

For I know the plans I have for you, declares the Lord, ... plans to give you hope and a future You will seek me and find me when you seek me with all your heart.
Jeremiah 29:11,13 GOD LOVES YOU AND WANTS WHAT IS BEST FOR YOU!

1. **WAKE UP!!** Decide to have a good day.

"Today is the day the Lord hath made; let us rejoice and be glad in it" Psalms 118:24

2. **DRESS UP** The best way to dress up is to put on a smile. A smile is an inexpensive way to improve your looks. "The Lord does not look at the things man looks at. Man looks at outward appearance; but the Lord looks at the heart. " I Samuel 16:7

3. **SHUT UP!!** Say nice things and learn to listen. God gave us two ears and one mouth, so He must have meant for us to do twice as much listening as talking. "He who guards his lips guards his soul." Proverbs 13:3

4. **STAND UP!!** , For what you believe in. Stand for something or you will fall for anything .. "Let us not be weary in doing good; for at the proper time, we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good ... " Galatians 6:9-10

5. **LOOK UP!!** .. To the Lord. "I can do everything through Christ who strengthens me." Philippians 4:13.

6. **REACH UP!!** .. For something higher. "Trust in the Lord with all your heart, and lean not unto your own understanding. In all your ways, acknowledge Him, And He will direct your path." Proverbs 3:5-6

7. **LIFT UP!!**, Your Prayers.

"Do not worry about anything;
Instead **PRAY ABOUT EVERYTHING.**"
Philippians 4:6 and remember:

GOD ANSWERS PRAYERS.



NOW This is The Real Living Bible

His name is Bill. He has wild hair, wears a T-shirt with holes in it, jeans, and no shoes. This was literally his wardrobe for his entire four years of College. He is brilliant, kind of profound and very, very bright. He became a Christian while attending college. Across the street from the campus is a well-dressed, very conservative church. They want to develop a ministry to the students but are not sure how to go about it. One day Bill decides to go there. He walks in with no shoes, jeans, his T-shirt, and wild hair ... The service has already started and so Bill starts down the aisle looking for a seat. The church is completely packed and he can't find a seat. By now, people are really looking a bit uncomfortable, but no one says anything. Bill gets closer and closer to the pulpit, and when he realizes there are no seats, he just squats down right on the carpet. By now the people are really uptight, and the tension in the air is thick. About this time, the minister realizes that from way at the back of the Church, a deacon is slowly making his way toward Bill. Now the deacon is in his eighties, has silver-gray hair and a three-piece suit. A godly man, very elegant, very dignified, very courtly. He walks with a cane and, as he starts walking toward this boy, everyone is saying to themselves that you can't blame him for what he's going to do. How can you expect a man of his age and of his background to understand some college kid on the floor? It takes a long time for the man to reach the boy. The church is utterly silent except for the clicking of the man's cane. All eyes are focused on him. You can't even hear anyone breathing. The minister can't even preach the sermon until the deacon does what he has to do. And now they see this elderly man drop his cane on the floor. With great difficulty, he lowers himself and sits down next to Bill and worships with Him, so he won't be alone. Everyone chokes up with emotion.

When the minister gains control, he says, "What I'm about to preach, you will never remember. What you have just seen, you will never forget.

'Be careful how you live. You may be the only Bible some people will ever Read!'



For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. Jeremiah 29:11

It seems to me like we have another round of COVID going on right now, at least in my corner of the world, so I thought to go back and talk a little about this viral illness and what we can do to prevent it and manage it. Few articles back we did talk about this, but it seems like the information is lost and we forget all about it. The purpose for this discussion is bring forth few principles that can be very useful to maintain health and recover quicker. I am far from being a specialist in this area, however I came across information that may be beneficial and helpful. The advice provided here will be simple home remedies that are available and can be used by anyone. For more up to date and complete information I will suggest to check CDC website

Let's talk a little about the illness itself. COVID is a viral disease along with flu, and cold. There are few things that makes the virus causing the COVID more concerning and that will be: the virulence (the rate with which virus spreads), severity of the symptoms including not only local reaction, but also systemic reaction, and multiple organs that can be affected by this virus (respiratory, gastrointestinal, circulatory). It is what I like to call a virus on steroids. COVID is and can potentially be a very serious and even deadly disease. The symptoms can range from light cold or GI symptoms to severe respiratory disease with multi organ failure cause by the body auto immune reaction to the protein on this virus requiring long recovery time and even death. The symptoms can last from few days to weeks , months, and even years to what is called long COVID. So is a very serious disease. The strangest thing is that is hard to predict how one will be affected. There are health risk factors that can make one more susceptible to experience severe symptoms such as diabetes, respiratory disease, and obesity, yet there are people with these risk factors that have experienced lighter symptoms. Well, light or severe symptoms the best way of approaching this illness is to prevent the infection. Prevention is the best treatment so far. Some of the identifying symptoms for COVID include itchy throat, dry throat, dry cough, high temperature, difficulty breathing, or loss of smell or/and taste. Testing, however, will give a better indication if these symptoms are caused by COVID virus or another virus. Testing is widely available now. The infection may develop within 2 to 14 days of exposure, usually day 3 to 5. There are three phases for infection.

In the first phase one may experience body pain, eye pain, headache, vomiting, diarrhea, runny nose, burning eyes, feeling feverish, sore throat, cough, or shortness of breath. One or more of these symptoms. For this phase is very important to stay hydrated and rest. Trying to build up your immune system is also important at this time by taking Vitamin C, Vitamin D, Vitamin B12, Zinc. Doing the steam inhalation daily will help control the virus population located in nasal passages. Doing contrast showers 3 minutes of hot water and 30 seconds of cold repeated 3 times followed by 30 minutes rest will give a shock to the immune system and will help with its fighting abilities. Using natural flu shot or natural penicillin (let me know if you need the recipes) will also give a good boost to the immune system. Do not delay these interventions; may help shorten the disease.

During this phase you may also contact your medical provider as they can prescribe some antiviral medication which may help with symptoms control. If the symptoms are not life threatening there is no need to get emergency services. Symptoms like cough, sore throat, headache can be treated at home. For example warm fluids and honey are helpful for cough, salt water gargle can help with the sore throat.

The second phase usually on day 4 to day 8 of infection is an inflammatory phase. This will cause symptoms like loss of taste or smell, fatigue (feeling tired for doing simple things), chest pain in the rib cage area, tightening of the chest, pain in the lower back. These are more serious symptoms. Please closely monitor your symptoms. *Seek immediate medical care for any chest pain, difficulty breathing, bluish lips or face, changes in mental status, or any other life threatening symptoms.* Continue to stay hydrated, rest, take vitamin C, continue with contrast showers, may include fomentation treatments as well.

The third phase is healing which can start on day 9. Other important things to do: sit in the sun for 15 to 20 minutes, rest and sleep at least 7 to 8 hours, drink at least 64 oz of water per day, eat warm and hot foods, avoid cold foods, increase your body PH by eating high alkaline foods such as bananas, lemon/lemon juice, avocado, garlic, pineapple, watercress, oranges.

I do like to end in a positive note. As the text indicates God has definite plans for us. And His plans include good not evil. For those of us who passed though COVID experience could see God's hand at work and we are here to be a testimony to His goodness as we trusted Him. He indeed has plans for our lives, plans for an expected end, for a future with Him as we chose to serve and obey Him. Stay well and trust in God until next time. Gabriela

In many ways it may be said that **A Little Child Shall Lead Them.**

SPICY autumn breezes were in the air. Mrs. Mills looked about with pleasure as she surveyed her little garden. She loved flowers and had been overjoyed to find this lovely garden in the yard of their new home. There were late-blooming roses, golden marigolds, and royal-purple petunias bobbing in the sunshine. She pulled the weeds, pruned the unruly branches, and loosened the earth about their roots.

The Mills family had lived in Fort Smith only a few weeks. The days had been busy ones, getting settled in the new home before time for school to begin. At last Mrs. Mills was finding time to spend an hour or so every morning in the yard and flower garden. The children were doing their bit too, before leaving for school.

Just then she heard laughter and happy chatter up the street. Yes, those were the same children she had noticed passing every day that week. Where could they be going? The public school was two blocks away in the direction from which they were coming. Yet it was evident that they were on their way to school, for they were carrying books, pencils, and shiny lunch pails. They must be going to the little schoolhouse just around the corner in the next block. She wondered what kind of school it was. These children seemed different from the rest of the neighborhood children. She had observed that they were not loud or boisterous and never seemed to argue or quarrel, as some children do. She wanted to meet these neat, cheerful boys and girls. So as they passed she called a cheery greeting to them and walked out toward them.

After brief introductions she learned that they were Leonard, Jerry, Johnny, Dora, and Mary Sumner, ranging in age from twelve to seven years. Mrs. Mills introduced them to her own children—Alma, eight, and Lena, seven, who were just ready to leave for school, and little Tommy, five. The children were a bit shy at first, but gave courteous answers, to all her questions. "Where do you go every morning?" she asked. "To school," came the reply from Johnny. "Why, I thought the school was over this way," said Mrs. Mills, pointing in the opposite direction. "Oh, yes, ma'am, it is, but we go to the church school around the corner," explained Leonard, pointing in the direction in which they were going.

"Church school? What kind of school is that?" Mrs. Mills queried. "It's a Seventh-day Adventist school. We learn about Jesus and the Bible besides all the other things," spoke up Dora, not hesitating in the least with her information. "Oh, how interesting. What do you learn from the Bible?"

"We learn that the seventh day is the Sabbath, and that Jesus is coming soon to take us to heaven," continued the little girl. Mrs. Mills was hardly expecting such a reply, and not wishing to get into a religious discussion with the children, she changed the subject.

"How many pupils are there in your school?" "There are eight besides us; we make thirteen," answered Jerry. "What a nice little school," commented Mrs. Mills. "You children must come over to our house to play when you have time." By this time the shyness had disappeared, and friendly good-bys were exchanged.

"Mother, I do hope they come to see us," said Alma enthusiastically as she and Lena kissed their mother good-by and were off to school. Mrs. Mills went about her work as usual that morning, but could not dismiss from her mind Dora's words, "The seventh day is the Sabbath," and "Jesus is coming soon to take us to heaven."

Two afternoons later the Sumner children came to play and were frequent visitors after this. "They're lovely children," Mrs. Mills told her husband.

One morning during a brief vacation from school, Mrs. Sumner accompanied the children to call on Mrs. Mills.

Mrs. Mills, with true Southern courtesy and hospitality, asked the family to stay to dinner. She had plenty of fresh pork chops frying already, she told them, and they must not refuse.

"What a delicious dinner!" remarked Mrs. Sumner as they were seated. "We really will have plenty to eat without these, Mrs. Mills," she apologized as she passed on the plate of pork chops which Mrs. Mills had passed to see, we do not eat pork."

"Oh, I didn't know that. What will you eat?" "Don't ask that when this table is filled with all these good things!" laughed Mrs. Sumner. Then the conversation changed to discussion of school and household problems. After the meal was finished and they were seated in the cheery living room, Mrs. Mills spoke up. "Mrs. Sumner, I've been wondering why you don't eat pork. Is that part of your religion?" "Yes, it is," she replied. "If you like, I'll explain why." "I wish you would. I know some people won't eat it."

There followed a short discussion on the Biblical and health reasons for a vegetarian diet and on the foods that may be used instead of meat. "I suppose you're right, but I couldn't get along without my meat," laughed Mrs. Mills. Before Mrs. Sumner left she invited Mrs. Mills to attend church with her family next Sabbath. Mrs. Mills declined the invitation, saying she was always very busy on Saturdays. Although she wanted to continue this friendship, especially for the children's sake, she was not interested in her neighbor's religion. She was already a church member, and certainly did not care to attend another church, not on Saturday anyhow.

As the weeks passed, Mrs. Mills realized that she was not as well as she should be. The doctor had told her that she must have extra rest during the day. One evening she and her husband were discussing her problem. "How am I to get any rest with a bouncing five-year-old around the house?" She asked. "Do you suppose we can find someone to keep Tommy a few hours each day while I rest?" Then before her husband had time to reply she continued, "Oh, I wonder whether that little school around the corner would take him." "Good idea!" said Mr. Mills enthusiastically. He was always hearing glowing accounts of the Sumner children and their school. "I'll ask the children next time I see them," she said, hoping that her problem was solved. The next day she asked Leonard and Jerry to ask their teacher whether she could arrange to send Tommy. That afternoon Miss Burke, a pleasant, understanding young woman, came to call on Mrs. Mills. When she saw Mrs. Mill's condition and understood the circumstances, she promised to ask the school board to admit Tommy as a nursery school pupil.

In a few days the matter was settled and Tommy was enrolled in the little school. He enjoyed every minute of the time. At home he sang the little songs he had learned and chattered about the stories and pictures. The winter days passed quickly, spring came, and with it came a new baby to the Mills home. Mrs. Mills was now busier than ever and had little time to visit the school or to accept Mrs. Sumner's repeated invitation to attend church with her sometime.

One day Tommy came bursting into the house after school holding several slips of paper in his chubby little hand. "O Mamma, here are some tickets to the show! We have to go to the show!"

To be continued Next month you will get the "rest of the story" and will find out something about the Author, Article taken from a November 1, 1955, The Youth's Instructor.

Obituary for Orrean ("Pat") Lucian Gill

Orrean Lucian Gill, age 94 and a resident of Jemison, Alabama, passed away December 30, 2022 at St. Vincent's Hospital in Clanton, Alabama from injuries consistent to a recent fall.

Orrean was born in Fort Smith, Arkansas, March 5, 1928, the son of Loyle A. and Christianna Ruth (Stauffer) Gill. He was the 2nd youngest of five children. He worked his way through college as a carpenter and graduated with a bachelor's degree in nursing from Madison College in Tennessee in 1958. He furthered his education in the field of anesthesia at St. Mary's Hospital in Duluth, Minnesota. He served 40+ years in various hospitals from Florida to Texas.

In 1970 his sister, Lela, introduced him to a practical nurse from Indiana, named Verla Marie (Greenawalt) Wellman whom he later married, and they moved to Florida. There they both continued in the medical field before retiring to Alabama.

"Pat" which became his nickname for most of his life had quite a sense of humor and was for the most part, considered a jokester. For example, in his retirement years when asked what he had done for a living, he promptly replied "I sat on a stool and passed gas." When he explained that "he put people to sleep for surgery", it most always got quite the laugh – as crude as it was!

Pat was also known for his love of automobiles. He cherished the classics and restored several Rolls Royce models, Bentleys and many older Mercedes. One very memorable event was when MGM bought his stunning black and white, restored Rolls which was purchased to be used in a Disney film.

Mr. Gill loved to travel and quickly passed that love to Verla. They enjoyed many trips to Europe, Mexico and Central America, lived for several years in Costa Rica and wintered in Meloque, Mexico by the ocean for over 30 years.

He also loved music. He led song service with enthusiasm at the SDA Church in Clanton, AL where he served in various capacities and was a longstanding member. It was not uncommon to find him transporting musical equipment due to the fact he married a gifted musician. You always found him packing, carrying and setting up musical instruments like marimbas, bells, accordions – always large instruments. He would often joke, "why couldn't you just play the piccolo?!!"

Pat was preceded in death by his parents Loyle and Ruth Gill; his wife, Verla Marie Gill and all of his siblings: Alta Gill (died at 10 yrs. old), Lela Triplet, Orville Gill and Verlin Gill.

He has never had children of his own but is survived by a stepdaughter, Sandra Jo (Wellman) Madden of Plymouth, Indiana and several step grandchildren and great grandchildren. He is also Uncle to many surviving nieces and nephews.

A memorial celebration took place at 1:30 pm Saturday, January 14, 2023, at the Seventh-day Adventist Church, 401 North 18th Street, Clanton, Alabama.

For those of you that didn't make it to Pat Gill's Memorial Service, it was a very well presented and enjoyable service... we all felt blessed to have been able to honor his memory in such a way.



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Happy Birthday and happy Anniversary to those also that we don't know about. If I don't have your special day, let me know. Brenda

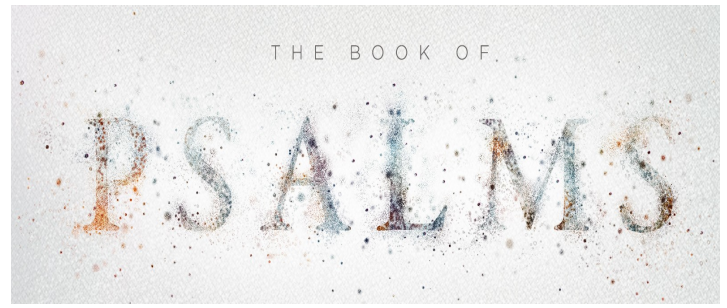
F	5	Terry Cheser	Anniversary - Feb 1st: Gary & Laurie Ernest
E	7	Kelaiah Radford (2010)	
B	10	Tony Plier	
R	15	Gary Ernest	
U	19	Laurie Ernest	
A	20	Gabriela Ibanescu	
R	25	Cameron Higgins	
Y	26	Jimmy Powers, Jim Higgins	
	28	Madison Chrishon	



I asked for a reminiscing picture, didn't get one so here is one of mine!
 From what I can think, this must have been about 30 years ago. We were at my brothers (far left end) in Georgia taking Jeffrey & his wife to the Army base. My sister Glenda the one with the black top died the next year in 1992. Roy has the red hat on and I have the shaded glasses. The children are all grown up and have kids of their own now. Share next month or I'll do this again, LOL. Thanks, Brenda

Friday night Jan 20th found a few members meeting and worshipping in the educational building as they worked their way through the 10 Days of Prayer. Fellowshiping, singing, reading the Word, with praying being the focal point of the meeting.

We will be meeting Tuesday night at 6 & again Friday night at 6 at the church. Please come and join us. Shawn Smith, Associate Pastor for the Clanton SDA Church.



NEW SERMON SERIES
Clanton Seventh-Day Adventist Church
 401 North 18th St.
 Clanton, AL 35045
 January 28, February 4, 11, 18
 Starting at 11:00 a.m. each Sabbath.

Prayer Meeting time: 6:00 PM Tuesday night - Pastor: 2nd & 4th week, Shawn Smith: 1st and 3rd weeks.

Tentative Speakers Schedule: January: 28 -Shawn Smith, February: 4, 11, 18 - Shawn Smith, 25 - Pastor DeOliveira

If you can't make it in person to the church you can go to Facebook: Clanton Seventh-Day Adventist Church page and watch it live.

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CREAM OF TOMATO SOUP :

2 cups chopped tomatoes, 4 tbsp chopped onion, 2 tbsp chopped parsley, 4 tbsp margarine, 4-5 tbsp flour, 1/2 tsp sea salt or less, 2 tbsp chicken seasonings, 1 cup soy or almond milk.

SIMMER tomatoes with onions and parsley for about 20 minutes in a heavy pan, add margarine. Add milk with flour and simmer until thick. Blend after it gets cool. Very, Very, delicious! (This is David's favorite soup) Enjoy! Mirtes



Here are 10 brutal truths that every single person needs to hear.

1. You're going to die and you have no idea when. Stop pretending that you're invincible. Acknowledge the fact of your own mortality, and then start structuring your life in a more meaningful way.
2. Your material wealth won't make you a better or happier person. Even if you're one of the lucky ones who achieves his or her materialistic dreams, money only amplifies that which was already present.
3. Your obsession with finding happiness is what prevents its attainment. Happiness is always present in your life--it's just a matter of connecting to it and allowing it to flow through you that's challenging.
4. Donating money does less than donating time. Giving your time is a way to change your perception and create a memory for yourself and others that will last forever.
5. You can't make everyone happy, and if you try, you'll lose yourself. Stop trying to please, and start respecting your values, principles, and autonomy.
6. Your achievements and successes won't matter on your deathbed.
When your time has come to transition from this reality, you won't be thinking about that raise; you'll be thinking about the relationships you've made--so start acting accordingly.
7. Your talent means nothing without consistent effort and practice.
Some of the most talented people in the world never move out from their parent's basement.
8. Nobody cares how difficult your life is, and you are the author of your life's story.
Stop looking for people to give you sympathy and start creating the life story you want to read.
9. Investing in yourself isn't selfish. It's the most worthwhile thing you can do.
You have to put on your own gas mask to save the person sitting right next to you.
10. Time is your most valuable asset--you need to prioritize how you spend it.
You have the power and responsibility to decide what you do with the time you have, so choose wisely.

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. Thanks to those that do contribute, Until next month! ... Brenda

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