

The man was old, bent and gray.
As he hobbled along the road one day;
He leaned heavily on crutches... one leg gone..
As he struggled on to his brother's home.

Long years ago he'd gone to sea,
So a rugged old sailor now was he.
Where his brother lived he did not know.
But he hoped someone the way would show.

As he struggled on despite great pain
He fell on his crutch so it broken in twain.
Tired and weary, he sat down by the road.
Hoping for someone to share his load.

Several horse-drawn carriages passed him by.
But they did not stop, despite his cry.
Lying down to rest in the summer's heat,
The grass felt cool, so he went to sleep.

Then it started to rain, and when he awoke
He found a lad had laid on him his cloak.
With a very strong cord he had also wrapped
And mended the crutch where it had snapped.

"My dear little lad, how kind you are
To have helped an old man along thus far.
I must get up now and be on my way,
For soon "Twill be dark at the close of day.

"I, too, had a son... He's now about twelve.
His mother died, so he with my brother doth dwell.
I hope when I see him that I will find
That he, like you, is also kind.

"My brother's name is Johnny Moe;
You wouldn't happen him to know?"
"Yes, that's where I live. You say you've a song?
Then you are my father...I'm so glad you have come!"

What joy there came to this old man that day
As he leaned on his son the rest of the way;
Hobbling along, he was happy to find
That his own dear son was so very kind.

So, my friend, as we travel life's road,
Let's be kind to those with a heavy load.
Happy we'll be at the close of day
That others we've helped along the way.

Luella Nygaard Johnson

A father was approached by his small son who told him proudly, "I know what the Bible means!"

His father smiled and replied, "What do you mean, you "know" what the Bible means?"

The son replied, "I do know!" "Okay," said his father. "what does the Bible mean?" "That's easy, Daddy...
the young boy replied excitedly, "it stands for 'Basic Information Before Leaving Earth'."

JUST LIKE HIS DAD

Well, what are you going to be, my boy
When you have reached manhood's years;
A doctor, a lawyer, or actor great,
Moving through to laughter and tears?

But he shook his head, as he gave reply
In the serious way he had;
I don't think I'd care not be any of them;
I want to be like my dad.

He wants to be like his dad! You men,
Did you ever think as you pause,
That the boy who watches your every move
Is building a set of laws?

He's molding a life you're the model for,
And whether it's good or bad
Depends on the kind of example set
To the boy who'd be like his dad.

Would you have him go everywhere you go?
Have him do just the things you do?
And see everything that your eyes behold.
And woo all the gods you woo?

When you see the worship that shines in
The eyes of your lovable little lad,
Could you rest content if he gets his wish
And grows up to be like his Dad?

Author Unknown

We Are Not Lost-

My eight -year old daughter and I were driving through the unfamiliar streets of the city of which we had recently moved. I was turning here and there, without any explanation to my child. After some time, she looked up at me and said, "Father, are you lost?" I saw an anxious look on her face' but instead of answering her, I asked, "Are you lost?"

A smile brightened her face, as she said quickly, "Oh no! I'm with you." And with that, her apprehension was gone. Silently, we drove on; silently ... except that I was saying to my Father, "Sometimes I have feared that I was lost from You in this world. Help me to have the faith of my little child, so that I can say always, "I am not afraid, for I am with you." The Lutheran

PASTOR'S CORNER

The Awesome Power of Joy !

"...the joy of the Lord is your strength." Nehemiah 8:10

The Bible talks a lot about joy, but says nothing about a happy follower of Jesus. The reason is that happiness depends on circumstances, joy doesn't. We know that Jesus Christ had joy, and He prayed "that they might have my joy fulfilled in themselves." John 17:13

For God's children, the power of joy is never-ending. Although not one fruit of the spirit is more important than another, joy enables us to experience the others in the way that Jesus did.

In a very practical sense, I keep discovering that true joy is the evidence of God working in us, through us, and around us.

Like David, we can say, "You have filled my heart with greater joy." Psalm 4:7

God does the filling; we do the receiving and the sharing. To keep our joy reserves full, we choose to come to Jesus, the source of our joy, every day. In turn, we get to share joy with others out of the abundance of His unending supply.

Why not pause for a few minutes each day and think of the many ways that Jesus, our loving Savior, gives you joy. Make a list that will never be completed as you continue to add more and more of those wonderful ways He fills your heart with joy!

Pastor Robson DeOliveira



**FACT:
ONE OF THE ONLY
ACTIVITIES THAT
ACTIVATES,
STIMULATES
AND USES
THE ENTIRE
BRAIN IS
MUSIC.**



David Avocado Wolfe

I thought this **FACT** was quite appropriate for each and everyone of us. We all have music in our lives some way or another. Those that play musical instruments, sing, hum, whistle (Daddy (Walter Kohler) used to whistle but couldn't sing in tune at all, his whole family was musically talented and he said he played the Record player (that dates us, LOL doesn't it?) Music is part of our lives and we are blessed to be able to share in it, which means we can hear, whereas so many individuals can't. God blesses us every day in so many ways. Let's be thankful to him and let him know that we appreciate our many blessings.

Since I had room on the Pastor's page just thought I would add to the list another way to fill our hearts with joy by adding music to our lives. I pray you all have a safe and healthy month. Until next month, Brenda

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Parable of the Pencil

The Pencil Maker took the pencil aside, just before putting him into the box "There are 5 things you need to know," he told the pencil, "Before I send you out into the world. Always remember them and never forget, and you will become the best pencil you can be."

"One: You will be able to do many great things, but only if you allow yourself to be held in Someone's hand."

"Two: You will experience a painful sharpening from time to time, but you'll need it to become a better pencil."

"Three: You will have the ability to correct any mistakes you might make."

"Four: The most important part of you will always be what's inside."

"And Five: No matter what the condition, you must continue to write. You must always leave a clear, legible mark no matter how difficult the situation. The pencil understood and promised to remember, fully understanding it's makers purpose.

Now replacing the place of the pencil with you. Always remember them and never forget them in this way you will become the person God wants you to be.

One: You will be able to do many great things, but only if you allow yourself to be held in God's hand. And allow other human beings to access you for the many gifts you possess.

Two: You will experience a painful sharpening from time to time, by going through various problems, but you'll need it to become a stronger person.

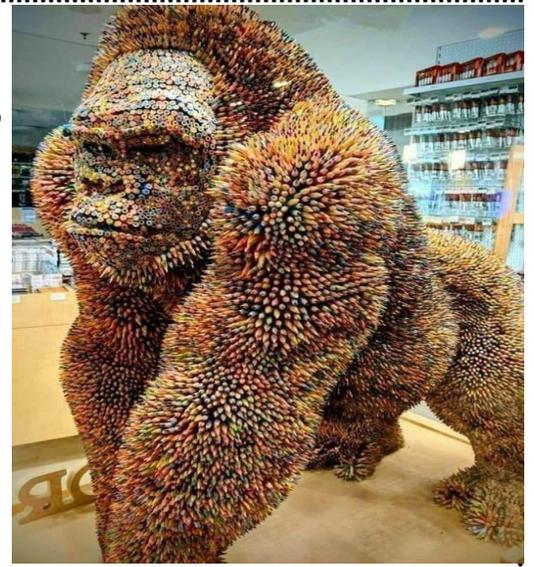
Three: You will be able to correct mistakes you might make or grow through them.

Four: The most important part of you will always be what's on the inside.

And Five: On every surface you walk through, you must leave your mark. No matter what the situation, you must continue to serve God in everything.

Everyone is like a pencil created by the Maker for a unique and special purpose. By understanding and remembering, let us proceed with our life on this earth having a meaningful purpose in our heart and a relationship with God daily. You were made to do great things. The Bible says that God is the potter and we are the clay. He is the master and we are the servants. With God's leading and the still small voice of the Holy Spirit guiding our steps, we can do great things with our life. Allow this parable on the pencil to encourage you to know that you are a special person and only you can fulfill the purpose which you were born to accomplish. Never allow yourself to get discouraged and think that your life is insignificant and cannot make a change.

The picture of the Ape is made up entirely of pencils. Someone is very inventive or has nothing to do with their time, LOL. Thought it was very unique and wanted to include it with the story of the pencil. I never saw a pencil used that way before and thought you would enjoy the story and this illustration.



Pencil: I'm sorry. **Eraser:** For what? **Pencil:** I'm sorry, you get hurt because of me. Whenever I make a mistake, you're always there to erase it. But as you make my mistakes vanish, you lose a part of yourself and get smaller and smaller each time. **Eraser:** That's true, but I don't really mind. You see, I was made to do this, I was made to help you whenever you do something wrong, even though one day I know I'll be gone. I'm actually happy with my job. So please, stop worrying, I will not be happy if I see you sad. **Reflection:** "Our parents are just like the eraser, and we are the pencil. They're always there for their children, cleaning up their mistakes. Sometimes along the way they get hurt and because smaller (older and eventually pass on). **MORAL:** Take care of your Parents, treat them with kindness and most importantly love them."

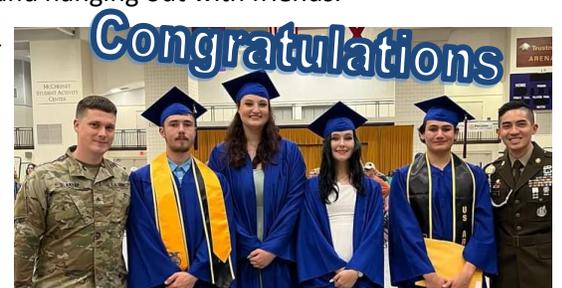
An Old man said: "Erasers are made for those who make mistakes". A youth replied. "Erasers are made for those who are willing to correct their mistakes. Attitude matters!!!



Hannah Pennington graduated from Montevallo High School on May 22, 2023 at 7 pm. She was awarded a cord for culinary arts. (The cord was for completing culinary class complete with banquet planning and assisting in food prep for the banquet). She enjoys art, reading and hanging out with friends.

Hannah plans to take advantage of joining the army and gaining her college benefits. She then plans to attend Troy University where she will work towards a degree in psychology. After she achieves her degree she hopes to go into the field and help others. We are proud of her and her achievements thus far. Shared with us by her Aunt Linda Mims. She is the second of the children of my deceased sister.

(Hannah is the tall one in the middle with cap & gown)





Health Corner “But unto you that fear My name shall the Sun of Righteousness arise with healing in His wings: and ye shall go forth, and grow as calves of the stall.” Malachi 4:2

Funny thing, it was quite awhile ago when we were starting to know and understand the laws of health one by one. We got interrupted by the Health Fair and I forgot where I was in this journey. Thank you Brenda for keeping me straight. For the record we are going to talk about the sun, sunlight, and how it helps improve our health.

Let me start with the text I chose for this piece. It is one of the beautiful promises God has given and it was written in the context of the last days. In this passage we come to know another name for our Saviour - The Sun of Righteousness and His work of healing. How fitting is this description at so many levels. I do love to dissect the Bible verses and see how much I can get out of them and this is a very rich one. I wish I could do just that, but unfortunately it is not the object of this article.

From the creation account we learn that the sun was created on the 4th day. Living on this side of creation and knowing how important the sun is to the life on the earth, it is hard for us to understand the first three days of creation. The sun is known as the center of our solar system and it is the one that regulates the day-night and yearly cycle. It is well known, accepted, and researched how essential the sun is for life here on earth. These facts are well accepted not only by Bible believers, but also the scientific world and even pagan religious systems that give the sun a supreme position and it was considered a deity. I did mention these two entities: scientific world and pagan religious systems as they do have a different view from Biblical account of the sun.

From a health standpoint sun exposure offers many health benefits. Where do I start? The first thing that comes to mind is the antibacterial and antiviral effects of the sun. The sun, especially the UV rays, kills all kinds of viruses and bacteria. It is a very effective microbe killer. It is too bad that when we are dealing with some kind of respiratory infection instead of getting out in the sun we stay inside. The business world realized this and now they are creating all kinds of costly gadgets to create UV rays to sterilize all kind of surfaces. Interesting enough is that God has given us this for free. It cost us nothing to get and stay in the sun for a 10-15 min, the needed time for the sun to do its work.

The second thing that comes to mind is the antidepressant effect of the sun. I guess we all know the poor mood that comes with gloomy days, when the sun is hidden behind the clouds. We all know that feeling when on those days one feels like curling up with a good book. Those were the good days, since now we watch a movie or play a game. The flip side is that when the sun is up, when the spring time with longer days comes around we all get the pep in our step. A short time in the sun does help with our mood.

The third and last thing I will like to mention is that moderate sun exposure does have a positive effect on improving metabolic rate of the body, increase of red and white blood cells production, improves blood circulation and oxygen exchange in lungs, and positively affects the endocrine system by improving the activity of the endocrine system. Vitamin D with its overarching effects on the body is synthesized by the body only when exposed to sun.

Sun is one of the God given physicians and it is important to know that there are certain rules to follow when we decide to use the services of this physician. We do live in a sinful world where even the good things can cause problems. Here are few rules. The first rule is to know that there is not required a great amount of time to obtain these benefits: 10 to 15 min are more than enough. Second rule is to be aware there are a number of things that affects the effectiveness of sun exposure, like: sand, water, snow have the reflective capacity and we need to be cautious when encountering these circumstances. At the same time the clouds do offer certain protection, but it is not complete. The third rule addresses the altitude, higher elevation vs lower elevation, has an effect on the sun exposure. Finally, the fourth rule to consider is the time of the day and the season, mid-day vs morning or evening hours and winter vs summer. I guess I went longer than I wanted to, so I will stop here and pray God will continue to pour out His blessings as we fear and follow Him. He promised for those who fear Him to bring healing.

Be healthy until next time. Gabriela

J U N	1	Renee Lucas	Birthdays
	19	Linda Mims	
	21	Kay Houston	

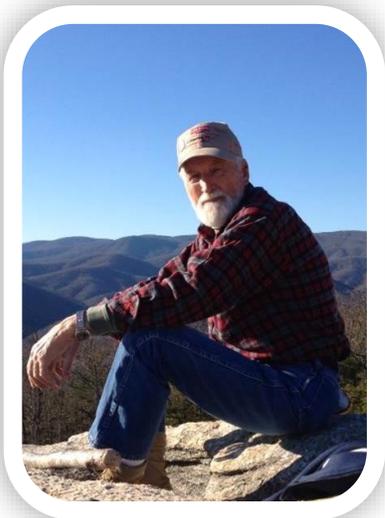
How many guessed that was Roy & I last month? I thought this month we will remember and honor those father's that have been an influence in so many individuals lives.

Anniversary: 23rd - Gary & Florine Linkous 1998

Happy birthday to each of you and a special blessing for Gary & Florine on their anniversary !

Robert Higgins, Elder Clyde Smith, Doug Higgins, Walter Kohler, Ed Plier, Elder Peavy Blake, Chester Peck, Elder Clay Grice and Leroy Haste.

Tentative Speakers Schedule: June: 3rd - Scott Bowes, Education Director for Gulf States Conference, 10th - Pastor Robson, 17th - Shawn smith, 24th - Pastor



Hummingbird cake

Ingredients: 2 1/2 Cups all purpose flour, 1 cup brown sugar, lightly packed, 3/4 cup granulated sugar, 2 teaspoons baking powder, 1 teaspoon baking soda, 1 teaspoon salt, 2 teaspoons ground cinnamon, 1/4 teaspoon ground nutmeg, 1/2 cup vegetable oil (I used grapeseed oil), 1 8-ounce can crushed pineapple, with juice, 2 cups mashed overripe bananas 4-5 bananas, 3/4 cups plant milk, 2 teaspoons pure vanilla extract, 1 cup chopped toasted pecans plus more for topping, 1 recipe vegan cream cheese frosting



Instructions: Preheat the oven to 350 degrees F and prepare 2 8-inch round pans by lining them with a circle of parchment paper on the bottom and spray well with non-stick spray. In a large bowl, add the flour, baking powder, baking soda, salt, cinnamon and nutmeg. Whisk well.

Add all wet ingredients, sugar, and mashed bananas in a separate bowl and mix well. Add wet ingredients to dry ingredients and mix until just combined, but do not over mix. It's helpful to mix by hand so you don't accidentally over mix the batter and cause the cake to be dense. At last fold in the chopped toasted pecans. Divide the cake batter into the prepared pans and bake for 45-50 minutes, or until a toothpick inserted comes out clean and the tops of the cakes are set. Let the cakes cool in the pans for 15 minutes, then carefully remove them and let them cool on a cooling rack until completely cool. Please do not try to frost this cake when it's still warm at all, it will slip and break. Once the cakes have cooled, prepare the vegan cream cheese frosting or may use any frosting you like. Add frosting between each layer, then frost the outside and top of the cake as well. Sprinkle additional chopped or halved pecans for decoration, if desired. Serve and enjoy!

Vegan cream cheese frosting : 1/2 cup vegan butter, slightly softened to room temperature (8 tablespoons), 8 ounces vegan cream cheese, 1 container vegan whipped cream, 1 teaspoon pure vanilla extract, 1 cup powdered sugar or more. In a large mixing bowl, add the slightly softened vegan butter, cream cheese and sugar and beat with a hand or electric mixer until creamy and smooth. *Do not over beat at this point, or your frosting may be too runny.* Beat in the vanilla and whipped cream to combine. Check for sweetness and add more sugar if needed.

(by popular demand, she brought one to fellowship dinner) Shared by Gabriela Ibanescu

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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To: «AddressBlock»