

Nov 2023

I just had to pass this along ... Something more to be thankful for ...

GRANDMA'S HANDS

Grandma, some ninety plus years, sat feebly on the patio bench. She didn't move, just sat with her head down staring at her hands. When I sat down beside her she didn't acknowledge my presence and the longer I sat, the more I wondered if she was okay.

Finally, not really wanting to disturb her but wanting to check on her at the same time, I asked her if she was okay. She raised her head and looked at me and smiled. "Yes, I'm fine, thank you for asking," she said in a clear, strong voice.

"I didn't mean to disturb you, Grandma, but you were just sitting there staring at your hands and I wanted to make sure you were okay," I explained to her.

"Have you ever looked at your hands?" she asked. "I mean *really* looked at your hands?"

I slowly opened my hands and stared down at them. I turned them over, palms up and then palms down. No, I guess I had never really looked at my hands as I tried to figure out the point she was making.

Grandma smiled and related this story: "Stop and think for a moment about the hands you have, how they have served you well throughout your years. These hands, though wrinkled, shriveled and weak have been the tools I have used all my life to reach out and grab and embrace life.

"They braced and caught my fall when, as a toddler, I crashed upon the floor. They put food in my mouth and clothes on my back. As a child my mother taught me to fold them in prayer. They tied my shoes and pulled on my boots.

"They dried the tears of my children and caressed the love of my life. They wiped my tears when my husband went off to war. They have been dirty, scraped and raw, swollen and bent. They were uneasy and clumsy when I tried to hold our newborn daughter. Decorated with my wedding band, they showed the world that I was married and loved someone special. They wrote the letters home and trembled and shook when I buried my parents and spouse.

"They have held children, consoled neighbors, and shook in fits of anger when I didn't understand. They have covered my face, combed my hair, and washed and cleansed the rest of my body. They have been sticky and wet, bent and broken, dried and raw. And to this day when not much of anything else of me works real well, these hands hold me up, lay me down, and again continue to fold in prayer. These hands are the mark of where I've been and the ruggedness of my life.

"But more importantly it will be these hands that God will reach out and take when He leads me home. And with my hands He will lift me to His side and there I will use these hands to touch the face of Christ."

I will never look at my hands the same again. When my hands are hurt or sore or when I stroke the face of my children and husband I think of Grandma. I, too, want to touch the face of God and feel His hands upon my face.

When you receive this, say a prayer for the person who sent it to you. Of all the free gifts we may receive, prayer is the very best one. There are no costs, but wonderful rewards.

Let's continue praying for one another! Love you! Happy Thanksgiving!

Contributed to be used in the Newsletter by Pat Gill in 2012, thought it was worth sharing again.



Health Corner

I had fainted, unless I had believed to see the goodness of the LORD in the land of the living. Psalm 27:13 KJV

You know there is a saying that as we get older the times fly faster. It certainly seemed so, and it does not have anything to do with age or with time. We all have the same 24 hours in a day, however how we use these hours makes all the difference. I guess as we grow older we tend to cram more in these hours, probably more than we should. There is a very wise Scripture that seem to address exactly this matter in Ephesians 5:16 as we are called to : Redeeming the time, because the days are evil.

Why am I saying this? It seems like yesterday we just turned the pages to the year 2023 and here we are nearing 2024 and Thanksgiving holiday is just around the corner. And it was just like not long ago when we had our cooking class for the summer. As we are nearing the coronation of this year with a heart full of thanksgiving many of you may wonder how one can have a traditional celebration of Thanksgiving without the traditional turkey or ham.

Well here is your chance to try before this holiday a sample of what a plant based meal for Thanksgiving should look. As a result our church family will like to open their doors to invite you to another plant based cooking class, this time presenting a holiday theme menu. As we did on our previous class, we will have first class local cooks demonstrate different dishes which are a staple on the holiday tables. From my experience I can tell that if you come you are in for feast.

I know many people are new to this a plant based lifestyle and in the beginning it can be a challenge as you may not know what, where, how much. Well a plant based cooking class, like the one offered here, it is a good place to start and learn, to ask questions, see how it is done, and even have a taste.

All the recipes are tried, tasted, and proven to satisfy any taste. The demonstration menu will include typical holiday dishes like Special K Loaf, Scalloped Potatoes, Sweet Potatoes Casserole, Cornbread Dressing, Veggies and Gravy, Cranberry Relish, and for desert Peanut Butter Pie and Pumpkin Scones. A real feast. All the recipes will be plant based.

I do not use the word vegan to describe the dishes as it certainly does not fit the description as well as plant based. People adopting a vegan lifestyle will do it motivated by the love for animals and animal rights. This is the reason they do not eat any kind of animal product in their diet or clothing. There are plenty of vegan foods which are not healthy in themselves, like alcohol.

A plant based lifestyle goal is to refrain from using any product which can have a negative influence on health. It is not a secret anymore and has been proven by many scientific studies that this type of lifestyle is the most beneficial to optimal health. The main focus for this lifestyle is to use mainly plant based products as least processed as possible while staying away from things that are highly processed and animal products. Hope this little explanation may help in giving you an idea. The interesting fact is that Seventh-Day Adventist people have a long history in adopting a healthier lifestyle, more than 150 years, and developed so many tasty recipes. It is a treasure we have and we do want to share this with other people which recently came to this realization of health benefits of a plant based diet.

We are looking forward to seeing you on November 12, 2023 at 2 PM (see brochure on back page) . I am happy to answer any questions. The goodness of the Lord in the land of the living is ours if we are willing to believe. Thank you Brenda for covering for me. Until next time. Gabriela.

Conclusion: At the end of Part 3 of “The Incredible Story of Wisam”, having been able to fix his visa issue, and now that he could stay in Austria, he immediately began studying the Bible with the theology teacher. Not long after that he was baptized into the Seventh-day Adventist church, and instead of killing his sister, Wisam was there to bless her as she united her life to her fiancé in marriage. As Wisam grew in knowledge of truth, he longed to go and share with his family the joy that comes in following Jesus. So, one day, he packed his bags again, and this time he was heading home, determined to be the first missionary to his community back in Nazareth. But upon his arrival, instead of being warmly welcomed, a Council was called and he soon sat down in front of his father and uncle. They asked him many questions, such as, “how’s your faith, do you still read your Koran, and do you still pray 5 times a day?” Before answering their questions, however, he asked his own questions, “who is the Creator? Who can raise people from the dead?” Of course, these questions made the leaders very angry, and so they quickly ordered his stoning should start right away. After eight or nine stones he didn’t feel pain or anything anymore. As he saw the familiar faces throwing stones at him, then he fell to the ground and collapsed completely. As Wisam lied there on the ground, he heard his father’s voice commanding his older brother to cover him. His brother immediately obeyed and the stoning suddenly stopped. His brother had saved his life but he was still badly injured and he had to be taken to a nearby hospital. Meanwhile, Wisam’s father was very upset that his son had not been given a fair trial and suggested that another council be called. So when Wisam had sufficiently recovered, once again he sat in front of his father, uncle, and other leaders. This time with a Bible in his hand, he shared the plan of salvation from Genesis to Revelation, explaining that the only way to the Father was through Jesus Christ. At these words, Wisam’s uncle was aroused to fiery fury and ordered his stoning once again. As he fell to the ground bleeding profusely, he saw his mother standing close by with tears running down her face, he reached his hand for her, but she only shook her head and quietly whispered, “son give up”. “I cannot give up Jesus” he responded collapsing once again. Again, Wisam’s brother was ordered to protect him with his own body, at which point Wisam lost total consciousness. For the second time, Wisam experienced a full recovery in hospital, but at home his family was still enraged and Wisam was given one week to leave the country once and for all. Things took a gravely turn against Wisam as permission had been granted for any of his relatives to kill him without having to face any punishment. If he chose to stay, he would truly face death. Wisam, then, returned to Austria and began studying theology. But after receiving threatening letters from back home, he was forced to leave Austria and move to Germany. The threats did not cease there, and so, he went to South Africa where he became close friends with a young lady also attending the same Adventist school, but soon he had to leave and flee to Zimbabwe, and then to America, where he was able to finish his degree. After graduation, he went back to South Africa, settled down, rekindled the friendship with his close friend and soon afterward he married his sweetheart. The following year they welcomed a beautiful daughter and enjoyed a peaceful life of ministry together. That is, until events of one day predicted their little world would abruptly change. His father passed away and it had been years since he had talked to anyone in his family. But one day got a phone call and was shocked to hear his mother on the other end saying, “Son, please come home”, she begged him, “all those who wanted you dead are now dead themselves.” He just sat stunned, but knew what he had to say. “If I come back, no one can prevent me from preaching the truth”. His mother not only agreed but offered him a special place in the family business! At the end of 2014, Wisam returned to Nazareth, this time with his wife Audrey and their daughter Rochelle. Today, Wisam works as a full-time pastor, and together with his wife, has opened a beautiful center of influence in the heart of Nazareth, where they hold classes several nights a week, teaching English and computer skills to Muslim children and youth. The English classes are taught straight out of Bible texts, and all the students learn about Jesus who taught and healed in the very places they call home. Despite the Christian perspective, they have dozens of kids on their waiting list. Audrey carries out a special work with the women, teaching them English and how to cook healthfully. She has made many friends and is also excited about giving bible studies to all the women in Wisam’s family. Wisam has become an influential person in the community, holding a prominent position in the school where their daughter attends. He has been able to introduce music education and computer classes, subjects not usually taught in Muslim elementary schools. The school also has an extensive library sponsored by Wisam’s family and donated in the name of the Seventh-day Adventist Church. His Christian perspective is very much welcomed despite the fact that everyone else is Muslim. The incredible story of Wisam, goes on each and every day, as dozens and hundreds of children, youth, and adults, continue to learn about the wonders of the God of Forever, who is soon returning to take His children Home! Shared by Pastor DeOliveira



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I would like to share a story with you, by Linda Mims the grandmother of Orin Martin. We were at Wind Creek State Park and Orin was at the playground area and someone came up with a dog. Orin gets petrified around dogs. He went to doing his holler and head banging which caused some kids to call 911 reporting a man on drugs at the playground. Well officer Gerad realized immediately he was autistic. He talked to him a bit and told him he was going to bring him a surprise the following day. He said he would be at work around 1 so it would be after that.

Orin played watch the door from noon onward for him to come by. (Danny and I thought he may have forgotten so we were trying to figure out how to get him a treat without him knowing we did it so he wouldn't be disappointed.). Danny went on his bike to see what was available at the marina store and it was about 3 already. While he was gone officer Gerad stopped by with a \$15 gift card for Little Caesars Pizza. This of course tickled Orin to death because he loves the cheese bread there. He wanted a picture with officer Gerad who happily obliged.

An Amazing Fact—Shared with us by Olan Suddeth

In 1803, John Colter was hired by Lewis and Clark to join them on their epic expedition because of his amazing ability to hunt wild game. One time, while trapping in an area inhabited by the Blackfoot Indians, Colter was captured. They stripped him and asked if he could run. He told the natives he was slower than a snail. Actually he was one of the fastest runners in the entire Kentucky region. The Blackfoot warriors signaled him to run for his life. He loped out slow for about 200 yards, and then broke into a hard sprint. After about two miles of running, there was only one brave still with him. Colter stopped so fast, the warrior almost tripped over him. He quickly dispatched the warrior and evaded the other Blackfoot.

Somewhere along the way to the trading post, he discovered the Yellowstone region. When he described the geysers and marvels he had seen, the other trappers teased him, calling the region "Colter's Hell." Incredibly, he escaped another capture and later returned to Missouri, where he married and settled down to farm. Colter was a neighbor to Daniel Boone. When the United States declared war on Great Britain in 1812, Colter enlisted and fought under Daniel Boone's son, Nathan.

Sadly, a year later he died from illness while serving his country. His remains were shipped back to Missouri. However, his wife was too poor to provide a proper burial, so she left him lying "in state" in their cabin and moved away to her brother's home. Amazingly, the body of this forgotten hero continued to lie in the remote cabin for the next 114 years, as the house slowly disintegrated around him.

This champion of the Lewis and Clark expedition and pioneer of Yellowstone was nearly lost to history until 1926, when the ruins of the cabin were discovered with his bones, as well as a leather pouch portraying his name. Afterward, his remains were gathered and buried with honors on a bluff in New Haven that overlooks the Missouri River.

Did you know the Bible talks about a hero that postponed burial for over 200 years after his death? Joseph made the children of Israel promise to carry his bones back to the Promised Land. His faith was rock solid that God would one day lead His people out of Egypt and take them on a cross-country expedition that would lead them home.

KEY BIBLE TEXTS: "And Joseph took an oath of the children of Israel, saying, God will surely visit you, and ye shall carry up my bones from hence." Genesis 50:25

O	2	Olivia Clark (2014)
C	5	Robert Ibanescu
T	8	Gary Linkous
		No Known Anniversaries

Tentative Speakers Schedule:

Sept: 30 - Shawn Smith, Oct: 7

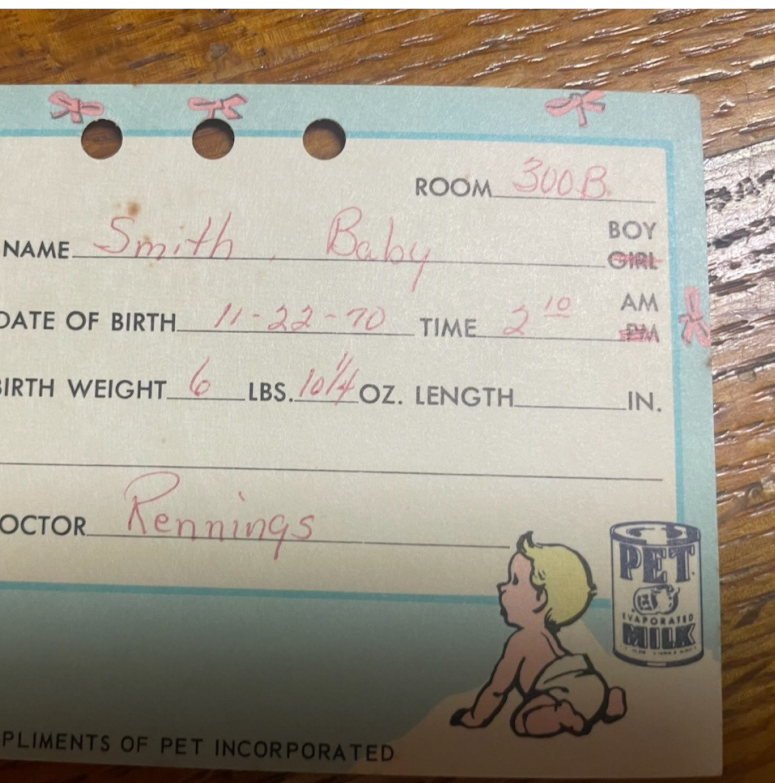
Shawn Smith, 14 - Pastor De-

Oliveira, 21 - Shawn Smith, 28-

Pastor DeOliveira



Sam Smith enjoyed the picture that I shared last week and was going to share another one of him and SL. They have had



For a moment I would like for you to think of the largest number your brain can acknowledge. My number would be as high as 999 trillion, then the billions, millions, then the thousands, hundreds and then the one's. That is only a drop in the vast ocean of time that God

has been waiting on for the 22nd day of November 1970. Yes, the moment arrived just in time, not a minute late, not a minute early in the wee hours between 2:10-2:15 am a baby was born and what a celebration heaven had. When God announced the arrival of me, there were high fives between the angels, and what a praise service heaven had. Jesus announced "I have to prepare for his arrival" the command was given "plant the avocado tree, the field of garlic and also some lime trees as well, One day soon that baby boy will be coming home to live with me and I will have a nice golden bowl of guacamole for him" Jesus said. " I love him so much and he is a very special person". I can hardly wait to ask "how was the guacamole that I personally made for him?"

I can hardly wait either. Let's get the mission accomplished that God has for us. I want my heavenly guacamole!

Mini Crustless Quiches: 1 small onion, chopped, 1/4 cup water, 1 Tbsp cornstarch, 1/2 tsp turmeric, 1/2 tsp garlic powder, 1/2 tsp lemon juice, 2-3 cups broccoli, chopped, 1 package firm tofu (14-16oz) 1/2 cup nutritional yeast flakes, 1/2 tsp onion powder, 1 tsp Himalayan pink salt, 1 1/2 tsp baking powder, 2 Tbsp plant-based milk. Preheat oven 350.



Add onions and broccoli to a pan and sauté in water until softened. Place the remainder of ingredients in a food processor or blender and process until smooth. In a bowl, combine tofu mixture and vegetables. Fill oiled muffin tins to the top with the mixture. Bake for 30-35 minutes. This recipe is nice for a party. However I made for a casserole and was very good. Enjoy! Mirtes

God Bless. Mirtes Schmeling

November 12, 2023 at 2pm
Free Plant-Based Cooking Class
Are you looking for a healthy change?

- * Cooking Demonstration
- * Tips and Tricks
- * Food Samples
- * Free Plant-Based Recipes

Please join us with a selective group of plant based experienced cooks for a cooking demonstration.

Clanton Seventh Day Adventist Church
401 18th Street North, Clanton, AL
Reserve your spot by calling 803 341 1129

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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