

JAN 2023

My New Address

I wanted you to be the first to know that I have moved and to give you my new home address: I have moved from Beggars Alley located on Poverty Lane at the corner of Bleak and Busted Circle. As of today, I have a brand new home. My new address is: 123 Living Well Drive in the Abundance Subdivision, located at the corners of Blessings Street and Thankful Peak. You get there by taking the Praising Him Interstate, which runs North, South, East and West.

I no longer have to travel on Begging Peter to payoff Paul Route, because it's located at a dead-end intersection called: I Don't Have, that crosses Borrowers' Junction & Complaining Lane. That road doesn't lead to my new home. I no longer hang out at Failure's Place near Excuses Ave, near the Procrastination Mall. I've moved on to an upscale community called Higher Heights with unlimited potential and opportunities for me to succeed---can't you tell?

Just look at me!! I met the neighbors and I love living next to them. Let me tell you about my new neighbors: The It Family: Mr. Conceive It, Mrs. Believe It and sister Act On It. Then there's Faith and Hope from next door, Ms. Persistent and Mr. Positive across the street, Steve and Eve Achieve from down the street and my favorite neighbors are the family who live in a beautiful high rise on the penthouse floor. The head of the house is God, He's the Father, Jesus, His only Son and Holy Spirit. (Who's hardly ever home because he's always traveling, he's a real people person). It's a beautiful day in the neighborhood! The best thing is that if you're tired of living where you're living; there are tons of homes for sale in my new neighborhood!!

Oh, just one thing I want to warn you about. There's this big dog named Blessings and every single time I leave my house he chases me down and overtakes me!! It's like he's everywhere!! I see Blessings in the city and Blessings in the fields, I see Blessings when I come and when I go!! Since I can't get away from him, I've learned to just expect him and embrace him. Good thing he doesn't bite! !

I am so thankful to be a product of my new environment. All of my clothes are now custom designed by the Master Tailor and made to fit just me. I am dressed in life's finest!! I have a new walk and a new talk all because I CHOSE TO MOVE!! Life is good because: GOD IS GOOD!

Shared in 2009 by Charryse Gorden a co-worker

The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past . we cannot change the fact that people will act in a certain way. We cannot change the inevitable.

The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10 what happens to me and 90 of how I react to it. And so it is with you you are in charge of your attitudes.

Charles Swindoll

Will You Meet Me in The Kingdom?

"Will you meet me in the kingdom,
When the days of toil are past.
Meet me when the glory kindles
In the Promised land at last:
Where no sorrows ever enter,
And no tempest storms destroy.
Where the joy forever lingers
In love's by and by?"

"Will you meet me in the dawning,
Of life's everlasting day.
Where all midnight shadows have vanished,
And the mists have passed away;
When the light that shines eternal
Casts its fadeless glory down.
O'er the home of many mansions,
And the deathless crown?"

"Will you meet me when the ransomed
Gather round the throne divine,
Bow in perfect adoration.
By your living Christ and mine;
When the song forever rises.
It its sweet seraphic grace,
And the eyes that once were holden,
See thy holy Face?"

"Meet me: Ah, Yes! You must meet me.
For eternal joys are there.
And the blossoms that are blowing
Bloom forever bright and fair,
Not a fever haunts the meadow.
Not a cloud-mist crowns the hill,
Shall I meet you? Will you answer;
"By God's grace I will!"

Author Unknown



Health Corner

And Elisha send a messenger unto him, saying, Go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean.[...] Then went he down, and dipped himself seven times in Jordan, according to the saying of the man of God: and his flesh came again like unto the flesh of a little child, and he was clean. 2 Kings 5:10,14

This is a very interesting Bible story and to a certain degree demonstrates that God is using simple, natural remedies to bring health and restoration, in this case water used externally. So far in our quest to recognize one of God given physicians, the water, we have talked the health benefits of drinking the water, using internally and how essential this is for our body function and wellbeing.

In this article we will try to discuss the benefits of the hydrotherapy, aka using the water externally. Hydrotherapy is indeed a forgotten and underutilized healing art. Most people prefer medication to simple effective, side effects free natural remedies in the form of hydrotherapy in its many forms of fomentations, hot foot bath, contrast showers, heating compresses, ice massage, cold mitten friction, steam inhalation, sauna, just to mention a few.

First of all let us clarify what we mean by hydrotherapy. Just as its name states is the use of water (hydro) for disease treatment or health purpose (therapy). Hydrotherapy is recognized by many as an alternative medicine science that is able to bring relief in many health conditions including arthritis, fibromyalgia, burns, or pain relief. Some of the well known, accepted therapies involve water jets, underwater massage, mineral baths, whirlpool, hot tub, jacuzzi. Only mentioning these things makes me feel relaxed.

Water therapy is recognized to a certain degree here in US, but not as much as in the old continent Europe. There are whole towns and resorts build around hot or warm mineral water pools many people including famous and royalty have enjoyed. One of the well known here in US is Hot Springs, AR.

While it will be very nice to enjoy a relaxing and rejuvenating vacation at one of those places what we will like to focus on is simple, inexpensive home water remedies that are available to anyone. These treatments are simple and affordable, but there are certain guidelines or ways of performing the treatment that will yield results, this why it is important to be familiar with these principles of treatment. There are plenty of written resources available. One that I use often is Simple Home Remedies, by Agatha Thrash.

Now we are in the cold and flu season, not to mention COVID. Some good hydrotherapy treatments are hot foot bath with cold water pour, fomentation with revulsive (means hot and cold alternation) to chest and abdomen, and very warm saline nasal bath. The contrast showers with 3 minutes of hot water (as hot as it can be tolerated without burning) alternate with 30 second cold water, repeated 3 times and ending with cold followed by 30 minutes bed rest a one of most powerful way to strengthen the immune system.

Cough can be treated with fomentation with revulsive to chest, hot foot bath, and cold mitten friction to end. Headache treated with hot foot bath with cold compress to the head, alternate hot and cold to the head, or simultaneous hot and cold.

These are just few methods of hydrotherapy one can use. They are simple and affordable, and available to anyone. If you have any questions about some of these methods, please let me know. I will be happy to share what I know on a personal level since there is so much can be put in this newsletter article.

I pray all of you continue to be well as we put our trust in God and follow His direction for health and wellness. After all Naaman would not have been healed if he did not follow to a T what God told him to do. Until next time may God be with you. Gabriela

Pastor's Corner

CLAY BALLS

A man was exploring caves by the seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled clay balls and left them out in the sun to bake. They didn't look like much, but they intrigued the man so he took the bag out of the cave with him. As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could. He thought little about it until he dropped one of the balls and it cracked open on a rock. Inside was a beautiful, precious stone.



Excitedly, the man started breaking open the remaining clay balls. Each contained a similar treasure. He found thousands of dollars worth of jewels in the 20 or so clay balls he had left. Then it struck him. He had been on the beach a long time. He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves. Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he just threw it away.

It's like this with people. We look at someone, maybe even ourselves, and we see only the external clay vessel. It doesn't look like much from the outside. The external isn't always beautiful or sparkling so we discount them. We see that person as less important than someone more beautiful, outgoing, fashionable, or wealthy. But we have not taken the time to find the treasure hidden inside that person by God.

There is a treasure in each and every one of us. If we take the time to get to know that person, and if we ask God to show us that person the way He sees them, then the clay begins to peel away and the brilliant gem begins to shine forth. May we not come to the end of our lives and find out that we have thrown away a fortune in friendships because the gems were hidden behind bits of clay. As you enter 2023, may the new year give each person a chance to become a very valuable "gem" in your collection of friends.

Shared by Brenda from the January edition 10 years ago. Thought it was worth repeating.

Years ago I lived near a beautiful lake which was famous for trout fishing. The area billed itself as the trout fishing capital of the world, and with a lake the size of the Hawaiian island of Molokai, and dozens of rivers brimming with rainbow trout, angling was a very big deal.

I learned while living there that, for many people, fishing required teamwork. Charter boats took people to the best spots on the lake, fishing guides led anglers to the hottest places on the rivers, stores sold equipment and gave advice, and people gladly shared fishing tips. The local radio station even aired a daily fishing report. Sometimes, it takes a village to catch a fish.

When Jesus invited His disciples to follow Him, He made a special promise. "I will make you fishers of men," He assured them. There are two things I see in this. One, a person who takes the name of Jesus becomes a fisher, searching for others to lead to Jesus. Two, being a successful fisher of souls often takes teamwork, people helping people, working together to reach others for Jesus.

I want to thank you for teaming up with It Is Written to grow God's kingdom. We can do much more together than we could do solo. I want to share two stories with you that illustrate that God is using us—together—to grow the population of heaven.

(Sent to me in an email from John Bradshaw at "It is Written". I thought it applied to each of us for this new year especially for our goals here at the Clanton SDA church. *Just Brenda again.....*

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God Moves in Mysterious Ways

I can't verify the validity of the following story but what I can verify is that, as the hymn writer so stated: "God moves in mysterious ways his wonders to perform."

A woman was at work when she received a phone call that her small daughter was very sick with a fever. She left her work and stopped by the pharmacy to get some medication. She got back to her car and found that she had locked her keys in the car. She didn't know what to do, so she called home and told the babysitter what had happened. The baby sitter told her that the fever was getting worse. She said, "You might find a coat hanger and use that to open the door."

The woman looked around and found an old rusty coat hanger that had been left on the ground, possibly by someone else who at some time had locked their keys in their car. She looked at the hanger and said, "I don't know how to use this." She bowed her head and asked God to send her help. Within five minutes a beat up old motorcycle pulled up, with a dirty, greasy, bearded man who was wearing an old biker skull rag on his head. The woman thought, "This is what you sent to help me?" but she was desperate, so she was also very thankful. The man got off of his cycle and asked if he could help.

She said, "Yes, my daughter is very sick. I stopped to get her some medication and I locked my keys in my car. I must get to her. Please, can you use this hanger to unlock my car?" He said, "Sure." He walked over to the car, and in less than a minute the car was opened. She hugged the man and through her tears she said, "Thank you so much!" You are a very nice man." The man replied, "Lady, I am not a nice man. I just got out of prison today. I was in prison for car theft and have only been out for about an hour." The woman hugged the man again and with sobbing tears cried out loud, "Oh, thank you, God! You even sent me a professional."

Sabbath Adventures

December 24, 2022—Christmas Eve found a few church members at the Jimmie Hale Mission in Birmingham to serve the men that are staying there. "Being like and showing Jesus to others are the greatest gifts we can give these guys"



Happy Birthday and happy Anniversary to those also that we don't know about. There weren't any anniversaries that I know of this month. I don't have your special day, let me know. Brenda

J	2	Robin Gray
	5	Billy Gentry
	7	Ralph Sheperd
A	8	Raelene Covrig
	11	Sara Powers (2007)
N	12	Treva Radford
	14	Titus Graves -Holly Hiebert's Son (2012)

Speakers: Dec: 31— Floyd Hiebert, Jan: 7 - Titus Graves, 11 - Pastor DeOliveira, 21 - Michel Rodriquez, 28 - Pastor DeOliveira

Life is a Gift.

Today before you say an unkind word—Think of someone who can't speak. Before you complain about the taste of your food—Think of someone who has nothing to eat. Before you complain about your husband or wife—Think of someone who's crying out to God for a companion. Today before you complain about life—think of someone who too early died. Before you complain about your children—Think of someone who desires children but they're barren. Before you argue about your dirty house, someone didn't clean or sweep—Think of the people who are living in the streets. Before whining about the distance you drive, Think of someone who walks the same distance with their feet. And when you are tired and complain about your job—Think of the unemployed, the disabled, and those who wish they had your job. But before you think of pointing the finger or condemning another—Remember that not one of us is without sin. And when depressing thoughts seem to get you down—Put a smile on your face and think: you're alive and still around. Thank God every day for giving you another day to be blessed and to love others more. This should be our New Year's Goal for 2023 and every day.



Love is like the sun coming out of the clouds and warming your soul.

~ Anonymous

I found this beautiful picture on my computer and thought sharing it would bring back some great memories. Not sure what year this was but missing them both: Edward Plier died 2/27/2003 and Maxine Plier died 12/18/2020... Hope you all have wonderful memories what you think of them. Maxine was such an integral part of our worship service, she is sure missed every Sabbath. I never got to know Ed that well in the five years after I transferred from the Selma Church to the Clanton Church but remember him enjoying me playing the accordion. Share your memories next month.

GOURMET CASSEROLE-Eggless

2 cups cooked brown rice, 2 cups diced chicken style soyameat, 1 10oz. can mushroom soup, 1/2 cup soy milk, 1/2 cup vegenaïse, 1/2 tsp. sea salt, or less ,1/2 cup parmesan cheese (I use soy). Mix well the first seven ingredients.

Sauté: 1 cup celery, chopped, 1/2 cup onion, chopped, 4 cloves garlic, 1 4oz. Can mushrooms with the juice.

Sauté: celery, onions, garlic and mushrooms and add to the rice mixture. Place in the greased 2 quarts casserole.

Sprinkle the top with 1/4 cup almond slivered and paprika. Bake at 350 degrees for about 40 minutes. Enjoy! Mirtes



Horse reflection- Once a horse was tied up and pulling back to be let go, and a demon came and released him. The horse jumped into the farmer next doors field and began to eat the farmers crops. The owner of the farm got angry and got his rifle and killed the horse. Then the horse owner also got mad set on re-

venge and got his rifle and killed the farmer. After seeing this the farmers wife got angry and grabbed her gun and killed the horse owner. Then the horse owners son became enraged and killed the farmers wife. Angry, the neighbors killed the horse owners son and burnt his house down. They then asked the devil; why did you do all that? The devil replied; I only let the horse go. **The end.**

Moral of the story: The devil does simple things because he knows the evil in our hearts and that we'll do the rest. That's why it's a good reminder to think before you act, lest a thing of unimportance causes much damage.

Remember, the word has the power to give life and to give death - To bless or to curse. 1. think before you act, 2. think before you speak, and 3. pray before you do anything.

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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