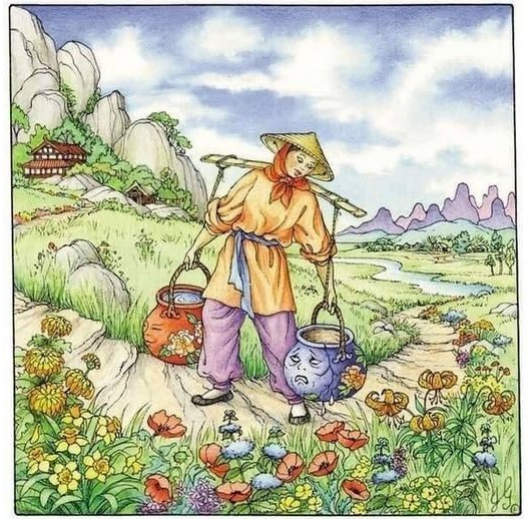


An elderly Chinese woman completed a daily trek to the stream past her home and back to supply her family with fresh water. In order to do this, she fashioned a heavy pot on each end of a long pole, which she carried across her shoulders.

One of the pots was in perfect condition and always delivered a full portion of water. The other had a deep crack in it, causing water to leak out. At the end of the long walk, the cracked pot arrived only half full.



This situation occurred daily for two years, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the cracked pot was ashamed of its imperfection and miserable that it could only do half of what it had been made to do.

After two years of what it had perceived to be bitter failure, the cracked pot spoke to the woman by the stream. “I am ashamed,” it said. “This crack in my side causes water to leak out. You work so hard and yet have little water once you return home.”

The old woman smiled and replied, “Did you notice that there are flowers on your side of the path? I have always known about your flaw, so I planted flower seeds on your side of the path. Every day, while we walked back home, you watered those seeds and helped them to grow. For two years, I have been able to pick these beautiful flowers to decorate the table and give to neighbors. Without you being just the way you are, there would not have been this special beauty to grace our homes and lives.”

Sometimes, it's the “cracks,” or what we perceive as imperfections, in this reality that create something unexpected and beautiful. These “cracks” allow something to change and ultimately make the whole much richer and more interesting. Every thing and every being has its own unique purpose and destiny to fulfill.

Truth Inside Of You

A frog decided one day that he was going to climb a tree and reach the very top. All the other frogs shouted at him saying: “It’s impossible, it’s impossible...” But the frog climbed the tree and reached the top. How? Because he was deaf and thought that everybody was encouraging him to reach his goal.

Be deaf to negative thoughts, if your aim is to reach your goals.



A Little Child Shall Lead Them.

Now: The Rest of the Story

Curiously the mother inspected the "tickets" and found them to be invitations to some meetings that a Seventh-day Adventist minister was holding in the auditorium downtown.

He had come to the school that day to talk to the children and had distributed the invitations among them. Tommy begged so insistently that Mrs. Mills went, more curious than interested.

However, she left the auditorium that night intensely interested in what she had heard. For some reason that she could not explain to herself, she was drawn back again and again. How beautifully Bible truth was unfolded! In her heart she believed all she heard, but she was not ready to accept openly.

The following fall all three of the Mills children were enrolled in the little church school around the corner. Alma, nine years old by this time, was especially thrilled with the stories of Jesus, HIS love, and HIS soon coming.

It seemed that she could talk about nothing else when she returned from school. Not only was she a little missionary in her family, but she carried on conversations with the postman, the milkman, the grocery boy, or anyone who came to the house.

One morning she stood out on the porch awaiting the arrival of Mr. Sewall, the postman. She had written a special letter to grandma, telling her about Jesus' soon coming. As she handed it to the postman she cautioned him, "Take good care of that letter, because I've told grandma that Jesus is coming soon and she must love Him so she can go to heaven with Him." Then suddenly she asked seriously, "Do you love Jesus, Mr. Sewall?" "Er-well-yes, I guess so," stammered Mr. Sewall, taken aback by such a question.

"Oh, you should love Him, Mr. Se-wall; He loves you," she stated simply, and went on to tell him how Jesus died on the cross to save us. And so it went with anyone who would listen to her, including her mother and father.

The Spirit of God was working on the heart of Mrs. Mills. The next spring when the evangelist came back to hold another series of meetings, Mrs. Mills and Alma and Lena openly accepted the third angel's message and were baptized.

Then they began praying and working for Mr. Mills, who had not attended the meetings with them. He had a good job that required him to work on the Sabbath, and unwilling to risk losing it, he refused to listen to the pleas of the family to join them in keeping the Sabbath holy. But Alma continued to plead with him and to intercede for him. One night at prayer meeting she said in her testimony, "Please pray for my daddy. He thinks he can't earn enough money--" Her voice choked with emotion, and she sat down. After the service the minister patted her head and said, "If you live to be eighteen, Alma, you will really be a missionary."

"If you live to be eighteen" Was there a premonition in these words? A few weeks later little Alma was stricken with a strange malady. The doctors could give no hope. Mr. and Mrs. Mills spent anxious days and nights by her bedside. They cooled her fevered brow and quieted the delirium, but their tears and prayers were to no avail; Alma was laid to rest in the little cemetery to await the call of the Life-giver. The grief-stricken father seemed to hear again his little daughter's pleadings. He had heard about her intercession for him at prayer meeting. Again he heard her voice plead-

ing on Sabbath mornings, "But, Daddy, don't you want to go to church with us? You can't go to heaven unless you keep the commandments, and if you work on Sabbath you aren't keeping the commandments." Conviction came to his heart, and as he stood at the little grave, he gave his heart to the Lord.

Soon the family moved to a new community, and Mr. Mills obtained a job where he could have his Sabbaths free, and he joined his family in serving God.

Many years have passed since all these things took place, but still the Mill family thank God for bringing them in contact with such a happy Christian family as the Sumner's and for giving them the hope and happiness they have found in God's remnant church.

When this story was written in 1955 - Orrean Gill was a freshman at Madison College, Tennessee. He was enrolled as a pre-nursing student. To earn school expenses he has followed the carpenter trade. He likes to hike and climb mountains and the author will doubtless find the opportunity to climb mountains in Japan, where he hopes to go as a foreign missionary.

Now to this year, we first published this in 2013. We knew him as Pat Gill and the Mill's were the Gills with the names changed. He was the baby that was born that spring and was two years old when his mother joined the church. Verla his wife died December of 2012 after an extended stay in the nursing home. For 25 years they enjoyed going to Mexico every winter "where the weather is nicer". Thanks to Jeanne Bates for giving me the story out of the book of Youth's Instructors that she has that Leta Schelles gave her. Thanks to all of them you who are no longer with us. Pat Gill died December 30, 2022 and last month at the funeral Sandi Madden his daughter reminded us about this story. I thought sharing it in remembrance of him would be nice.





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

In our quest to get to know all of God’s given physicians we moved from nutrition to exercise, then to water. Next in line is the sun. Well it seems like the time is not on my side this month so I will be “cheating” a little, but I will certainly try for the next time to come with something original about this great physician. So I will not take credit for what will be following. A number of years ago a dear friend gifted me with a devotional book called Fitforever, put together by Kay Kuzma.

The following is found on September 17. Sunlight – One of God’s Greatest Blessings

Then God said, “Let there be lights in the firmament of the heavens to divide the day from the night, and let them be for signs and seasons, and for days and years; and let them be for lights in the firmament of the heavens to give lights on the earth”; and it was so. Gen 1:14, 15 NKJV

The sun shone 24 hours a day in December 24, 1928, when Richard Byrd and crew of 41 arrived in Antarctica, where they will spend the next 14 months. But when the days began to shorten there was a significant deterioration in the morale of the men. By April they lost the sun altogether and it did not appear for five months. Many become morose and depressed. Norman Vaughan wrote, “How can I explain the joyousness of the first few days of sunlight? We felt like prisoners who had received commutation of our sentences. A brightness appeared on our faces. We walked faster and moved with an energy we have long forgotten.” Admiral Byrd’s men suffered from what we now call SAD, “seasonal affective disorder.” They were deprived of the endorphins the sunlight causes the brain to produce and that give a sense of well-being”

The sun is one of the life’s greatest blessings, yet we often take it for granted. We’re basically unaware that the sun kills germs, prevents infections, and helps heal certain diseases by increasing the oxygen-carrying capacity of the red blood cells, thus boosting the immune system. Acne, psoriasis, pityriasis, rosacea, and ulceration of the skin, such as that caused by varicose veins, injury, and insect bites, all respond well to graded doses of sunlight. Tanned skin is three times more powerful in killing germs than untanned. However, too much sunlight damages the skin, putting it at high risk for cancer. And repeated sunburn dehydrates and wrinkles the skin. Moderation is important.

Without us even realizing it, every time we’re out in the sun an incredible chemical reaction takes place, providing us with Vitamin D. We need 400 units each day, and we get all we need by exposing our faces to sunlight for just 5 minutes a day.

Sunlight strengthens your heart and improves circulation. Like exercise, it lowers resting pulse rate, tunes up the heart muscle, and increases cardio-output by improving the heart’s efficiency. It also tends to normalize blood pressure, whether it’s high or low!

And finally, sunlight stimulates the thyroid gland to increase hormone production, which in turn increases your rate of metabolism and helps you burn calories!

Have you had your time in the sun today? Go for a good walk and let the sun revitalize you!

Jay W. Kuzma and Cecil Murphey

Until Next Month, Gabriela Ibanescu - Health & Temperance Leader

PASTOR'S CORNER



Christian One Liners to Make You Laugh as March Rolls In!

Some people are kind, polite, and sweet-spirited-until you try to sit in their pews.

Many folks want to serve God, but only as advisers.

It is easier to preach ten sermons than it is to live one.

The good Lord didn't create anything without a purpose, but mosquitoes come close.

When you get to your wit's end, you'll find God lives there.

People are funny, they want the front of the bus, the middle of the road, and the back of the church.

Opportunity may knock once, but temptation bangs on your front door forever.

Quit griping about your church; if it was perfect, you couldn't belong.

The phrase that is guaranteed to wake up an audience: "And in conclusion."

If the church wants a better preacher, it only needs to pray for the one it has.

God Himself does not propose to judge a man until he is dead. So why should you?

To make a long story short, don't tell it.

If your left hand doesn't know what your right hand is doing, you should consider running for a job in Washington, DC.

Some minds are like concrete, thoroughly mixed up and permanently set.

Peace starts with a smile.

I don't know why some people change churches; what difference does it make which one you stay home from?

A lot of church members who are singing "Standing on the Promises" are just sitting on the premises.

We were called to be witnesses, not lawyers or judges.

Outside of traffic, there is nothing that holds this country back as much as committees.

Be ye fishers of men. You catch them - He'll clean them.

Coincidence is when God chooses to remain anonymous.

Don't put a question mark where God put a period.

Don't wait for 6 strong men to take you to church.

Forbidden fruits create many jams.

God doesn't call the qualified, He qualifies the called.

God grades on the cross, not the curve.

God loves everyone, but probably prefers "fruits of the spirit" over "religious nuts!"

God promises a safe landing, not a calm passage.

He who angers you, controls you!

If God is your Co-pilot - swap seats!

Prayer: Don't give God instructions - just report for duty!

The task ahead of us is never as great as the Power behind us.

The Will of God will never take you to where the Grace of God will not protect you.

We don't change the message, the message changes us.

You can tell how big a person is by what it takes to discourage him.

The best mathematical equation I have ever seen: 1 cross + 3 nails = 4 given.

Pastor Robson DeOliveira

*Clanton Seventh-day Adventist Church
401 North 18th Street
Clanton, AL 35045
205-755-2270*

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: gsc1p41@gmail.com Phone: 205-955-6506

In Rememberance

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

M	13	Keiona Lucas
A	20	David Mahan
R		Anniversary: Shawn & Natalie Smith On the 4th - married since 2007

- **Camp Meeting @ Camp Alamisco: March 31 - April 1**
- **Hispanic Camp Meeting @ BMA: May 19-21**
- **English Camp Meeting @ BMA: May 24-27**

Prayer Meeting time: 6:00 PM Tuesday night

Tentative Speakers Schedule: March: 4th - Floyd Hiebert, 11th - Pastor, 18th - Shawn Smith, 25th - Pastor

Our Dad, Neal Sherwin, passed away this morning, February 20, 2023. He was 93 years old and lived a good full life!. He is awaiting Jesus call when He comes again! This was on Facebook and sharing with those that don't do Facebook. Such a nice happy cheerful picture. Linda we miss you and **Retired** Pastor Thompson, sending our love to you both. Hope Michigan is treating you well.



FALLING

If we only knew then what we know now, That love conquers everything, that faith can move mountains, that good things happen to bad people and bad things happen to good people, that loud doesn't mean strong and quiet doesn't mean weak, that closed hearts are often hurt. Hearts that have yet to unfold, that silence can be both beautiful and terrifying, that healing takes time and time moves both quickly and unbearably slowly, that one step in any direction can change the course of your life forever, that bliss is sometimes just loving what you already have rather than wanting what you wish you had. That you will have days where you feel on top of the world and days where you feel like you have hit rock bottom, and that rising from the ashes requires going through the flames, and that falling was part of it all.

Health and Temperance team will be holding a health fair at the Clanton SDA Church on April 23 & at the Police Station on Thompson Ave in Clanton on April 30.

T M I - Total Member Involvement needed.

There will be stations for registration, blood pressure check, blood sugar check and for health literature.... Get with Gabriela Ibanescu or Ralph Sheperd to volunteer to help physically or financially !!!

More information will be coming as plans finalize.

**HEALTH
FAIR
Coming Soon
Mark your Calendar:
Sunday April 23 & April 30**

MELTY CHEESE - In Blender: 2 C water, 1/2 C cashews, 1/2 C pi-
mento, 1/4 C yeast flakes, 1/4 C oats, 2 Tbsp lemon juice, 2 tsp salt
(more or less) , 1/2 tsp onion powder. Now add remaining 1 C water
to the Blender. Add to the saucepan. Cook over medium heat until
thick, stirring constantly. Makes 4 cups.



Delicious! (It can be used for macaroni/cheese recipe or anything else) Mirtes

MY DAILY PRAYER

Make me too brave to lie or be unkind; Make me too understanding to mind,
The little hurts companions give, and friends, The careless hurts that no one quite intends.

Make me too thoughtful to hurt others so.

Help me to know The inmost hearts of those for whom I care,

Their secret wishes, all the loads they bear,

That I may add my courage to their own. May I make lonely folks feel less alone,

And happy ones a little happier yet.

May I forget What ought to be forgotten; and recall

Unfailing, all that ought to be recalled, each kindly thing,

Forgetting what might sting, to all upon my way.

Day after day, Let me be joy, be hope! Let my life sing!

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»