



IF I HAD A SECOND CHANCE

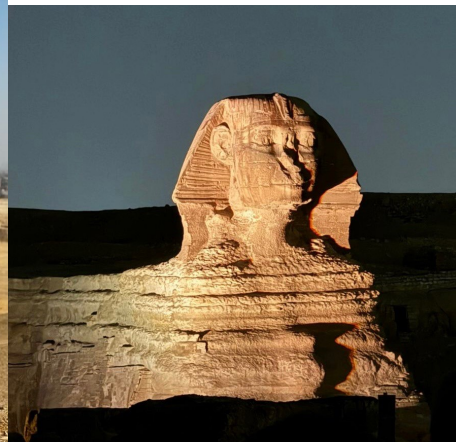
I'd stop looking and start seeing,
And treat everyone as a human being.
I'd stop taking and start giving,
Stop hiding and start living.
I'd do more listening and a lot less talking,
Enjoy the world and do more walking.
I'd take my eyes off my watch
and watch with my eyes,
To notice the trees and the beautiful sky.
I'd stop criticizing and show more love,
Be less forgetful and give thanks up above.
I'd be less angry and swallow my pride,
And share with the world what I have inside.
I'd stop hating and be more kind,
And give a little more of my precious time.
I'd give more encouragement
and a lot more praise,
And do a lot less judging
for I too have lost my way.
I'd get my priorities in order and straight,
Better now than never Lord,
I'm just a bit too late.
I'd stop hopelessly chasing after the wind,
From this point on a new I begin.
I'd find my way back to the Lord's humble
grace,
With a vow never again to lose my place,
I'm changing my life and I've made a stance,
Oh Lord, what I wouldn't give for a second
chance.
It's not the destination that counts in life
it's the journey.
The journey with the people we love is all that
really matters.
Such a simple truth so easily forgotten.
Submitted by: Jelise

NEVER LOSE HOPE

If you can find beauty in the colors of a small
flower, then you still have hope ... If you can find
pleasure in the movement of a butterfly, then you
still have hope ...
If the smile of a child can still warm your heart, then
you still have hope ...
If you can see the good in other people, then
you still have hope ...
If the rain breaking on a roof top can still lull
you to sleep, then you still have hope ...
If the sight of a rainbow still makes you stop
and stare in wonder, then you still have hope ...
If the soft fur of a favored pet still feels pleasant
under your fingertips, then you still have hope ...
If you still offer your hand in friendship to
others that have touched your life, then you still
have hope ...
If receiving an unexpected card or letter still
brings a pleasant surprise, then you still have
hope ...
If you still watch love stories or want the endings to
be happy, then you still have hope ...
If you can look to the past and smile, then you
still have hope ...
If, when faced with the bad, when told every-
thing is futile, you can still look up and end the
conversation with the phrase ...
"yeah BUT .. " Then you still have hope ...
Hope is such a marvelous thing. It bends, it
twists, it sometimes hides, but rarely does it
break ... It sustains us when nothing else can ...
It gives us reason to continue and courage to
move ahead, when we tell ourselves we'd rather
give in ...
Hope puts a smile on our face when the heart
cannot manage ... Hope puts our feet on the path
when our eyes cannot see it...
Hope moves us to act when our souls are confused of
the direction ...
Hope is a wonderful thing, something to be
cherished and nurtured, and something that will
refresh us in return ...
And it can be found in each of us, and it can bring
light into the darkest of places..
Never Lose Hope

Pastor's Two Page Corner

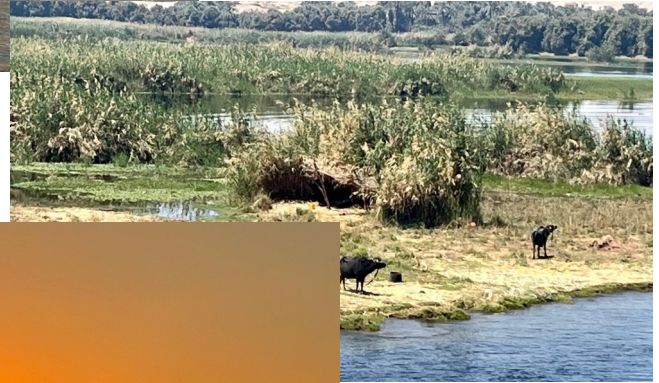
THE AMAZING LAND OF EGYPT



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THE NILE RIVER



EATING LIKE A BIRD

By Pastor Doug Batchelor

You have probably heard the expression before: “he [or she] eats like a bird.” Well, you might think again before using this phrase to describe a petite eater. A study of bird eating habits has exploded the popular idea that all birds have tiny appetites. For example, it showed the average parakeet eats nearly 100 times its own weight annually in seed, cuttlebone, gravel, and water. Because the parakeet weighs only about 3 ounces, this means that it consumes about eight pounds of food a year.

To eat at the same rate, a man would have to devour some 16,000 pounds of food annually instead of his normal consumption of 1,300 pounds. Daily “bird rations” for a man would consist of about 45 pounds of food. An average hummingbird eats half its weight in sugar each day. Just imagine if a 100-pound woman ate 50 pounds of sugar a day. (On second thought ... let’s not imagine that.)

Of course, there are always those exceptions of people who, at times, can even eat more than a bird. Take, for example, the famous athlete Milo of Crotona, a giant of a man who lived in ancient Greece. Milo was a top wrestler, crowned six times at the Olympic Games for wrestling, and was famous throughout the civilized world for his feats of strength—such as carrying an ox on his shoulders through the stadium at Olympia.

This powerful man seemed always hungry, and devoured everything in sight. Once, when he was unusually hungry, he outdid himself and captured the world’s record for big eating. Milo managed to polish off a whole calf weighing 150 pounds in one day.

Unfortunately, modern medical research indicates more and more people are eating like birds. Harmful high-fat and high-calorie diets reign in most households. But Scripture tells us the “drunkard and the glutton will come to poverty ...” (Proverbs 23:21), and gives this caution: “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?” (1 Corinthians 6:19). Ultimately, we are responsible to God for the way we treat our bodies. “Eating like a bird” is something we should all try to avoid!

KEY BIBLE TEXTS

"Meats for the belly, and the belly for meats: but God shall destroy both it and them. Now the body is not for fornication, but for the Lord; and the Lord for the body." 1 Corinthians 6:13

This was shared by Olan Suddeth and Gabriela agreed that this would give her a break this month. I wanted to add this verse: 1 Corinthians 10:31: Therefore, *whether you eat or drink, or whatever you do, do all to the glory of God.*

Upcoming Cooking classes scheduled for May 19 Mexican Theme & August 25 & December 8.

This was the closing song for Church last week, I thought I would share as encouragement to everyone.

Never Give Up

First Verse: There are days I know when you get so discouraged, It seems that all hope is gone. But there’s only One who can give you courage and strength to carry on.

CHORUS: Never give up, Jesus is coming, It’s the darkest just before dawn. Never give up, Jesus is coming, Never give up, keep holding on!

Second Verse: This old world I know can’t last much longer, And sin will soon pass away. But my faith in God simply keeps growing stronger, for Jesus is coming some day!

CHORUS: Never give up, Jesus is coming, It’s the darkest just before dawn. Never give up, Jesus is coming, Never give up, keep holding on!

Until next month, Brenda



Reminiscing Corner

APRIL	15	BIRTHDAYS Diane Fulmer Charlotte Powers Kathy Lide
	22	
	30	

Anniversary: 7th Terry & Kay Cheser—1985

Discover Hope Meetings - (Explore How Bible Prophecy Unlocks the Future and Brings Hope for Today.)

August 15-24 starting Thursday night at 7:15 for 1 hour each evening and continuing nightly with 2 Topics on Sabbath the 24th. The best thing you can do in preparation for these meetings is to PRAY... Pray for names on your list and if you didn't make one, pray for names on others list. Just pray!



I'm not sure when this pictures was taken. Gary Linkous gave me several to share in the upcoming months. Since this is their anniversary month, thought sharing would be appropriate. Wishing them Happy Anniversary and many more. Have a good month, Brenda



Tentative Speakers Schedule:

- March: 30 - David Sigamani**
- April: 6 - Dr. Bob Kane;**
- 13 - Pastor DeOliveira;**
- 20 - Shawn Smith;**
- 27 - Pastor DeOliveira**

Emily Pennington wrote an essay to enter a contest at the local level trying to earn college money. Her essay was for a contest sponsored by the Alabama Society Sons of the American Revolution (SAR) and George S. and Stella M. Knight essay contest. Emily's essay is on Deborah Sampson with is known for passing herself as a man named Robert Shurtleff and fighting for 17 months in the American Revolution war before getting sick and discovered as a woman. Deborah was a leader in the women's Rights movement.

Emily has won at the chapter and state levels and awarded a medal and checks at each level. This event was hosted by the Montevallo University Upward bound/TRIO The next step is (SAR) National Congress in Philadelphia.

Emily has won the (SAR) Coosa-Cahaba chapter the last few years but went farther this year.

Emily is working to get scholarships and such to be able to attend the University of Alabama in Huntsville.

We are very proud of her and her hard work. The article was posted in the Shelby County Reporter. She is the third children of the Pennington 10 from my siter who passed away with Covid. Shared by Linda Mims' her aunt.

HOT CHICKEN SALAD

4 cups sliced celery, 2 cups chopped onion, 4 cups diced meatless chicken of your choice, 2 cups cooked brown rice, 1 4-ounce can sliced mushrooms, 1 Tbs McKay's Chicken-style seasoning, 1 1/2 cups or less veganaise, 1 cup sliced almonds. Topping: 4 cups crushed cornflakes, 3 tablespoons margarine, melted, 1 cup grated cheese.



In a large skillet simmer vegetables in just enough water to keep covered until tender. (celery and onions). Set aside.

In a large bowl, combine chicken, rice, mushrooms, seasoning, veganaise,

almonds and sautéed mixture. Mix well. Pour into a greased baking dish and bake at 350 F for 45 minutes.

In a medium mixing bowl, mix crushed cornflakes, margarine, and cheese. During the last 10 minutes of baking, sprinkle cornflakes over the top of casserole. Bake for 10 more minutes. Serve hot. (It is a good size of casserole, good for Potluck) Bom Appetite! Mirtes

INGATHERING NUGGET: The story how Ingathering project came to life is quite interesting and at the same time speaks volumes to what an ordinary person, inspired by God, can do when they allow themselves to be used by Him. The year was 1903 when Jasper Wayne went to the postal office to pick up a parcel of Adventist Literature he ordered. Well, Jasper was a regular in good standing Seventh Day Adventist member in Iowa with a quite humble occupation – a nurseryman who had a desire to share Christian literature and help the missions. He ordered a special edition of the magazine Signs of the Times and he was there to pick his order. I don't know what it was, the magazine theme, his enthusiasm, or God's leading that inspired him to open the parcel of literature and give to the people and neighbors coming to get their mail. I guess in that time and place the mail was not delivered. At the same time he was telling them that any donation for the magazine will be sent for the mission. Within one hour he distributed the whole parcel and collected around \$4. For comparison \$1 in 1903 is worth about \$35 today. The story does not end there. One week later when he went to get his mail there was another parcel of 50 magazines waiting for him, accidentally or providentially sent again. He decided to do the same. So he started sharing these magazines with his customers and requested a donation to support the missions. In a few days he collected more than \$26 this time for this second parcel. What a blessing! There is more to that story which will be shared next time. This is Gabriela Ibanescu promoting Ingathering.

We have a website!! **UPDATED - Church Website:** <https://www.clantonsda.com/> Tony Plier has posted sermons, music & a lot of info, look under Newsletters to find this publication on line each month. Tony has also added a link at the bottom of every page for Adventistgiving. The link for the live sermons is at the bottom of the page where it says: Clanton SDA You Tube. Thanks to those that do contribute, Until next month! ... Brenda

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To: «AddressBlock»