



God's love can be found in so many places. Let's pray that God's love shines out of what we do each & everyday so we can make a difference in someone's life.

also.

WHAT GOES AROUND COMES AROUND

One day a man saw an old lady, stranded on the side of the road but, even in the dim light of day, he could see she needed help. So he pulled up in front of her Mercedes and got out. His Pontiac was still sputtering when he approached her. Even with the smile on his face, she looked worried.

No one had stopped to help for the last hour or so. Was he going to hurt her? He didn't look safe; he looked poor and hungry. He could see that she was frightened, standing out there in the cold. He knew how she felt. It was that chill which only fear can put in you. He said, 'I'm here to help you, ma'am. Why don't you wait in the car where it's warm?

By the way, my name is Bryan Anderson.' Well, all she had was a flat tire but, for an old lady, that was bad enough.

Bryan crawled under the car looking for a place to put the jack, skinning his knuckles a time or two.. Soon he was able to change the tire. But he had to get dirty and his hands hurt. As he was tightening up the lug nuts, she rolled down the window and began to talk to him. She told him that she was from St. Louis and was only just passing through. She couldn't thank him enough for coming to her aid.

Bryan just smiled as he closed her trunk. The lady asked how much she owed him. Any amount would have been all right with her. She already imagined all the awful things that could have happened had he not stopped. Bryan never thought twice about being paid. This was not a job to him. This was helping someone in need and, God knows, there were plenty, who had given him a hand in the past. He had lived his whole life that way, and it never occurred to him to act any other way.

He told her that if she really wanted to pay him back, the next time she saw someone who needed help, she could give that person the assistance they needed and, Bryan added, 'And think of me.' He waited

until she started her car and drove off. It had been a cold and depressing day but he felt good as he headed for home, disappearing into the twilight.

A few miles down the road, the lady saw a small cafe. She went in to get a bite to eat and take the chill off before she made the last leg of her trip home. It was a dingy looking restaurant. Outside were two old gas pumps. The whole scene was unfamiliar to her.

The waitress came over and brought a clean towel to wipe her wet hair. She had a sweet smile, one that, even being on her feet for the whole day, couldn't erase. The lady noticed the waitress was nearly eight months pregnant, but she never let the strain and aches change her attitude. The old lady wondered how someone who had so little could be so giving to a stranger. Then she remembered Bryan. After the lady finished her meal, she paid with a hundred dollar bill. The waitress quickly went to get change for her hundred dollar bill but the old lady had slipped right out the door. She was gone by the time the waitress came back.

The waitress wondered where the lady could be. Then she noticed something was written on the napkin. There were tears in her eyes when she read what the lady wrote: 'You don't owe me anything. I have been there too. Somebody once helped me out, the way I'm helping you. If you really want to pay me back, here is what you do: Do not let this chain of love end with you.'

Under the napkin were four more \$100 bills. Well, there were tables to clear, sugar bowls to fill, and people to serve, but the waitress made it through another day. That night when she got home from work and climbed into bed, she was thinking about the money and what the lady had written. How could the lady have known how much she and her husband needed it? With the baby due next month, it was going to be hard.... She knew how worried her husband was, and as he lay sleeping next to her, she gave him a soft kiss and whispered soft and low, 'Everything's going to be all right. I love you, Bryan Anderson.'

There is an old saying... 'What goes around comes around.' Today I send you this story, and I'm asking you to pass it on. Let this light shine. God works in mysterious ways and sometimes puts people in our lives for a reason.

Health Corner

Proverbs 23:2 And put a knife to thy throat, if thou be a man given to appetite

Before we go into the topic of discussion for this month I want to take few minutes to thank Brenda for doing such a good job in providing great information on this section for these two months. You are an awesome friend.

I also want to take the opportunity to let everyone know that we are ready to have another cooking class on February 11, 2024 at 2PM at our usual place, the Clanton SDA Fellowship Hall. The theme for this cooking class will be plant-based Valentine Meal. You are invited and welcome to come. Just make sure you are reserving your spot.

The book of Proverbs in the Bible has much to say when it comes to temperance. If we are to look for the traditional definition of temperance it comes with two different meanings according to Oxford Languages On-line dictionary. One of the meanings is a total abstinence from alcohol and the second meaning has to do with self-restrain or being moderate.

Is this the true meaning of the word temperance? Personally, I believe that temperance includes much more than these given meanings. Temperance includes not only abstaining from alcohol, but total abstinence from all the harmful substances and those who create dependance such as cigarettes, narcotic drugs even gambling and using the good things in measure or moderation.

In a sense the Bible supports both of these aspects of temperance. While clearly and unequivocally speaks against the use of alcohol or strong drinks, the same principle can be applied to all other substances or things which impairs one's health and ability to be free of its influence. At the same time the Bible very clearly depicts the negative influences of intemperance of even the good things. When people are given to intemperance many bad things can happen. I am thinking of Samson, which was chosen by God even before his birth to live a certain lifestyle. His story clearly shows that intemperance it is a sure way to ruin. Esau is example of intemperance as well. For a bowl of food he was willing to do such a foolish act, being as to sell his birthright; a God bestowed right. While we as Seventh Day Adventist Christians take a very strong stand for abstinence on substances that have such a devastating effect not only on the human body, but on family and society at large, substances like alcohol, drugs, smoking, or caffeine, we should take the same stand when it comes to moderation even in the good things, like food, work, or entertainment. Excesses on these areas can negatively impact a person's health.

We probably realize we live in a culture of abundance and wealth. While we may not possess a great amount of material things, we are surrounded by abundance of food, material things, or leisure opportunities. It is not for nothing, the admonishment found in the book of Proverbs 23:2 "And put a knife to thy throat, if thou be a man given to appetite." Or in the same chapter at verse 20 where we are advised "Be not among winebibbers; among riotous eaters of flesh."

We all agree that we need food to live, but too much food eaten all at once, or more than our body needs, or at odd hours, or at any hour will impact our health and open our human body to a host of health problems physical and mental.

On the other side of the coin the Bible offers us worthy examples of Joseph, Daniel, Elijah, John the Baptist which are worthy examples of temperance. Living in this time of world history it is needed for us to exercise temperance in order to have a clear mind and a healthy body to be able to withstand times like never before by a living connection with God, our strength.

Until next time May God give us the strength to make the right choices and practice temperance in all things. Gabriela



Pastor's Corner

THE CANDLE OF HOPE

Four candles burned leisurely through the early evening. The atmosphere was so quiet that one could hear the dialogue they were carrying on...

The first one said:

“I am Peace! Despite my light, people don’t seem to manage to keep me, so I think I’ll go out. And slowly shimmering it went out totally.”

The second one said:

“I am Faith! Unfortunately, I’m quite superfluous. People don’t want to know about God. It doesn’t make sense to go on burning.” As it finished speaking, a light wind blew over, and it ended up going out.

Softly and sadly the third candle spoke out:

“I am love! I don’t have any strength left to burn. People forsake me, they only see themselves, and they forget even those around them who love them.” And without waiting any longer, it went out.

All of a sudden . . .

A little girl came in and saw the three unlit candles.

“What’s this . . .? You should all be burning and staying lit to the end.” Having said this she started to cry ...

Then the fourth candle spoke out:

“Don’t be afraid child...while I still burn, we can light up the other candles... I am Hope!”

With brightened eyes the child took the remaining candle and lit up the others...

As we approach the closing of the first month of this new year, may the blessedness of hope fill our hearts with heaven’s vision for each one of us. We can be sure that God desires to bless us this way. In Psalm 119:49 we are told:

“... You have caused me to hope.”

In the New Testament, the apostle Paul himself most assuredly tells us:

“Now hope does not disappoint...” (Rom. 5:5). And later in that same book (15:13) he gives us that encouraging vision again, “Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.”

As we contemplate anew the unique realities of the Incarnate Christ, made available to anyone for the past two thousand plus years, may the candle of hope burn ever so bright within each of us! **Pastor Robson DeOliveira**

Pastor Robson DeOliveira—Pastor Montgomery First & Clanton Seventh-day Adventist Churches
Phone: 925-895-6630, email: rdeoliveira@gscsdaa.org

Associate Lay Pastor and Head Elder, Shawn Smith email: ssmith@gscsda.org Phone: 205-955-6506



Whispers Of Words

A 6-year old boy was in the market with his 3-year old sister... Suddenly the boy found that his sister was lagging behind. He stopped and looked back - his sister was standing in front of a toy shop and was watching something with great interest. The boy went back to her and asked, "Do you want something?" The sister pointed at the doll. The boy held her hand and like a responsible elder brother, gave that doll to her. The sister was very very happy... The shopkeeper was watching everything and getting amused to see the mature behavior of the boy... the boy came to the counter and asked the shopkeeper, "What is the cost of this doll Sir?" The shopkeeper was a kind man and had experienced the odds of life. So he asked the boy with a lot of love and affection, "Well, what can you pay?" The boy took out shells that he had collected from sea shore, from his pocket and gave them to the shopkeeper. The shopkeeper took the shells and started counting as if he were counting the currency. Then he looked at the boy. The boy asked him worriedly, "Is it too little Sir?" The shopkeeper said, "No, no... these are more than the cost. So I will return the remaining." Saying so, he kept only 4 shells and returned the remaining. The boy, very happily put the shells back in his pocket and left with his sister. An employee was very surprised watching all this. He asked the shopkeeper, "Sir, you gave away such a costly doll just for 4 shells?" The shopkeeper said with a smile, "Well, for us these are mere shells, but for that boy, these shells are very precious. And at this age he does not understand what money is yet, but when he grows up, he definitely will. And then he would remember that he purchased a doll with shells instead of money, and he will remember me and think that world is still full of good and kind people.."

GROWN AND FLOWN: My parents have been making life easier for me my whole life. And given the chance, I intend to do the same for their grandchildren. Not "easy." My parents did not overprotect me. They did not swoop in to solve all my problems for me. They did not try to shield me from real life. They did not try to make life artificially painless. But they made life easier. They still do. When I text them and ask, "Do you know where I can get some good boxes to use for charitable clothing donations?" my mom shoots back, "We've got some in the attic. I'll bring them for you." And then they showed up in the back seat of my car in the church parking lot. (The boxes, not my parents.)

When I'm pretty sure I've blown out the gears on my hand mixer while making a double batch of caramel buttercream, I send it (the mixer, not the buttercream) to my dad to confirm its demise, which he does...and then an hour later, an article about "best hand mixers including some that can handle bread dough" shows up in my email in-box.

When my husband and I needed backups to get busy children from where they were to where they needed to be, with dinner and a stop at home to change clothes in between, my parents jumped into the gap and kept things humming along.

They've made life easier by doing things for me that I can do for myself. (I can get my own boxes.) They've made life easier by doing things for me I can't do for myself. (I can't add a new outlet on our enclosed front porch to plug in the string lights. But my dad can. And did. Thanks, Dad.) I hope with all my heart to follow in their footsteps.

I intend to lighten my big kids' loads. I intend to fill in some gaps. I intend to smooth some rough edges. I intend—as much as it's within my power and for my children's good—to do what has been done to and for me. I intend to repay my parents forward.

At some point, there may be a switch. I know grown children who are now doing all they can to make life easier for their parents who can no longer make life easier for them. This is not easy at all. It is the hardest thing they've ever done. These children are trying to make life easier for parents whose minds or memories or bodies or spirits are failing. They are trying to repay love backward...to do what was done for them to and for the people who did it.

Too, I know so many grown children who do not have a story of life made easier to tell.

They have parents who made (and make) life harder for them. My heart breaks and aches for them. If this is you, my heart breaks and aches for you.

But as parents ourselves, we are still writing our stories with our children. We still have the chance to earn this telling by them: "My parents made life easier for me."

This is not enabling. This is not co-dependence. This is not stunting growth. This is relationship. This is love. This is life. It's rarely easy for long. But lived together, it can be made easier.

@Guilty Chocoholic Mama

These two articles just felt like "that Love" that we need to share. I saw them on Facebook and am sharing with you, Brenda

		BIRTHDAYS
F E B	5	Terry Cheser
	7	Kelaiah Radford (2010)
	9	Darlene Leon (previously Phelps)
	10	Tony Plier
	15	Gary Ernest
	19	Laurie Ernest
	20	Gabriela Ibanescu
	26	Jimmy Powers, Jim Higgins
28	Madison Chrison	

Anniversary
Gary & Laurie Ernest

Brenda K Davis—Editor and Information gatherer
Email: bkddavis2010@hotmail.com
Cellphone: 334-349-0983

Tentative Speakers Schedule:
Feb: 3rd: Mission Singathon (Pr. Robson & Shawn),
10th: Pastor Tui Pitman, 17th: Pastor Martin Fancher,
24th: Shawn Smith



How many of you remember this picture... I'm trying to figure out what the "present tree" was and what occasion. I know years ago the piano was on that side of the church, before we switched with the organ. We have had remodeling updates since then, thanks to all of those individuals that do so much to keep the church looking nice.

Let's start on this side of the pew. Isn't that Pastor Jack Melmine? He was here from 1995 to 1999. I transferred my membership in 1998 from the Selma Church and that is me playing the piano. Verla Gill, of course is the one playing the marimba, she was so good at it, and we all loved to hear her play, miss that since she went to live with her daughter before she died in 2012. She could also play the organ, piano and accordion. Dot Wilson is sitting on the far side of the front seat, Felicia Higgins next to her.. Marcus Christenson (who we have lost touch with, if anyone knows his whereabouts, I would like you to share with me). Looks like JJ (James Jordan) Mims on this end of the front seat, he would have been about 9. Second row, Chip and Julie Anderson, can't quite picture who the boy sitting next to him with glasses is. Probably Mathew Mims on the end of that pew, he was 2 years older than his brother. Ed Plier on the next seat, with Charlie Jones sitting beside him. It would have been wonderful to see who all else was there that day... But I will let you guess and reminisce.... Until next month, it would be nice to get something from you to reminisce about. I'm sure all of you have memories of something wonderful in your life that you would want to share. Until next month, have a safe month and hope to hear from you, Brenda

CAROB "CHOCOLATE" Cupcakes 1 1/2 cups oat flour, 1/2 cup carob powder, 1/4 cup wheat germ, 1/4 tsp sea salt, 3/4 cup turbinado sugar, 1 1/2 cups apple juice, 1 cup unbleached flour, 1/2 cup vegan carob chips, 1 Tbsp baking powder, 1 tsp coriander, 1/2 cup sunflower oil, 1 Tbsp vanilla.

Preheat the oven to 350 degrees. Mix all ingredients except sunflower oil, apple juice and vanilla in a large bowl. Add sunflower oil, apple juice and vanilla. Mix well. Put liners into muffin pan or oil them, and fill the mixture to the top. Bake at 350 degree for 30 - 35 minutes. Yum Yum. (I made this recipe many times. I was just looking for something good and sweet for the "sweet hearts".) Give it a try. Happy Valentines! Mirtes

CAROB CLUSTERS 1 cup carob chips, 1/3 cup peanut butter, 1/2 cup chopped walnuts or pecans

Place carob chips and peanut butter in a small bowl and melt in the microwave (or in a double boiler). Stir until evenly combined. Stir in nuts and quickly drop by teaspoonful onto waxed paper. Let it set until hard. Store in the refrigerator. Very, very good! (it is all about carob) We love it. Mirtes

Free Heart Healthy Plant-Based Cooking Class

February 11, 2024 at 2pm

Are you looking for a healthy change?

- * Free Plant-Based Recipes
- * Cooking Demonstration
- * Tips and Tricks
- * Food Samples

Please join us with a selective group of plant based experienced cooks for a cooking demonstration.

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Reserve your spot by calling 803 341 1129



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

Return Address:

Brenda K Davis
187 County Rd 313
Stanton, AL 36790



To: «AddressBlock»