



The Christmas Coat

An old boy was fumblin
around one day In a women's
clothing store He'd found his
wife a Christmas coat And
was headed for the door
When he bumped into a little
boy That looked like he was

lost. And he said "Mister can you help me Find out
how much something costs? Here it is almost Christ-
mas And the nights are gettin cold. Winter time is on
us and my mom don't have a coat. I've been workin
for the neighbors And saving for a time" And in his
tiny outstretched hand Was a dollar and a dime.

His gaze went from that big eyed boy To that pretty
Christmas coat And he finally cleared away the lump
That had gathered in his throat.

He said "Son that's just what this coat costs, We're
lucky that we found 'er" And he turned around and
gave a wink To the lady at the counter. She put it in a
pretty box And wrapped it up just so and went off in
the back And found a big red Christmas bow. He said,
"I thank you for your help sir and I kindly thank you
ma'am, I hope y'all are gonna have a big Christmas,
Cause now I know I am."

Well the old boy walked home busted
Except for the dollar and the dime
Thinkin he'd just have to buy
The coat another time.
He told his wife that Christmas this year
Wouldn't be much fun
And he gently took her in his arms
And told her what he'd done
She said "Why you old softie
I wouldn't trade you for a farm
I've got two or three old coats
And your love to keep me warm."
She put that money in a matchbox
And placed it beneath their tree
And said, "That is the grandest gift
You've ever given me."
The years went by like years will do
When people are in love.
Their marriage was a golden bond
That was forged by God above.
Then one day came some bitter news
That filled his heart with fright.

The doctor told the old man's wife
That she was going to lose her sight.
He said, "There's an operation we can do
But it puts me on the spot
Cause it's a quite complex procedure
And it's going to cost a lot."
The old man said, "Doctor I'm a failure
I've made no preparation
We don't have the money
For that kind of an operation."
The doctor got the strangest look
And he sat there for a while
And then he slowly nodded
And he broke out in a smile
He said, "Why sir you can't fool me.
You're a very wealthy man.
You long ago invested
In the world's best savings plan
I'll see she gets the best of care
She's going to be just fine
And the total cost to you old friend
Is a dollar and a dime."
The old man stared in disbelief
Then he recognized that smile
The one he'd seen those years ago
On a loving thoughtful child.
He said "What you gave to me that day
Was more than just a coat.
You gave me the gift of giving
And you gave my mother hope.
My mother'd been mistreated
Neglected and abused.
But she gave life just one more chance
And it was all because of you.
Now every year she takes that coat
And lays it beneath our tree.
It represents to us the things
That Christmas ought to be.
She says that when we leave this world
For a better home someday
The only things that we'll take with us
Are the things we gave away."

Now you know why I shared this story in January, I just
thought we all need a reminder of what is really im-
portant in life. Hope you had a wonderful Christmas
with your family in the spirit that God intended us to
celebrate how wonderful HE IS ALL THE TIME!

Who You Are Makes a Difference A teacher in New York decided to honor each of her seniors in high school by telling them the difference they each made. She called each student to the front of the class, one at a time. First, she told each of them how they had made a difference to her and the class. Then she presented each of them with a blue ribbon imprinted with gold letters, which read, "Who I am Makes a Difference.?" Afterwards, the teacher decided to do a class project to see what kind of impact recognition would have on a community. She gave each of them three more ribbons and instructed them to go out and spread this acknowledgment ceremony. They were to follow up on the results, see who honored whom, and report back to the class in about a week. One of the boys in the class went to a junior executive in a nearby company and honored him for helping him with his career planning. He gave him a blue ribbon and put it on his shirt. Then, he gave two extra ribbons and said, "We're doing a class project on recognition, and we'd like you to go out find somebody to honor, give them a blue ribbon, give them the extra blue ribbon so they can acknowledge a third person to keep this acknowledgment ceremony going. Then, please report back to me and tell me what happened." Later that day, the junior executive went in to see his boss, who had been noted, by the way, as being kind of a grouchy fellow. He sat his boss down, and the told him that he deeply admired him for being a creative genius. The boss seemed very surprised. The junior executive asked him if he would accept the fit of the blue ribbon and give him permission to put it on him. His surprised boss said, "well, sure." The junior executive took the blue ribbon and placed it right on his boss's jacket above his heart. As he gave him the last extra ribbon, he said, "would you do me a favor? Would you take this extra ribbon and pass it on by honoring somebody else? The young boy who first gave me the ribbons is doing a project in school, and we want to keep this recognition ceremony going and find out how it affects people." That night, the boss came home to his 14-year-old son and sat him down. He said, "The most incredible thing happened to me today. I was in my office, and one of the junior executives came in and told me he admired me and gave me a blue ribbon for being a creative genius. Imagine. He thinks I'm a creative genius. Then, he put this blue ribbon that says: "Who I Am Makes a Difference" on my jacket above my heart. He gave me an extra ribbon and asked me to find somebody else to honor. As I was driving home tonight, I started thinking about whom I would honor with this ribbon, and I thought about you. I want to honor you. My days are really hectic, and when I come home, I don't pay a lot of attention to you. Sometimes, I scream at you for not getting good enough grades in school and for your bedroom being a mess, but somehow tonight, I just wanted to sit here and well, just let you know that you do make a difference to me. Besides your mother, you are the most important person in my life. You're a great kid, and I love you!" The startled boy started to sob and sob, and he couldn't stop crying. His whole body shook. He looked up at his father and said through his tears, "Dad, earlier tonight I sat in my room and wrote a letter to you and Mom explain why I had killed myself and asking you to forgive me. I was going to commit suicide tonight after you were asleep. I just didn't think that you cared at all. The letter is upstairs. I don't think I need it after all." His father walked upstairs and found a heartfelt letter full of anguish and pain. The envelope was addressed, "Mom and Dad." The boss went back to work a changed man. He was no longer a grouch but made sure to let all his employees know that they made a difference. The junior executive helped several other young people with career planning and never forgot to let them know that they made a difference in his life.... One being the boss's son. And the young boy and his classmates learned a valuable lesson. Who you are DOES make a difference.

This was in a video on Facebook that I took the time to type and share, Let's all remember that we make a difference in other peoples lives, most of the time not even knowing it. Let's be more pro-active this coming year and know that we make a difference. Love, Brenda

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Drink Water First Thing in the Morning! Here's 10 Amazing Benefits you get.



In your everyday work, your body has exerted energy and power. That's the reason why you are trying to soothe yourself through hydration. But, because of a hectic day, drinking plenty of water in a day is underrated for some. But did you know that drinking water first thing in the morning has many health benefits! Your body is craving water when you wake up in the morning. As soon as you get up, grab and quench a glass of water, and your health will be more than rejuvenated in more ways that you can imagine. Did you know the secret of Japanese women in their flawless porcelain skin and slim, toned figures? Many attest that the Japanese have this kind of ritual in drinking water on an empty stomach immediately after waking up every morning. The human body comprises more than 50% of water, so it's important to keep it fresh and topped up to keep the body working properly. Remember, once the body's water requirement is not met, it has various unfavorable short-term and long-term health consequences.

DRINKING WATER IS SO IMPORTANT!

1. Drinking water first thing in the morning immediately helps rehydrate the body. Your six to eight hours of sleep is a long period to go without any water consumption. Drinking two or three glasses of water right when you wake up is a good way to rehydrate your body quickly. It also helps you with moving the lower bowels for regularity in the mornings.
2. Drinking water first thing in the morning increases your level of alertness. One of the main indicators of fatigue and tiredness is you are dehydrated. Without anything to consume after a long period, the first thing you ingest in the morning can be a shock to the body. If that first thing is water, it will get your body work-ready and boost your alertness and low energy levels. Remember that if you don't stay hydrated, your physical performance can suffer. Give **the water** a shot instead of coffee or tea to kick start your day.
3. Drinking water first thing in the morning helps fuel your brain. Our brain is made up of over 70% water, and continuing to hydrate helps maintain optimal brain activity. When you're not adequately hydrated, your brain operates on less fuel, and you can feel drained or even experience fatigues or mood fluctuations.
4. Drinking water first thing in the morning can help you fight sicknesses and strengthens the immune system. Drinking water on an empty stomach helps bring balance to your immune system. It will help your body avoid falling sick as often and keeping viruses at bay.
5. Drinking water first thing in the morning helps get rid of the toxins in your body. A few glasses of water in the morning can help flush out all the toxins that store in your body overnight.
6. Drinking water first thing in the morning jump-starts your metabolism. According to studies, drinking water on an empty stomach can increase your metabolic rate. This is very important, especially for those people who are on a strict diet.
7. Drinking water first thing in the morning reinforces healthy weight loss. As you drink water in the morning on an empty stomach and release all the toxins and hence improve your digestive systems, you will feel less hungry, and all your cravings for that day will be reduced.
8. Drinking water first thing in the morning improves complexion and skin radiance. Drinking water helps release toxins in the body, eliminating these toxins from the blood means keeping your skin glowing, healthy and radiant. Dehydration is one of the primary causes of wrinkles in your skin, dark patches, and deep pores in the skin.
9. Drinking water first thing in the morning prevents kidney stones and protects your colon and bladder from infections. Drinking water on an empty stomach increases the body's efficiency to fight against infections. As water keeps your body hydrated, it is vital for the proper functioning of internal organs.
10. Drinking water first thing in the morning promotes the growth of healthy hair. You might not believe nor notice it, but if you make it a habit to drink water first thing in the morning on an empty stomach, it directly impacts the condition of your hair. The roots of the hair can become dry, rough, and brittle if there is an insufficient amount of water. Furthermore, water is needed to transport the vitamins they need as well at all times. Water makes up to 1/4 of the hair, and therefore insufficient water can cause hair problems. Regular intake of water improves and enhances the quality of hair. Water possesses certain properties that help improve your health. Never get too tired to drink a glass of water on an empty stomach every day to experience these benefits. **HOW MUCH WATER DO YOU DRINK FIRST THING IN THE MORNING? Just a question from Brenda**

Have you ever noticed how in the scriptures men are always going up into the mountains to commune with the Lord?

Yet in the scriptures we hardly ever hear of women going to the mountains.

But we know why — right?

Because the women were too busy keeping life going;

they couldn't abandon babies,

meals,

homes,

fires,

gardens,

and a thousand responsibilities to make the climb into the mountains!

I was talking to a friend the other day,

saying that as modern woman

I feel like I'm never "free" enough

from my responsibilities,

never in a quiet enough space

I want with God.

Her response floored me,

"That is why God comes to women.

Men have to climb the mountain to meet God, but God comes to women where ever they are."

I have been pondering on her words for weeks and have searched my scriptures

to see that what she said is true.

God does in deed come to women

where they are,

when they are doing their ordinary, everyday work.

He meets them at the wells

where they draw water for their families,

in their homes,

in their kitchens,

in their gardens.

He comes to them

as they sit beside sickbeds,

as they give birth,

care for the elderly,

and perform necessary mourning and burial rites.

Even at the empty tomb,

Mary was the first to witness Christ's resurrection,

She was there because she was doing the womanly chore of properly preparing Christ's body for burial.

In these seemingly mundane and ordinary tasks, these women of the scriptures found themselves face to face with divinity. So if — like me — you ever start to bemoan the fact that you don't have as much time to spend in the mountains with God as you would like. Remember, God comes to women. He knows where we are and the burdens we carry. He sees us, and if we open our eyes and our hearts we will see Him, even in the most ordinary places and in the most ordinary things.

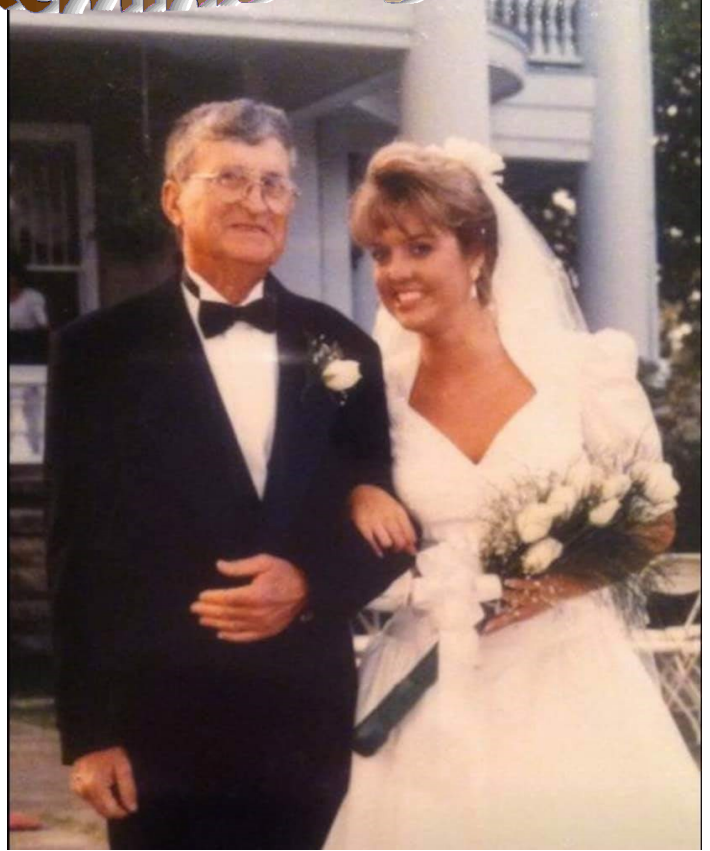
He lives. And he's using a time such as this to speak to women around the world. Original 🖍️ : Heather F.



Shared especially for Women's Ministries.

Kay Cheser is the Coordinator of this ministry and thought all of you women would appreciate these thoughts. Remember Ellen G White was a women, God used her when the men of that time declined the calling. Isn't it wonderful we have a God that listens and communicates with all of us, we just have to be ready to listen. Have a good month, Brenda

J	2	Robin Gray
A	5	Bill Gentry
N	7	Ralph Sheperd
	8	Raelene Covrig
	11	Sara Powers
	12	Treva Radford
		<u>Anniversaries</u>
		None Known



RELIGIOUS LIBERTY MAGAZINE CAMPAIGN - Remember during the previous year the monies that you turned in for Religious Liberty didn't go toward the goal that we have here for the Clanton SDA Church. During January to the end of March we have a goal of \$700 so we can continue sending the magazine to those that we have in the past. Every year we give 70 individuals in Chilton County area a subscription to the Liberty Magazine. Please help us to be able to continue sending this important witnessing tool out. Thanks. Jim Higgins - Religious Liberty Leader

Isn't this a beautiful picture and a wonderful occasion. I don't have the date of the wedding but I do know that it was before 2/27/2003 when Ed Plier her father died. Hope you all have so many wonderful memories of Ed. Say an extra Happy Birthday to Robin this month. I would love to have you give me a picture to reminisce next month. Until then, Brenda

Old Age is like a bank account. The 92-year-old petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room.... Just wait." "That doesn't have anything to do with it." She replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged, it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice: I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away, just for this time in my life." She went on to explain, "Old age is like a bank account, you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filing my Memory bank. I am still depositing." And, with a smile, she said: "Remember the five simple rules to be happy: Free your heart from hatred. Free your mind from worries, live simply, Give more. Expect less."

VEGAN SOUR CREAM

(for those that do not use “sour cream or by the Tofutti Sour Cream which is very expensive)

Sour Cream # 1 - 1 Cup raw cashews, 1 1/4 Cup boiling water, 1/2 tsp. garlic powder, 1 tsp salt, 1/3 cup lemon juice. Blend cashews in a dry blender to meal. Add water, garlic powder and salt and blend well. Add lemon juice and whiz briefly. Chill well before using.



Sour Cream # 2—1 Cup soft tofu, 4 Tbsp regular oil, 1 Tbsp lemon juice, 1 1/2 tsp honey, 1/2 tsp salt. process all ingredients in the blender. (makes 1 1/4 cup). Note: Both recipes are excellent. Bom Appetite! Mirtes

1. Compliment three people every day.
2. Watch a sunrise at least once a year.
3. Be the first to say, “Hello.”
4. Live beneath your means.
5. Treat everyone like you want to be treated.
6. Never give up[on anybody. Miracles happen.
7. Forget the Joneses.
8. Never deprive someone of hope. It may be all he has.
9. Pray not for things, but for wisdom and courage.
10. Be touch-minded but tenderhearted.
11. Be kinder than necessary.
12. Don't forget, a person's greatest emotional need is to feel appreciated.
13. Keep your promises.
14. Learn to show cheerfulness, even when you don't feel like it.
15. Remember that overnight success usually takes about 15 years.
16. Leave everything better than you found it.
17. Remember that winners do what losers don't want to do.
18. When you arrive at your job in the morning, let the first thing you say brighten everyone's day.
19. Don't rain on other people's parades.
20. Never waste an opportunity to tell someone you love them.

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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