

Five (5) lessons about the way we treat people, especially for us mothers to include us all with wonderful admonition.

1 - First Important Lesson - Cleaning Lady.

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one: 'What is the first name of the woman who cleans the school?" Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello." I've never forgotten that lesson. I also learned her name was Dorothy.

2. - Second Important Lesson - Pickup in the Rain

One night, at 11:30 p.m., an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rain storm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car. A young white man stopped to help her, generally unheard of in those conflict-filled 1960's. The man took her to safety, helped her get assistance and put her into a taxicab. She seemed to be in a big hurry, but wrote down his address and thanked him. Seven days went by and a knock came on the man's door. To his surprise, a giant console color TV was delivered to his home. A special note was attached. It read: "Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's bedside just before he passed away... God bless you for help ing me and unselfishly serving others." Sincerely, Mrs. Nat King Cole.

<u>3- Third Important Lesson - Always remember those who serve.</u>

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress. The little boy pulled is hand out of his pocket and studied the coins in it. 'Well, how much is a plain dish of ice cream?" he inquired. By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five

cents," she brusquely replied. The little boy again counted his coins. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies. You see, he couldn't have the sundae, because he had to have enough left to leave her a tip. Thanks to his upbringing I'm sure!

4- Fourth Important Lesson. - The obstacle in Our Path.

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way. Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand! Every obstacle presents an opportunity to improve our condition.

5- Fifth Important Lesson - Giving When it Counts ...

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare & serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheek. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away". Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her.

Most importantly 'Work like you don't need the money, love like you've never been hurt, and dance like you do when nobody's watching." I wish I could be more like all 5 of these people. Thought each of them were nice to share with everyone, hope you have a wonderful Mother's day.



The Women's Ministry met on Sunday, February 19th at 1 PM. Those who were able to attend were: Kay Cheser, Diane Fulmer, Kay Houston, Natalie Smith, Judy Peck, and Renee Lucas).

Renee had Opening Prayer incorporating God's blessing for the food, meeting, our church family, & for the ladies in our community that would receive "Joy & Promise" bags.

After lunch, Kay Cheser, had prayer prior to a devotional & for the ladies who would be receiving encouragement for the bags, & the contents.

The time flew by as we chose the iron-on Scripture or one of the character traits, i.e. Faith, and ironed those on each bag.
We chose to fill them with a plethora of various items that repre-

sented God's Care, such as: *Keys to Happiness; KJV The Bible Promise Book, Journal,* mini notebook, post-it note pads, Paper Mate Pencils, refrigerator clip to hold a beautiful card with Scripture Promise, and an invitation for Bible Study guides. We completed the bag by choosing an Encouragement or Praying for You card, to which we added a personal note and a Promise taken from, *God Has Promised* by Ellen White.

Judy Peck brought the beautiful baby blankets and booties that she crocheted to sell for the Investment project. As you can see from the attached picture that God has richly blessed her with a wonderful talent that she uses for God's glory! For those who were unable to attend this month, we'll be making these again! Plan to come to our next Women's Ministry in April! Come and enjoy the food, fellowship, and making "Joy and Promise" bags to give to our friends or neighbors. God wants us to reach out to those in our community with the Good News of God's Care for them! By: Kay Cheser, Women's Ministry Leader—

This was given to me previously but didn't have room for it before...







Elden Collum grandson of Linda and Danny Mims, great grandson of Mary Nalley will graduate on May 18,2023 from Hope Christian School. The ceremony will take place at Riverchase Church of the Highlands

He enjoys bowling, karate, archery, and os a member of the bowling club, 4 Hope, 4H, archery, outdoor club, and drama club. He has the lead role in the school play April 27,2023. Elden is learning welding and enjoys writing. He hopes to publish a book soon and see where life goes from there.

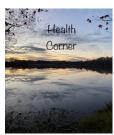


He is active in clubs and enjoys hiking in various places with the outdoors club. We are so proud of Elden and his accomplishments even with his struggles with Autism, ADHD and anxiety to push forward to achieve this wonderful experience/goal of graduating. He has got the reins to a great future in his hands and we know he will go far.

Shared with us by his Grandmother Linda Mims.







HEALTH CORNER: Then said He unto him: A certain man made a great supper and bade many: Luke 14:1. Well, this is the day after. The day after we held our first Health Fair. What can I say...We entered this project with excitement and trepidation having high expectation. All was ready. The weather was just perfect, God made sure of that. I was watching the weather app in the week preceding the event and I was so humbled by how good God was to arrange such a beautiful weather. We had all the tables, chairs, materials, and more important the human resources ready. I have to say the support from the church members was amazing. I

could not ask for a better team. God was indeed good to us. And here is the twist and the reason for the text that goes with this article. If you well remember it came from one of the parables Jesus told while he was on this earth. The story he told it was about this man that prepared a big banquet. The parable in Luke goes with the one in Matthew which indicates that this was a wedding reception. He invited a great number of people to come and enjoy this event, but from all invited none of them came. I would not say that nobody came, because we did have a few visitors from community, but we did not have as many people as we were prepared to serve or expected. Our Hispanic brothers and sisters along with their leaders showed up in full force. What a blessing to see them there. We may have end up on some kind of social media account since the Hispanic pastor filmed everything. I could feel the trembling and excitement in our team members who willingly offered to help, and I know there was some disappointment. My heart was touched when one of the team members at the close of the end of the event came and offered words of encouragement. Personally, I am not disappointed. I know we did what we were called to do. I know we prepared ourselves just as much as we prepared with all the necessary things for the event. I know we prayed. And I know God's hand was in all this because He made everything so perfect for that day.

Why did we not have a greater attendance? It is hard to say. If the parable Jesus told is any indication, it is an indication that this is not a new happening. People have rejected God ever since the beginning of the sin. What is for us to do? Is to continue to do what Jesus wouldl do. To continue to reach to other people. To continue to do the Health Fairs or a cooking classes. To continue to be available and ready to be a testimony. To continue to witness. To continue to do what God called us to do and to be. So do not get disappointed. Because the parable continues to tell us that the banquet hall was full in the end. It not for us to know why or how, but it is for us to invite and be ready.

I also can say it was a blessing for me and for all the team members. We had plenty of time to visit, and know each other, to interact as we rarely do as a church family. So, my dear brothers and sisters, team members take heart and continue at keeping up the faith. May God be with you and continue to bless you as we continue to serve Him. Love always Gabriela

Hello, I'm a dandelion. A lot of people call me a weed but I'm a friend and come to help you! My flowers are the first food for insects after hibernation and unlike most other plants, I have pollen AND nectar, not merely one OR the other! And I am generous with them! When you see me, remember that I'm the ONLY one who wants and can grow in that particular spot. Because: either the soil is too compact/hard/stomped and I want to loosen it for you with my roots. Or there is too little calcium in the soil—don't worry, I will replenish that for you with the dying of my leaves. OR the soil is too acidic. But I will also improve that for you if you give me the chance. Or a mixture of the above reasons, of course. I'm here because your soil needs my help so best you let me grow without disturbing me!

When everything is fixed, I will disappear again, I promise! Are you trying to remove me prematurely with my root? However meticulous you are, I will return 2x strong! Just until your soil is improved. You can even tell by my growth at which stage my help is at. If my leaves are flat on the ground then I'm far from ready but if they all reach up then I'm already a long way on my way.

Something completely different is that I am one of the first bloomers in spring so I will announce spring/summer for you. Dur-

ing the day when it's hot, I open my flowers but in the evening when it cools off, I close them again quickly. In fact, it if's not hot enough during the day I won't open them at all!

My flowers are even delicious for you people by the way, did you know? I used to be called "Honey (or gold) of the poor" because my flowers are so sweet in e.g. jam, sauce or salad! The internet is full of recipes, check them out. But wait until the end of May or later before you start picking and even then, don't pick everything yet! The biodiversity and bees will be very grateful!



SEASONS COME, AND SEASONS GO, BUT ONE THING REMAINS

Having grown up in a tropical country, where there's hardly any change at all in the weather and nature from one quarter to the next, I was completely amazed when I left Rio de Janeiro to attend Atlantic Union College in Massachusetts right at the beginning of autumn, when the dazzling colors were just beginning to show. It looked so surreal that I actually thought at first a group of local artists had hand-painted the leaves on those two first trees I



saw from the window of my dorm room! Little did I know that the whole Northeastern area, known as New England, displayed this spectacle for free faithfully every year!

But then, the leaves began to fall, a few at first, and then by the dozen and hundreds as the winds began to blow stronger each day. When I first saw 99% of the trees leafless and apparently lifeless, I thought to myself, "now what, who's going to bring all these trees back to life, do they have special groups of botanists that will work round the clock when spring comes to make sure all trees get covered again with their respective leaves? Again, what a great surprise when toward the end of March those hundreds and thousands of trees were all blooming and soon after all the leaves began to appear! That's when It fully dawned on me, I was being introduced to yet another mind-blowing ability of the Master Artist, the One and only who is able to bring beauty and function and joy out of seemingly dead realities. The words found in Genesis 8:22 suddenly took on a totally new and encouraging meaning in my heart: "As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease."

Whatever season we may find ourselves along life's journey, even in the dead of winter somewhere, when everything around looks and feels gone forever, the God who can bring back the beauty of thousands and millions of trees, out of His great love will do the same for us. Seasons will come and go, but the God of Forever remains unchanged in His commitment to sup-

ply all of our needs. Pastor Robson

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1	13	Pastor DeOliveira Pamela Jackson Natalie Smith No Known anniversaries	
	14		
	29		
	31	Tom Bates	
		HAPPY BIRTHDAY TO EACH OF YOU!	

Tentative Speakers Schedule:

April: 29th Shawn Smith.

May: 6th Shawn Smith,

13th Pastor DeOliveira,

20th Shawn Smith, 27th

Pastor DeOliveira



One of the most powerful art pieces from Burning Man: A sculpture of two adults after a disagreement, sitting with their backs to each other. Yet, the inner child in both of them simply wants to connect. Age has many beautiful gifts but one we could live without is the pride and resentment we hold onto when we have conflicts with others. The forgiving, free spirit of children is our true nature. Remember this when you feel stubborn.



Remember to share a picture with me next month. Have a good month, Brenda

The power of a parent's tongue

A story is told about a young Thomas Edison who came home one day with a paper for his mother. He told her, "My teacher told me to give this paper only to my mother."

Thomas' mother read the note and her eyes filled with tears. Thomas asked his mother what the note said, and she read aloud, "Your son is a genius. This school is too small for him and doesn't have enough good teachers for training him. Please teach him yourself."

And that's exactly what Thomas' mother did; she home-schooled her child with devotion and dedication. As the story goes, many years later after Thomas Edison's mother passed on, and he was now one of the world's greatest inventors, he found a folded paper among other family items. He opened the very same paper that had been handed to him to give to his mother and read the following message: "Your son is mentally ill. We won't let him come to school anymore."

At that moment, Edison realized what his mother had done for him so many years ago. He wrote in his diary: Thomas Alva Edison was an addled child that, by a hero mother, became the genius of the century."

"The words of the reckless pierce like swords, but the tongue of the wise brings healing."

Can you imagine what might have happened to Thomas Edison if his mother had read to him the reckless and hurtful words written by his teacher? He might never have invented the light bulb or made his many other contributions to society. Thank God for the wisdom and wise words of his mother! She created the context in which her son could grow to his full potential.

Let's take this message to heart and resolve to use our words for healing today. You might be a parent, what do you say to your children.... You might be a teacher, what do you say to your student... especially the ones that are not really performing well presently.... What do you say about your parents, family, boss, subordinate, leader, colleague, follower.... Just as hurtful words can cause uncontrolled damage for life, so can wise words positively affect a person for life. May the words you use today change a life for the better.

Keep following Dr Fami

The first one is for a "chicken-like" seasoning and I like it better than any I have tried. There are a lot of ingredients, but they go together easily and it makes make a good quantity. I will give it with my changes as she used oregano and Italian sea-

soning and those don't go with chicken-like to me.

3/4 cup nutritional yeast

1 1/2 tsp onion powder

1 tsp garlic powder

1/2 tsp turmeric

1/2 tsp celery seed

1 tsp celery flakes

1 tsp sage

1/2 teaspoon thyme

2 tsp Himalayan pink salt

1 tsp turbinado sugar

1 Tbsp dry parsley

1/2 tsp paprika

Mix thoroughly and store in airtight container

The other recipe is for burgers: We like them better than any we have tried, bought or homemade. The consistency is surprisingly "meaty" and the taste is very good.

Burgers

1/4 cup each of finely ground walnuts, pecans, and sunflower seeds.

2 1/4 cups water

2 tsp Braggs liquid Aminos

1 Tbsp your favorite chicken-like seasoning.

1 Tbsp nutritional yeast

1 tsp sage

1 medium onion finely ground

2 1/4 cups oats

(I also add a few drops of Kitchen Bouquet browning sauce for color). 1. Preheat oven to 350 degrees. 2. Add all ingredients *except* oats to a large pot and bring to a boil. Remove from heat

3. Stir in oats until well moistened. 4. Let mixture cool until it is cool enough to handle. 5. Form patties and place on large oiled or parchment paper lined cookie sheet. 6. Bake 20 minutes on each side (forty minutes total, turning halfway through).

Makes a good batch and you should freeze any leftover patties since they are just as good reheated. Depending on the size you make, they are good as burgers or as fake hamburger steaks with onions or gravy.

I know that Mirtes sends you wonderful recipes for the newsletter, but I have recently come across a couple of excellent recipes from a cookbook that I have altered to suit our tastes and wanted to share the altered recipes with you. The original cookbook is Plant Based Simple by Carin Lynch. She has a good many nice recipes, and a lot of gluten free ones if you are gluten intolerant, but very heavy on coconut milk and such that has too much saturated fat to be healthy to me. Kay #3. (interesting tidbit. We have 3 Kay's here in Clanton. Kay Houston which has been here the longest, Kay #1, Kay Cheser that came later Kay #2 and then Kay Suddeth whose appearance was next so therefore Kay #3. She and Olan haven't been for quite awhile since they live quite a distance from Clanton, but they are still our family and glad to have them participant and as always glad to see them when they get to attend.

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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