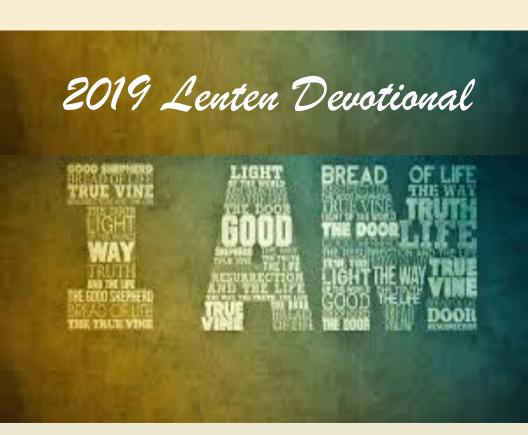
Emmanuel UMC 11416 Cedar Lane Beltsville, MD 20705 www.eumcbeltsville.com 301-937-7114







Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word lencten, which means "spring." The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan. www.umc.org



# DO YOU WANT TO FAST THIS LENT?

#### In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

Submitted by Becky Cavallo

pietrafitness.com



When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 6:16-18

## Thank you, Jesus!

I attended a funeral for the mother of a friend of mine. I didn't know Jean Wroe well and most of my contact with her had been in the past 10 years. She suffered from dementia during that time. She became trapped inside herself, not able (or willing) to speak, but a smile was permanently on her face.

The speakers at the funeral taught me a lot about this woman. I knew that she was a church-going woman and that she and her husband raised their children in the church. But, I didn't know how active she had been in her church and her community. She was well-known and well-liked.

Apparently, she performed her tasks with a happy attitude, singing hymns all the while. During the last chapter of her life, she had caregivers in her home. One of them spoke at the funeral. As they took their daily walk to the post office,

singing all the way, the caregiver showed signs of struggling to walk due to a bad knee. The woman whom she had never heard speak reportedly said "sit down" as the approached a bench on their walk. Even in her locked-in state, she was thinking of others. These were the only words that caregiver ever heard from her patient.

Jean had kept a journal of her favorite scriptures. After each one she wrote a sentence or two of what that scripture meant to her. Several of those scriptures and her comments were read at her funeral. The common thread throughout all of the readings was "Thank you, Jesus" for her life, for her family, for her work, for everyone in her life, for those she didn't know, and for God's Grace for allowing her to live as she did.

As we enter this Season of Lent, the inspiration that I received, from attending the funeral of a woman that I barely knew, will stay with me for a long time. She lived a full life, even in dementia, and was always thankful and had a smile on her face. Thank you, Jesus, for the example of Jean Wroe.

-Kathy Mellott

I always thank my God for you because of his grace given you in Christ Jesus. For in him you have been enriched in every way

1 Corinthians 1:4-5

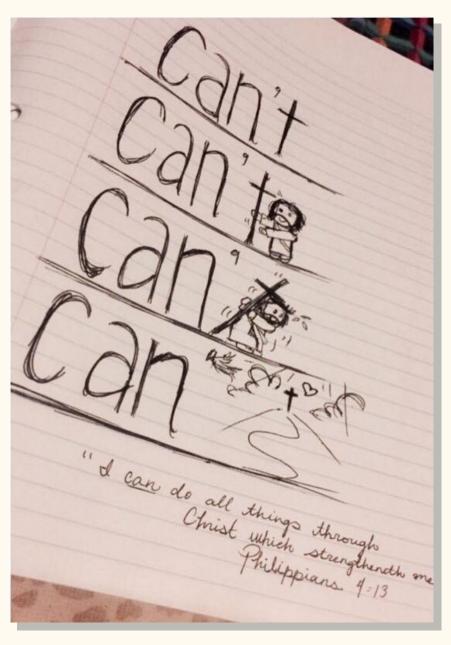
One Sunday morning at a small southern church, the new pastor called on one of his older deacons to lead in the opening prayer. The deacon stood up, bowed his head and said, "Lord, I hate buttermilk."

The pastor opened one eye and wondered where this was going. The deacon continued, "Lord, I hate lard." Now the pastor was totally perplexed. The deacon continued, "Lord, I ain't too crazy about plain flour. But after you mix 'em all together and bake 'em in a hot oven, I just love biscuits."

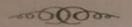
"Lord help us to realize when life gets hard, when things come up that we don't like, whenever we don't understand what You are doing, that we need to wait and see what You are making. After you get through mixing and baking, it'll probably be something even better than biscuits. Amen.

Proverbs 3:5-6. **Trust in the LORD** with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.





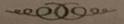
Submitted by Susan Gallo



#### Don't Quit

When things go wrong, as they sometimes will;
When the road you're trudging seems all uphill;
When the funds are low and the debts are high;
And you want to smile but you have to sigh.
When all is pressing you down a bitRest if you must, but don't you quit
Success is failure turned inside out;
The silver tint on the clouds of doubt;
And you can never tell how close you are;
It may be near when it seems far.
So stick to the fight when you're hardest hit It's when things go wrong that you must not quit."

-JOHN GREENLEAF WHITTIER



Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9

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Mar 11

Happy Moments
Praise God
Difficult Moments
Seek God
Quiet Moments
Worship God
Painful Moments
Trust God
Every Moment
Thank God



The more we let God take us over, the more truly ourselves we become - because He made us. He invented us. He invented all the different people that you and I were intended to be...It is when I turn to Christ, when I give up myself to His personality, that I first begin to have a real personality of my own.

— C. S. Lewis —

Submitted by Kathryn Griffin

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10

#### Psalm 23: Line by Line Meaning

The LORD is my shepherd = RELATIONSHIP
I shall not be in want = SUPPLY
He makes me lie down in green pastures =
REST

He leads me beside quiet waters =

REFRESHMENT

He restores my soul = **HEALING**He guides me in paths of righteousness = **GUIDANCE** 

For his name's sake = PURPOSE
Even though I walk through the valley of the shadow of death = TESTING
I will fear no evil = PROTECTION
For you are with me = FAITHFULNESS
Your rod and your staff they comfort me = DISCIPLINE

You prepare a table before me in the presence of my enemies = HOPE
You anoint my head with oil = CONSECRATION
My cup overflows = ABUNDANCE
Surely goodness and love will follow me all the days of my life = BLESSING

And I will dwell in the house of the LORD = **SECURITY** 

Forever = ETERNITY

#### Dear God,

Thank you for being our good Shepherd and that we can trust you with our lives. Thank you for your leadership and Sovereignty. Thank you for your guidance and care in all our days. Thank you that you restore our souls, give us peace, and bring us hope in all of our tomorrows. Thank you for your protection and strength that surrounds us like a shield. Thank you that we never have to fear. Thank you for your goodness and love that follows after us, chases us, even when were unaware. Thank you Lord, that you are trustworthy and able, that you are our refuge and hope.

In You alone is rest and peace. We praise you for the assurance that we will dwell with you forever.

In Jesus' Name, Amen



Matthew 21:8-9 "Most of the crowd spread their garments on the road, and others cut branches from the trees and spread them on the road. And the crowds that went before him and that followed him shouted, 'Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!"

#### BONDS OF FRIENDSHIP

#### LAZOS DE AMISTAD

I would like to wake up, I wait for it every day and see that anger turns into a smile.

One morning will come, for all there will be joy, a new life with peace and love.

The bonds of friendship will unite us no matter the color and they will sing rich and poor in brotherhood, the same song.

We will be united by the bonds of friendship and love will reign and you will feel within your soul the feeling of being better.

I would like to wake up without such empty hands and see that life is much prettier.

One morning will come and we will have joy y todo and we will do everything with a great heart.

Mar 14



Yo quisiera despertar, lo espero cada día y ver que la ira se vuelve sonrisa.

Un mañana llegará, para todos habrá dicha, una nueva vida con paz y amor.

Nos unirán los lazos de amistad sin importar el color y cantarán ricos y pobres en hermandad, igual canción.

Nos unirán los lazos de amistad y reinará el amor y sentirás dentro del alma la sensación de ser mejor.

Yo quisiera despertar sin las manos tan vacías y ver que la vida es mucho más linda.

Una mañana llegará y tendremos alegría y todo lo haremos de gran corazón.

Songwriters: JAEN BLANCO AMADO / BANGALTER DANIEL KLUGER JEAN JOSEPH / BROUSSOLLE JEAN Lazos De Amistad lyrics ©

Submitted by Glendy Hernandez

Greater Love has no one than this, that he lay down his life for his friends.

John 15:13

## A TIME FOR PRAYER A Prayer for March

Father-God, today, in my yard, I raked away the accumulation of dead, soggy leaves, and guess what I found? Pale, waxy crocuses and green spears of tulips and daffodils piercing their way to the sunlight – the beginnings of the garden I'd planned when I planted them. Lord, you had big plans for me too when you planted me in your garden, this lovely world. Today I am reminded that it is time for me as well to push through the debris of my shabby habits and attitudes so that I can grow and show the world your gifts and graces. Amen

–Plus MagazineSubmitted by Scarlet Robinson





Grace is when God gives
us good things that
we don't deserve.
Mercy is when He spares us
from bad things we deserve.
Blessings are when He is
generous with both.
Truly, we can never run out
of reasons to thank Him.
God is Good All The Time!

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



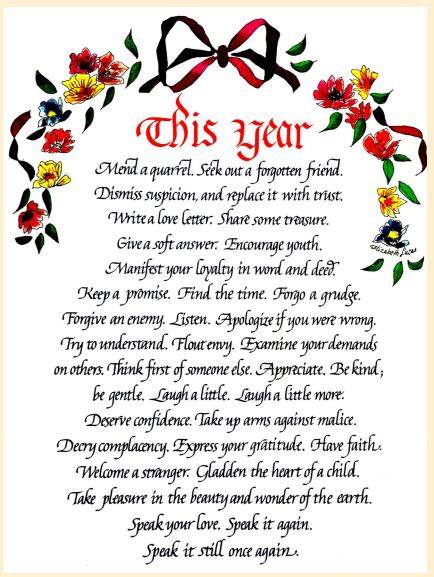
Now Israel loved Joseph more than any other of his sons, because he was the son of his old age. And he made him a robe of many colors. Genesis 37:3

I have set my bow in the cloud, and it shall be a sign of the covenant between me and the earth. Genesis 9:13

This morning as I drove to my school in Laurel, I was in awe of the sunrise, muted pastel peaches and pinks brightening a corner of the gray sky, and it made me think how blessed I am to be able to see all of the colors, and how each morning God creates a new canvas for us.

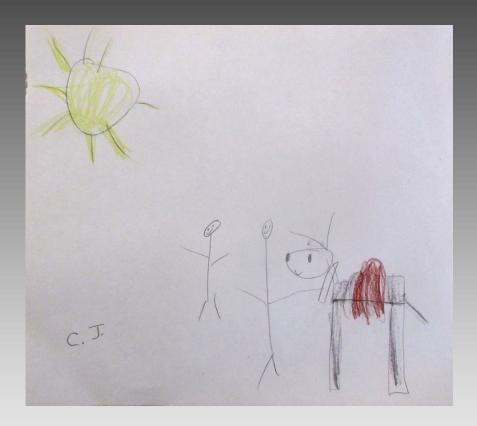
I have seen a number of videos of color blind people given a chance to wear special glasses to correct their color blindness, and often they are in tears when they see how rich and vibrant the colors of our world truly are. From time to time students ask me what my favorite color is. The simple answer is green. All of the shades of green remind me of spring and growth and new beginnings, nurtured by the sun and the rain and gentle breezes. But the truth is, I love all colors, and I love seeing how different colors complement each other. I love them soft and muted, and deep and vibrant, and all shades in between. Is it any wonder than God chose a rainbow as a sign of his covenant? Or that Joseph's coat of many colors marked him a beloved son?

Dear Lord, thank You for giving us such a beautiful world, rich in colors. May we never take it for granted, but strive to be good stewards to protect it as You asked, so that Your skies remain unblemished, and Your earth will continue to thrive in all of its glory. Amen



Submitted by Karen Mackey

May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Romans 15:5-6



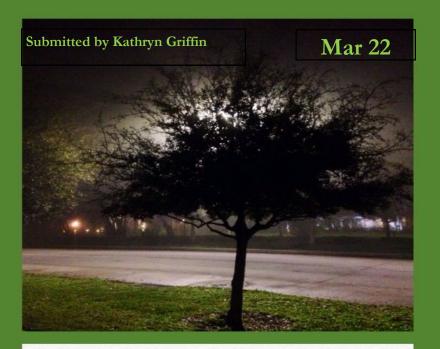
Matthew 21:1-2, 6 ". . . Jesus sent two disciples saying to them 'Go to the village ahead of you and at once you will find a donkey tied there, with her colt by her. Untie them and bring them to me.' The disciples went and did as Jesus had instructed them."

God Friended Me is a humorous, uplifting drama about an outspoken atheist whose life is turned upside down when he accepts a friend request from God on social media and unwittingly becomes an agent of change in the lives and destinies of others around him. Miles Finer is intelligent, hopeful and optimistic, but he doesn't believe in God. This puts him at odds with his father, Reverend Arthur Finer, a beloved preacher at Harlem's Trinity Church for 25 years who is stung by his son's strong rejection of his faith. Miles feels he's found his purpose in life hosting a podcast where he's free to speak his mind, but that changes when he receives the ultimate friend request. After repeated pokes by God, Miles' curiosity takes over, and he accepts the request and follows the signs to Cara Bloom, an online journalist suffering from writer's block. Brought together by the "God Account," the two find themselves investigating God's friend suggestions and inadvertently helping others in need. Joining them on their journey are Miles's supportive sister, Ali, a doctoral psych student by day and bartender by night, and his best friend, Rakesh, a sometime hacker who helps Miles and Cara research for the owner of the account. Miles is set on getting to the bottom of what he believes is an elaborate hoax, but in the meantime he'll play along and, in the process, change his life forever.

I enjoy watching this show. It reminds me that we are all connected in someway, whether we know it or not. A recurring theme on the show is whether so-called coincidences are simply that — coincidences — or perhaps evidence of Providence or some other kind of divine hand at work in the world. There is nothing in us that would make us attractive "fri` qends" to God, no status or benefit of association we can give him. God brings all the gifts and status to us, through the Son, Jesus Christ. All we do is receive him, the ultimate and perfect friend. It's a humbling truth in this time, but it's also beautiful and liberating. I am constantly thankful that God "friended" me years ago, long before Facebook. Kathy Mellott

A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.

Proverbs 18:24



You are the peace of all things calm You are the place to hide from harm You are the light that shines in dark You are the heart's eternal spark You are the door that's open wide You are the guest who waits inside You are the stranger at the door You are the calling of the poor You are my Lord and with me still You are my love, keep me from ill You are my Saviour this very day.

"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." John 16:33



I believe churches are meant for praising God. But so are 2am car rides, showers, coffee shops, the gym, conversations with friends, strangers, etc. Don't let a building confine your faith because we will never change the world by just going to church, we need to be the church.

Submitted by Margie Mock

All of you together are Christ's body, and each of you is a part of it. 1 Corinthians 12:27



Mar 25

There you are sitting in worship or Bible study. Your child, or toddler, is restless. Perhaps they're even a little boisterous. You try to silence them, and nothing. You try to pacify them with food or toys, and nothing. Eventually, you resort to the last thing you wanted to do: you pick them up, and before a watching audience, you make the march out of the auditorium. All the while, you're a little embarrassed. Maybe you're a little frustrated too. You might even think to yourself, "There's no point in coming to church. I get nothing out of it because I have to constantly care for my kid."

I want you — you mothers and/or fathers — to know just how encouraging you are to so many. The little elderly woman who often feels alone beams with a smile at the sight of you wrestling with your little one. She's been there before. She knows how hard it can be, but she smiles because to hear that brings back precious memories. To see young parents and their small

children brighten her day, and she may have just received bad news this week about her health, but seeing the vitality of young ones removes — if but for a moment — her fears.

The older man who always seems to be grouchy notices you too. He's always talking about how children in this day have no respect or sense of good. But, he sees you — a young family — in church, and you don't miss any gathering. Like clockwork, he can depend on the sight of you and your young family. You give him hope that maybe the church isn't doomed after all, because there are still young parents who love God enough to bring their restless children to worship.

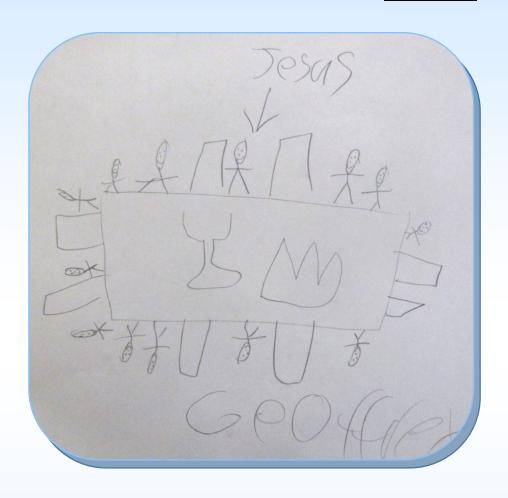


Bring your children to church. If you don't hear crying, the church is dying. As hard as it might be for you as a parent who's half-asleep, keep on doing what you're doing. You are an encouragement, and you're starting off your children's lives as you should.

(Author Unknown)

Children are a heritage from the LORD, offspring a reward from him. Like arrows in the hands of a warrior are children born in one's youth. Blessed is the man whose quiver is full of them. They will not be put to shame when they contend with their opponents in court.

Psalm 127:3-5



Luke 22:19-20 "And he took bread, and when he had given thanks he broke it and gave it to them, saying 'This is my body which is given for you. Do this in remembrance of me' In the same way, after the supper, he took the cup saying 'This cup is the new covenant in my blood, which is poured out for you.'"



By Rev. Dr. Jalene C. Chase

#### When Quitting is Good

Usually, people are told to not quit. Something good will come just hold on. But what about the things that should be let go of, things that are a hindrance? This Lenten season, consider being a quitter.

Know when quitting is good.

- Quit complaining about your life. In the time it took you to complain, someone lost theirs.
- Quit complaining about your family. There is an abandoned person who would love to have one.
- Quit complaining about your health. There is someone
  who is suffering who would love to be at your level of
  health.
- Quit complaining about your children. Someone would love to be able to have one child.
- Quit complaining about your looks. The beauty of a person radiates from within.
- Quit trying to be perfect, no one is.

There are things that can be changed, and some that can't. Know the difference and love who you were created to be. Live for a purpose, on purpose.

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14 (NIV)

#### Submitted by Madio Badeo

I am restless today. I was up before the sun to beat the rush, to plant my foot on the career ladder first.

Jesus says I need to be willing to give up all my possessions to be his disciple. I give to charity. I volunteer, a little. I teach Sunday school.

I'm busy. I NEED a bigger house (or whatever)!

Up the ladder I climb. House. Car. Power. I am restless today.

Those few sentences are an apt description of my journey to becoming a disciple. Sometimes I remember God. Sometimes I don't. It's not for lack of trying! I'm easily distracted. I'm living for the fun of the moment. Forgetful.

Years ago I disengaged from all church activities and put aside being an active Christian for a time. The church, being made up of others who forget God, who become distracted, left me restless rather than satisfied. I thought I could ignore God's call, but I had no idea what God had in mind for me!

Away from church my restlessness grew as did my "problems" in life. God remembered me and prompted a Christian to act as a disciple and invite me to church. Oh, how church had changed!

I quickly began attending Sunday school and became quite involved. I became a Sunday school teacher, first with children, then with adults. Being a teacher, leader, and facilitator for others in their Christian journey is perhaps one of the hardest things I've done. I "sacrificed" many weekend nights to be ready for class Sunday morning; yet, I felt peace. I can only hope and pray that God used me to touch another when they were stumbling in their journey to discipleship.

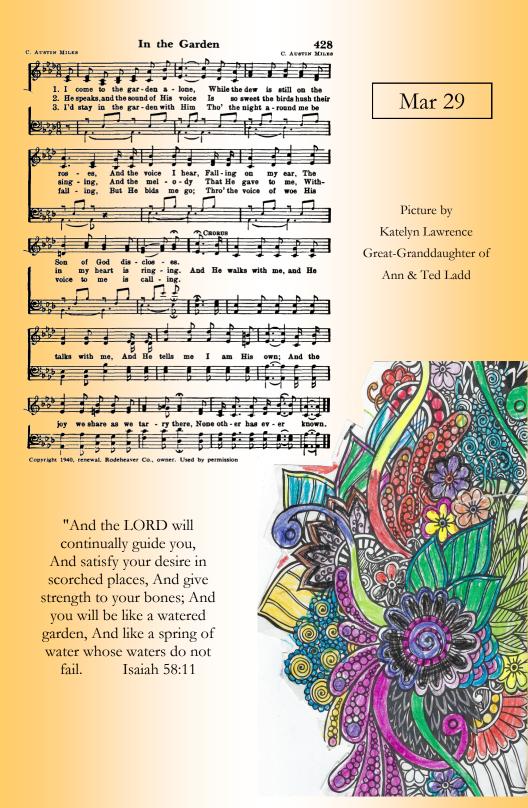
I read today that George MacDonald once said, "God is easy to please, but hard to satisfy." C.S. Lewis said our struggling steps to know God and help others please Him, but He is satisfied with "nothing less than absolute perfection" in the end. I am restless today.

#### About the Author:

John Wack grew up in Manassas and now lives in Bristow with his wife, Revonda, daughter, Susan, and dog, Charity. He began attending church as a teenager and has explored a number of denominations in his journey with Christ.

#### Luke 14:26-27

<sup>26</sup> If any man come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he cannot be my disciple. <sup>27</sup> And whosoever doth not bear his cross, and come after me, cannot be my disciple.



#### Mar 30



Prayer of Richard of Chichester

Born: 1197 in Wyche, England (now Worcestershire) Died: April 3, 1253 in Dover, England Chancellor of the University of Oxford: 1235—1240 Bishop of Chichester: 1244—1253

Canonized: 1262 by Pope Urban IV

Thanks be to thee, my Lord Jesus Christ,
For all the benefits thou hast won for me,
For all the pains and insults thou hast borne for me
O most merciful Redeemer, Friend, and Brother,
May I know thee more clearly,
Love thee more dearly,
And follow thee more nearly:
For ever and ever.

Submitted by Kathryn Griffin

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

2 Corinthians 4:16



#### The World Is Too Much With Us

BY WILLIAM WORDSWORTH



The world is too much with us; late and soon, Getting and spending, we lay waste our powers; Little we see in Nature that is ours; We have given our hearts away, a sordid boon! This Sea that bares her bosom to the moon; The winds that will be howling at all hours, And are up-gathered now like sleeping flowers, For this, for everything, we are out of tune; It moves us not.--Great God! I'd rather be A pagan suckled in a creed outworn; So might I, standing on this pleasant lea, Have glimpses that would make me less forlorn; Have sight of Proteus rising from the sea; Or hear old Triton blow his wreathèd horn.

#### Explanation-

This Poem is about how humanity must get in touch with nature to progress spiritually. The author knows the potential of humanity's "powers", but fears it is clouded by the mentality of "getting and spending." The "sordid boon" we have "given our hearts" is the materialistic progress of mankind. The detriment society has on the environment will proceed unchecked and relentless like the "winds that will be howling at all hours".

The author complains that "the world" is too overwhelming for us to appreciate it, and that people are so concerned about time and money that they use up all their energy. People want to accumulate material goods, so they see nothing in Nature that they can "own" and have sold their souls.

The author does not see nature as a commodity. The verse "Little we see in Nature that is ours", shows that coexisting is the relationship envisioned by God. We should be able to appreciate beautiful events like the moon and the blowing of strong winds, but humans are on a different wavelength from Nature. The "little we see in Nature that is ours" exemplifies the removed sentiment man has for nature, being obsessed with materialism and other worldly objects.

The author has appreciation of nature and is saddened for man's opposition to nature. The relationship between Nature and man appears to be at the mercy of mankind because of the vulnerable way nature is described. The phrase "sleeping flowers" might also describe how nature is being overrun unknowingly and is helpless.

Submitted by Grace Eyiba

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2 As a father shows compassion to his children, so the LORD shows compassion to those who fear him. Psalm 103:13

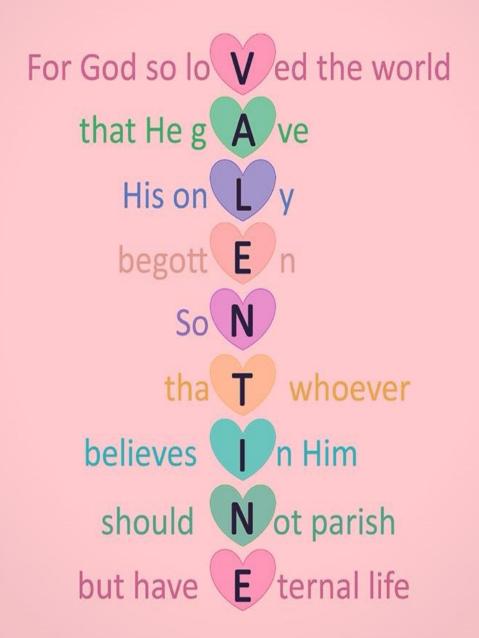
When I was four years old, I suffered a head injury (which might explain a lot). I was looking into the car trunk, standing between my parents, when one of them slammed it shut. The part of the trunk mechanism designed to keep the trunk closed left a nasty gash in my scalp. It really hurt, but I didn't realize that I was bleeding until I stopped crying while we were on the way to the doctor's. Dr. Crimm (who would forever be known in the family as Becky's head doctor) had to shave some of my hair away to sew stitches into my scalp. He complimented me on being very brave.

When we got home, an armful of our favorout in the shady side read. My little playlook at my head, then then run away again. I ing my dad read to me activities, and I barely friends. my dad gathered me and ite books, and settled us yard in a lawn chair to mates would run up and run away, then return, was aware of this, but havwas one of my favorite paid attention to my

Maybe we were outside because it was cooler than the un-air conditioned house, but looking back, I wonder if my dad realized that this was a way of letting the other kids know that I was still me, even with ugly stitches on my head. While they were adjusting to my ugly head, I was oblivious to their reactions. I wish I could ask him now what motivated him to do what he did, but I like to think it was a father's wisdom and love. In any case, when the books were read, I don't remember missing a beat returning to my career as a little kid, relatively un-traumatized.

Dear Lord, thank You for getting us through the messy parts of life, thank You for the lessons life can teach us, and thank You for loving parents, caring doctors and supportive friends, and most of all, for Your love and care when we need You the most. Let us be your eyes and hands on earth to help those who are hurting and in need of Your care. Amen

# God's Valentine



### The OTHER Serenity Prayer

GOD, grant me the serenity to stop beating myself up for not doing things perfectly, the courage to forgive myself because I'm working on doing better, and the wisdom to know that you already love me just the way I am.

- unknown

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

1 Peter 5:6-7

To all of you who are having football withdrawal- google Tim Tebow & John 3:16 please! It is superbly inspiring!

I always smile when I see 3:16 on the clock - PM more than AM I must say. It brings how much God loves us, pursues us, and suffered for us to the forefront of my thoughts! John 3:16,17 is one of the first sets of scriptures we learn. If you have it written on a piece of paper in your wallet, it is worth more than all the money you will ever have in all the wallets you will ever possess! You are truly priceless to God and always will be. "Yes, Jesus loves us, Yes, Jesus loves us, Yes, Jesus loves us, the Bible tells us so!"

# FOR GOD SO LOVED THE WORLD



For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. John 3:16

#### **MY HOME**

Apr 6

I live in a house built on the side of a hill. A hill where the grass grows abundant and green. And gaze any way that I will, I see a beautiful scene.

To the North the sky is a silvery gray. Over the side of that hill so high, I see a flock of birds wending their way. Slowly I turn with a sigh.

I look to the East as the sun comes up and shines thru the trees a century old. I let my eyes rest on the lovely sight as slowly the sky turned to gold.

I turn to the South where the cattle graze in the meadow so emeral green. And I see the swings where the children yesterday played. Oh! It is a pretty scene.

In the late eventide, when my work is done, as I sit under the trees to rest, I see in the West the sky all purple and rose. Oh! I think I like those colors the best.

I live in a house on the side of the hill. A house that is humble and old. And surveying the lovely work that God has done.

Watching my children play, the thought came to my mind, that I would like to be happy as they

They seem to be laughing at nothing as they raise their arms to the sky. I know what they are doing, they were feeling the wind pass by.

They turn and race one another, as they ran to the old Apple tree and peered up into it's branches. Shouting and laughing with glee.

I guess they were after a fairy, all dressed up in reds and blues. Whose wings had raindrops for diamonds and pink rose petals for shoes.

They turn and dashed away madly as a bumblebee droned lazily by. They pretended he was a monster and if he caught them they would die.

They slowly returned when I called them, it was time to put them to bed. Time to slip on their soft clean night robes and for evening prayers to be said.

I sighed when my pleasant task was finished. I rested at the end of the day. I breathed a prayer toward heaven. Please God keep them as happy always.

Ora Dale Musgrove (Grandmother of Alice White) Date unknown

My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you?

John 14:2



# SCIENCE SAYS THAT WE NEED AT LEAST 4 BASIC ELEMENTS TO SURVIVE.

- 1. Water
- 2. Air
- 3. Food
- 4. Light

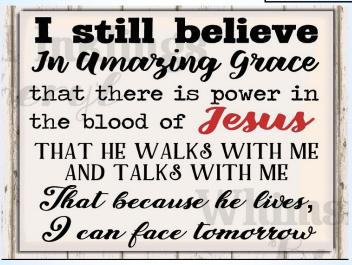
## AND LOOK WHAT THE BIBLE TELLS US ABOUT JESUS.

- 1. I am the Living Water
- 2. I am the Breath of Life
- 3. I am the Bread of Life
- 4. I am the Light of the World

# SCIENCE WAS RIGHT, WE NEED JESUS TO LIVE.

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 8:12



"Amazing Grace"
Submitted by: Tracy Fuller

This was my late father's favorite hymn.

"Amazing Grace" was written by John Newton, and Anglican Priest in England, in 1773. In the song, Newton was reflecting on his past as a slave trader. While on a slave ship, a tumultuous storm inspired him to convert to Christianity and change his "wicked life" as he believed from that God had saved his life. While not very

#### **Amazing Grace**



And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. 1 Peter 5:10



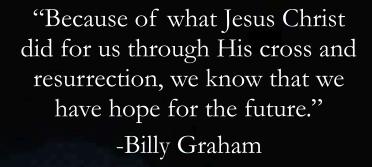
I love this interpretation of a Prayer.

What is a prayer? Prayer doesn't only
happen when we kneel or put our hands
together and focus and expect things from
God. Thinking positive and wishing good for
others is a prayer. When you hug a friend.
That's a prayer. When you cook something to
nourish family and friends. That's a prayer.

When we send off our near and dear ones and say, 'drive safely' or 'be safe'. That's a prayer. When you are helping someone in need by giving your time and energy. You are praying. When you forgive someone, that is prayer. Prayer is a vibration. A feeling. A thought. Prayer is the voice of love, friendship, genuine relationships. Prayer is an expression of your silent being. Keep praying always...

l TheMindsJournal

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 1 John 5:14



Submitted by Scarlett Robertson

"GREATER LOVE HAS NO ONE THAN THIS: TO LAY DOWN ONE'S LIFE FOR ONE'S FRIENDS." John 15:13 (NIV) I find in my times of turmoil and anxiety that the below passages are helpful. I have flaws, many of them, but I include God in my life as much as possible. He does help me get through the day. I feel needy, but I feel very good when I can help others too. Please see below.

#### 2 Corinthians 1:3-4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

See below- I love lighthouses, they are so uplifting to me.

Gail Belshay



In 1954 my grandfather, Hiram Musgrove, died from cancer. My grandmother, Ora Dale, filled her loss by writing a poem about each of her 13 grandchildren.

Here is the one she wrote about me. - Alice White

#### ALICE DALE

Lovely Irish eyes of blue with mischief peeping through, And those sweet red smiling lips, down the walk she gayly trips.

With her sweet little girlish ways, laughing, singing all the days.

Looking shyly through her lashes, she appears to flirt with those she passes.

But she's just a child at heart; with her dolls she will not part.

She cherishes each old toy and book and gives them all a loving look.

Dear little, precious little girl with your heart of priceless gold,

You will make this old world bright as you scatter rays of light.

By

Ora Dale Watkins Musgrove 1956

He called a little child to him, and placed the child among them. And he said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Matthew 18:2-3





Glendy Aguilera

Then they led the donkey to Jesus. They put some of their clothes on its back and helped Jesus get on. And as he rode along, the people spread clothes on the road[c] in front of him. When Jesus was starting down the Mount of Olives, his large crowd of disciples were happy and praised God because of all the miracles they had seen. They shouted,

"Blessed is the king who comes in the name of the Lord! Peace in heaven and glory to God."

Luke 19:35-38





"The Old Rugged Cross"

Submitted by: Tracy Fuller
This hymn was a favorite of my late
grandmother Frances Croson.

The "Old Rugged Cross" was written by George Bennard (1873-1958) who was born in Youngstown, Ohio. Rev. Bennard was ordained in the Methodist Episcopal Church after serving in the Salvation Army of Iowa for several years. As a Methodist evangelist, Bennard wrote the first verse of "The Old Rugged Cross" as a retort to the ridicule he received at a revivial meeting in Michigan. He did not finish the song until January 1913 where at the time he was holding evangelical meetings in Sturgeon Bay, Wisconsin. A plaque commemorating the first performance of the song stands in front of the Friend's Church in Sturgeon Bay, WI. The juxtaposition of the cross from the first stanza as being "the emblem of suffering and shame" to the second stanza as "a wondrous attraction" and in the third as "a wondrous beauty" illustrates how the cross symbolizes Christ's ultimate sacrifice to give us sinners eternal life.

"Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart." Hebrews 12:2-3



Mark 14:32, 35 "And they went to a place which was called Gethsemane; and he said to his disciples, 'Sit here, while I pray.' And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him."



My favorite rendition is by Johnny Cash and the Carter Family. The rich contrast between Cash's deep voice and the high pitch harmony of the Carter Family makes the already thought-provoking lyrics even more moving.

"Were you There" is an African-American spiritual—author and date known only to God. The spiritual was popular among the first African-American slaves and was first printed in 1899. The questions in the hymn are rhetorical and are meant to serve as a remembrance of the crucifixion of Jesus Christ rather than to be taken literally. The origins of the song also serve to remind us of the African-American slave experience as well as oppression in general.

WERE you there when they crucified my Lord? Were you there when they crucified my Lord? O—sometimes it causes me to tremble, tremble, tremble; Were you there when they crucified my Lord?

- 2 Were you there when they nailed him to the tree? Were you there when they nailed him to the tree?
- 3 Were you there when they pierced him in the side? Were you there when they pierced him in the side?
- 4 Were you there when the sun refused to shine? Were you there when the sun refused to shine?
- 5 Were you there when they laid him in the tomb? Were you there when they laid him in the tomb?
- 6 Were you there when he rose from out the tomb? Were you there when he rose from out the tomb?

Many women were there, watching from a distance. They had followed Jesus from Galilee to care for his needs. Among them were Mary Magdalene, Mary the mother of James and Joseph, and the mother of Zebedee's sons.

Matthew 27:55-56

### Gold, Frankincense and Myrrh



#### By Agatha Christie

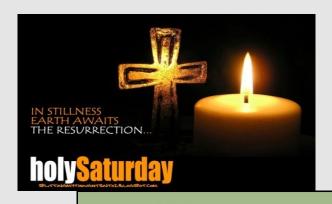
Gold, frankincense and myrrh... As Mary stands Beside the Cross, those are the words that beat Upon her brain, and make her clench her hands, On Calvary, in noonday's burning heat. Gold, frankincense and myrrh. The Magi kneel By simple shepherds all agog with joy, And Angels praising God who doth reveal, His love for men in Christ, the new born Boy.

Where now the incense? Where the kingly gold? For Jesus only bitter myrrh and woe. No kingly figure hangs here—just a son In pain and dying.... How shall Mary know That with his sigh "Tis finished," all is told; Then—in that moment—Christ's reign has begun?

#### Submitted by Kathryn Griffin

When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

John 19:30



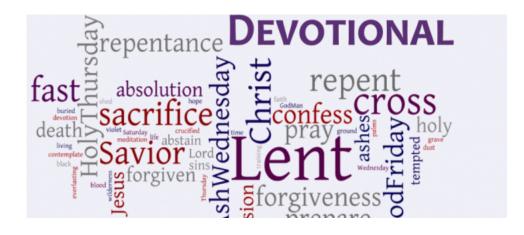
Lord, may we be faithful in this in between as You have been faithful to us in every season. Thank You for coming for us, choosing to walk with us, and promising to return again. In the dead of night, You slipped into the world You made. You stepped into the darkness and promised to be the Light. In every in between, as we live with questions and trust that You're the answer, please help us to keep our eyes on You, giving You glory in every season.

THEY-LAID-HIM IN-A-SEPULCHRE

### Apr 21, 2019 Easter







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