

Commandments For a Friendly Church

- => Speak to people, even if you don't know their names. There is nothing as nice or cheerful as a friendly word of greeting.
 - => Smile at people. It takes 72 muscles to frown and only 14 to smile. Your smile is one of your finest assets. Use it regularly.
 - => Call people by name. The sweetest music to any person's ears is the sound of his own name.
 - => Be friendly and helpful. If you want a friend, be one.
 - => Be cordial. Speak and act as if everything you do is a genuine pleasure. Try to look happy, and you'll be happy.
 - => Be generous with praise and sparing with criticism.
 - => Be genuinely interested in people. If you try, you can like everybody. Don't limit yourself to a few friends when there are so many likeable people all around you.
 - => Be considerate of the feelings of others.
 - => Watch for ways to serve others. What we do for others counts most in life.
 - => Add to all of these a good sense of humor, a generous dose of patience, and a dash of humility.
- Are you doing all you can to make our church a friendly church? If not, why not start today?

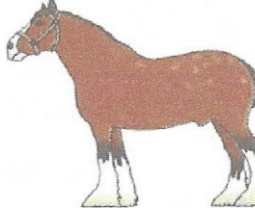
Psalm 23

(For the Work Place)

The Lord is my real boss, and I shall not want.
He gives me peace, when chaos is all around me.
He gently reminds me to pray and do all things without Murmuring and complaining.
He reminds me that he is my source and not my job.
He restores my sanity everyday and guides my decisions That I might honor him in all that I do.
Even though I face absurd amounts of e-mails, system crashes, unrealistic deadlines, budget cutbacks, gossiping co-workers, discriminating supervisors and an aging body that doesn't cooperate every morning, I still will not stop-- for He raises me up, even when they fail to promote me.
He claims me as His own, even when the company threatens to let me go, His Faithfulness and love is better than any bonus check.
His retirement plan beats every 401 K there is!
When it's all said and done,
I'll be working for Him a whole lot.

(This is me Brenda commenting, I have a wonderful boss at work also. Glad I have it both ways, LOL.)

A horseman went to Henry Ward Beecher and said, "Mr. Beecher, I have a good family horse I want to sell you. He is a good Saddle horse, a good buggy horse and a good carriage horse. He works double with any horse on either side of the tongue. In short, he is a good all-around horse and a good team worker." Mr. Beecher replied, "My friend, I can't buy your horse, but I would like to have him as a member of my church. "



Selected- Morning Glory

Pastor's Corner

Being Real with God -

Cast all your anxiety on him because he cares for you. [1 Peter 5:7](#)

I bow my head, close my eyes, lace my fingers together and begin to pray.

“Dear Lord, I’m coming to you today as your child. I recognize your power and goodness. . .”

Suddenly, my eyes snap open. I remember that my son hasn’t finished his history project, which is due the next day. I recall that he has an after-school basketball game, and I imagine him awake until midnight finishing his schoolwork. This leads me to worry that his fatigue will put him at risk for the flu!

C. S. Lewis wrote about distractions during prayer in his book *The Screwtape Letters*. He noted that when our minds wander, we tend to use willpower to steer ourselves back to our original prayer. Lewis concluded, though, that it was better to accept “the distraction as [our] present problem and [lay] that before [God] and make it the main theme of [our] prayers.”

A persistent worry or even a sinful thought that disrupts a prayer may become the centerpiece of our discussion with God. God wants us to be real as we talk with Him and open up about our deepest concerns, fears, and struggles. He is not surprised by anything we mention. His interest in us is like the attention we would receive from a close friend. That’s why we’re encouraged to give all of our worries and cares to God—because He cares for us (1 Peter 5:7).

Dear God, You know what’s on my mind today. Help me to experience the peace that comes from sharing my concerns with You.

Shared by Brenda from Our Daily Bread

Distractions don’t have to derail our prayers.

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Health Corner.

Genesis 2:7 – And the Lord God formed man of the dust of the [ground, and](#) breathed into his nostrils the breath of life; and man become a living soul.



What a thrilling moment that was when the Almighty God formed man with His own hands and then bent low and breathed into man the breath of life and even since then we humans continue to breathe in and out, in and out as long as we live. Living in this time and era we are long removed from that piece of Creation history, but we carry with us the essential need to breathe. I know that most of us take this seemingly simple act for granted so many times. We do not even think since it was built within us by our loving Creator this wonderful mechanism to sustain life. Even when we sleep it happens miraculously. You may know or not, but this amazing thing happens especially for people with sleep apnea. Because of what I may call a misalignment during deep sleep the person may quit sleeping for more than a few seconds, and this can certainly cause damage if not quickly rectified. However, this God build-in mechanism kicks in and the person wakes up just enough to take a deep breath and resume normal breathing without even knowing it. Well sleep apnea is a disease and this abnormal cycle for waking up has a negative effect on overall health. My advice is to seek medical attention if you feel you are not rested when waking up in the morning or you are told about this event happening. At the same time, we can marvel at how our loving Creator not only designed such a wonderful being, but also built in back up mechanisms to rectify and even recover, given the right conditions, lost health. I am always amazed at His love.

We do not plan to talk about sleep now, but rather about one of the medical remedies or how we used to call them God given physicians-the air, or environment. We did talk in the past how the other God-given physicians work and help in maintaining and recovering health when we look at the original environment that was created for the human beings in the beginning. This time let us see what principles for healthy living we can learn as we focus on the air. We have to agree that the environment and the air we breathe is vastly different from the original created environment and even the environment after the flood. The industrial revolution of the last three centuries does not help the matter. At the same time, we need to recognize that God still preserved the earth and put in place mechanism for recovery to have the earth and environment we have today. It was God's hand and nothing else that preserved us and prevents us from destroying ourselves and the place we call home for now. We agree that a major change in the environment happened about four thousand years ago during the flood which affected the length of life. Since then, the air we all breathe is roughly the same with more or less pollutants depending on location, time of the day or season.

There are two areas of interest when it comes to use this specific natural remedy, one is how we breathe and the second is the quality of the air we breathe. When it comes to breathing we all take for granted that we know how to breathe, we are alive because we have been doing this, breathing, for so many years. There is truth in this statement, however there are ways we can do this better which will bring a greater benefit to our health. This is nasal breathing and abdominal breathing. Why is this important? There are many causes we prefer oral breathing to nasal one and not without any consequences. God created our nose for different functions, but one of the most important one is for breathing as it moistures, warms, purifies, and filters the air as it goes into the lungs. The mouth is not able to do this so it provides subquality air and allows some of the pathogens to enter not only in the lungs, but also in the mouth and using the back door to nasal passages and sinuses. Something to think about and attempt to rectify by purposefully and constantly using our nose for breathing.

Depth of respiration is another consideration when it comes to the amount of good quality air made available to the body to use. I cannot really pinpoint the reason we do not take deep breaths anymore, it can be caused by a variety of factors, but it is certainly clear that we don't use our God given ability to its full potential. We are mainly using our rib cage in our breathing process. Oh how I wish I can give a lesson on anatomy and physiology to better understand our bodies, but I know this will be boring for some. You see an effective and good breathing should be felt in the abdomen, not on the chest. The chest breathing should be mainly when our lungs are solicited to work harder such as when we exercise or perform intense or strenuous activity. It will be good for about 4 to 5 times an hour to perform some deep breathing exercises by sitting or standing erect with shoulders back and take a deep breath slowly while holding a hand on the abdomen until the abdomen visibly raises. Hold the breath for about 3 seconds and then slowly breathe out

The quality of air is the next important thing to address. We may not have huge control of where we live or the pollutants that are in the workplace. However, we all can make a conscious decision to spend more time in nature, surrounded by trees or bodies of water, or to depart from areas where smoking takes place, or using air purifiers in the home or workplace if affordable and available. In today's age and time there is an effort to make sure that most work places are free of pollutants or if not there are protective measures in place. At home we can make sure that the home is clean, all the things that may negatively affect the air quality are removed. We need to take responsibility for our own health and wellbeing. The beauty of living in this time and age is that information is readily available about the air quality where we live.

A very interesting discovery was that of the positive effects of negative ions, interesting play on words. The negative ions in the atmosphere have a stimulant role on breathing, is relaxing and proven to reduce anxiety, as well as stimulating the activity of the brain. In my humble opinion something of which we all can benefit from. These negative ions are readily found near forest, especially pine forests, close to large body of waters, and after electrical storms. This why the air seems fresh and clean after the storms and on sea shores.

I guess this is all for now. Just remember that we make the choices. May God give us the wisdom and strength to make the right choices. Until next time. Gabriela

Take my Son.....

A wealthy man and his son loved to collect rare works of art. They had everything in their collection, from Picasso to Raphael. They would often sit together and admire the great works of art.. When the Vietnam conflict broke out, the son went to war. He was very courageous and died in battle while rescuing another soldier. The father was notified and grieved deeply for his only son. About a month later, just before Christmas, There was a knock at the door. A young man stood at the door with a large package in his hands.. He said, 'Sir, you don't know me, but I am the soldier for whom your son gave his life. He saved many lives that day, and he was carrying me to safety when a bullet struck him in the heart and he died instantly... He often talked about you, and your love for art.' The young man held out this package. 'I know this isn't much. I'm not really a great artist, but I think your son would have wanted you to have this.' The father Opened the package. It was a portrait of his son, painted by the young man. He stared in awe at the way the soldier had captured the personality of his son in the painting. The father was so drawn to the eyes that his own eyes welled up with tears. He thanked the young man and offered to pay him for the picture..

'Oh, no sir, I could never repay what your son did for me. It's a gift.' The father hung the portrait over his mantle. Every time visitors came to his home he took them to see the portrait of his son before he showed them any of the other great works he had collected.

The man died a few months later. There was to be a great auction of his paintings. Many influential people gathered, excited over seeing the great paintings and having an opportunity to purchase one for their collection. On the platform sat the painting of the son. The auctioneer pounded his gavel. 'We will start the bidding with this picture of the son. Who will bid for this picture?' There was silence...

Then a voice in the back of the room shouted, 'We want to see the famous paintings. Skip this one.' But the auctioneer persisted 'Will somebody bid for this painting? Who will start the bidding? \$100, \$200?' Another voice angrily. 'We didn't come to see this painting. We came to see the Van Gogh's, the Rembrandts. Get on with the Real bids!'

But still the auctioneer continued. 'The son! The son! Who'll take the son?'

Finally, a voice came from the very back of the room. It was the longtime gardener of the man and his son. 'I'll give \$10 for the painting...' Being a poor man, it was all he could afford.

'We have \$10, who will bid \$20?' 'Give it to him for \$10. Let's see the masters.' The crowd was becoming angry They didn't want the picture of the son. They wanted the more worthy investments for their collections. The auctioneer pounded the gavel.. 'Going once, twice, SOLD for \$10!'

A man sitting on the second row shouted, 'Now let's get on with the collection!'

The auctioneer laid down his gavel. 'I'm sorry, the auction is over.'

'What about the paintings?' 'I am sorry. When I was called to conduct this auction, I was told of a secret stipulation in the will... I was not allowed to reveal that stipulation until this time. Only the painting of the son would be auctioned. Whoever bought that painting would inherit the entire estate, including the paintings. The man who took the son gets everything!'

God gave His son over 2,000 years ago to die on the Cross. Much like the auctioneer, His message today is: 'The Son, the Son, who'll take the Son?' Because, you see, whoever takes the Son gets everything!

Addendum:

Pastor Martin Fancher had the sermon this Sabbath at our church and he told this story much better than the one that I have shared before. He started out with a couple that wanted a child for years and finally had one but the wife died while giving birth to their son. He and the son went all over the world where he & his wife had been looking at the wonderful works of art. They were very close and wrote to each other daily once the son went off to war. There is no way that typing the story can do justice after Martin Fancher told it to us, but still wanted to share the touching story since it should mean so much to each of us also. The title of his sermon was "Plan to Take the Son". What a blessing the service was to all that attended.

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M A R	13	BIRTHDAYS Keiona Lucas
	20	David Mahan
Anniversary: Shawn & Natalie Smith 2007		

Tentative Speakers Schedule:

March : **2 - Brian Halley, 9 - Pastor DeOliveira,**
16 - Shawn Smith, 23 - Pastor DeOliveira,
30 - Shawn Smith.

Good Morning. Your mind is like a garden,
What grows there is up to you. You can
grow flowers or you can grow weeds. We
all reap what we sow, so let's decide to sow
what is good.

Library Corner News



Come check out our library books. Sign out on the notebook and enjoy.

Books of the month. 1. The Sanctuary Service
2. The 1888 message

Is there a connection between these two subjects? Why should we care about what happened in 1888? It's many years ago. "The subject of the sanctuary and the Investigative Judgement should be clearly understood by the people of God. All need a knowledge for themselves of the position and work of the great High Priest. Otherwise it will not be possible for them to exercise the faith which is essential at this time."

"It is of the utmost importance that all should thoroughly investigate these subjects." Great Controversy pg. 488

We have several sets of Bible Story books and interesting mission stories for all ages.
Raelene Covrig
Church Librarian



This is the information from Samford University on the competition James recently competed in.

On Friday, we held the annual **Fletcher & Nell Morris Piano Competition** judged by concert artist Drew Petersen. Eight of our keyboard students competed in the competition, all of which played extremely well. This competition is funded by an endowment that has the sole purpose of providing scholarship money to piano majors.

Please join me in congratulating the following winners:

James Powers – 1st Prize

Shannon Boutwell – 2nd Prize

William Spanier – 3rd Prize

I am extremely proud of our keyboard students! This was shared with us on Facebook and for here by Jimmy's proud mother, Charlotte Powers.

I would concur we are proud of him also... Thanks for sharing, Brenda

ZUCCHINI RICE

1 1/2 cups uncooked rice, 1 (15oz) can black beans, drained and rinsed, 1 (15oz) can whole kernel corn, drained, 2 zucchini, shredded, 1/4 cup fresh cilantro leaves, chopped, 2 Tbsp plant-based margarine, 1 lime, zested and juiced, salt to taste.

Cook rice in a Rice Cooker or a large saucepan of 3 cups of water, according to package instructions. Set aside. Remove from heat and stir in black beans, corn, zucchini, margarine, lime juice and cilantro. Cover and let stand for 5 minutes. Fluff rice with a fork, add salt, to taste.



(I saw this recipe on 3ABN last Wednesday on Cooking time. It looked delicious. I will make it soon, but if someone wants to make it ahead of me, just let me know how good it is. They suggested that it is very good for potluck. Bom Appetite. Mirtes

Ingathering Nugget - If you are just as new as I am to ingathering we are in for a long haul to discover more and more about this subject. The plan is for us to take one step at the time and learn as much as we can about this project. We plan to do it each month as small nuggets of information will be shared.

Even though I am not new to Seventh Day Adventist Church, I was born and raised in an Adventist family in Romania, I am relatively new to the concept of Ingathering. The first time I heard about it, was about 10 years ago at the church I was attending at that time. And at that time all I knew about it was a donation given before the end of the year. That was ok with me as it was an exercise in benevolence. And I was fine with only that until not long ago Brenda had a short article how this concept came to life and it piqued my interest. So now I need to know, and I will share my journey to knowledge with you.. After this long introduction to the subject it will be a very short content as for this time will define the words. So what the word ingathering means? The web dictionary defines the word ingathering as gather (something) in or gather together. Other similar words are gathering, collecting, assembling, clustering, congregating, unifying, or concentrating.

In my quest to understand the meaning of the word from the internet I came across to the fact that Ingathering has a Biblical meaning and this word "It was used in ancient times in reference to Jewish pilgrims ascending to Jerusalem for the three great biblical feasts of Passover, Pentecost, and Tabernacle". This is an interesting nuance of the word as it takes way beyond financial or material aspect of the word to a more personal collective aspect and it takes my mind to that final gathering of God's people on the great sea of glass before the throne of God. I would like to leave you with this image until next time. Gabriela.

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. The link for the live sermons is at the bottom of the page where it says: Clanton SDA You Tube. Thanks to those that do contribute, Until next month! ... Brenda

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