

Happy Mother's Day

MAY 2024

"She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue." PROVERBS 31:25-26



Mom's Job Description

A woman renewing her driver's license at the County Clerk's office was asked by the woman recorder to state her occupation.

She hesitated, uncertain how to classify herself.

What I mean is, explained the recorder, do you have a job, or you are just a ...?

Of course I have a job snapped the woman.

"I'm a mom." We don't list Mom as an occupation. "Housewife" covers it said the recorder emphatically.

I forgot all about her story until one day I found myself in the same situation, this time at our own Town Hall. The clerk was obviously a career woman, poised, efficient and possessed of a high-sounding title like, "Official Interrogator" or "Town Registrar".

What is your occupation? She probed. What made me say it? I do not know. The words simply popped out. "I'm a Research Associate in the field of Child Development and Human Relations." The clerk paused, ball-point open frozen in midair and looked up as though she had not heard right. I repeated the title slowly emphasizing the most significant words.

Then I stared with wonder as my pronouncement was written in bold black ink on the official questionnaire. Might I ask said the clerk with new interest. Just what you do in your field?

Coolly, without any trace of fluster in my voice, I heard myself reply. I have a continuing program of research (what mother doesn't) in the laboratory and in the field, (normally I would have said indoors and out). I'm working for my Masters, (first the Lord and then the whole family) and already have four credits (all daughters). Of course, the job is one of the most demanding in the humanities (any mother care to disagree?) and I often work 14 hours a day, (24 is more like it). But the job is more challenging than most run-of-the-mill careers and the rewards are more of a satisfaction than just money.

There was an increasing note of respect in clerk's voice as she completed the form, stood up and personally ushered me to the door.

As I drove into our driveway, buoyed up by my glamorous new career, I was greeted by my lab assistants. Ages 13, 7 and 3. Upstairs I could hear our new experimental model (a 6-month-old baby) in the child development program, testing out a new vocal pattern.

I felt like I had scored a beat on bureaucracy! And I had gone on the records as someone more distinguished and indispensable to mankind than "just another mom." Motherhood! What a glorious career! Especially when there's a title on the door. Does this make grandmothers Senior research associates in the field of Child Development and Human Relations and great-grandmothers Executive Senior Research Associates? I think so!!!! I also think it makes Aunts "Associate Research Assistants". Please send this to another mom, Grandmother, Aunt, and other friends you know. May your troubles be less, your blessings be more and nothing, but happiness come through your door!

Health Corner

Come unto me, all ye that labor and are heavy laden and I will give you rest. Matthew 11:28

In our quest for health we are getting closer to being introduced to all God's given physicians from nutrition, exercise, water, sun, temperance, air to rest, which we'll discuss in this article, and to the final one in a future article which is trust in God.

Rest is an integral part of human life. Even from the beginning of creation the concept of rest is interwoven in human existence. The days counted as an evening and a morning for six consecutive days then is a whole 24-hour period of rest called Sabbath. I do believe that our loving Creator when He instituted the day-night cycle and then weekly cycle is trying not only to tell, but to instill in us the essential role rest has for His creature's wellbeing. Aware of how life has a cycle of rest and activity which cannot be broken without suffering the consequences.

Improper rest, and I am not talking here only about sleep, but rest in general has sometimes immediate, but many times delayed negative effects on functioning systems of the body and health. Many scientific studies not only prove without a doubt that overworking and tiredness can cause accidents, decrease productivity, depression, anxiety, frustrations, chronic fatigue, and even physical illness. When we think of rest we mainly think of sleep, but sleep is not the only form of rest. Light short walks in nature, listening to calming music, watching a sunset or sunrise, admiring nature, or enjoying a hobby have a relaxing and restful effect on the body and help recharge the organism and feel refreshed.

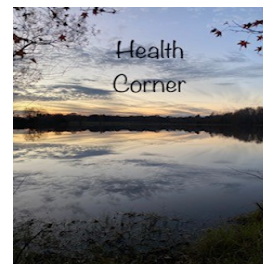
On the other hand, sleep is the main component of rest. Sleep is something that we in this time and age are pushing sometimes to the extremes, especially with the arrival of artificial light along with the modern mediums of so-called entertainment. Of course, the amount of sleep depends to a great degree on the age of a person. A normal adult needs about 7 to 8 hours a night in order to allow the restorative processes to take place not only in our bodies, but most essentially in our brains. While we, as humans, know as much as we can know about this marvelous process of rest there is so much more we do not know. This is why we do need to trust our loving Creator and follow His guidelines.

I would like to share a few suggestions to help improve and enhance our sleep.

- try to make a habit of going to bed before 9PM to allow melatonin production by the body, Melatonin is a hormone which enhances the quality of the sleep and its restorative processes.
- avoid blue light like TV, computer, phone at least one or two hours before which blocks melatonin production,
- exercise regularly
- take a tepid water bath which will have a relaxing effect on the body,
- avoid eating late. The last meal should be at least 4 hours before bedtime.
- finish the day in a calm note and avoid stimulants, may use herbal teas for a calming effect,
- if snoring or still tired in the morning check with your medical provider about a sleep study for sleep apnea, a condition which interferes with sleep and can have serious negative consequences on the body if not addressed,
- create a bedtime ritual by having evening worship, reading the Bible, or talking with the Creator.

Today, due to the modern conveniences, the temptation is almost too strong to push our limits when it comes to rest. There is so much to do in so little time, but remember each one of us are called to be stewards of the things that were given to us as a gift from our loving Creator and among them is time, health, and this wonderful body we live in. Remember God has been, is, and will always be faithful and as His children we are called to be faithful as well.

Until next time may your health prosper just as your souls prosper. Gabriela



I wept when I read this. God is great! I found it so touching.
Isaiah 65:24 :- “Before they call, I will answer.”

This is a testimony written by a doctor who worked in Africa.

One night I had worked hard to help a mother in the labor ward; but in spite of all we could do, she died, leaving us with a tiny, premature baby and a crying two-year-old daughter. We would have difficulty keeping the baby alive; as we had no incubator (we had no electricity to run an incubator). We also had no special feeding facilities.

Although we lived on the equator, nights were often chilly with treacherous drafts. One student midwife went for the box we had for such babies and the cotton wool that the baby would be wrapped in.

Another went to stoke up the fire and fill a hot water bottle. She came back shortly in distress to tell me that in filling the bottle, it had burst (rubber perishes easily in tropical climates). “And it is our last hot water bottle!” she exclaimed. As in the West, it is no good crying over spilled milk, so in Central Africa it might be considered no good crying over burst water bottles. They do not grow on trees, and there are no drugstores down forest pathways.

“All right,” I said, “put the baby as near the fire as you safely can, and sleep between the baby and the door to keep it free from drafts. Your job is to keep the baby warm.”

The following noon, as I did most days, I went to have prayers with any of the orphanage children who chose to gather with me. I gave the youngsters various suggestions of things to pray about and told them about the tiny baby. I explained our problem about keeping the baby warm enough, mentioning the hot water bottle, and that the baby could so easily die if it got chills. I also told them of the two-year-old sister, crying because her mother had died.

During prayer time, one ten-year-old girl, Ruth, prayed with the usual blunt conciseness of our African children. “Please, God” she prayed, “Send us a hot water bottle today. It’ll be no good tomorrow, God, as the baby will be dead, so please send it this afternoon.”

While I gasped inwardly at the audacity of the prayer, she added, “And while You are about it, would You please send a dolly for the little girl so she’ll know You really love her?”

As often with children’s prayers, I was put on the spot. Could I honestly say “Amen?” I just did not believe that God could do this.

Oh, yes, I know that He can do everything; the Bible says so.

But there are limits, aren’t there? The only way God could answer this particular prayer would be by sending me a parcel from the homeland. I had been in Africa for almost four years at that time, and I had never, ever, received a parcel from home. Anyway, if anyone did send me a parcel, who would put in a hot water bottle? I lived on the equator!

Halfway through the afternoon, while I was teaching in the nurses’ training school, a message was sent that there was a car at my front door. By the time I reached home, the car had gone, but there on the verandah was a large 22-pound parcel. I felt tears pricking my eyes. I could not open the parcel alone, so I sent for the orphanage children. Together we pulled off the string, carefully undoing each knot. We folded the paper, taking care not to tear it unduly. Excitement was mounting. Some thirty or forty pairs of eyes were focused on the large cardboard box. From the top, I lifted out brightly-colored, knitted jerseys. Eyes sparkled as I gave them out. Then there were the knitted bandages for the leprosy patients, and the children looked a little bored. Then came a box of mixed raisins and sultanas - that would make a batch of buns for the weekend. Then, as I put my hand in again, I felt the.....could it really be? I grasped it and pulled it out. Yes, a brand new, rubber hot water bottle. I cried. I had not asked God to send it; I had not truly believed that He could.

Ruth was in the front row of the children. She rushed forward, crying out, “If God has sent the bottle, He must have sent the dolly, too!”

Rummaging down to the bottom of the box, she pulled out the small, beautifully-dressed dolly. Her eyes shone! She had never doubted! Looking up at me, she asked, “Can I go over with you and give this dolly to that little girl, so she’ll know that Jesus really loves her?”

“Of course,” I replied!

That parcel had been on the way for five whole months, packed up by my former Sunday school class, whose leader had heard and obeyed God’s prompting to send a hot water bottle, even to the equator.

And one of the girls had put in a dolly for an African child - five months before, in answer to the believing prayer of a ten-year-old to bring it “that afternoon.”

“Before they call, I will answer.” (Isaiah 65:24) Prayer is one of the best free gifts we receive. There is no cost, but a lot of rewards. Let’s continue to trust in God with all our heart. **What a faithful God He is!!!!**

Associate Lay Pastor's Corner

Two Encounters

Which one am I? April 8, 2024, will forever go down as a day that I will remember for a very long time, its possible you may feel the same way. It was the day millions of Americans took time away from their busy schedules and looked up for a special event taking place. The Solar Eclipse. Many celebrated this special moment with marriage, others threw parties, news reports was continuous and yet the best seat to view it was "YouTube" from the comfort of my own home. Yet with all the excitement, the eclipse only lasted a few minutes and we went about our life as usual. The bible talks about two encounters. The first Encounter we will mention is found in Revelation 6:15-17, but unlike the day April 8th countless souls will cry for the rocks and mountains to hide them from the one who sits on the throne. The other encounter is found in Luke 21 when the heavens will be shaken and there will be signs in the sun and moon, the Word of God tells us to "look up" for our redemption is very near. The question for myself is which Encounter group will I be in, the first or the second? My friends the time is short and I must answer that question before its to late to change if change needs to take place. This week I have been trying to understand the first encounter we mentioned. The question I ask myself is this " Are they crying for the rocks to hide them from Him who sits on the throne due my lack of spreading the Gospel as Christ commanded me to do? In closing I will leave my thoughts with you through the pen of inspiration "There are those who for a lifetime have professed to be acquainted with Christ, yet who have never made a personal effort to bring even one soul to the Saviour" "Many have gone down to ruin who might have been saved if their neighbors, common men and women, had put forth personal effort for them". Desire of Ages, p.141

Associate Lay Pastor's Gardening Side

People laugh when I tell them I talk and encourage my garden.
They laugh when I tell them I pray for my plants. But God and I
will let them laugh. Look at these beauties!!!

Peppers



Swiss Chard



Cabbage



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		BIRTHDAYS
MAY	4	Sarah Langham
	5	Terrance Smith
	11	Donna Ernest
	14	Pamela Jackson
	21	Justin Benson (Robbe's Son)
	29	Natalie Smith
	31	Tom Bates

Embrace the gardener's FAITH,
who sees in every bare branch
the future bloom and
in every frozen field,
the dance of
spring's return.



Free Healthy Plant-Based Cooking Class

Cinco de Mayo / May 5, 2024 at 2pm

Are you looking for a healthy change?

- * Free Plant-Based Recipes*
- * Sharing favorite Mexican Dishes*
- * Cooking Demonstration*
- * Tips and Tricks*
- * Enjoy Tasty Food Samples*

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Reserve your spot by calling 803 341 1129*

Ingathering Nugget—There is more to say about Jasper Wayne, as he was not happy to stop here after collecting a decent amount of money, for that time, for the overseas missions. This was only the beginning of his mission when he ordered more magazines and went door to door solicitation for the mission. Interestingly enough, the following year at the camp meeting he shared his experience with people in attendance including Willie White and through him the news about this project reached Ellen White who gave her endorsement. This opened the door in the following years for church members to use creative ways to raise the funds for this project from caroling to knocking door to door. In our church this project had been going strong for several years and it collected a great amount of funds for the missionary and community projects. Nevertheless, in the 1980's this project declined, and it went very close to extinction in the 2000's for different reasons, some of them were valid, and some of them not so.

As an outsider of this North American Adventist culture, today I see the value of this project to help advance the mission and community projects. I still believe that we as last day people are called to make known by all possible means about the good news of salvation and the second coming of Jesus Christ, our Lord and Savior which is fast approaching. I do call for an organic revival of the spirit that inspired Jasper Wayne to get out his comfort zone and do what God had placed on his heart. Continued from Gabriela Ibanescu

Waldorf Salad

3 large apples, diced small, (I prefer Fugy), 2 cups celery, diced small, 1 can (20oz) pineapple tidbits, drained well, 1 1/4 cup nuts, chopped medium (I like pecans), a generous amount of vegenaise (about 3 or 4 Tbsp and 2 or 3 Tbsp of Tofutti Sour Cream, 2 to 3 Tbsp Sweetener of your choice.

- 1- Dice apples and celery into small pieces. Drain pineapple tidbits very well.
 - 2- Mix Vegenaise, Sour Cream and sweetener. Mix in apples, celery, pineapple, and nuts.
 - 3- Garnish with dried cranberries, golden raisins, or your favorite garnish (I like cranberries)
- (This salad tastes better if refrigerated overnight) (It is good for potluck)

Bom Appetite! Mirtes

Simple recipe which we like to eat on occasion as a main dish.

Use either 1/3 roll of Chickette or small can of Fri-Chik and cut into bite sized pieces

1 small yellow onion sliced

1/2 of a red Bell Pepper cut into pieces

1/2 of a yellow or green Bell Pepper

Olive oil

Heat olive oil in pan and add onion and peppers. Cook on low medium heat until onion is translucent and pepper is tender. Remove from pan, set aside and cook "chicken" until it is slightly browned, add the onion and peppers back and season as desired with salt, pepper and/or paprika. Serve with Green Beans and rice or potatoes.

Shared by Kay Suddeth

"What is it to be a Christian? It is to be Christ-like; it is to do the works of Christ. Some fail on one point, some on another. Some are naturally impatient. Satan understands their weakness, and manages to overcome them again and again. But let none be discouraged by this. Whenever little annoyances and trials arise, ask God in silent prayer to give you strength and grace to bear them patiently. There is a power in silence; do not speak a word until you have sent up your petition to the God of heaven. If you will always do this, you will soon overcome your hasty temper, and you will have a little heaven here to go to heaven in." HS 157.6 EGW Writings.

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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