in Holland in 1917. The seven Dutch scientists who first identified the disease were all women.

- Dutch elm disease hit England in the 1960's and within 20 years had killed 17 million of the country's 23 million elm trees. An out-break of the disease in 1945 destroyed second-generation elms in Eastern Canada and the United States. The elm population dropped from 77 million to 34 million by 1976.

Did you know?

- Fully mature elm trees can live as long as 300 years
- The cooling effect of one urban elm tree is equivalent to five air conditioning units
- North American settlers named the elm "the lady of the forest"
- The American elm grows to over 115 feet tall and can have a diameter in excess of ten feet
- The Iroquois used elm bark to make canoes, rope and utensils

Poem: Think Like a Tree

*Soak up the sun
Affirm life's magic
Be graceful in the wind
Stand tall after a storm
Feel refreshed after it rains
Grow strong without notice
Be prepared for each season
Provide shelter to strangers
Hang tough through a cold spell
Emerge renewed at the first signs of spring
Stay deeply rooted while reaching for the sky
Be still long enough to
hear your own leaves rustling.*

Karen I. Shragg. The above poem is excerpted with permission from *Tree Stories: a Collection of Extraordinary Encounters* edited by Warren Jacobs and Karen I. Shragg Sunshine Press Publications Hygiene, CO (2002) www.sunshinepress.com

Quiz: "Trees"

(Fill in the blanks: "Trees")
I think that I shall never see
A poem lovely as a _____ (tree)
A tree whose hungry mouth is prest

Against the earth's sweet flowing breast;
 A tree that looks at God all day,
 And lifts her leafy arms to _____ (pray);
 A tree that may in summer wear
 A nest of _____ (robins) in her hair;
 Upon whose bosom snow has lain;
 Who intimately lives with rain.
 Poems are made by fools like me,
 But only _____ (God) can make a tree.

Alfred Joyce-Kilmer

Song: SASB 28/TB 306 *For the Beauty of the Earth*

Scripture: Psalm 1

Poem: Advice from a Tree

*Dear Friend, Stand Tall and Proud
 Sink your roots deeply into the Earth
 Reflect the light of a greater source
 Think long term
 Go out on a limb
 Remember your place among all living beings
 Embrace with joy the changing seasons
 For each yields its own abundance
 The Energy and Birth of Spring
 The Growth and Contentment of Summer
 The Wisdom to let go of leaves in the Fall
 The Rest and Quiet Renewal of Winter
 Feel the wind and the sun
 And delight in their presence
 Look up at the moon that shines down upon you
 And the mystery of the stars at night.
 Seek nourishment from the good things in life
 Simple pleasures
 Earth, fresh air, light
 Be content with your natural beauty
 Drink plenty of water
 Let your limbs sway and dance in the breezes
 Be flexible
 Remember your roots
 Enjoy the view!*

Ilan Shamir. Copyright 1993-2003 Your True Nature, Inc. for 'Advice from a Tree' books, journals, posters and other nature products, visit www.YourTrueNature.com or call 1-800-992-4769.



Song: As a Tree TB 448 *By the Pathway of Duty* (verses only)

*As a tree beside the water,
 Has the Saviour planted me;
 All my fruit shall be in season,
 I shall live eternally.
 Though the tempest rage around me,
 Through the storm my Lord I see,
 Pointing upward to that haven,
 Where my loved ones wait for me.*

*When by grief my heart is broken,
 And the sunshine steals away,
 Then His grace, in mercy given,
 Changes darkness into day.
 When at last I stand before Him,
 Oh, what joy it will afford,
 Just to see the sinner ransomed,
 And behold my sovereign Lord.*

Devotional: *Like a tree planted by the water.*
 Jeremiah 17:7-8, Psalm 92:1-15

Billy Graham tells of his experience at learning how to ride a bike. He was seven years old and his father and other family members tried to teach him the art of cycling. Mr. Graham says, "I soon

found out there was one thing I must do if I was to stay on the bicycle — keep moving forward. If I ceased to go forward, I would fall and hurt myself." So it is in the Christian life. We can never live this life on the highest plane unless we are continually growing and moving forward.

Psalm 92:12-14 *"The righteous will flourish like a palm tree, they will grow like a Cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God."*



Why would God choose a cedar tree as an analogy for Christian growth? Maybe the answer lies in the Hebrew word "Sagah" from which the word "grow" comes. "Sagah" is a word, which suggests a threefold growth — downward, upward, and outward. The cedar grows downward (it is deeply rooted), it grows upward (it is very tall) and it grows outward (It is wide).

Scripture reveals that Christian growth must be evident in the life of all believers.

Deeply Rooted: The function of the root system is vital to the growth of a tree. It anchors the tree and provides stability. If the roots sit in shallow ground, the tree will topple when the

storms come and it will dry up during seasons of drought. There are some desert shrubs that have roots which extend downwards in the earth as deeply as 230 feet. The cedar too has very deep roots.

Paul prayed that the Christians of Ephesus would be rooted and established in the love of Christ. Ephesians 3:17-19 *"...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."*

We need to be deeply rooted in love, God's love, so that we will not forget His love for us or take it lightly. The strength we gain from this love enables us to grow in our understanding of being deeply rooted in our faith.

Again in Colossians 2:6-7 Paul writes, *"So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."*

'Being rooted' suggests the thought that something which took place in the past, but whose effects persist in the present. Because we are in union with Christ through faith, we gain more knowledge of Him in our lives and therefore, grow more like Him.

Psalm 92 reminds us that the chief reason for healthy trees is that they are planted by a good water supply. They spread their roots along the riverbank, so even in time of drought they can find the hidden nourishment beneath the riverbed.

When we plant our spiritual lives close to God's water supply — 'the Living Water' — His Word and Prayer, we will never run dry, nor will we topple over when the storms of life come against us.

Isaiah 40:29-31 *"He gives strength to the weary and increases the power of the weak. Even youths grow tired, weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles;*

they will run and not grow weary, they will walk and not be faint."

God has provided an abundant measure for us — we can never exhaust His supply.

His love has no limits,

His grace has no measure.

His power no boundary known unto men.

For out of His infinite riches in Jesus,

He giveth and giveth and giveth again.

My prayer today is that our hearts would long to be so deeply rooted in Christ that no matter the storms we face, God's supply will see us through. Without an adequate root system, a tree simply could not even survive. Is that not true of the Christian?

Christian growth is evident in our lives when we absorb.

Godly Light: *A healthy tree is naturally drawn toward the light.* An encyclopedia of trees tell us that young cedars can grow in partial shade but will eventually need full sun to realize their potential.

To be a healthy growing Christian we are naturally drawn toward the light. To realize our full potential in Christ, we need the light of God. Psalm 36:9 *"For with you is the fountain of life; in your light we see light."*

Only as we seek to understand more about the True Light can we reach our full potential spiritually, and become effective in proclaiming this wonderful gospel to others. The daily living of our faith is what really counts, because many people do not read the Scripture, rather they watch to see if the 'Light' we talk about has made a difference in us and the way we live.

A healthy tree grows from a sapling to full maturity at a very slow rate.

Down through history the Cedars of Lebanon have been a valuable source of wood. It was from Lebanon's cedar forests that Solomon got the wood for his temple and palace. These trees have been so sought after that they are at near extinction but they are today being protected. Hundreds

of young cedar trees have been planted around the area during the last 30 years. But since they only grow at a rate of 1 cm every year, it will be many generations before these saplings reach the impressive size of those in the forest.

There are two lessons for us here: *God decides the growth pattern and we need to depend on Him.*

We need to be so careful in our haste to work for God that we don't lag behind Him or run ahead of Him. His timing is perfect. Our work for God is not always about the work, it is about what God can do in us and through us while we work.



We are not commodities to God. We are valuable and not easy to replace.

We need to take a lesson from what has happened to the Cedars of Lebanon. They have been reduced greatly by harvesting over the centuries, but because growth is so slow, they've not been replaced at the same speed as to their being cut down.

It is so important to protect God's investment and replant when replacement is needed. Disciplining of all believers in the faith is crucial so that God's work continues. Long after we are gone to be with the Lord, others will need to take the gospel to the lost of this community.

Christian growth becomes evident when we allow our lives to be a 'covering shade'.

A healthy cedar is a broad tree — it provides a sanctuary for others.



Our lives should be such that others feel comfortable to come to us — so that we could provide a comfort zone where spiritual needs are met and where they can give birth to new ideas. A fresh incentive and a change of perspective will point us to the Lord in our personal spiritual growth.

Ezekiel 31:6 *"All the birds of the air nested in its boughs, all the beasts of the field gave birth under its branches...."*

It provides shade and protection — all the great nations lived in its shade.

Isaiah 32:1-2 *"See, a king will reign in righteousness and rulers will rule with justice. Each man will be like a shelter from the wind and a refuge from the storm, like streams of water in the desert and the shadow of a great rock in a thirsty land."*

Shortly before his death, Samuel Taylor Coleridge wrote "Youth and Age" in which he reflected over his past and the strength of his earlier years. In this work he makes a beautiful statement ... "Friendship is a sheltering tree."

There is nothing like a sheltering tree ... a true friend ... to give us relief in its cool shade. Beneath the branches of such a sheltering tree many discouraged souls have rested. I thank God for the many sheltering trees in my life.

God desires that we reach out to others so that they would see in our lives a place where they can find relief from the scorch of life's hardships — a protection from the heat of the moment and the heat of the day.

E	S	A	E	S	I	D	M	L	E	H	C	T	U	D
C	R	H	L	S	E	J	U	O	W	Y	S	K	Z	K
O	E	S	A	G	E	G	L	M	S	E	F	G	Y	I
O	H	I	D	D	N	V	O	I	H	S	R	R	C	I
L	T	R	Y	F	M	C	A	C	F	G	S	B	P	F
I	I	U	C	A	P	A	N	E	A	E	Q	O	Q	Z
N	W	O	B	C	Z	A	J	E	L	G	J	X	L	S
G	S	L	D	G	R	A	C	E	F	U	L	S	T	B
A	C	F	B	B	Z	M	D	T	S	Q	I	A	E	T
T	R	U	N	K	G	O	T	U	X	T	T	K	S	Z
R	R	C	E	T	V	R	N	Q	Q	E	I	E	C	W
E	P	V	H	K	O	Y	C	T	L	N	R	C	K	A
D	E	T	N	A	L	P	G	Y	H	O	M	T	J	R
S	K	S	S	P	V	I	J	F	F	M	B	G	N	C
D	S	D	F	C	H	L	H	W	D	V	W	G	V	D

LADY ELM

BLOSSOM
BRANCHES
COOLING
DUTCH
ELM DISEASE
FLOURISH
FOREST
GRACEFUL
LADY
LEAVES
LIFE
MAJESTIC
PLANTED
STATELY TRUNK
WITHERS

Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."

1 Thessalonians 5:11 "Therefore encourage one another and build each other up, just as in fact you are doing."

Jeremiah 17:7-8 "But blessed is the man who trusts in the LORD, whose confidence is in him. He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

What you need to know about Slippery Elm

The use of slippery elm in cultural and traditional settings may differ from concepts accepted by current Western medicine. Before taking slippery elm, talk to your doctor, pharmacist, or health care professional.

If you have allergies (especially to plants), have a medical condition, or if you take medicines or other herbal/health supplements, slippery elm may not be a viable option.

Information about the herb Slippery Elm

Slippery Elm is a deciduous tree found from Canada to Florida, west to the Dakotas and Texas.

Common Names: American Elm, Indian Elm, Moose Elm, Red Elm, Rock Elm, Sweet Elm, Ulme, Winged Elm

History: The Red American Indians used the bark and as a food called Oohooska meaning 'to slip'.

Slippery Elm as a healing agent:

- anti-inflammatory (an agent to ease inflammation)
- antiseptic (an agent for inhibiting the growth of microorganism on living tissue or destroying pathogenic or putrefactive bacteria)
- emollient (an agent used externally to soften and soothe)



- expectorant (an agent that promotes the discharge of mucous and secretions from the respiratory passages)
- nutritive (gives nourishment)
- pectoral (remedy for pulmonary or other lung and chest diseases)
- remedial (has a healing effect)

Usage of Slippery Elm

Medicinal parts used: The inner bark of the slippery elm is the portion which can be used for healing ailments such as:

- bronchitis
- chest disorders
- coughs
- irritation of the pharynx
- soothes coughs
- soothing to the whole respiratory system
- sore throat

Externally can be used as a poultice, ointment, wash, etc. for:

- abscesses
- boils
- burns
- congestion
- poison ivy
- skin cancers
- skin diseases
- swollen glands
- ulcers
- wounds

What's in your Bible?

Idea adapted from Wilma Paterson, Windsor, Ontario



Plan a meeting using the question What's In Your Bible? Most Bibles have a number of items tucked inside. A collection of bookmarks, dried flowers, pictures of family members, small pieces of paper with choruses written out, a cross made from fabric etc. Each item has a story which connects you to God and to others who are special to you.

Display: Create a visual using a variety of Bibles and translations. A large family Bible, New Testament, Teen study Bible, Children's Bible etc. Invite some ladies to bring along their own Bibles to add to the display. Have available some new Bibles to distribute to ladies who may not have one of their own.

Scriptures of Song:

I Will Sing of the Mercies – Psalm 89:1

I Will Enter His Gates – Psalm 118:24

We Bring A Sacrifice of Praise – Hebrews 13:15

As the Deer Pants For the Water – Psalm 42:1

Seek Ye First the Kingdom of God –

Matthew 6:33

Create in Me A Clean Heart – Psalm 51:10-11

Scriptures of Prayer

Chose one of Paul's prayers to share or have ladies gather in groups of three to read these prayers.

Ephesians 1:15-23

Ephesians 3:14-21

Philippians 1:3- 11

Colossians 1:3-14

Scriptures of Poetry:

Poetry for the expression of praise, worship and confession to God.

Psalm 19: (Theme – Both God's creation and his Word reveal his greatness)

Psalm 92: (Theme – Be thankful and faithful every day)

Psalm 24: (Theme – Everything belongs to God – the glorious eternal King)

Psalm: 63 (Theme – A desire for God's presence, provision, and protection)

Scripture Discovery:

Read: John 17:20-26 Jesus Prayer for all Believers and share in a time of discussion.

Ask the following questions:

For whom did Jesus Pray?

(For those who would believe)

What did Jesus want for his followers?

(That they would become one – unity in the body)

What did Jesus want them to see?

(His Glory – see John 1:14)

The wonder of this passage is that this prayer has been answered. We are one with Jesus, our lives are bound up in His. It is the desire of the Father that all who believe in Him would be with Him in spirit and in truth.

Chocolate the Comforter

David McCaw-Aldworth, Spain Command

Preparations: Bring a large chocolate cake, or something a little healthier - the makings for a chocolate fondue with fresh strawberries, to share with a cup of tea!

Chuckle: Three boys all bragging about their dads. The first said, "When my dad writes something called a poem he gets \$100.00 for it." "That's nothing," said the second boy. "When my dad writes something called a song he gets \$200.00 for it." "Wow," came the response from the first. "That is nothing," said the third boy. "When my dad writes something called a sermon it takes eight men five minutes to collect all the money for it".

Chuckle: Two friends met up after a long time apart. "How's your husband, Fred?" said the first. "Oh you know he's an angel," came the reply. "You're lucky," said the second lady. "Mine is still living."

Song: SASB 43/TB 333 *Come Let Us All Unite To Sing*

Prayer

Chuckle: A little boy opened the big, old, family Bible and started looking through its pages. As he turned one page, something fell out of the Bible onto the floor. It was a leaf from a tree that had been pressed between the pages. The boy picked it up, looked at it closely, and then called to his mother. "Come quickly, see what I have found". "What is it?" asked his mother. "It's Adam's suit," the boy replied.

Creative story based on Luke 15

For this story you will need the following chocolate bars on a tray*



**If these bars are not available where you live, let your creation show, and re-write the story to include chocolate bars that are available and can be bought locally.*

Trio, chocolate Coins, Twix, Galaxy, Celebrations, Dime, Drifter, Chomp, Starburst, Picnic, Boost, Breakaway, Timeout, Fuse, Kinder Surprise, Cadbury's Fingers, Topic, Roses Chocolates, and a Rocky bar

Ask for volunteers, when you call the name of a chocolate bar the ladies hold up the bar mentioned.

Chocolate is useful for so many things, it can even help in reading the Bible.

One day Jesus was talking to the people when some Pharisees and scribes started to murmur, saying this man "welcomes sinners and eats with them."

Then Jesus told a **TRIO** of stories to answer them, which was very **TOPICAL** for the time.

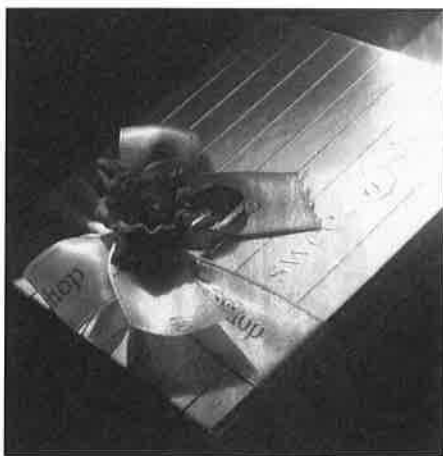
The first was about the lost sheep, and the second about the lost **COIN**. The third tale went something vaguely like this.

There was a man who had two sons. But the younger one said to his father, "Dad, give me my share of the estate." The father thought about this problem and decided to **TWIX** it by dividing his property into two.

Not long after that, the younger son got together all he had, set off for a distant **GALAXY**, or at least another country. While he was there he squandered his **COINS** and wealth in wild living and **CELEBRATIONS**. Soon he was broke without a **DIME** to his name. To make matters worse there was a famine in that whole country and the boy **DRIFTERed** into hunger and need.

So he went and got a job feeding pigs. All he could hear while his tummy rumbled was **CHOMP, CHOMP**, as the pigs ate. The boy got so hungry that he thought of eating the pig's food. In fact things didn't look like **ROSES** anymore.

Then it happened. The **STAR BURST** in the boys head with an idea. He thought, "this is no **PICNIC**, all my friends have left me. I need a **BOOST**, I will have to **BREAK-AWAY** and take some **TIMEOUT** from this land and go home, not as my father's son but as one of his servants".



While he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. Which really confused the boy. In fact he was **KINDER SURPRISED** with his dad's reaction.

The boy tried to apologize, and said that he was no longer worthy to be called his father's son. But his dad was so pleased to have him home he would not hear of it. In fact he said to one of his

servants "put a ring on his **FINGER** and sandals on his feet". Bring the fattened calf and let's have a **CELEBRATION**. My son who was lost is now found and so the party began.

Meanwhile, the older son was out in the field. When he came near the house, he heard music and dancing and **CELEBRATION**. He called one of the servants to ask him what was going on. "Your brother is home and your father is having a party. We are dining on the fattened calf because of it!"

The older brother became angry and refused to go in. His father went out and pleaded with him to join the celebration. The older brother said, "Dad, all these years I've been slaving for you working in the **ROCKY** fields never disobeying your orders. Yet you never even gave me so much as a **PICNIC** or a young goat so I could have a **CELEBRATION** with my friends. Then this son of yours who has spent all your **COINS**, and hasn't a **DIME** left, comes home and you kill the fattened calf for him!" "My son you are always with me and everything I have is yours. We have to have a **CELEBRATION** and be thankful, because your brother was dead and is alive again; he was lost and is found."

Song SASB 821/TB 661, *We're an Army to the tune Happy Song*

Chuckle: The minister's daughter asked her Mom, "Why does Daddy pray to God before he preaches." "That's so God will help him", came the response. The little girl just looked and again asked her mother, "why doesn't He help him then".

Chuckle: In the maternity ward of a local hospital there was a man awaiting the arrival of his baby when the minister entered to take a service. The minister asked if anyone had a favourite hymn, choosing one that he thought everyone would know: What a friend we have in Jesus. There was a good deal of chuckling among the expectant mothers as they sang: Are we weak and heavy-laden, cumbered with a load of care.

Chocolate quiz: This quiz is a one to whet the ladies appetites. Here are ten questions about different chocolate bars. The winner of the question wins that particular bar (so you will need to purchase them), then is excluded from another question. So everyone has opportunity to win!

1. When was the Cadbury Creme Egg first available to buy? *(1923 - but the Creme Egg as we know it was not made until 1971.)*
2. What Chocolate Bar is named after a planet and 'battered' is a delicacy in chip shops in Scotland? *(Mars Bars)*
3. What chocolate bar launched in 1929 gives you that 'Friday feeling'? *(Crunchy Bar)*
4. What chocolate bar is full of eastern promise? *(Turkish Delight)*
5. For which chocolate advertisement are you asked 'do you love them enough to give them your last...?' *(Rolo)*
6. What chocolate bar was discovered by accident in 1920? *(Cadbury's Flake bar. An employee who filled the chocolate moulds discovered this concept. He saw that once the moulds were full, the excess chocolate used to spill over the edge and fold down in a stream of chocolate. Once this stream cooled, the Flake product was created as the texture had many thin layers of chocolate and was very crumbly and flakey!)*
7. What chocolate candies are not for dummies? *(Smarties)*
8. What chocolates have the slogan "all because the lady loves...?" *(Cadbury's Milk Tray)*
9. What chocolate according to the advertising campaign launched in 2001 is not for girls? *(Yorkie bar)*
10. What chocolate launched in September 1935 are you meant to 'have a break' with? *(Kit Kat)*

Thought: Chocolate or to give it its true Aztec name "Chocolat" is originally a product of Central America where it was discovered by the Mayan Indians as long ago as 600 AD.



In an area we now know as Southern Mexico, the cocoa trees grew wild. The local Indians soon realized the importance of this crop and harvested cocoa beans from the trees in the rain forest, eventually clearing areas of lowland forest to grow their own cocoa trees, in the first known cocoa plantations.

This bean was then roasted and had surprising value being also used as a currency. An early explorer visiting Central America found that 4 cocoa beans could buy a pumpkin, 10 could buy a rabbit, with a 100 you could purchase a slave.

This delicious bean has been described as 'food for the gods.' What we have today in our humble chocolate bar is far removed from the beans that Columbus discovered and brought back to Spain. Also far removed is the later knowledge of cocoa preparation that Cortez the conqueror of Mexico brought to Europe in the early 16th century, after which Spain had the monopoly and the secret of chocolate preparation for nearly 100 years.

Surprisingly chocolate was first a drink, but with an unusual additive of chillies; however the westerners refined this and thankfully dropped the chillies and also warmed the drink. This innovation led to chocolate houses around the major cities of Europe.

In Victorian times we see the transformation to the solid chocolate that we can relate to today with manufacturers like John Cadbury from Birmingham, Fry's of Bristol, Terry's of York and also Rowntree's of York all playing their part.

Today chocolate is an every day part of life, people use chocolate for many different reasons. We still have a chocolate drink in the form of a hot chocolate, and also chocolate spreads for sandwiches. We see chocolate being used as snack food eaten between meals, sprinkled on top of a coffee or an ice cream, and also used to cover cookies, or fruit and nuts (in the bar form).



Without chocolate this world would be a very different place, people would be grumpier, less happy — perhaps a little slimmer, but would be without their comforter.

We have the promise of another comforter within Scripture, in fact Jesus said:

I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever (John 14:16 KJV). Also that the *Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you* (John 14:26 KJV).

While this "comforter" that Christ talks about is of course different from chocolate, I would like to draw three parallels.

Firstly, partaking of chocolate brings about a chemical change and can help a person's mood. It can relieve stress and anxiety. The Holy Spirit brings about a spiritual change that can bring relief from stress and anxiety. Christ said, "*Peace I leave with you, my peace I give unto you: not*

as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." (John 14:26 KJV).

Secondly chocolate can be taken anywhere and eaten anywhere. The advertising slogan says, "*A Mars a day helps you work, rest and play*". Chocolate is found at home, at work, at play and even in a war zone in ration packs for the soldiers to eat. The Holy Spirit knows no physical or geographical boundaries. We can pray in the Spirit at home, at work, in our leisure time and even in a war zone.

Thirdly, chocolate according to the manufacturers and advertisers is the perfect gift. 'All because the lady loves Milk Tray', 'do you love anyone enough to give them your last Rolo', 'say thank you with Roses.' Giving the gift of Christ to the one you love, sharing the knowledge of the Comforter, the Holy Spirit surely is the best gift you can leave with someone. Chocolate the heavenly delight, is a moment on the lips and an eternity on the hips, as they say. So a different comforter, the one that Christ told us about, is a moment to say yes and the possibility of an eternity not with a heavenly delight, but in Heaven under His light — the light and love of God.

In the basket are some small chocolate bars. Please take two, the first is for you and is to remind you of this afternoon and also the comforter that Christ talked about, the Holy Spirit. The second is to give to someone, perhaps to build bridges with a distant neighbour, or friend. After giving this small bar, relate the comparisons that we have shared today. It could be an opportunity to run a conversation toward spiritual matters.

Closing Thot: The comforter is a promise from God, one of His many so let us stand upon all these promises as we sing our closing song.

Song: SASB 757/TB 797 *Standing On The Promises*

Benediction

How Good is your Memory?

Betty Badcock, Gambo, Newfoundland

How good is your memory?
What would come to mind
if I were to ask you to recall
a significant memory? With the broad
range of ages we have here this evening,
I'll mention a few in verse form — one of
which you may remember!

*Did you ever go on a picnic or a hike?
Play house with your friends or ride on your bike?
Did you ever play hop-scotch or tag?
Or trade marbles that were neatly tied in a bag?*

*Did you make hay in summer or dry fish on a flake?
Pick berries on the hill to make a blueberry cake?
Did you knit or sew by a kerosene lamp;
Or to school in two feet of snow did you tramp?*

*Did you swim in the river or skate on the pond;
Did you rock a sick baby 'til he was feeling O.K.?
Did you make quilts from old clothes, hook
mats for the floor?
Bring water from the spring or from the well
next door?*



*Did you paint the fence
or clean out the barn,
Or get out the spinning wheel to spin some yarn?
Did you plant a garden or milk a cow;
Or sheared a sheep if you knew how?*

*On wash days, how many clothes did you
scrub?
With sunlight soap in the old washing tub?
Was it out to the outhouse when you "just had
to go?"
Even if it was windy and raining or 20 below?*

*Now that I'm finished, I just want to know
Did I bring back a memory of days long ago?
If just for one moment I caused you to smile
Then all of this "silliness" was worthwhile.*

BJBadcock

Chorus: *Count Your Blessings*

Memories are made of this: Have a display table of "things from the past", gathered from people in your community. Items such as an old ink well, slate and pencil, old school reports, books, castor oil bottle or other vintage items from the past! Ask those who contributed items to provide a brief explanation of how they came to have these items in their possession.



Name that song?

(Unique to Newfoundland)

- Where once they stood, we stand *Ode to Newfoundland*
- Right yonder is Bobby and with him is "Nobby" *Squid-jiggin ground*
- Boys and girls are fishin' together *Feller from Fortune*
- On his returning in the fog, he met a heavy gale *Jack was every inch a sailor*
- Take me back to my western boat *Let me fish off Cape St. Mary's*
- I met her aged father who did me sore confound *Star of Logy Bay*
- Unless we strike bottom, inside the two sunkers *We'll rant and we'll roar*



Down memory lane: Ask some ladies, may be four to share briefly a special memory from their childhood days.

Remembering Mother Goose!

- Who had no money? *Simple Simon*
- Who slept at his post *Little boy blue*
- Who hated fat? *Jack Spratt*
- Who went to London? *Pussy Cat*
- What animal laughed? *The little dog*
- What animal gave a marvelous jump? *The cow jumped over the moon*
- Who fractured his skull? *Jack*
- What animal went to school? *Mary's little lamb*
- How many men were in the tub? *Three*

- What animal ran up the clock? *A mouse*
- What cut off animal's tails? *The farmer's wife*
- Who stayed at home? *Little piggy*
- Who said he was a good boy? *Little Jack Horner*

Poem: Generation Gap

*The generation of today thinks my English is odd;
When I say awesome, I'm referring to God.
To me, weather is cool and children are gay
As they join their friends in innocent play;
Pot is a kettle; a joint forms the floor,
Coke, a soft drink from the corner store;
Drugs are to use when you're feeling sick,
A pusher is someone hard-working and quick;
Shrink is a verb on labels and thread,
Not someone you pay to examine your head;
Broad tells the width of a woman or shelf,
It doesn't refer to the lady herself;
A turkey is only a very large bird,
Not a name for a guy who acts like a nerd;
"Gimme Five" means money, nothing more;
It's never a hand slap for making a score.
Somehow my words have lost their clout;
The children don't know what I'm talking about,
But the phrase they use and I do too
That bridges the gap is, "I love you."*

Author – unknown

Let's have some fun! Can you remember?

Put each name into a bag, draw 10 names and ask a question

- What was the name of your first teacher in school?
- Name two of your Sunday school teachers
- How old were you when you first started wearing glasses?
- What was the weather like on the day you were married?
- What colours did you choose for your 'memorable' day?
- What was served at your wedding reception?
- Name two people who were in your wedding party.

Remember Me? Bible Characters

- I loved to sing and play the harp? *David*
- I could tell you the biggest fish story *Jonah*
- My finest asset was my hair *Samson*
- I really loved my mother-in-law *Ruth*
- My name changed in a blinding flash of light *Saul to Paul*
- My lying caused me a great heartache *Peter*
- My love of money ruined my life *Judas*
- I lost my head because of my preaching *John the Baptist*
- My prized possession was my coat *Joseph*
- I lived in a temple as a small boy *Samuel*
- I was probably the first to sleep in a water bed *Moses*
- I spent time in a den with wild animals *Daniel*
- Patience was my greatest virtue *Job*
- I was very wise, but I also had a lot of wives *Solomon*
- My musical instrument was the tambourine *Miriam*

A pocket full of memories.

Lily sat one morning on her front porch watching the soft, warm summer rain fall. Not yet 60 years old she had been diagnosed with Alzheimer's disease otherwise she was healthy and could still look after her husband and their home; but was forgetting names, birthdays and other special events that became very upsetting for her. Yet each day as she prayed for God's guidance she would say "You know, Lord, I would like to keep some of my memories alive. Just a pocketful would satisfy me and make me very contented."

As she looked around her garden, she realized that it had stopped raining. The sun was beginning to shine. She saw something sparkle on the grass; "it must be a piece of glass or plastic," she thought; "but it sure sparkles - just like my ring." Suddenly she remembered the night her husband had asked her to marry him. "Oh," she thought this is one memory from my pocket. She then patted her apron pocket as if she could put it there. It seemed



***The ringing of the telephone
brought her back to reality
... "Thank you Lord"***

that memory started others. The little patch of blue sky reminded her of her first child's eyes; the gentle swaying of the trees reminded her of rocking a sick child to sleep. The sounds of children playing down the street brought memories of when the backyard was full of her children and their friends. The smell of the barbeque next door made her think of the special meals she cooked at Christmas or Thanksgiving. For a few minutes her mind was alive with memories. After each one passed through her mind she patted her pocket.

The ringing of the telephone brought her back to reality, though before she answered she bowed her head and said, "Thank you Lord, for hearing my prayers today. Please let me keep them for a few more years."



Prayer

*Did we forget to thank you Lord.
For guiding us this day;
For the sunrise and the sunset
And the friends you sent our way?*

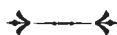
*Did we thank you for snow in winter
And the rain that falls in spring;
The warm sunshine in the summer
And the colors that autumn brings?*

*Did we thank you for our families
And for the food we eat;
For the cozy homes we live in
And for our neighbours down the street?*

*Did we thank you for the memories
That have been locked in our hearts for years;
Some of them bring us happiness
While others bring us tears?*

*So, now we bow our heads, dear Lord
To say thank-you with grateful hearts;
For all the memories and blessings
that you, to us, impart. Amen*

Chorus: Tune of *Take time to be Holy*
*With my hand in God's hand, I walk not alone
With my hand in God's hand, the future
unknown.
But in this assurance, my fear all dispel.
With my hand in God's hand;
all, all shall be well.*



*"Praise the Lord, O my soul;
All my inmost being, praise His holy name.
Praise the Lord, O my soul,
and forget not all His benefits." Psalm 103:1-2*

Building a Family God's Way

Wilma Paterson – Windsor, Ontario

The week prior to the program, ask the ladies to bring some pictures of their family at various stages of their lives to the meeting. Set up a table for a display of photos.

Introduction: Family life is varied for each lady in this room. Whether your family lives next door or miles away, it's the heart that holds us close. Today, many family members are separated geographically by miles, time zones or oceans. We have the benefit of telephones, computers with internet, and the latest thing called Skype which is free. It's amazing to think that we can chat while looking at our family members on the computer screen who may be on another continent.

The family community is made up of parents, children, grandparents, sisters, brothers, aunts, uncles, cousins and distant relatives. Building a family unit takes hard work and effort for all involved. A family that is built on mutual respect and a deep foundation of love will stand the test of time. Working together builds a family's kindred spirit of family life. It is my hope that as we share our family stories we will be encouraged to see the blessing family brings.

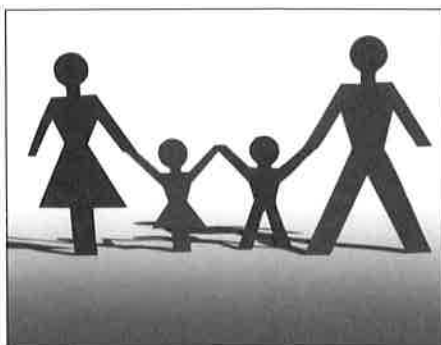
Song: *The Family of God* by Bill and Gloria Gaither

Prayer

Scripture Reading: Psalm 127

Devotional Thought

Psalm 127 speaks to us about the value of divine blessing and reminds us of the ineffectiveness of human effort without God's help. Unless God is acknowledged, how can we expect His blessing on our families? Our best laid plans will fail unless they are God's plans. Many times, when we look



back on our lives, we see that the moments of frustration have been the times when we relied on our own strength in dealing with family life. Family life is made stronger when we rely on God and His wisdom in all our decision making.

For some of us, families are raised and gone "out into the world". In some instances they have not followed our teachings or maintained a spiritual standard. We are beholden to love and pray for them daily and for their own family's spiritual wellbeing.

Psalm 127 in the Message reads, "*If God doesn't build the house, the builders only build shacks. If God doesn't guard the city, the night watchman might as well nap. It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know he enjoys giving rest to those he loves?*"

When we build our family with God at the centre we will find that His blessings will be seen in all areas. God is not against human effort. Hard work honours God, but working to the exclusion of rest or neglecting family may be a cover-up for an inability to trust God to provide for all our needs. A rich bond forms in all family relationships when God is at the heart. We come to a place of trusting God with the small things as well as the big things.



Maybe there are some areas of your own family life you can identify which needs prayer support. Things that you feel anxious about. We can commit all our concerns to the Lord as the great burden bearer. Provide a piece of paper and encourage the ladies to write of their concern for their family. No one need read it; have them fold the piece of paper and place in a basket. Follow this with a time of prayer specifically for the requests made.

Prayer

I commit into your hands, O Lord, my home, children and grandchildren, and all my projects and concerns. Help me to be happy and faithful as I walk in your footsteps. Amen

We can all conjure up in our minds what family represents in society today, it can be:

- children being shared by parents and step-parents on alternate weekends.
- parents separated – different spouse other than both parents.
- joint custody
- brothers, sisters as a result of other relationships
- grandparents

Wouldn't it be a perfect world if parents loved each other, raised their children and were a "model family"? Wouldn't it be perfect if Christ was the central figure in the home, a united family. You can be yourself with your family, no one knows you better!

Children and family can be a real frustration at times – but, no matter what, family is family, and should be able to be a loving support. We can see this through the dealings of God with His children – even when they strayed from Him and His teachings, He still loved them. He always

sought to bring them back to the place where they were meant to be.

As children mature and start to make their own way in the world, they will always be our children. As

Robert Munch said in one of his books, "*As long as you're living, my baby you'll be.*" If we have laid a secure foundation for them, continually pray for God's guidance over them, and love them, in spite of it all, we have done our job!

Let us reflect on the families we were born into or were chosen to be part of – are we building on the foundation we were given or were we given a "faulty" foundation? The foundation we must build on is the one prepared and laid out for us by our Heavenly Father – a perfect plan.

Sharing of family pictures and discussion. Invite the ladies to share about their families. Keep in mind that this may be very difficult as family dynamics, for some may be challenging.

Chorus: *I'm So Glad I'm A Part of the Family of God.*

Closing Prayer

Thought:

The family is like a book – the children are the leaves.

The parents are the cover, that protective beauty gives.

At first the pages of the book, are blank and purely fair.

But time soon writes memories, and paints pictures there.

Love is the little golden clasp, that bindeth up the trust,

Oh, break it not lest all the leaves, shall scatter and be lost.

The Final Trip

Adapted from Women's Ministry Program 2010 Caribbean Territory

Preparation: Invite a legal advisor to address the ladies on preparing a Last Will and Testament. Play Christian CD by Randy Travis – "I am Going..."

Song: SASB400/TB 701 *Why Should Life A Weary Journey Seem?*

Poem "Heaven's Stairs"

*The "stairway" rises "heaven high"
The steps are dark and steep
In weariness we climb them
As we stumble, fall, and weep...
And many times we falter
Along the "Path of Prayer"
Wondering if You hear us
And if you really care...
Oh, give us some assurance,
Restore our faith anew,
So we can keep on climbing
The "stairs of prayer" to you
For we are weak and wavering,
Uncertain and unsure,
And only meeting You in prayer
Can help us to endure
All life's trials and troubles
Its sickness, pain, and sorrow
And give us strength and courage
To face and meet tomorrow*

Helen Steiner Rice

Choruses: SASB 80 *Lord, Lift Me Up and Let Me Stand*

SASB 176 *In Him Abiding, My All Confiding*

Devotional: We are all familiar with the word, 'journey.' It means the time spent traveling from one place to another whether a long or short distance. Travel is so much easier today. Families are on the move daily even to different



countries. The Bible speaks of the journeys of many, including Abraham and Sarah who traveled from their home country to a land that was foreign and unknown. We remember the 40 year journey of Moses and the children of Israel when they came from bondage in Egypt to the Promised Land.

The Bible likens our lives as Christians to that of pilgrims on a journey. Holiness or Christ-likeness, is to be our aim on that trip. God's promises are sure on that journey and He will provide for our every need. "The will of God will never lead you where His grace cannot keep you."

As we journey towards being like Jesus, we will note these following things:

Holiness in our life style:

- A devotional life: Psalm 34: 1
- A prayer life: Matthew 6:6; 7:11
- Consecrated moments with God: Psalm 32:8

Happiness in our total ministry:

- Being a good leader: 1 Timothy 3:5
- Being a servant: Matthew 20:27- 28
- Living our lives as unto the Lord: Roman's 12:18

Hunger to live our lives:

- To please God: Romans 12:1, Psalm 104:34
- To live morally clean: Romans 8:11, Hebrew 10:22
- As living testimonies



On this trip there will be many challenges to face and difficulties to overcome, but a consistent prayer and devotional life will help us through. Someone wisely said, "If God takes us to it, He will surely see us through it!" We must put our faith into practice as we walk by faith and not by sight. With God's help, we can live pure and holy lives in an incredibly dirty world. 1 Thessalonians 5:24 reminds us that He is faithful to accomplish his good will in and through us.

Our victory at the end of the journey is certain and sure if we live a life dedicated to Jesus, cleansed by His Holy Spirit, active in taking the gospel to the world, and by offering and living holy values in a world of corruption. Jesus said, "I am the Way." So, why are you trying to climb up some other way?

Song: SASB 892/TB 407 *Sing the Wondrous Love of Jesus*

Unscramble the words

RVOFFEER	FOREVER
RYLGO	GLORY
ENAVEH	HEAVEN
UEMEAJRSL	JERUSALEM
GMNIKOD	KINGDOM
TNGIVREASEL ELFI	EVERLASTING LIFE
ECRETNORRSUI	RESURRECTION
WRCON	CROWN
INOZ	ZION
LNAEGS	ANGELS
BORE	ROBE
TNAIOSLAV	SALVATION

What should I pack for the journey?

Pack inside your heart.....

Faith

Word of God

Salvation

Hope

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Name written in the lambs book of life

Thoughts to ponder:

The true Christian ideal is not to be happy but to be holy. A.W. Tozer

A holy life will make the deepest impression.

Lighthouses blow no horns, they just shine.

Dwight L. Moody

Song: SASB 990 *Victory in Jesus*

Closing Prayer

Refreshments and Home League

The Mighty Oak

Deborah Coles, Simcoe Community Church, Ontario

Welcome

Introduction of theme: The mighty oak
– what the oak tree symbolizes.

"Tie A Yellow Ribbon Round The Ole Oak Tree"

*I'm comin' home, I've done my time,
Now I've got to know what is and isn't mine,
If you received my letter,
Tellin' you I'd soon be free,
Then you'll know just what to do,
If you still want me . . . If you still want me . . .*

Refrain:

*Tie a yellow ribbon 'round the ole oak tree,
It's been three long years,
Do you still want me ? (still want me ?)
If I don't see a ribbon 'round the ole oak tree,
I'll stay on the bus, forget about us,
Put the blame on me . . .*

*If I don't see a yellow ribbon around the ole oak
tree*

*Bus driver please look for me,
'Cause I couldn't bear to see what I might see,
I'm really still in prison,
And my love, she holds the key,
Simple yella ribbon's what I need to set me
free . . .*

Refrain

*Tie a yellow ribbon 'round the ole oak tree,
And now the whole darn bus is cheerin'
And I can't believe I see . . .
A hundred yellow ribbons 'round the ole . . .
The ole oak tree!*

(Tie a ribbon 'round the ole oak tree) 3x

Music by L. Russell Brown with lyrics by Irwin Levine , 1973



Readings: "The Mighty Oak"

Cultural significance

The oak tree is a common symbol of strength and endurance and has been chosen as the national tree of England, Estonia, France, Germany, Lithuania, Poland, the United States and Wales.

Mythology

In Celtic mythology, it is the tree of doors, believed to be a gateway between worlds, or a place where portals could be erected.

What a neat idea! The oak is the tree of doors: Jesus says He is the door. He also stands at the door, waiting to come in. Think of the famous picture of Jesus knocking – could it of been a door made of oak?

Folk Tale

Thor's Oak was a sacred tree of the Germanic Chatti tribe. In 723, St. Boniface felled the holy oak tree dedicated to Thor near the present-day town of Fritzlar in northern Hesse. He did this with the Prophet Elijah in mind.

Boniface called upon Thor to strike him down if he cut the "holy" tree. According to the legend, Boniface started to chop the oak down, when

suddenly a great wind, as if by miracle, blew the ancient oak over. When Thor did not strike him down, the people converted to Christianity. He built a chapel from its wood at the site where today stands the cathedral of Fritzlar.

The felling of Thor's Oak is commonly regarded as the beginning of German Christianization.

In the Bible

In the Bible, the oak tree at Shechem is the site where Jacob buries the foreign gods of his people (Genesis 35:4). In addition, Joshua erects a stone under an oak tree as the first covenant of the Lord (Joshua 24:25-7). There are several other references to oak trees in the Bible. So it seems the oak is a powerful symbol throughout the Bible.

**... on every high hill
and on all the mountaintops,
under every spreading tree
and every leafy oak**

Judges 6:11, 18 - Gideon

"The angel of the LORD came and sat down under the oak in Ophrah that belonged to Joash the Abiezrite, where his son Gideon was threshing wheat in a winepress to keep it from the Midianites.

Gideon went in, prepared a young goat, and from an ephah of flour he made bread without yeast. Putting the meat in a basket and its broth in a pot, he brought them out and offered them to him under the oak."

2 Samuel 18: 9 to 15 - Absalom

"Now Absalom happened to meet David's men. He was riding his mule, and as the mule went under the thick branches of a large oak, Absalom's head got caught in the tree. He was left hanging in midair, while the mule he was riding kept on going. When one of the men saw this, he told Joab, "I just saw Absalom hanging in an oak tree."

Joab said, "I'm not going to wait like this for you." So he took three javelins in his hand and plunged them into Absalom's heart while Absalom was still alive in the oak tree."

Ezekiel 6:13 Warning

"And they will know that I am the LORD, when their people lie slain among their idols around their altars, on every high hill and on all the mountaintops, under every spreading tree and every leafy oak—places where they offered fragrant incense to all their idols."

Isaiah 1:30 (KJV) Another Warning

"For ye shall be as an oak whose leaf fadeth, and as a garden that hath no water."

Scripture: Psalm 1

Tree jokes

Did you hear the one about Arbor Day?

It'll leaf you laughing!

Did you hear the one about the oak tree?

It's a corny one!

Did you hear the one about the redwood?

It's tree-mendous!

Why was the pine tree sent to its room?

Because it was being knotty!

Why did you give the tree some aspirin?

Because I heard it was a sycamore!

What kind of tree is often found in the kitchen?

A pantry!

Why did you plant a board and nails on Arbor Day?

I was trying to grow a tree house!

What is your favourite type of tree?

A pastry!

Why was the tree drooling?

It was a dogwood.

How do you get an elephant to the top of an oak tree?

Plant an acorn under him and wait 50 years

Proverbs

"Mighty oaks from little acorns grow."

"Every majestic oak tree was once a nut who stood his ground."

Song: As A Tree to the tune of *By the Pathway of Duty* TB 448

*As a tree beside the water,
Has the Savior planted me;
All my fruit shall be in season,
I shall live eternally.
Though the tempest rage around me,
Through the storm my Lord I see,
Pointing upward to that haven,
Where my loved ones wait for me.*

*When by grief my heart is broken,
And the sunshine steals away,
Then His grace, in mercy given,
Changes darkness into day.
When at last I stand before Him,
Oh, what joy it will afford,
Just to see the sinner ransomed,
And behold my sovereign Lord.*

Song: SASB 28/TB 306 (note v.2) *For the Beauty of the Earth*

Devotion: Jesus at the Door

"One Door"

*One door and only one
And yet its sides are two
Inside and outside
On which side are you.*

*One Door and Only One
And yet its sides are two
I'm on the inside
On which side are you?*

Meditation

(From the NACR Daily Meditation site)

"Listen! I am standing at the door, knocking; if

you hear my voice and open the door, I will come in to you and eat with you, and you with me."
(Revelations 3:20, NRSV)

Some people enter without knocking. It happens. Our boundaries have not always been respected. As a result, we have built some significant defenses. Our doors have multiple locks. When needed, they can be latched, barred, bolted, double bolted and sealed securely.

As we begin the healing (and maturing) process, however, we begin to experiment with allowing our defenses to come down. We unlatch one lock at a time.



Nothing is more helpful in this process than having people who respect our boundaries — people who will knock and wait patiently for an answer. So, this picture of Jesus is full of good news for us. Jesus stands at the door and knocks. It is pure invitation. God does not invade. God does not manipulate. God gently, persistently knocks. God says 'here I am, I would like to spend time with you'.

Recovery (which includes maturing as a person and as a Christian, in other words, "HOLINESS") is a process of learning to trust God. Trust grows slowly. We can't do that all at once. But perhaps today we can listen carefully for a knock. Tomorrow we may be able to manage a "who is there?" And, with persistence, we will some day sit at table with God and enjoy God's loving presence.

Lord, thank You for knocking.
 Thank You for respecting my boundaries.
 And, thank You for knocking persistently.
 It takes me a while to respond
 because my doors have so many latches.
 Give me courage this day
 to open the doors of my life to you.
 Amen.

Dale and Juanita Ryan - Copyright 2009



Devotion

A Yree – Rooted, but Reaching... The Secret of Beauty and Strength

"He is like a tree planted by streams of water, which yields its fruit in season..." (Psalm 1:3).

Long ago, a young man took his pastor aside at a camp conference. They stood together under a mighty oak and he said, "Pastor, I don't know what is the matter with me. I want to be a good Christian, and I try hard, but somehow I just never seem to make it. I'm always doing the wrong thing. I just can't live like a Christian."

The pastor said to him, "Well, there may be several reasons for that, but, first of all, let me ask you this: What about your private life with the Lord? How well do you know Him? How much do you delight in reading His Word and then spending time talking to Him? Because,

after all, it's not the time you spend in reading the Word that's important, but it's the time you spend in enjoying the presence of God that strengthens you."

He hung his head and said, "Well, I admit I don't do very much of that."

Just then the phrase from the Psalms flashed into the pastor's mind: *"He is like a tree planted by streams of water."* The pastor stepped back and said to him, "Look at this tree we're under. What does it remind you of? What are the qualities this tree suggests to you?"

He looked at the huge oak, towering up heavens above them, and said, "Well, the first thing is, it's strong."

"Yes, anything else?"

"Well," he said, "it's beautiful."

"Exactly! Beauty and strength. Those are the two things you admire about this tree. And those are exactly the two things you want in your own life, aren't they? Beauty and strength?"

He said, "Right."

"Well," said the pastor, "tell me this: What makes this tree beautiful and strong? Where does it get its beauty and its strength?"

He stopped for a moment and looked at the tree. Then he said, "Well, from the roots, I guess."

The pastor asked him, "Can you see the roots?"

"No," he said, "you can't." Then he said, "I get it! That is the hidden part of life, but it is the secret of this tree's beauty and strength, isn't it?"

That is exactly what this psalmist is saying. Those who are godly have learned, in the hidden inner parts of their life, to draw upon the grace and glory and strength of God. Their roots run deep into rich and moist soil, and this is what makes them beautiful and strong.

And they are fruitful: *"He ... yields its fruit in season."* That is probably a reference to the fruit of the Spirit, which is described for us in the New Testament. It is the character of God, and that is always the same in either the Old or the New Testament: love, joy, peace, longsuffering, and the rest of the qualities listed in Galatians 5:22.

Father, I cannot read these words without asking myself the question: Am I allowing this marvelous provision for producing godlikeness to bear work in me? Or does a great deal of my life still consist of ungodliness so that we are like the chaff that the wind drives away?

Adapted from Ray Stedman site – I changed his "I" to "the pastor" or "her". Taken from Women's World Magazine, January 20, 2004 Compiled by Gabrielle Lichtermann. Psychologist Jonathan Rich, PhD of Irvine, California administers the "Draw-a-Tree" test; the expert comments are his.

Get more out of life

Psychological studies show that how you draw something as simple as a tree reveals dozens of insights into your personality. Take a minute to draw a tree. Then answer these questions...

How tall is your tree?

- More than ½ the height of the paper = a desire to aim high in life; generous with money; thorough with tasks, double-checking your work.
- Less than ½ the height of the paper = content with life as it is; thrifty; highly efficient.

What kind of trunk does your tree have?

Trunk represents emotional strengths.

- Wide = unflappable, calm, strong in convictions
- Slim = flexible, open to other points of view, sensitive, empathetic of others' problems
- Forked at the top = torn between 2 choices in your life right now

Does your tree have branches?

- Yes = left-brain oriented: logical, analytical, rational, rarely lose temper
- No = (only drew basic outline of a tree) = ruled by left-brain intuitiveness, instinctiveness

Did you draw roots?

- Yes = appreciate family history and traditions, old recipes and heirlooms handed down, etc.
- No = focused on the future, independent, enjoy creating new traditions



***Their roots run deep
into rich and moist soil,
and this is what makes them
beautiful and strong***

Which way is your tree leaning?

- Left = hold back what you're thinking; conservative attitudes; introversion; don't like to rock the boat
- Right = action-oriented; forward movement; extroversion, you say what you're thinking
- Straight = the middle road; you choose your battles, only speak up if issue is important to you

Where is your tree?

- in the ground = you crave security and stability; enjoy family life; prefer a job you can stay at for years
- in a pot = you're on the go, love to travel; adventurous; love to learn about new people and places
- on top of a hill = you crave attention, comfortable in the spotlight; natural entertainer, great communicator
- floating in mid-air = impulsive and spontaneous; easily excited
- on an island = need a lot of time alone to re-energize and solve problems



- no = you tend to see the world in black and white; not easily distracted; more action-oriented

Did you draw something other than a tree?

These extras reveal what makes you happy.

- fruit or nuts = you like to see results of a job well done
- grass under tree = you like to have a welcoming home for family and friends
- flowers = you are happiest surrounded by beauty
- birds, animals or people = expressing love for family and friends give you your biggest glow
- swing on the tree = you like to take time out to have fun!

Credits for Mighty Oak

Song: As a tree beside the water. Words & Music: Alfred H. Ackley, 1906. Found on cyber-hymnal site. Used tune and chorus of By the pathway of duty.

The Power of His Presence

Daily Devotions. From the writings of Ray Stedman. October 1,

"The Secret of Beauty and Strength"

© 2007 by Elaine Stedman — From the book *The Power of His Presence: a year of devotions from the writings of Ray Stedman*; compiled by Mark Mitchell. Devotion pages, excerpts, or quotes may be used as long as the copyright notice includes the book title and author along with a reference or a hyperlink to the Official Ray C. Stedman Library web site at www.raystedman.org

Information about Oak Trees from the Wikipedia site.

Devotion "Rooted in God's Love" by Dale and Juanita Ryan (CreateSpace, 2009).

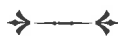
Where is your tree on the page?

- in the middle = you're practical and down to earth; like to be prepared for anything
- low = you prefer to research before making a decision; "grounded approach to life"
- high = you see the silver lining in almost any experience; even when things don't go your way, you see it as a learning experience

Does your tree have leaves?

- yes = you're a deep thinker; leaves represent thoughts — leaf-drawers are always mulling something over; reflective, introspective, careful decision-maker

Refreshments/Benediction



*"Let me look upward into the branches of the flowering oak
and know that it grew great and strong because it grew slowly and well."*

Wilfred Peterson



We're Growing Older

Betty Badcock, Gambo, Newfoundland

Poem: I'm Fine, Thank You!

*There is nothing the matter with me,
I'm as healthy as can be.
I have arthritis in both my knees
And when I talk, I talk with a wheeze.
My pulse is weak, and my blood is thin,
But I'm awfully well for the shape I'm in.*

*Arch supports I have for both my feet,
Or I wouldn't be able to be on the street,
Sleep is denied me night after night,
But every morning I find I'm all right.
My memory is failing, my head's in a spin.
But I'm awfully well for the shape I'm in.*

*The moral is this as my tale I unfold –
That for you and me, who are growing old,
It's better to say, I'm fine' with a grin,
Than to let folks know the shape we are in.*

*How do I know that my youth is all spent?
Well, my 'get up and go' has got up and went.
But I really don't mind when I think with a grin,
Of all the grand places my 'get up' has bin!*

**Growing old isn't something
to be feared rather
a journey to be embraced**

*Old age is golden I've heard it said,
But, sometimes I wonder as I get out of bed,
With my ears in the drawer, my teeth in a cup,
My eyes on the table until I wake up.
Ere sleep overtakes me, I say to myself,
'Is there anything else I could lay on the shelf?'*

*When I was young my slippers were red,
I could kick my heels over my head.
When I was older my slippers were blue,
But I could still dance the whole night through.
Now I am old my slippers are black,
I walk to the store and puff my way back.*

*I get up each morning and dust off my wits
And pick up the paper and read the 'obits,'
If my name is still missing I know I'm not dead,
So I have a good breakfast and go back to bed.*

- Author unknown

You know you're over 40 when:

- You go to a school reunion and everyone looks so old.
- You get winded playing checkers.
- You stop to think and sometime forget to start again.
- You start reading the ads for hair loss, hearing aids and various other amenities to assist the age process.
- You need glasses to find your glasses.
- You have too much room in the house and not enough in the medicine cabinet.
- You exercise on Friday and hurt until Sunday.
- The numbers in your little black book are those of the doctor, pharmacist and other emergency numbers.
- You get the same sensation from a rocking chair that you used to get from a roller coaster.
- Everything hurts and what doesn't hurt, doesn't work.

Anecdotes:

A ninety-six year old lady was a faithful attendant at a women's Bible study group. She prepared and read the passages to be studied and was always ready with answers. One day a tactless member asked her, "Why do you work so hard on these lessons when you're so old and it doesn't matter?" The reply was instant and said confidently, "I'm cramming for my finals."



Game: What's left?

DEED	TEAL	DOLLAR	BLACK
THANK	LOAN	BE	GOD
TAPE	PINEAPPLE	A	BANANAS
RED	FOR	ORANGES	NOON
PEARS	TACK	KNOWN	EXACT
EACH	DODO	COTTON	MATHEMATICS
SEES	EXTRA	NEW	GLUE
FLY	COOKIE	NAIL	POWDER
PHONE	PINK	TIC	CONE
AQUA	AXE	EXERT	DAY

- Cross off the shortest word
- Cross off the longest word
- Cross off all of the words that are colours
- Cross off 4 letter words whose first letters are the same as the last two letters, though not necessarily in that order.
- Cross of the words that rhyme with tone
- Cross of all the words that sound like a type of bug
- Cross off all 6 letter words
- Cross off all types of fruit
- Cross of all words that contain the letter X
- Cross off all the words that name types of fasteners.

When all the words are crossed out, the message should read: "Thank God for Each New Day".

An announcer of a local radio station was interviewing a man on his 99th birthday. As the announcer was leaving he said, "I hope I can come out and interview you again next year on your 100th birthday. The old man cocked his head and studied the announcer and said, "I don't see why not, you look healthy enough to me."

A grandmother gave her grandchildren a book about dinosaurs. They were thrilled with the book and one of the children said "We should ask Grandma and Grandpa if they took any real pictures of them."

Chorus: *The Old, Old Story – It Is Ever New*

The Senility Prayer

God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Now that I am Older

I've discovered:

- ... I started out with nothing and I still have most of it
- ... My wild oats have turned into prunes and All Bran
- ... I finally got my head together and now my body is falling apart
- ... I wish the buck stopped here. I could sure use a few
- ... It's hard to make a come back when you haven't been anywhere
- ... It's not hard to meet expenses ... they're everywhere.
- ... It is easier to get older than to get wiser
- ... The only time the world beats a path to your door is when you're in the bathroom
- ... Wrinkles don't hurt

... Time is a great healer; but a lousy beautician
 ... I've seen it all before, even if I can't remember where
 ... If God wanted me to touch my toes, he would have put them in my knees.

Choruses: *Use Me Lord,
 Make Me A Blessing*

Devotional: The Grace of Years

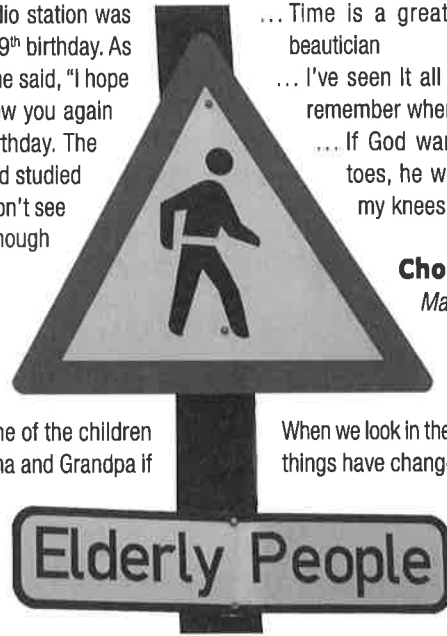
When we look in the mirror we soon discover things have changed with the years. Every woman desires to look younger and so the ads for tummy tucks, cosmetic dentistry and face lifts continue to escalate. So while we

look at the outside of the body wasting away Paul encourages us to think about the inside. "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day." 2 Corinthians 4: 16

Growing old isn't something to be feared rather a journey to be embraced. There are stages in life that we must experience including getting older. We face troubles in our senior years that often show outward signs of wasting away. Troubles that we need to work through and often make changes to the routine of our daily lives but they must not determine what is happening on the inside.

The Apostle Paul had many troubles on every side, yet did not become distressed. We, like Paul should not dwell on the present problems rather look to what is eternal. The believer's difficulties, what they appear to be, diminish in importance when we think of an eternal glory that is ours in Christ. The truth is we spend much time investing in the things that really don't matter in the long run.

Fixing our eyes on what is unseen can be a challenge, yet necessary. How can we fix our eyes





Typical Life-span of 70 years

Sleep	23 years	32.9%
Work	16 years	22.8%
TV/Computer	8 years	11.4%
Eating	6 years	8.6%
Travel	6 years	8.6%
Leisure	4.5 years	6.5%
Illness	4 years	5.7%
Dressing	2 years	2.8%
Religion	0.5 years	0.7%

on what is unseen? Hebrews 11:1 says, "Now faith is the substance of things hoped for, the evidence of things not seen." With eyes of faith we can be confident that the promises of God are true and will be fulfilled in Christ.

The renewing of the mind allows our hearts to REST in the One who changes lives from the inside out. Reflect on the words of the song by Randy Bonfield.

*Give me a passion for You, Lord,
I want to know You more.
Give me a heart that is true, Lord,
To seek You like never before.
Renew my mind,
Renew my spirit,
To walk in Your holiness.*

*Open my eyes, I want to see,
Visions of You living through me.
Open my heart, cause me to love,
For I want to follow You,
Follow You with all my heart.*

What to count

- Don't count how many years you have spent, just count the good you have done.
- The times you have lent a helping hand, the friends that you have won.
- Count your deeds of kindness, the smiles not the tears;
- Count all the pleasures that you have had, but never count the years.

In closing remember, God won't ask ...

- ... what kind of car you drove, but He will ask how many people you helped who didn't have transportation..
- ... the square footage of your house, but He'll ask how many people you welcomed into your home.
- ... about the clothes you had in your closet, but He'll ask how many you helped to clothe.
- ... how many material possessions you had, but He'll ask if they dictated your life.
- ... what your highest salary was, but He'll ask if you compromised your character to obtain it.
- ... how much overtime you worked, but He'll ask if your overtime work was for own well-being or for those in need
- ... how many promotions you received, but He'll ask how you promoted others
- ... what your job title was, but He'll ask if you performed your tasks to the best of your ability
- ... what you did to help yourself, but He'll ask what you did to help others
- ... what you did to protect your rights, but He'll ask what you did to protect the rights of others
- ... about the colour of your skin, but He'll ask about the content of your character
- ... how many times your deeds matched your words, but He'll ask you how many times they didn't



Celebrate Spring!

Doreen Sturge, Toronto, Ontario

What a glorious day it is when spring arrives. The ground has been hard, the air cold, you've begun to wonder if you'll ever forget about winter boots. Then it happens! Of course, it has been happening gradually — snow disappearing — some rain — then there is the morning when you open the door and the air is fresh, see a few crocuses sprouting, a bud on the tree. You get a boost of energy. It's time to wash the dirt of winter away from the windows, the car and the garden tools await our use. We all look forward to the first day of Spring, March 20th. Spring is a time of beginning. A time of rebirth.

Let us join in worshipping a great and mighty God — God of the seasons, Creator of the world

Chorus: *Great and Mighty Is the Lord our God*

Song: SASB 993/TB Swedish Melody *How Great Thou Art* (verses 1 and 3)

Prayer:

As we look upon Your Cross, O Christ, filled with wonder and with awe at the love that brought You to it, humbly we confess that we have no offering meet for such love, no gift fit for such a sacrifice.

You were willing to go to the Cross so that humanity might forever be haunted by its sign, might return to the foot of that Cross to be melted and broken down in the knowledge of Your love for us and all people everywhere.

With bright skies above us, the fields and woods and gardens bursting with new life and beauty, how can we fail to respond? With the clear notes of bird songs challenging us to praise, with every lowly shrub and blooming tree catching new life and beauty, our hearts indeed would proclaim You Lord, and we would invite You to reign over us and make us truly Your own. May Your healing love invade our inmost hearts, healing sorrow, pain, frustration, defeat, and despair.

May this day create within us a love for You of stronger stuff than vague sentimentality — a love which seeks to know Your will and do it. So grant that this day of hallowed remembrance may be the beginning of a new way of life for each of us, a new kind of living that shall be the best answer to the confusion and to the challenge of evil in our day. This we ask in Jesus' name. Amen.

by Peter Marshall



Devotion:

The earth, with its cycles of change, brings rebirth to plant life each year. Rebirth and renewal in the human heart needs to occur as well. A precious moment many have experienced is the time when you held your new born child in your arms — so sweet, so pure, so innocent. Not for long! We quickly see how selfishness, disobedience and defiance of authority emerge. "No!", "Won't!", What a way to treat a parent! What a way to treat God! We have to admit that we are included in the

"all" when Paul said in Romans 3: *"All have sinned and fall short of the glory of God."* I'd like us to take a look at David's experience of cleansing, and renewal as described in Psalm 32. David is looking for forgiveness. He was a great man of God — but he was also a great sinner. David wrote this psalm as a result of his encounter with Nathan the prophet who confronted David with his sin of adultery. Bathsheba became pregnant — so to cover up his sin, David arranged to get Uriah, Bathsheba's husband, in the front of the battle so he would be killed. Confronted with the truth of what he had done, David admits in 2 Samuel 12:13, *"I have sinned against the Lord."*

Spring is a time of beginning. A time of rebirth

In Psalm 32 David expresses the joy he experienced when his sin was forgiven. He gives us an opportunity to look at sin and its pardon. There are several words used for sin in Psalm 32:

Verse 1: *"Blessed is he whose transgressions are forgiven."*

Verse 2: *"Blessed is the man whose sin the Lord does not count against him and is whose spirit is no deceit."*

Verse 5: *"Then I acknowledged my sin to you and did not cover up my iniquity."*

According to David Hubbard in Psalms for all Seasons, 'transgression' refers to rebellion or mutiny — a word used when soldiers turn against their commander and fail to obey orders: David knew the commandment, Thou shalt not commit

***A precious moment ...
when you held your newborn
child in your arms.***

adultery, but did it anyway. The word 'sin' means to "miss the mark." 'Deceit' is the attempt to cover up — to pretend to be upright when we are far from it. 'Iniquity' describes twisting away from God's path, to deviate from His standards. We are rebels who miss the mark, wander from the right path. How vigilant we need to be to stay on track. Such failure weighs on us heavily! Note David's experience in verses 3-4: "*When I kept silent, my bones wasted away through my groaning all day long, for day and night your hand was heavy upon me, my strength was sapped.*" We sense his inner struggle, his discontent and failure. Worry and guilt robbed him of his energy. You have seen pictures of guilt: He shuffles throughout the day — head lowered — can't look you in the eye. She feels uneasy. Wears an anxious expression — never sure what she is doing is the right thing. He bows his head to pray — but the words won't come. Guilt blocks communion with God. It ties him in knots. But it is not necessary to live that way. Verse 5 David's admission: "Then I acknowledged my sin to you and did not cover up my iniquity. I said, I will confess my transgressions to the Lord and you forgave the guilt of my sin." Beautiful!

David uses a number of words for pardon:

In verse 1 'Forgiven'—We experience forgiveness when sin is taken away. Sin is described as a burden to be removed—lifted. Think of Albert Orsborn's song — "Thou Lamb of God Thou wonderful Sin Bearer!"

Second — whose sin is (v. 5) 'covered'—concealed from sight. From the Quest study



Bible: We cannot sweep sins under the rug and think everything is fine because they are hidden. When God "covers" sins, He does away with them completely. The image of covering sin was linked to the blood of the sacrifice that covered one's sin. When God saw the blood, He no longer saw the sin—and since God sees everything, what He does not see does not exist. Forgiven and forgotten! And finally, (v.2) the old King James word 'impute' but clearly written in the NIV "*The Lord does not count against him.*" Impute meant to put to one's account. God does not credit our sin to our account. When we are forgiven, the account is clear! He paid the debt, we are free.

Can you recall the moment in your life when you wanted God to make you a good person? Can you recall moments — at camp, retreats, in a small group, on a quiet walk when God has come near



***When we are forgiven,
the account is clear! He paid
the debt, we are free***

Prayer:

Lord we are so grateful to You for Your saving work at Calvary. We are forgiven, washed clean, made ready to live life well. We confess, dear Saviour that we have often missed the mark and let You down. Give us a spring cleaning—wash the remains of winter from our hearts. As we come up to the Easter season, we pray for the those to whom we minister around the word that they as well as friends and family will experience new birth in these days. Use us to that end, we pray. We cannot forget those who have been devastated through tragedy, and for those who deal with sickness and stress in varying ways. May they know Your presence, O Resurrected and Powerful Saviour. Amen.

Closing Song: SASB 371/TB 666 *Heaven Came Down* (verses 1-3)

Benediction: Go, my friends. Enjoy spring and may it be spring in your soul!



"Forgiveness is as natural to love as fragrance is to flowers."

Bramwell Booth

Easter Blessings

Adapted from an idea by Georgina Home League, Ontario

"For God so loved the world, that He gave His only begotten son, that whosoever, believeth in Him, should not perish but have everlasting life."

John 3:16

Song: SASB 149/TB 466 *O Joyful Sound! O Glorious Hour*

Jelly Bean Poem: Charlene Dickerson

Have sufficient jellybeans of each colour and a plastic Easter egg for each person and a copy of the poem below.

(Prepare the following as a handout for the ladies to take home)

Green is for the grass He made,

Yellow is for the sun God made.

Orange is for the flame so bright

Black is for our sins not right.

Red is for the blood He gave

White is for His grace that saves.

Purple is for His hour of sorrow

Pink is for our new tomorrow.

Read the explanation and let them take one jelly bean of each colour to put in their egg.

GREEN is for the grass He made,

YELLOW is for the sun God made.

ORANGE is the flame so bright.

God created this world. It was good. He made the beautiful plants, animals, the stars and the moon...

Rain, fire, mountains and valleys.

BLACK is for our sins not right.

God made people to live in this world ...Men & women. People disobeyed God and didn't trust in God best plan for their lives.

RED is for the blood He gave.

God sent His Son Jesus to earth to show us just how much He loves us. Some people didn't want to listen to the Good News Jesus was telling them about believing in God and trusting Jesus...so they killed Him on a cross.

WHITE is for His grace that saves.

PURPLE is for the hours of sorrow.

PINK is for a new tomorrow.

An egg full of jelly beans, Colorful and Sweet
Is a prayer, a promise, and a loved one's treat!!



Marbleizing Easter Eggs — Hard boiled

- Hard boil as many eggs as you need
- Prepare several cups of dyes, different colours for eggs (food colouring and water and vinegar)
- You can "marbleize" a plain white egg or give it a base color



- Once you're ready to start marbleizing, prepare separate dye cups by stirring 1 teaspoon to 1 tablespoon of oil into each colour cup of egg dye.
- Quickly dip your egg in and out of the dye. The dye will adhere, the oil will repel, creating the marble design.
- Keep dipping for more intense colors. You can also let the egg dry and re-dip in a second color.
- Repeat as many times as you feel will make a gorgeous egg.
- When finished allow egg to dry, take a paper towel to get the excess oil of the surface of the egg.
- Different amounts of oil will result in more or less marbling. Experiment to find the mixture that you like best. Remember you can always add more, so start conservatively.

Devotional Thought

Easter is a joyous holiday when we celebrate Christ's triumph over sin and death... right? Or is it a sad holiday in which we mourn the weight of sin and squint to see Jesus holding a light at the end of a long tunnel?

It seems strange that one holiday would evoke such different emotions, but it's something we've all probably seen. Easter is a time of happy anticipation, though for some Easter can be a sad reflection on mortality and the distant-seeming hope of resurrection.

As we grow older, notice that each of the major holidays (Christmas, Easter, Thanksgiving) may evoke a particular mood in us. The experience of each holiday is shaped by events and emotions we associate with them—for some people, Christmas is a time of joy, for others it is somber or even depressing, depending on their circumstances.

Easter is an especially powerful holiday because, more so than Christmas or Thanksgiving or the other events we commemorate throughout the year, its story spans the entire range of human emotion. The Gospel accounts of Easter is a turbulent, almost punishing experience; it shifts from joy and triumph to pain and fear, through despair and doubt, and then finally to victory.

It is important as believers to keep our focus on what was accomplished by Christ for us on Calvary and by His resurrection. Jesus was willing to die for us — to take our sins and their penalty upon Himself — we are saved from the penalty that sin brings — death. Because He died and rose again, we live and will go on living eternally. His resurrection gives us the assurance and hope of an eternal life to spend with Him in Glory. So emotions like sadness (for our sins and what it cost God to erase them) and joy (for the redemption that is our through His shed blood) and peace (for the promised power and presence of Christ in our lives) are all emotions that we experience at Easter. Truly Easter is a time of blessing as we rejoice in our salvation and rest assured in our promised eternal resurrection all because of Jesus.

Chorus: *Because He Lives, I Can Face Tomorrow*

Benediction

Let Us Give Thanks!

Jane Shirran, Toronto, Ontario

*"In every thing give
thanks: for this is the
will of God in Christ Jesus
concerning you."
1 Thessalonians 5:18*



Preparation: Decorate the worship area and lunch tables for Thanksgiving with autumn colours and centerpieces.

Song: SASB 923/TB 147 *At Harvest Time*

Prayer

Scripture: Psalm 136

Chorus: *Give Thanks With a Grateful Heart*

Devotional:

Thanksgiving Day is when we as a nation thank God for His goodness toward us. What are you thankful for?

Thanksgiving is the outward expression of an inner feeling of gratitude. In Canada October is Thanksgiving month — it is the time of harvest and the month when many who normally take things for granted are reminded of the need to

be grateful. Thanksgiving is a holiday to share with family and friends and to give thanks. A time to count blessings and "*forget not all His benefits.*" (Psalm 103:2. NKJV) Thinking about life's blessings is also a great way to lift spirits and see the brighter side of life.

Thanksgiving does not have to be only tradition, nor simply about food, or even the harvest, but a celebration that includes giving thanks for the many blessings in of life.

Are we really thankful? Do we stop to contemplate the bountiful provision that God provides for us. It is our privilege to give thanks to God for keeping His promise to our forefathers centuries ago that "*For as long as Earth lasts, planting and harvest, cold and heat, summer and winter, day and night will never stop.*" Genesis 8:22. God's bounty is proof enough of His faithfulness.

God sends His blessings to us daily so we should feel obligated to show our gratitude on a daily basis. As the chorus of a well sung song says

***Thanksgiving does not have to be only tradition ...
but a celebration that includes giving thanks***



Directions:

Heat oven to 375°F (190°C) and line baking sheet with parchment paper.

Peel and cut potatoes, sweet potatoes, carrots and beets into 1/2-inch cubes. Place in large bowl, add remaining ingredients and mix well. Place in a single layer on prepared baking sheet.

Bake 40-45 minutes or until vegetables are slightly browned and can be easily pierced with a fork.

Note: Any variety of root vegetables, such as turnips, parsnips, rutabagas, potatoes, carrots, sweet potatoes, yams or beets, can be used in any combination. Use more or less as desired.

Thanksgiving Anagram

Unscramble the Hidden Word (boxed letters)

"count your blessings, name them one by one". Do you? It would be a good exercise (and maybe a surprising one!) to make a list of all the things we are thankful for, it may even take more than one sheet of paper! Are we *truly* grateful?

As you share Thanksgiving with your family and friends take time to thank God for all of His daily blessings and benefits.

Roasted Fall Root Vegetables

To enjoy with your Thanksgiving dinner!

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Makes: 6-8 servings

Ingredients:

- 1/2 lb potatoes
- 1/2 lb sweet potatoes
- 1/2 lb carrots
- 1/2 lb beets
- 1 cup chopped onions
- 1 clove garlic, minced
- 1/4 cup canola oil
- 1/2 tsp (2 ml) dried thyme
- salt and pepper to taste

a e i m z _____
(maize)

f f g i n s t u _____
(stuffing)

g i l m p r s _____
(pilgrims)

a h k n s t _____
(thanks)

i k m n p p u _____
(pumpkin)

c k o o _____
(cook)

a f i l m y _____
(family)

c n r o _____
(corn)

d e i n r n _____
(dinner)

a e f t s _____
(feast)

a e h r s t v _____
(harvest)

a h q u s s _____
(squash)

Be Thankful

*Be thankful that you don't already have
everything you desire.*

If you did, what would there be to look forward to?

*Be thankful when you don't know something,
for it gives you the opportunity to learn.*

*Be thankful for the difficult times.
During those times you grow.*

*Be thankful for your limitations,
because they give you opportunities for improvement.*

*Be thankful for each new challenge,
because it will build your strength and character.*

*Be thankful for your mistakes.
They will teach you valuable lessons.*

*Be thankful when you're tired and weary,
because it means you've made a difference.*

*It's easy to be thankful for the good things.
A life of rich fulfillment comes to those who
are also thankful for the setbacks.*

*Gratitude can turn a negative into a positive.
Find a way to be thankful for your troubles,
and they can become your blessings.*

(Author unknown)



Thanksgiving Word Search

C	H	A	T	U	R	K	E	Y	A	D	I	L	O	H
N	A	A	D	I	A	N	L	T	H	A	N	K	S	G
I	R	C	V	I	N	I	G	T	F	A	L	L	G	E
T	V	O	S	Y	M	O	N	S	T	H	E	W	N	O
H	E	R	S	A	E	C	O	A	N	D	E	O	I	V
A	S	N	F	D	I	N	N	E	R	E	B	M	F	E
N	T	U	O	N	N	D	A	F	K	H	O	A	F	R
K	O	C	T	O	B	E	R	E	S	Y	U	E	U	E
S	A	O	C	M	H	O	N	I	C	T	N	T	T	A
G	O	P	B	D	E	D	W	R	U	A	T	N	S	T
I	E	I	P	N	I	K	P	M	U	P	I	D	C	I
V	H	A	M	O	E	L	N	E	B	R	F	A	T	N
I	E	S	A	C	B	O	U	N	T	I	U	F	U	G
N	L	H	A	E	E	T	A	R	B	E	L	E	C	R
G	V	E	S	S	G	A	T	H	E	R	I	N	G	T

AUTUMN
BOUNTIFUL
CELEBRATE
CORNUCOPIA
DINNER
FAMILY
FEAST
GATHERING
HARVEST
HAM
HOLIDAY
OCTOBER
OVEREATING
PUMPKIN PIE
SECOND MONDAY
STUFFING
THANKSGIVING
TURKEY
WEEKEND
WISHBONE

Prayers of Thanksgiving

Jane Shirran, Toronto Ontario

A Thanksgiving Prayer

Dear Father in Heaven
Please lend me Your ear,
'Cause I've got a prayer
You'll be happy to hear.

Lord, there's no request list
This time when I pray,
I just want to give thanks
This Thanksgiving Day.

First, I want to thank You
For gifts from above:
Your unending mercy,
Your undeserved love.

And thank You for sending
Your Son down to earth,
For now those in Jesus
Can have second birth.

Lord, thank You for saving
Your children from Hell,
And giving Your Spirit
Who comes to indwell.

And thank You for choosing me
To be Your own,

For now that You're in me
I'm never alone.

Lord, thanks for forgiving me
When I'm untrue,
And last, but not least, Father,
Thank You for You!

Connie Cooke

Thanksgiving Delights

On Thanksgiving Day we're thankful for
Our blessings all year through,
For family we dearly love,
For good friends, old and new.

For sun to light and warm our days,
For stars that glow at night,
For trees of green and skies of blue,
And puffy clouds of white.

We're grateful for our eyes that see
The beauty all around,
For arms to hug, and legs to walk,
And ears to hear each sound.

The list of all we're grateful for
Would fill a great big book;
Our thankful hearts find new delights
Everywhere we look! Joanna Fuchs(www.poemsource.com)



**"A single grateful thought toward heaven is the most complete prayer."
Gotthold Lessing**



Christmas Reflections

Florence Sharples, Innisfil, Ontario

Did you know?

Even the Romans gave presents, and complained about the pretense of Christmas. In the book *Christmas Past* by Ian Gutheridge, a Roman mentioned in the first century script is quoted as saying: "Oh, how I hate the whole weary, calculated game of giving presents."

Christmas Beatitudes

Blessed are they who find Christmas in the age old story of the Babe of Bethlehem.

To them a little child will always mean hope and promise to a troubled world.

Blessed are they who find Christmas in the joy of gifts send lovingly to others.

They shall share the gladness and joy of the shepherds and wise men of old.

Blessed are they who find Christmas in the fragrant greens, the cheerful holly and the soft flicker of candles.

To them shall come bright memories of love and happiness.

Blessed are they who find Christmas in the Christmas star.

Their lives may ever reflect its beauty and light.

Blessed are they who find Christmas in the wonderful music of Christmas carols.

They shall have a song of joy ever singing in their hearts.

Blessed are they who find Christmas in the message of the Prince of Peace

For they will help bring peace on earth good will to all men.

Prayer:

Lord, our lives are so crowded with activity and the need to accumulate things when we can live with just the basics. Help us to sift through our "to do list" and prioritize. Giving You space in our lives must come first. Help us especially during this season. Amen

The Twelve Days of Christmas

C	H	R	I	S	T	M	A	S	O	P	S
G	C	N	T	B	I	R	D	S	A	S	W
R	N	P	S	F	A	H	E	R	E	I	A
I	E	I	I	E	I	L	T	V	L	X	N
N	R	P	P	N	I	R	O	T	E	S	S
G	F	I	M	A	I	D	S	I	V	V	R
S	T	N	E	D	E	N	A	T	E	U	N
L	W	G	G	L	E	L	T	L	N	O	I
W	O	E	T	R	E	E	L	H	T	F	K
N	D	R	U	M	M	E	R	S	H	D	L
E	U	E	D	F	I	F	T	H	E	A	I
T	R	U	E	S	G	E	E	S	E	Y	M

Find the highlighted words of the Christmas song in the square.

On the first day of **Christmas** my true **love** sent to me a partridge in a pear tree.

On the second **day** of Christmas my true love sent to me **two** turtle doves and a **partridge** in a pear tree.

On the third day of Christmas my **true** love sent to me three **French** hens, **two** turtle doves and a partridge in a **pear** tree.

On the fourth day of Christmas ... **four** calling **birds**

On the **fifth** day of Christmas ... five gold **rings**

On the sixth day of Christmas ... **six** **geese** a-laying

On the seventh day of Christmas ... seven **swans** a-swimming

On the eighth day of Christmas ... eight **maids** a -milking

On the ninth day of Christmas ... nine **drummers** drumming

On the day of Christmas ... **ten** pipers **pip**ing

On the **eleventh** day of Christmas ... eleven **ladies** dancing.

On the twelfth day of Christmas ... twelve **lords** a-leaping





How Well Do You Know Your Christmas Carols?

Identify the Carol from the few words of each line given below.

- Jesus to Thee be glory given
O Come All Ye Faithful
- The glories of His righteousness
Joy To The World!
- As with joyful steps they sped
As With Gladness
- I love Thee, Lord Jesus
Away In A Manger
- Come to Bethlehem and see
Angels We have Heard On High
- O rest beside the weary road
It Came Upon A Midnight Clear
- Watching long in hope and fear
Angels From The Realms Of Glory
- Through the rude wind's wild lament
Good King Wenceslas
- Late in time behold Him come
Hark The Herald Angles Sing
- Radiant beams from Thy holy face
Silent Night
- And His cradle was a stall
Once In Royal David's City
- To human view displayed
While Shepherds Watched
- Whom shepherds guard and angels sing
What Child Is This
- Their watch of wond'ring love
O Little Town Of Bethlehem



Unscramble your Christmas Dinner:

- sroat rkyuet _____
roast turkey
- ravgy _____
gravy
- palep siftufng _____
apple stuffing
- daals _____
salad
- lsorl _____
rolls
- azegld amh _____
glazed ham
- toposate _____
potatoes
- ncearybrr casue _____
cranberry sauce
- mcaer _____
cream
- emnic sipe _____
mince pies
- trimcassh gnudipd _____
Christmas pudding



*Lord, help me to keep Christmas unhurried.
Let me make a soft manger bed of worship in my heart for You
and take time for adoration of the Babe of Christmas.*



Do You Know?

Name the Christmas song using the first letter of each word found in the title.

- | | |
|------------|--|
| 1. SCICTT | <i>Santa Claus Is Coming to Town</i> |
| 2. ISMKSC | <i>I Saw Mummy Kissing Santa Claus</i> |
| 3. JB | <i>Jingle Bells</i> |
| 4. IDOAWC | <i>I'm Dreaming of A White Christmas</i> |
| 5. RTRNR | <i>Rudolf the Red Nose Reindeer</i> |
| 6. CROAOF | <i>Chestnuts Roasting Open On An Open Fire</i> |
| 7. DYHWHI? | <i>Do You Hear What I Hear?</i> |
| 8. AIAM | <i>Away In A Manger</i> |
| 9. FTS | <i>Frosty the Snowman</i> |
| 10. OCAYF | <i>O Come All Ye Faithful</i> |
| 11. ICUAMC | <i>It Came Upon A Midnight Clear</i> |
| 12. OLTOB | <i>O Little Town of Bethlehem</i> |
| 13. JTTW | <i>Joy To the World</i> |
| 14. SN | <i>Silent Night</i> |
| 15. LIS | <i>Let It Snow</i> |
| 16. WCIT? | <i>What Child Is This?</i> |
| 17. TTDCC | <i>Twelve Days of Christmas</i> |
| 18. GRYMG | <i>God Rest Ye Merry Gentlemen</i> |
| 19. HTHAS | <i>Hark the Herald Angels Sing</i> |
| 20. WWYAMC | <i>We Wish You A Merry Christmas</i> |

Don't Give Up Yet

Kathy Kelly, *Discipleship Journal* November/December 2000

Disciplining fellow believers is often rewarding, but what happens when the one you've invested so much with begins to slip away? It's frustrating and heartbreaking to see those you have disciplined fall back into old behaviors or lose their desire for Christian growth. It's also difficult to know what to do next. Here are some tips for revitalizing a disciplining relationship that may be headed for the rocks.

Don't Give Up: It may be tempting to wash your hands of the situation and gear your efforts toward another new believer. Remember that God never gives up on you, no matter how far you stray! Although you are not responsible for another's lagging interest and unwillingness to be disciplined, don't stop making the effort to lead this person back to the path of Christian growth.

Be patient with immaturity: When you first accepted Christ, God did not deal immediately with every sin in your life. Your life changed gradually and continues to change as you grow closer to the Lord. In disciplining new believers, be patient as they struggle with the concept of conforming to the image of Christ.

Confront Sin: On the flip side, however don't hesitate to confront lovingly those you disciple when they fall into sin. The truth, gently presented, can help a straying disciple make a fresh commitment to Christ.

Vary your methods: You may recapture the interest of a struggling believer by occasionally changing your approach. If your pattern is to use your time strictly for Bible study, hold a question-and-answer session instead. Leave the notebooks at home for a change, and go for ice cream and a discussion of personal issues.



Present New Challenges: It's difficult to know when a believer is ready to take a new step of faith, but a seeming lack of steady progress may indicate it's time for a new challenge. Ask your friend to teach a Sunday school class, lead prayer or give their testimony at your next small group. Remind them that the added responsibility will require greater commitment.

Pray: Above all else, pray for those you disciple. There is nothing Satan would like more than to see new believers give up and remain ineffective servants of Christ. You can help win the battle for the lives of these struggling believers by fighting on your knees.

Discipling is not always easy, but the rewards of seeing a new believer begin to live a victorious Christian life is priceless. If you are struggling in your disciplining relationships, take heart! With prayer, creativity, and perseverance, you may see your straying friend return to the path of righteousness.

Laughter is the Best Medicine

Adapted from "Pacific Link," New Zealand, Fiji & Tonga Territory

Did you know?

- The average adult laughs about 17 times per day.
- Laughing for 10 minutes each day can burn the same amount of calories as a half-hour workout.
- Up to 80% of laughter is not even in response to a joke.
- Researchers believe that laughter occurs when people are comfortable with each other and the more laughter there is in a group, the more bonding there is.
- Laughing 100 times equals 10 minutes on the rowing machine or 15 minutes on the exercise bike.
- Laughter is good for our mental health in that it helps us release in a harmless way, any negative emotions we may be harbouring.

(Sourced from the Internet)



How to put more laughter into your life.

- Figure out what makes you laugh and do it, read it or watch it often.
- Surround yourself with people you can share a joke with, take every chance you get to spend time with them.
- Develop your own sense of humour and share with others whenever possible, as long as it is not at the expense of another person.
- The Bible tells us that laughter is good for us "A happy heart is like good medicine but a broken spirit drains your strength." Proverbs 17:22

Worth Remembering

- Keep a toothbrush close to the kitchen sink — it will be useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.
- Instead of trying to iron rickrack on the right side of the garment, turn the article to the wrong side, it can then be pressed perfectly.
- When your hands are badly stained from gardening, add a teaspoon of sugar to soapy water before washing.
- Before emptying the bag from your vacuum cleaner, sprinkle water on a sheet of newspaper onto which it is to be emptied, there will be no scattering of dust.
- To whiten laces, wash in sour milk.
- Dip a new broom in hot salty water before using. This will toughen the bristles and prolong life of the broom.
- Plant a few sprigs of dill near your tomato plants to prevent tomato worms invading your plants.
- Marigolds will prevent rodents.
- Spray garbage sacks with ammonia to prevent dogs from tearing the bags before being picked up.
- You can clean darkened aluminum pans by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes is sufficient.
- Fresh lemon juice will take away onion scent from hands.
- Soak coloured cottons overnight in strong salt water and they will not fade.
- To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

Ideas Just for You!

Adapted from Women' Ministries Resources, New Zealand and Fiji Territory



Spring Fair

Hold this in a large attractive garden with tables and chairs around. Use umbrellas for shade and colour. If you do not have a garden — you can set up one in your church hall with potted plants and flowers.

Have two members come dressed up as important personages to declare the event open. Sell cuttings of the plants and flowers.

- **Competition of:** potted plants, vegetables or flowers.
- **Devotional:** Based on Genesis 8:22, "As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease." The promise of seedtime and harvest while earth remains.

Today

Ask some members to read different readings from their own daily devotional book.

- **Songs:** choose songs from church song/hymn book with the days (digits *e.g.* 24, 4, 11 = 24 April, 11) date or chose variations on theme.
- **Scripture** — choose a book of the Bible. Select 11 verses of the first chapter (for example).

Mother/Father

Arrange a special luncheon, dinner or evening. Mothers/fathers give names of their children who have been specially invited. Every mother or father to wear a button hole (flower) and children a bow.

- **Items** — by mother/father and daughter/son. (Vocal item together or give a sentence of tribute to mum/dad or anecdotes of growing up years. Share some humorous 'tidbits' of family life.
- **Message:** "Relationships" — with our earthly parents/guardians and relationship with our Heavenly Father.

Veggies for Vitality

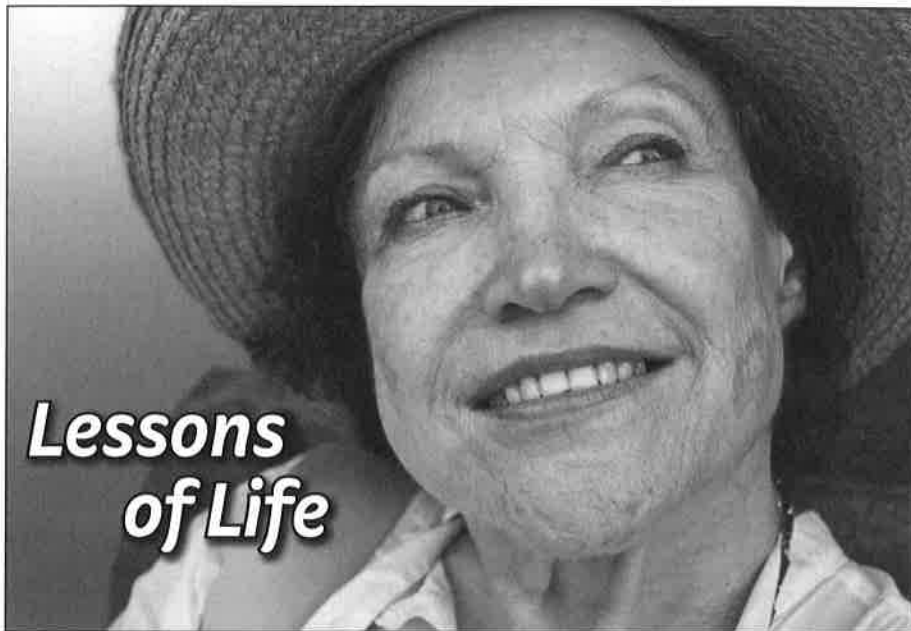
- **Décor:** bowls (or picture) of fruit and vegetables. Juicer. Knife set.
- **Members to bring:** favourite vegetable soup recipe.
- **Competition:** who can cut the longest orange or apple peel in one go!
- **Discuss** nutritional value of fruit and vegetables.
- **Message:** Galatians 5: 22, 23. As we eat fruit and vegetables to be healthy, so the fruits of the Spirit help us to live as healthy Christians.

Famous Faces

- **Décor:** pictures of famous people (actors, singers, royalty etc).
- Silverware, gloves, cool sun-glasses, etc.
- **Share:** your favourite famous person.
- **Quiz:** guess who?: display pictures of famous faces.
- **Message:** Colossians 1: 15-23, The supremacy of Christ.

Biscuit Bonanza

- A meeting for the Chinese New Year. Have a demonstration — or competition on making cookies.
- **Competition:** jumbled biscuit names. (Prize — a packet of biscuits.)
- **Message:** Base on "The meal that did not fail" 1 Kings 17: 1-6.



Regina Brett, 90 years old, Cleveland, Ohio

To celebrate growing older, this lady wrote of the lessons that life had taught her.

- Life isn't fair, but it's still good.
- Your job won't take care of you when you are sick, your friends and parents will ... Stay in touch.
- Pay off your credit cards every month.
- You don't have to win every argument. Agree to disagree.
- Cry with someone. It's more healing than crying alone.
- It's o.k. to get angry with God. He can take it.
- When it comes to chocolate, resistance is futile.
- Make peace with your past so it won't mess up the present.
- It's O.K. to let your children see you cry. Don't compare your life with others. You have no idea what their journey in life is all about.
- Take a deep breath. It calms the mind.
- When it comes to going after what you love in life, don't take no for an answer.
- Burn the candle at both ends, use the nice cotton sheets, use the 'best' china. Don't save it for a special occasion, every day is special.
- No one is in charge of your happiness but you.
- What other people think of you is none of your business.
- Time heals almost everything. Give time, time!
- Don't take yourself so seriously. No one else does.
- God loves you because of who God is, not because of anything you did or didn't do.
- Growing old beats the alternative — dying young.
- All that truly matters in the end is that you are loved.
- The best is yet to come.
- If we threw our problems in a pile and saw everyone else's, we'd grab ours back.
- No matter how you feel, get up, dress up and show up.
- Life isn't tied with a bow, but it's still a gift.

Ideas for Décor and Games for A Christmas Party

Taken from Resources of Singapore/Malaysia/Myanmar Territory

Décor can be prepared in advance to save time and hassle. Using old umbrellas of different sizes — strip them to the skeleton. Cut out some “Christmassy” shapes (star, Christmas tree, bells, dove.. etc. of different sizes) with shiny paper. For 3D effect glue 3 shapes (folded in half long-ways) together, ½ of each shape to another. Hang the cut-out shapes, ornaments, tinsels onto the wires with colourful ribbons. Use your imagination and be creative about it. Choose colourful paper, ornaments and tinsels according to the theme. Attach the umbrellas to lights/air-con vents on the event day. Larger cut-out shapes can be hung from balloons, or stuck on the windows.

Game 1: Tree Ornament Relay

Paper trees are taped to the wall. Each person has an ornament made of paper. Each team member, one at a time runs to the tree, attaches paper ornament, and returns to team. First group getting all ornaments attached to the tree wins!

Game 2: Sock Guessing Game

Put into a pair of thick socks objects that you see or use around Christmas time. Make sure you put the same in each sock, e.g. a piece of holly, scotch tape, ornament, a pine cone, Christmas candy etc. approximately 20 to 25 different objects for

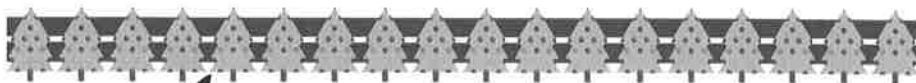


each sock. Tie a piece of ribbon or rope around the opening to make sure nobody peeks. Give each person/group a piece of blank paper and pass the socks around and tell them how many objects there are in the sock and have them write down all they can feel. Two socks make the game go a little faster. The person/group that guesses the most objects is the winner.

Game 3: Two-and-two = one

Items required: cheap jingle bells, one each on a piece of string or elastic tied on each person's right ankle. Baby jingle bell rattles are cheap and the bells can be removed.

Players stand anywhere; one player is 'it'. When 'it' calls “Star time”! the players must back up to a partner and make a star shape. When 'it' calls



"Merry Christmas"! these partners must face each other and shake hands wishing each other Merry Christmas while shaking the leg with the bell attached. On the next call and each time thereafter, all players must change partners. 'It' tries to get a partner during the change. The player left out becomes 'it'.

Game 4: Drinking Straw Tower

Have groups of no more than 6 people. Appoint a "judge" to make final decision.

Give each group a pen and paper, one large packet (around 100) of drinking straws — the

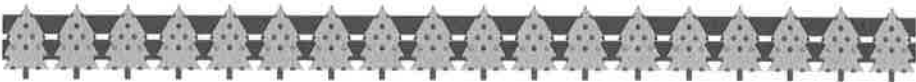
ones with a flexible end are best. Each team is to "design" (draw) the tallest free-standing tower they can. They have five minutes.

They then have 10-15 minutes to build the tallest tower possible. The tower must be free-standing and only made from the straws. No other equipment is allowed. Two prizes can be awarded — one for the tallest tower and another for the best design.

Game 5: Twelve Days of Christmas

Group everyone into 12 teams, randomly or have the people count off from 1 -12. Group the teams together and give each team a verse of the "Twelve Days of Christmas".

Each team is responsible for singing one verse of the song. The song repeats itself; with a new verse added each round. To make it more interesting as the team sing their lines, they are to act out the words (*i.e.* eight maids a milking, six geese a laying) every time it is mentioned. It will be hilarious to see the interpretations of each group as they act out the 12 different motions. The teams should be allowed to gather together before the game to determine that motions (actions) they plan on performing! This game seems simple, but it is a bona fide riot!



"Our mouths were filled with laughter, our tongues with songs of joy."

Psalms 126:2



Mighty Hand of God

June Newbury, Toronto, Ontario

Jesus used his hands on many occasions to communicate his love to others. One such time was when some parents brought their children to Jesus so he could touch them and bless them. The Gospel of Mark 10:13-16 records that encounter. The disciples were not happy and told the parents not to disturb Jesus. But when Jesus saw what was happening he said, "*Let the children come to me. Don't stop them! For the Kingdom of God belongs to such as these.*"

Jesus proceeded to take the children in His arms and placed His hands on their heads and blessed them. His hands communicated love and gentleness into the hearts of the children. He desires to do the same for us today.

The prophet Isaiah says in 49:16: "*See, I have engraved you on the palms of my hands.*"

In Isaiah's day, some servants inscribed the names of their masters on their hands; however, the masters did not write the names of their servants on their hands. How different it is, spiritually to think that our Master and Lord says to us, "See,

I have engraved you on the palm of my hands. You are mine forever. You are not just on my heart rather, you are in my heart."

From the beginning of time the hand of God has been at work in our world. In creation, God created the earth and sky with all its beauty. Then He created Adam and Eve with all their beauty. I have experienced the healing, comforting and forgiving hand of God in my life. Facing the realities of life while placing my hand in His has brought the deep love of the Father close and has given my heart a deep understanding of His grace. There isn't anything we face that God's hand can not bring His touch of healing to the brokenness of heart, mind and spirit.

As we take some time this week to focus on "The Mighty Hand of God" you will be blessed if you allow the hand of God to deeply touch your life as His Spirit speaks into your heart. I would encourage your response to be that of giving your life into the Potter's hands to be molded and shaped into His likeness.

Hands in Action

Nancy Turley, Bracebridge, Ontario

"Whatever your hand finds to do, do it with all your might ..."

Ecclesiastes 9:10

Take a look at your hand for a moment. We take it for granted because it's there every day, and usually does the things we want it to do. Your hand is one of the most delicate, yet complex parts of your body. There are six different muscle groups in your hand, and over 65 different muscles, 27 bones, 35 joints, nerves, blood vessels, and ligaments, all working together in complete harmony doing numerous tasks day in and day out. Your hand allows you to open up a book, hold a cup of coffee, or open and shut doors without even thinking. It's too complicated for scientists to perfectly reproduce with machines. The human hand reflects the amazing creativity of our Creator.

We use our hands more than any other part of the body. The hands symbolize action. There are very few things that we do without our hands. We work with our hands, talk with our hands, and minister with our hands. We greet each other with a handshake. We use our hands to sign contracts, to adjust the microscope or play the piano. We use our hands to show joy or dismay. We use our hands to serve God through serving one another.

Your hands will reveal something about you... dish pan hands, carpenter's hands, the blacksmith's hands. They all say something. Someone once said that the position of the hands is symbolic to the position of the heart.

Our verse for today starts with the word "Whatever." The 'Whatever' here is not the expression we use at the end of a debate with our parents; rather it means that every part of our lives belongs to God. Therefore, we must look at



everything we do in that light. Our time, talents, treasures are to be given into the hands of God to be used for His glory. When the position of our hearts finds it's obedience to the leading of the Lord, we will find plenty for our hands to do.

The Apostle Paul in Colossians 3:23 encouraged action with the hands as well. *"Whatever you do, work at it with all your heart, as working for the Lord, not for men ..."*

What Paul is really saying? Don't just do enough to get by! Go beyond the call of duty to work at everything so our BEST comes out.

Mother Teresa once said that if at the end of the day you want to examine your conscience, just look at your hands. What have your hands done today? Whom have they served?

Prayer:

*Take my life, and let it be
Consecrated, Lord, to thee
Take my moments and my days
Let them flow in ceaseless praise*

Frances Ridley Havergal (1836-79)

What Is That In Your Hand?

Read: Exodus 4:1-5

**Then Lord said to him,
"What is that in your hand?"
Exodus 4:2**



Moses displayed great apprehension and reluctance about the task that God had prepared him to do. In response to Moses' doubt about his own ability to fulfill God's calling on his life, God does not coddle Moses with platitudes, but rather asks him a simple question. . . "What is that in your hand?" God knew it was Moses' staff. . . an ordinary shepherd's staff which Moses had used for the past 40 years.

A Shepherd's staff was commonly a three-to six-foot wooden rod with a curved hook at the top. The shepherd used it for walking, guiding his sheep, killing snakes, and many other tasks. Still, it was just a stick. But God used the simple shepherd's rod Moses carried to teach him an important lesson. In time, Moses realized that his ordinary staff would be used to unfold the deliverance of his people out of Egypt.

On many occasions, the Lord has used what people had in their hands to prove His power and authority in their lives. Miriam had a tambourine which she used in leading the people to praise God. David had a sling, which he used to defeat Goliath. The widow had enough food for one meal, but she offered it to Elijah. A little boy had a small lunch, but God used it to feed 5,000. Mary had a jar of perfume which she used to bless Jesus.

The widow had only two coins, but her memory carries on.

Even today, God takes joy in using the ordinary things in our lives – our voice, a pen, a hammer, a broom, or a musical instrument to show you His power and authority.

So what do you have in your hand today? There are three things to remember about what you may have. First God cannot use anything in our hands until we let go of it. When we willingly offer it to him, He will do great things with whatever we have to offer. Secondly, just as God did not ask Moses to use something he did not have, He will not demand from us what we do not have. Thirdly, we will never know the full potential of the gifts we do have until we allow God to have full control. What do you have in your hand today?

Ask God to take all that you have and use for His glory in your family, your church and community. Miracles will happen, just as they did for Moses!

Prayer:

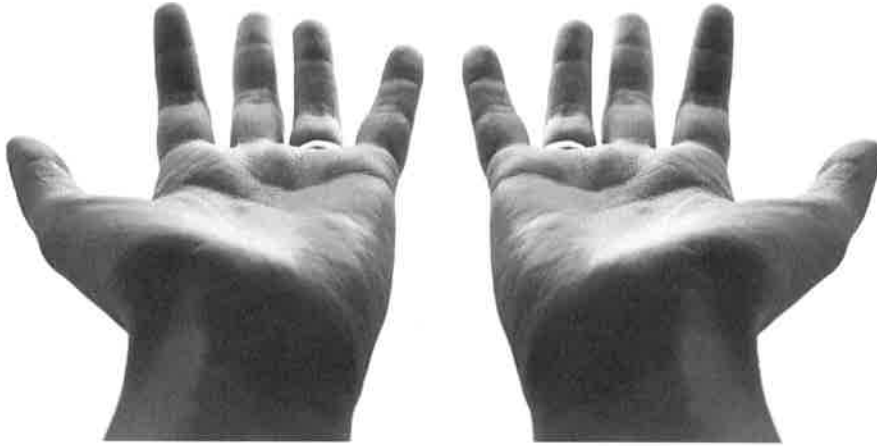
*Take my hands, and let them move
At the impulse of thy love;
Take my feet, and I will be
Swift and beautiful for thee.*

Frances Ridley Havergal (1836-79)

Open Hands

Read: John 20:24-28

"Unless I see the nail marks in His hands.." John 20: 25b



As a rule, most new-born babies have their little fists clenched for the first few weeks. As we all go through life, we must learn to open our hands to be able to give as well as receive.

One of the first things we learn about the hands of Jesus is that they were always open. Henri Nouwen wrote a book titled, "With Open Hands". This was a book on prayer and in it, he wrote that it is impossible to pray with clenched fists. Our hands must be open to receive the goodness that God has to offer. Clenched fists are a sign of bitterness, disappointment, and hate. We cannot approach God with clenched fists; rather, we must only approach God with open hands to receive all that He has to give. Nouwen states that the hands of Jesus were "painfully open."

Jesus could not have been crucified with clenched fists. His nail scars could only be seen when His hands were completely open. Jesus invited the sins of the world into His hands and heart.

His hands were always open and inviting. They were painfully open, because His openness

was greeted with misunderstanding, hostility, unfairness, belligerence, anger, and sin. His love was greeted with hatred. His gentleness was welcomed with violence. His self-giving was received with self-centeredness. Jesus painfully opened His hands to the executioner's nails, so that we all might have our sins forgiven.

As you sit quietly with open hands, ask God to reveal the areas of your life that are filled with hostility, unfairness and anger. No matter how painful these areas are to touch, allow the hand of God, with His deep love for you, speak into your pain so that the hands of your heart are totally open and ready to receive. Be willing to release anything and everything that hinders God's life unfolding in you.

Prayer:

*Take my will and make it thine
It shall be no longer mine
Take my heart, it is thine own
It shall be thy royal throne*

Frances Ridley Havergal (1836-79)

Clean Hands

Read: Psalm 24

***"Who may ascend
the hill of the LORD?
Who may stand in
His holy place?
He who has clean hands
and a pure heart ..."***
Psalm 24: 3-4a

It is believed that this Psalm was sung as the pilgrims and procession of worshipers approached the hill of Zion. When they came to the foot of the hill, they stopped and the priest intoned the question as found in verse three. Who may ascend the hill of the Lord and stand in His holy place? This is a question that, as Christians, we need to ask ourselves. What do I need to do to stand in His presence? The answer is very clear — have clean hands and a pure heart. Clean hands alone are not enough. When Jesus was handed over to be crucified, Pilate attempted to wash his hands of his actions, hoping to absolve himself of the responsibility he had in placing the sin of the world upon Jesus. But, Pilate did not realize that clean hands without a pure heart did not allow him to ascend the hill of the Lord or stand in His presence.

It is easy to think that because our hands are clean we will experience the presence of God in all that we do. Spiritually, our hands have an intimate connection to our hearts. We are reminded that the cleansing of our hands begins with hearts that are free from sin. The ministry of our hands is only possible when we have clean hands and a pure



heart. Examine your spiritual hands and ask God to reveal to you anything that will compromise your mission today. Remember that clean hands and a pure heart speak of our relationship to Christ.

Ask God to show you anything that has stained your hands and limited your awareness of God's presence in your life.

Pray:

*"If on my soul a trace of sin remaineth,
If on my hands a stain may yet be seen;
If one dark thought a wearied mind retaineth,
O wash me Lord, till every part be clean.
For I would live that men may see thyself in me,
I would in faith ascend thy holy hill,
And with my thoughts in tune with thy divinity,
would learn how best to do thy holy will."*

Hands of Compassion

Read: Matthew 20:29-34

***"Filled with compassion,
Jesus reached out His
hand and touched
the man. 'I am willing,'
he said 'Be clean!'"***

Matthew 25:34

Our hands can be a blessing or a curse. The hands of Jesus reached out filled with compassion. Whomever His touched blessing flowed in abundance. The man with leprosy experienced the compassionate hands of Jesus. Mark 1:41 says Filled with compassion, Jesus reached out his hand and touched the man. *"I am willing,"* he said. *"Be clean"*. These words changed this man's life forever. There was nothing that Jesus touched that did not change. There is still power to change the pain of our lives when we experience the touch of the Master.

Jesus spent three years on earth using His hands to meet the needs of others. We need to learn from the hands of our Savior. When we reach out to touch the lives of others we must make sure we are filled with compassion. Our love and practical care when others are hurting can be the touch that Christ uses to bring comfort and healing to the brokenness of hearts.

Compassion isn't pity! Compassion isn't sympathy! Compassion isn't charity! It is suffering with someone. Standing in another's place. It means deep caring for another when the pain of loss is great. It means a silent visit when words just won't bring answers.

My greatest hope is that we might learn how to be the hands of Christ in this world. Billions of people need to be introduced to Christ. Multitudes



need to be offered the healing ministries of the church. Massive numbers of people need to know that there are people who really do care. A whole generation needs to know the love of Christ.

As our daily work days unfold may we offer ourselves as the very hands of Christ touching the lives of the young, mid-aged and the children of our world.

Everyday we meet people who are wounded by life, wounded by hurts of the past and the present. Everyday we are given opportunities to reach out with hearts of compassion.

Ask the Lord to open your heart to the wounds of others.

Ask the Lord to give you a compassionate heart.

Prayer:

*Except I am moved with compassion,
How dwelleth thy spirit in me?
In word and in deed;
Burning love is my need;
I know I can find this in thee.*

Albert Orsborn (1886 – 1967)

Holding Hands

Read: Exodus 17: 8-13

"When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up — one on one side, one on the other — so that his hands remained steady till sunset."

Exodus 17:12

John Donne (1572-1631) a Jacobean poet and preacher is credited with the line. "No man is an island entire of itself"; "every man or woman is a piece of the continent, a part of the main." This phrase is an example of uniting with others. We often say, 'there is strength in numbers' but allow me to suggest there is strength in belonging.

We need each other. If we are going to take this journey of life with deep meaning we must be a part of each others lives. In the midst of family life and work responsibilities, we need to belong. It is vital that life is lived out in a meaningful community. In the good times, we need each other; In times of weariness, we need each other. Holding hands goes deeper than standing in a circle and holding hands physically, it means holding hands of the heart.

I was recently reminded that when babies are at the point of learning how to walk they depend on a holding hand of support for courage to take the next step. Likewise, we need the same. It's interesting to note that Moses, called by God realized he could not be an island unto himself — he needed the hands of others to support him.

From today's Scripture Exodus 17:8-13 we see clearly that Moses grew tired and his hands grew heavy, so for his mission to be accomplished, for this battle to be won, Moses needed to depend on those around him to give strength when he felt

weak. This group of unlikely heroes were prepared to do whatever necessary to help one another.

By holding up Moses' hands, Aaron and Hur made a difference in the outcome. Their support helped to alleviate Moses' weariness. They supplemented Moses' weakness with their strength. They seemed to understand that by carrying one another's burdens, the law of Christ is fulfilled (Galatians 6:2)



By holding up Moses' hands, Aaron and Hur enabled Moses to endure much longer than he would have on his own. This act of support also facilitated the victory for the entire group, not just for Joshua.

It was the practical service (providing a stone for Moses to sit on) and their continuous support that brought triumph in this battle. It also took time and commitment from those around him.

When the battle was won, Moses was very quick to build an altar in thanksgiving to God, as he recalled his petition to God. With hands held high through the support of his friends, the power of God was displayed.

Reflection question: When and how have you needed your faith propped up?

Reflection Action: Ask the Lord to reveal how you can be of support to others.

Hands of Surrender

Read: 1 Timothy 2:1-8

***"I want men everywhere
to lift up holy hands in prayer,
without anger or disputing."***

1 Timothy 2:8

Lifting hands is a universal act signifying surrender. It says... "I give up". As Christians, our hands must be open and lifted to God in surrender. Hands open with a longing for all of God in abandonment.

God is looking for nothing less than total surrender. He is looking for complete dependence upon Him alone. He is looking for total commitment. As a follower of Jesus, we can have world-changing influence but this must begin with absolute surrender. It begins with our letting go to 'LET' God. Our lack of willingness to surrender everything to God will hinder what God can accomplish in our lives.

God's desire is to empower us, mold and shape us into the women that He has created us to be. True surrender begins with our repentance. Repentance is about surrender, about admitting our helplessness and turning to God for His Spirit to change us.

So often we hang on to things which cause our own will to override God's will for us. Holding tightly to things not of God weighs us down and prevents our hands from being raised in surrender to Him.

When we surrender all that we are into the hands of God we experience release from the concerns and burdens of our struggles. When we surrender the sin and hurts of our past and present we find ourselves experiencing freedom in Christ instead of bondage. These same hands are



then able to receive from God His grace, joy, love, purpose, forgiveness and healing. Surrendered hands indicate a surrendered heart.

Using the words Bill Himes – "All that I am" – spend a few moments in reflection and ask the Lord to give you courage to raise your hands in surrender to His plan for your life.

*All that I am, all I can be, all that I have,
all that is me;
Accept and use, Lord, as You would choose,
Lord,
Right now, today.
Take every passion, every skill,
take all my dreams,
And bend them to Your will.
My all I give, Lord.
For You I'll live, Lord, come what may.*

Hands That Create

June Newbury, Toronto, Ontario. Adapted from a variety of resources and the Australian Eastern Territory

Preparation/Introduction:

Invite ladies to bring handmade items to create a table display. Ask the ladies to share the story of their creation and how God has enabled them to use their talents for Him.

Songs:

- 48 SASB/TB 150 *God's Love To Me Is Wonderful*
- 337 SASB/TB 381 *By His Hand I'm Safely Led*
- 371 SASB/TB 666 *O What A Wonderful Day*
- 727 SASB/TB 21 *He Leadeth Me! O Blessed Thought*

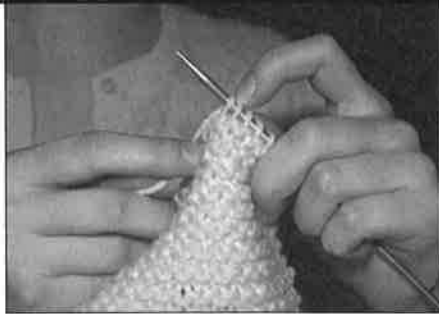
Working with your hands:

Give every lady a piece of clay and ask them to create something to represent a spiritual experience.

Scripture quiz:

Answers have the word 'hand' in the Bible

- It is sometimes used to mean "power" - Exodus 15:6
- To pour water on anyone's hands, meant to serve Him - 2 Kings 3:11
- To wash one's hands, denoted that the person was innocent of crime - Matthew 27:24
- To lift up one's hands is a way of taking an oath - Genesis 14:22,23
- To lift one's hands is also a posture used in praying a blessing - Leviticus 9:22
- To give one's hand is to swear friendship, to promise security, to make alliance - 2 Kings 10:15
- Scripture generally gives to God's Right Hand all the effects of His all powerfulness - Psalm 17:7
- To be at one's right hand signifies to defend, protect, support. - Psalm 16:8,11



What are your hands saying?

With the hands, an artist creates beauty, a magician entertains, a surgeon relieves suffering, a musician makes music, a chef prepares food. Look at your hands. Do you remember the commercial for dishwashing liquid that asked us whose hands belonged to the thirty-year-old and whose hands belonged to the sixteen-year-old? We are given lots of advice as to how to keep our hands soft, beautiful, and young looking. We are equally encouraged to strengthen our hands and there are exercises to be done to do just that. Strong hands can be useful hands.

But what do your hands say? No doubt they speak almost as loudly as your tongue. They can help or hinder, for the movement of the hand is often an expression of the heart. They can push aside or draw closer. They can show impatience or tenderness. They can move abruptly or sympathetically.

Shake hands with someone near you. What did you feel? Was it a finger tip shake or a whole hand type? Was it sincere or shallow, firm or limp?

Hands speak volumes to little ones. Even very premature babies need touching for bonding to begin. For one-year-olds who have not yet developed language, touching provides an important means of communication. Children know by the way they are handled, whether they are loved or not. This is also especially true for the elderly or very ill.

Whose Hands?

A basketball in my hands is worth about \$19.

A basketball in Michael Jordan's hands is worth about \$33 million.

It depends on whose hands it's in.

A baseball in my hands is worth about \$6.

A baseball in Mark McGuire's hands is worth \$19 million.

It depends on whose hands it's in.

A tennis racket is useless in my hands.

A tennis racket in Venus Williams' hands is a Wimbledon Championship.

It depends on whose hands it's in.

A rod in my hands will keep away a wild animal.

A rod in Moses' hands parted the mighty sea.

It depends on whose hands it's in.

A sling shot in my hands is a kid's toy.

A sling shot in David's hand was a mighty weapon.

It depends on whose hands it's in.

Two fish and five loaves of bread in my hands is would produce a few fish sandwiches.

Two fish and five loaves of bread in God's hands fed thousands.

It depends on whose hands they're in.

Nails in my hands might produce a birdhouse.

Nails in Jesus Christ's hands produced salvation for the entire world.

It depends on whose hands they're in.

As you see now, it depends whose hands they're in.

So put your concerns, your worries, your fears, your hopes, your dreams, your families and your relationships in God's Hands because...

It depends on Whose Hands they're in.

No Prayer Goes Unheard

Often we pause and wonder

When we kneel down to pray –

Can God really hear

The prayers that we say?

But if we keep praying and talking to him

He'll brighten the soul

That was clouded and dim –

And as we continue, our burden seems lighter

Our sorrow is softened

And our outlook is brighter.

For though we feel helpless

And alone when we start,

A prayer is the key that opens the heart

And as the heart opens

The dear Lord comes in

And the prayer that we felt we could never begin

Is so easy to say,

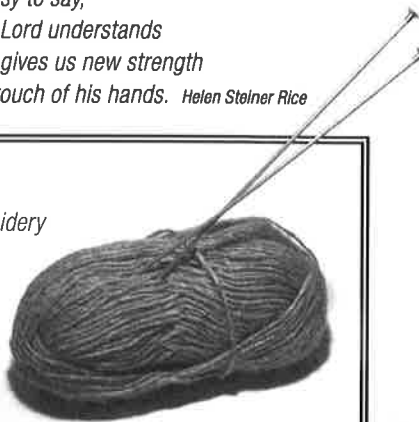
For the Lord understands

And he gives us new strength

By the touch of his hands. Helen Steiner Rice

"Crafty Ideas"

1. Art of working with a needle and thread ... *Embroidery*
2. Knotted lace with a shuttle ... *Tatting*
3. Hook and yarn to form loops ... *Crochet*
4. Interlace thread to form fabric ... *Weaving*
5. Pieces of cloth sewn together ... *Patchwork*
6. Small stitches holding layers together ... *Quilting*
7. Picture stitched in wool ... *Tapestry*
8. Make toys that look like people ... *Doll making*
9. Make garment using wool and long needles ... *Knitting*
10. Curled or rolled paper ... *Quilling*
11. Pictures made with layers of the same picture cut out ... *Paper tole*
12. Pictures made on linen or aida fabric ... *Cross stitch*



Sunday Worship

June Newbury, Toronto, Canada

Preparation:

Set up a Worship Table using large Praying Hands along with an open Bible (Isaiah 48: 13.) If possible use hands that are open as a symbol of receiving from the Hand of God. This will draw worshipers to a visual of how our hands need to be open before the Lord to receive His touch.

Call to Worship

"The LORD is my strength and my song; he has become my salvation. Shouts of joy and victory resound in the tents of the righteous: 'The Lord's right hand has done mighty things! The Lord's right hand is lifted high; the Lord's right hand has done mighty things!'" Psalm 118: 14-16 NIV.

Theme Song: The Potters Hands

(words and Music by Darelene Zschech)

Beautiful Lord, Wonderful savior

I know for sure all of my days are held in your hands

Crafted into your perfect plan

You gently called me into your presence

Guiding me by Your Holy Spirit

Teach me dear Lord to live all of my life

Through your eyes

I'm captured by your holy calling

Set me apart. I know you're drawing me to yourself

lead me, Lord. I pray

Take me, mold me, use me, fill me

I give my life to the potter's hand

Call me, guide me, lead me, walk beside me

I give my life to the potter's hand

You gently call me into your presence

Guiding me by your holy spirit



Teach me dear lord to live all of my life through your eyes

I'm captured by your holy calling

Set me apart. I know you're drawing me to yourself

lead me, Lord. I pray

Take me, mold me, use me, fill me

I give my life to the potter's hand

Call me, guide me, lead me, walk beside me

I give my life to the potter's hand

Suggested Songs/Chorus:

- SASB52/TB 826 *Many Are the Things I Cannot Understand*
- SASB337/TB 381 *I Will Sing the Wondrous Story*

- SASB 578/411 *Guide Me, O Thou Great Jehovah*
- SASB710/TB 537 *A Wonderful Saviour Is Jesus, My Lord*
- SASB725/TB 21 *He Leadeth Me! O Blessed Thought!*
- SASB732/ TB 687 *I'm In His Hands*
- SASB983 *Great Is Thy Faithfulness*
- SASB Chorus 72 *If On My Soul A Trace of Sin Remaineth*

Worship chorus: *Forever – Give thanks to the Lord our God and King, His love endures forever. (Chris Tomlin)*

Testimony: Have the theme song presented as a mime/or sung as a solo.

Testimony: Invite two or more ladies to testify, using the following statement, I experienced the HAND of God when ...

Did you know: About Song 732 (SASB): *I'm in his hands* by Stanley E. Ditmer

In April 1957, while the author was on the staff of the training college in New York, his brother was seriously ill. A month later he also was still unwell and had to wait six weeks for the diagnosis of his

illness. During this time of uncertainty, the chorus was born. He said that it 'evolved' at the piano keyboard, and the first verse was written that same afternoon. Six months later, after he had taken up a corps appointment at Newburgh, New York, he added what is now the third verse. This song is an expression of virile faith and forthright courage. (Companion to the Song Book — of The Salvation Army North American Edition) While using the original tune for the verses a new melody has been written for the chorus — music can be obtained, upon request from the Women's Ministries Dept. at THQ, Canada & Bermuda Territory.

Benediction:

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish.

Though you search for your enemies, you will not find them. Those who wage war against you will be as nothing at all.

For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will help you." Isaiah 41: 10 – 13 NIV

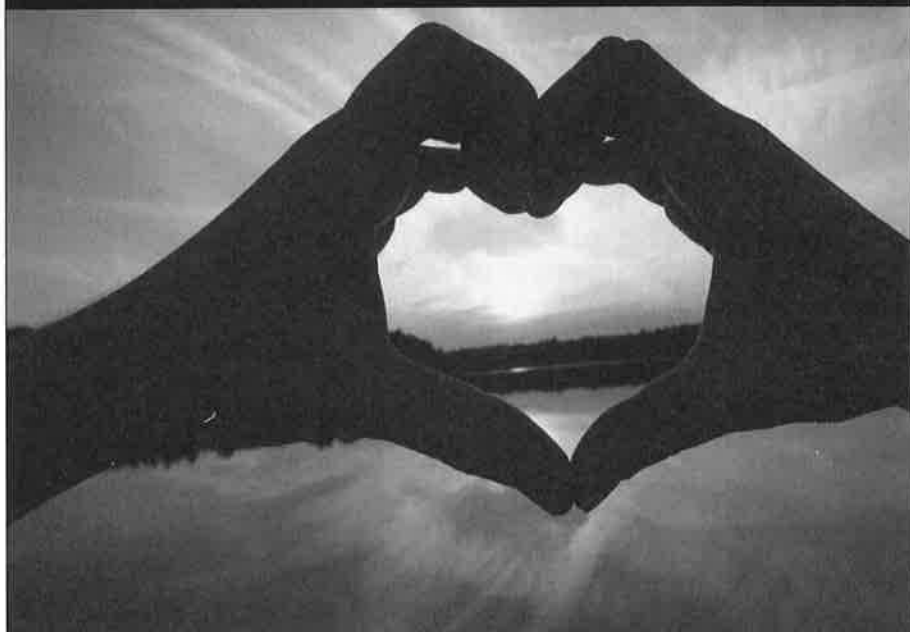


*With open hands, I come to you, O God;
Touch me and fill me;
Equip me to serve You daily.*

Patsy Rowe

Monologue – Touched by a Loving Hand

Deborah Coles – Simcoe Community Church, Ontario



A group of us women were sitting by the well, enjoying the coolness of the morning, when one of my neighbours asked, "Where's Talitha? We hardly see your daughter any more." You can't imagine their shock when I told them she was out with Rose, taking food to the lepers who live just outside Capernaum! They were horrified that Jairus and I would expose our daughter, our adored only child, to such danger and degradation.

"Don't worry about Talitha," I told them. "I know it seems dreadful to allow her out among the unclean, but we don't have the heart to stop her — she is so eager to do good. She loves Jesus so much, she is determined to bring hope to them."

When Talitha was born, we named her "Sarah", meaning "princess." But she was so tiny and delicate that her father began to call her "Talitha," "Little One." In our home and among our friends, Sarah was always known as Talitha.

She was a delight to us. We took pleasure in her charming, winning ways. We admired her dainty, slender fingers — she was always very particular, never liked to have sticky hands. Perhaps because she was an only child, Jairus and I were especially protective of her. We tended to keep her away from the streets where she might see beggars, cripples, or anyone suffering. We wanted to keep her from all harm and offer her nothing but good.



Then one day, she got sick. It all happened quite suddenly. We tried all the remedies we knew. But when herbal teas, cool baths and resting in bed all failed, old Leah, the midwife who had helped to deliver Talitha, said we should send for a doctor. We sent for one, alright, and another, and another — we tried them all. But it was no good. In just a few days, our lively, sparkly-eyed daughter had become "a hopeless case."

"*Jairus, what can we do?*" I wept in my husband's arms. But he had an idea. "*They say Jesus of Nazareth is in this area. He is known as a great teacher and a holy man. I have heard that he even heals the sick!*"

Go to Him! Hurry, Jairus!

Jairus raced into town. It wasn't hard to find Jesus — there was always a crowd around him. Jairus pushed his way through the mob. He was a ruler in the synagogue, and well-respected by everyone. They let him pass.

He threw himself at Jesus' feet and pleaded "*My little daughter is dying. Come and put your hands on her and she will live!*" Jesus agreed to come.

Progress was agonizingly slow. There were so many people. Suddenly Jesus stopped. "*Who touched me?*" At first, his disciples, eager to get on with saving the life of an important man's child, said, "*Jesus anyone could have bumped you! Look at this crowd!*"

But Jesus is never rushed. Jairus told me how he stood there quietly, forever, it seemed to my poor, anxious husband, until a terrified woman approached him.

It was Rose. We had been good friends as children, but shortly after her wedding day, her

troubles began. I think she may have lost a child, but whatever the reason for it, she was constantly bleeding. This was an "unclean" disease. It prevented her from worshipping with us in the synagogue, and from enjoying a normal life in the community. She had known much suffering for the past 12 years, and treatment by many doctors had impoverished her. People wondered what she had done to be so punished by God. Everyone knew who she was and knew about her problem, but no one really knew her anymore.

Trembling, Rose whispered and Jairus heard because he was right there beside Jesus. "*I thought, If I only touch the edge of his cloak, I will be healed*". Jesus said, "*Take heart, daughter, your faith has healed you!*" It wasn't His robe that did it. It was her faith! Rose told me later that when He called her "daughter", it made her feel as though she finally, after all these years, belonged somewhere again!

Then Jesus told Rose to go in peace. That's "shalom" peace; the word for us is loaded with meaning ... "shalom" implies whole-ness, and right-ness with God as well as freedom from anxiety. Truly, this is the kind of peace Rose has enjoyed since she experienced Jesus' loving touch.

But this delay, while thrilling for Rose, proved fatal for my darling daughter. Jairus told me he wondered why Jesus chose to spend time with Rose just then. After all, she had suffered already for 12 years. Could she not have borne with her pain for another hour, so Jesus could save our little girl?

Back at home, I didn't know when Jairus would bring Jesus. Every second counted, bringing Talitha closer to death. And as she moaned and sighed, she slipped away. Gone.



I stilled my grief long enough to send one of the servants into town. *"Let them know she has died. Save Jesus an unnecessary trip."* If only they had hurried!

Outside, the mourners were already assembling. Old Leah had been hovering for days.

breaks again, seeing her. But what is Jesus doing? I am surprised at the hope that springs into my heart. He takes her hand and speaks: *"Talitha, I say to you — get up!"* It wasn't loudly said, but powerfully, from deep within. Outside the room, no one heard but for us it was as intense as loud shouting, loud enough to wake the dead.



She gets up! She and Jesus smiled at each other, then hugged. We are ecstatic!! I hug Talitha, I hug Jairus, and I hug Jesus. I am excited enough to hug even Jesus' three friends!

"Don't tell anyone about this", Jesus says. I'm mystified. I want to tell everyone, starting with Old Leah and the flute players outside. But maybe they wouldn't believe Talitha really was raised from the dead because Jesus

himself had said she was only sleeping. They don't realize how it is for Him to defy death like waking someone up.

Now she had sent out the word. There was the music of the flutes. There was the crying of the wailers. Jairus was an important man, so there would be lots of people, lots of noise. I wept in Talitha's room as the women of our household prepared food for the mourners.

Then Jesus Came

"Why all this noise?" I heard him ask. (a dense question, really. Why would mourners be raising their voices if not for a funeral?) *"Send them away. She is not dead, she is just asleep"*.

Of course, they laughed at him. No one would start the funeral if there was any hope that the girl was alive! They left the house, but they didn't go far. They would be ready when the funeral started again.

Jairus led Jesus and his three companions into the room where she lay, my lovely Sarah. My heart

"Give her something to eat," Jesus commands. Wonderful words! Haven't I been trying to do just that for days? But of course — now she's well. Now she's walking around the room! Now she needs to eat. So everyone eats and celebrates — what a party!

Jesus changed me when he brought my precious daughter back to life. He restored my joy. Now I don't resist my generous impulses, or Talitha's! So I fill baskets for the lepers, and watch with a grateful heart as Rose and Talitha carry them out. Both have been brought back by the touch of Jesus' loving hand, one from despair, one from death. Now they respond by reaching out to others — one loving touch deserves another.

Clay in the Potters Hands

June Newbury, Toronto, Canada

Praying hands can be formed from ceramics, clay, carved from wood, drawn on paper or painted. When a baby is born fingers are among the first to be counted. Parents want to make sure the hands are totally functional. I have in my office a set of olive wood praying hands from Israel. As I glance from time to time at these hands I am reminded of the Mighty Hand of God at work in my life. The Old Testament records for us that the mighty hand of God was/is at work.

A word study on 'The Mighty Hand of God' in Scripture reveals that it is often spoken of in connection with God's outstretched arm. A picture of God's active involvement with His Sovereign governance over all creation. When the Israelite people crossed the Jordan river they were instructed by God to take 12 stones from the middle of the Jordan and carry them to their camp where they put them down. Joshua set the stones up where the Priest stood and to this day they remain. The stones are a reminder to all the peoples of the earth that they would know that the hand of the Lord is powerful.

Genesis 2: 7 states, *"the Lord God formed the man from the dust of the ground and into his nostrils the breath of life and the man became a living being."* The word 'formed' in Hebrew is commonly referred to the work of a potter. We are drawn to the book of Jeremiah chapter 18: 6 - *"...like clay in the hand of the potter, so you are in my hand, O House of Israel."*

Scripture uses a variety of ways to describe our relationship to Him. He is the Creator and we are his creation. In Jeremiah's time, potters placed a lump of clay on a round platform which they turned with their feet. Under their skilled hands, the clay took whatever form they intended. As Jeremiah watched a potter at work, God told him to remind Judah that the nations are like clay in His hands — He could destroy



or restore. God desired that His people seek him in obedience so that they would become a restored people in a deep relationship with Him.

Jeremiah 18 reveals that God is sovereign in His relationship with his people. Thus, we learn from the clay in the potters hands.

There is a Process:

Verse 3-4 (Have a piece of clay with you)

- Clay must be suitable
- Clay must be dirt and stone free
- Clay must be soften with water and shaped
- Clay must be set aside to dry
- Clay must be heated/baked to strengthened

Importance of the Process:

Verse 6. In The Father's hands.

- God desires to build Christ-like character
- God desires to remove our pride
- God wants to prepare us for service

Where is God in the process of your life?

Lessons learned:

- God longs to be involved in our lives (Jeremiah 18:3; Isaiah 29:16)
- We need to allow Him to shape us (Isaiah 45:9)
- We need to let Him do what He deems is best (Jeremiah 18:4)

Application:

- Don't resist what God wants to do.
- Choose to not have self in the way

Hands of God

Adapted from Word and Worship Resources for Salvationists 3rd Qtr. 2007 – Southern Territory, U.S.A.
(Sermon Outlines on Old Testament Bible, Character pgs. 34,35, Al Bryant)

Possible Sermon Titles:

"A Sling in the Hands of God"

"How to Be an Overcomer"

Possible Sermon Outline:

(I Samuel 17:1-11, 16) David's view of Goliath was not the stature of the giant, but rather the challenge that he presented by degrading Jehovah God as inferior to the gods of the Philistines. David had known the protecting presence of God as a shepherd boy; therefore when evil presented itself, the evil must be faced and defeated.

The challenge of faith is accepted when the Christians can say, "*Let no man's heart fail because of him*" (17:32). Thus, with assurance the enemy can be faced because, "*The Lord ... will deliver ...*" (17:37).

Weapons of Faith (17:40)

A staff, a sling, and five smooth stones out of the brook Kidron, are all the weapons that faith takes. The staff of the Lord's presence (Isaiah 50:10; Psalm 23:4), the sling of God's Word, and the five smooth stones which are found in the stream of Christ's mediatory action and Person are the weapons of faith. The five smooth stones are:

Christ **is** - His living presence is our confidence and consolation. (Isaiah 41: 1 0)

Christ **can** - He can conquer, for He stooped to conquer, and accomplished His purpose. (Luke 11 :22; Hebrews 2: 14; Colossians 2:15; 1 John 3:8)

Christ **has** - All power is His, and He has all power for us. (Luke 10: 19; Mark 16: 17)

Christ **will** - He has promised the victory, therefore, it is sure. (I John 5:4,5)

Christ **does** - Faith makes His promise a present effect, and a continuous reality. (Ephesians 6:16; Revelation 12:11)



Courage of Faith (17:40)

David did not wait till the giant came up to him, he advanced toward the enemy (v. 40). The Christian should not always stand on the defensive, he should be on the offensive at all times. (II Corinthians 10:5)

Persecution of Faith (17:41-44)

Faith is sure to be taunted with folly, and sneered at for its unreasonable action. Christ is the Man of Faith, and as He was "despised" (Isaiah 53:3), "reviled" (I Peter 2:23), "hated" (John 15:18), and scoffed at (Matthew 27:43); so shall we be, for the servant is not above his Lord (John 13: 16).



Confidence of Faith (17:46)

David has no doubt as to the issue of the battle. Note his confidence: "*The Lord will deliver thee into mine hand, and I will smite thee.*" Faith's confidence is not born of self-asserting, but is begotten by the sure word of God. Since we have a "sure word" (II Peter 1: 19), we have every right to say, "We are sure" (John 6:69).

Resource of Faith (17:47)

"*The battle is the Lord's.*" Faith recognizes that the battle is not its own but the Lord's, and what foe can stand against Him? The resource of faith is the Almighty God. The power of faith lies in the Power which faith lays hold of.

Testimony of Faith (17:45)

Not in his own name, nor in his own strength did David come against Goliath, but, in the name and strength of the Lord. In a like manner, the believer testifies that the power of the Lord, and the name of Jesus, are the potent forces by which spiritual results are achieved (Acts 3: 12, 13; I Corinthians 2:4).

Victory of Faith (17:49, 50)

When the man of faith takes the stone of Christ's victory over evil, and puts it in the sling of Divine utterance, and slings it in the strength of the Holy Spirit, it will bring down any foe. The Christian should never expect defeat, but always count upon the victorious Lord for complete and continuous victory.



Faith is the victory!

Faith is the victory!

O glorious victory!

That overcomes the world.

John H. Yates SASB:Chorus 117

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