



On Friday, September 11th, 2020, an American flag should be displayed outside every home, apartment, office, and store in the United States. Every individual should make it their duty to display an American flag on this nineteenth anniversary of one of our country's worst tragedies. We do this to honor those who lost their lives on 9/11, their families, friends and loved ones who continue to endure the pain, and those who today are fighting at home and abroad to preserve our cherished freedoms. This day changed a lot of lives, let's remember and not have them have died in vain.

Change Your Thinking *It will take just 37 seconds to read this and change your thinking.*

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation .. Every afternoon, when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and color of the world outside. The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color and a fine view of the city skyline could be seen in the distance. As the man by the window described all this in exquisite details, the man on the other side of the room would close his eyes and imagine this picturesque scene. One warm afternoon, the man by the window described a parade passing by. Although the other man could not hear the band - he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words. Days, weeks and months passed. One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away. As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside. He strained to slowly turn to look out the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, 'Perhaps he just wanted to encourage you.' Epilogue: There is tremendous happiness in making others happy, despite our own situations. Shared grief is half the sorrow, but happiness when shared, is doubled. If you want to feel rich, just count all the things you have that money can't buy. 'Today is a gift, that is why it is called The Present. r

A blind boy sat on the steps of a building with a hat by his feet.. He held up a sign which said: 'I am blind, please help.' There were only a few coins in the hat. A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. He put the sign back so that everyone who walked by would see the new words. Soon the hat began to fill up. A lot more people were giving money to the blind boy. That afternoon the man who had changed the sign came to see how things were. The boy recognized his footsteps and asked, 'Were you the one who changed my sign this morning? What did you write?' The man said, 'I only wrote the truth. I said what you said but in a different way.' What he had written was: 'Today is a beautiful day and I cannot see it.' Do you think the first sign and the second sign were saying the same thing? Of course both signs told people the boy was blind. But the first sign simply said the boy was blind. The second sign told people they were so lucky that they were not blind .. Should we be surprised that the second sign was more effective? **Moral of the Story:** Be thankful for what you have. **Think differently and positively.** Live life with no excuse and love with no regrets. When life gives you a 100 reasons to cry, show life that you have 1000 reasons to smile .. Face your past without regret. Handle your present with confidence. Prepare for the future without fear. Keep the faith and drop the fear. **The most beautiful thing is to see a person smiling ... And even more beautiful is, knowing that you are the reason behind it!!!**

PASTOR'S CORNER

Today

We are all waiting for Jesus to come. This is an activity that has gone on for nearly two thousand years since He ascended to heaven. It is easy to forget that it is ongoing. We can and do grow lax naturally and all of us have this danger. *Great Controversy* points this out concerning the time when the special signs came such as the dark day and the falling of the stars. Speaking of the laxness at this time, page 309 says, "Especially was this the case in the churches of America. The freedom and comfort enjoyed by all classes of society, the ambitious desire for wealth and luxury, begetting an absorbing devotion to money-making, the eager rush for popularity and power, which seemed to be within the reach of all, led men to center their interests and hopes on the things of this life, and to put far in the future that solemn day when the present order of things should pass away.



When the Saviour pointed out to His followers the signs of His return, He foretold the state of backsliding that would exist just prior to His second advent. There would be, as in the days of Noah, the activity and stir of worldly business and pleasure seeking—buying, selling, planting, building, marrying, and giving in marriage—with forgetfulness of God and the future life. For those living at this time, Christ's admonition is: 'Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.' 'Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.' Luke 21:34, 36" *Great Controversy*, p. 309.

If that can happen then it can happen anytime. William Miller preached during that time and was disappointed twice. Near the end of his life he penned the following, "Although I have been twice disappointed, I am not yet cast down or discouraged. . . . I have fixed my mind upon another time, and here I mean to stand until God gives me more light,—and that is Today, TODAY, and TODAY, until He comes, and I see Him for whom my soul yearns."—*The Midnight Cry*, Dec. 5, 1844, pp. 179, 180. Let's watch and pray today and today until He comes.

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ELLEN WHITE SPEAKS ABOUT MAINTAINING A POSITIVE ATTITUDE AND PRACTICING NEW CHOICES

Presented by Kay Cheser, Women's Ministry Leader

Ellen White was wholistic in her approach to healing. She realized that the mind was linked to the body and that God intended humans to have restored social relationships. For her, the most important connection was with a loving and holy heavenly Father.

"While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have, —the great mercy and love of God, —we should have more faith and greater joy. No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God. Even on earth we may have joy as a wellspring, never failing, because fed by the streams that flow from the throne of God.

"Then let us educate our hearts and lips to speak the praise of God for His matchless love. Let us educate our souls to be hopeful and to abide in the light shining from the cross of Calvary. Never should we forget that we are children of the heavenly King, sons and daughters of the Lord of hosts. It is our privilege to maintain a calm repose in God.

"'Let the peace of God rule in your hearts; . . . and be ye thankful.' [Colossians 3:15](#). Forgetting our own difficulties and troubles, let us praise God for an opportunity to live for the glory of His name. Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care. When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven.

"When someone asks how you are feeling, do not talk of your lack of faith and your sorrows and sufferings. Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care."—Ellen G. White

"When someone asks how you are feeling, do not try to think of something mournful to tell in order to gain sympathy. Do not talk of your lack of faith and your sorrows and sufferings. The tempter delights to hear such words. When talking on gloomy subjects, you are glorifying him. We are not to dwell on the great power of Satan to overcome us. Often, we give ourselves into his hands by talking of his power. Let us talk instead of the great power of God to bind up all our interests with His own. Tell of the matchless power of Christ, and speak of His glory. All heaven is interested in our salvation."

Ellen G. White, *The Ministry of Healing* (Mountain View, CA: Pacific Press Publ. Assn., 1905), 252-253.

Answers to last months Bible Puzzle. See apologies below - Hope it didn't confuse you too much.

BIBLE PUZZLE - There are thirty books of the Bible in this paragraph. Can you find them? This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket, on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much he passed it on to some friends. One friend from Illinois worked on this while fishing from his johnboat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist friend was so intrigued by it, she mentioned it in her weekly newspaper column. Another friend judges the job of solving this puzzle so involving; she brews a cup of tea to help her nerves. There will be some names that are really easy to spot. That's a fact. Some people, however, will soon find themselves in a jam; especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this puzzle. The Alpha Delta Phi lemonade booth set a new sales record. The local paper, The Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, "the books are all right here in plain view hidden from sight". Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind, that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus, there really are 30 books of the Bible lurking somewhere in this paragraph waiting to be found. God Bless You and Happy Hunting.

1. Amos, 2. Mark, 3. Luke, 4. John, 5. Joel, 6. Judges, 7. Job, 8. Hebrews, 9. Esther, 10. Acts, 11. James, 12. Ruth, 13. Romans, 14. Titus, 15. Matthew, 16. Genesis, 17. Philemon, 18. Chronicles, 19. Daniel, 20. Nahum, 21. Hosea, 22. Lamentations, 23. Revelation, 24. Timothy, 25. Samuel, 26. Numbers, 27. Malachi, 28. Peter, 29. Exodus, 30. Kings. (And no, 1st, 2nd, 3rd of anything doesn't count, LOL, you have to find all 30 books.) My apologies, I had Phil in the one that I sent out last month, instead of the Phi that it should have been. Someone told me last time (several years ago), I think it was Pastor Cansler about the Phi but I thought I had changed it but didn't. Also this month someone else commented that it "made their brain hurt" to work on this. That wasn't my intention, hopefully the younger individuals had fun doing this. Remember give me something that you enjoy and hopefully we will include it in the newsletter next month. Thanks, Brenda

Reminiscing Corner

Vacation Bible School July 19, 2013 - A lot of memories for all that attended and participated. Do you remember?



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SCHEDULE: Sept 5 Bob Ernest; 12th Pastor, 19th Shawn Smith; 26th Pastor. **At this time: temperature is taken, 6 ft distancing for seating, masks are required in the Sanctuary and we aren't singing out loud YET.**

S E P T	3	Kay Cheser	
	8	Sam Smith	Anniversaries:
	19	Sue Mims	7th Roy & Brenda Davis
	20	Olan Suddeth	14th Phil & Pamela Jackson
	23	Makaylynn Sanders	25th Billy & Diane Fulmer
	24	Paul Cannon	
	28	Kay Suddeth	

Happy, Birthday. We pray that you are blessed with many more. If I don't have your special day, let me know. Brenda

75 percent of Americans are chronically dehydrated. In 37 percent, the thirst mechanism is so weak that it is often mistaken for hunger. Mild dehydration will slow down metabolism as much as 3 percent. Lack of water is the number-one trigger of daytime fatigue. One study revealed that one glass of water shuts down midnight hunger pangs for nearly every dieter studied. Some research indicates that 8 to 10 glasses of water a day could significantly ease back and joint pain. A mere two percent drop in body water can trigger fuzzy short term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page. Drinking five glasses of water daily decreases the risk of colon cancer by 45 percent, plus it can slash the risk of breast cancer by 79 percent and bladder cancer by 50 percent. It's obvious that sufficient water can eliminate or ease a whole host of common health problems. The Bible also teaches that living water can also do the same for spiritual dehydration! John :37-38 "On the last day, that great day of the feast, Jesus stood and cried out, saying, "If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." (NKJV)

THIS ONE FROM READER'S DIGEST I ESPECIALLY LIKED. AFTER GIVING A WOMAN A FULL MEDICAL EXAMINATION, THE DOCTOR EXPLAINED HIS PRESCRIPTION AS HE WROTE IT OUT. "TAKE THE GREEN PILL WITH A GLASS OF WATER WHEN YOU GET UP. TAKE THE BLUE PILL WITH A GLASS OF WATER AFTER LUNCH. THEN JUST BEFORE GOING TO BED, TAKE THE RED PILL WITH ANOTHER GLASS OF WATER." "EXACTLY WHAT IS MY PROBLEM, DOCTOR?" THE WOMAN ASKED. "YOU'RE NOT DRINKING ENOUGH WATER."

Corn Casserole:

1-16 oz can whole Kernel corn drained, 1-16 oz can cream style corn, 1 box jiffy vegetarian corn muffin mix, 1 stick Plant Butter or margarine melted, 1- 8oz Tofutti sour cream or any of your choice. Mix together. Spray dish, Bake at 350 degree for about 1 hr.



"Chicken" Salad

1 c. soaked garbanzos, 3/4 c. water, 1 Tbsp. Braggs liquid aminos, 2 1/2 Tbsp McKay's chicken style seasoning, 1 tsp. onion powder, 1/4 tsp. garlic salt, 1/2 tsp parsley flakes, 1 1/4 c. gluten flour. 1/4 c. finely chopped celery - Vegenaïse

Instructions: In blender, blend soaked garbanzos and water until smooth. Pour into mixing bowl and add seasonings and gluten flour. Knead until well mixed. Flatten and place on a baking sheet and bake at 350 degrees for about an hour, or until thoroughly cooked. Chop cooked veggie meat into bite-sized pieces, place in food processor and process until mixture resembles fine crumbs. Mix in chopped celery and Vegenaïse. Serve as you desire.

Coconut Cheese

1 cup coconut milk, 1/4 cup almonds, soaked overnight, 2 Tbsp. arrowroot or corn starch, 1 small clove garlic, 1/2 tsp salt, 2 tsp. lemon juice.

Blend all ingredients until creamy and pour into saucepan. Bring to a boil over low heat, stirring constantly.

BOM APETITE (Portuguese word)

The coconut cheese David says that it is de best. God Bless. Until next month, Mirtes Schmeling

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 made it so the previous couple years are there also. If you get an online version and want a hard copy or if you don't want to get the Newsletter, Let me know. Don't forget without you sharing with others, we wouldn't have a newsletter. Also turn in articles, poems and pictures that you want to share. Thanks to those that do, Until next month! Brenda

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