

**Blessed is the nation  
whose God is the Lord;  
and the people whom  
he hath chosen for his  
own inheritance.**

**Psalm 33:12**

Our country was founded on its belief in God. In the summer of 1776, delegates from thirteen colonies met to consider the future of the new country. Suggestion after suggestion was offered and rejected. Finally the discouraged delegates turned to Benjamin Franklin for his opinion. Hesitating a moment, he slowly rose and delivered a brief but powerful message based on Psalm 127:1. "Except the Lord keep the city, the watchman waketh but in vain." He suggested a time of prayer. A spirit of unity resulted and the Declaration of Independence was written. As the Liberty Bell rang for the first time in Independence Hall, it proclaimed the birth of the United States of America on July 4, 1776.

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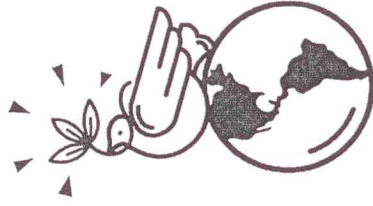
Eighty-seven years later, during a time of great crisis, President Lincoln, in his famous Gettysburg Address, challenged the people of America to resolve "that this nation, under God, shall have a new birth of freedom--and that government of the people, by the people, for the people, shall not perish from the earth." There are forces at work today which are trying to take away this freedom. These enemies are strong. Unless America acknowledges her dependence on God, we could lose this freedom so dear to us.

Prayer has changed the course of history in the past. It is still as powerful today. "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land" (II Chronicles 7:14).

The late President Kennedy, in his inaugural address, said, "Do not ask what your country can do for you, but ask what you can do for your country." Pray that our United States of America may continue as a nation "under God."

Millie Stamm, Meditation Moments

**Blessed  
is  
the  
Nation**



**Whose  
God is the  
Lord**



**Official Name:**  
**United States of America**  
**Capital: Washington, D.C.**  
**Anthem:**  
**"The Star-Spangled Banner"**

### The Flag

The design of the American flag can be traced to a resolution passed by the Continental Congress on June 14, 1777. It stated that the flag should represent the 13 original states with 13 alternating red and white stripes and 13 stars on a blue field. Symbolic meanings of the colors are: "White signifies Purity and Innocence; Red, Hardiness and Valor; and Blue, Vigilance, Perseverance, and Justice." In 1818 the U.S. Congress established the policy of adding an additional star for every new state. In 1960 the 50th star was added for Hawaii, the 50th state.

### Independence Day

In the U.S. Independence Day is an annual holiday commemorating the formal adoption by the Continental Congress of the declaration of Independence on July 4, 1776, in Philadelphia. The holiday was first observed in Philadelphia on July 8, 1776. It was not declared a legal holiday, however, until 1941.

### The Star-Spangled Banner

Oh say, can you see by the dawn's early light,  
 What so proudly we hail'd at the twilight's last gleaming,  
 Whose broad stripes and bright stars,  
 through the perilous fight,  
 O'er the ramparts we watch'd, were so gallantly streaming,  
 And the rocket's red glare, the bombs bursting in air,  
 Gave proof through the night that our flag was still there,  
 Oh say, does that star-spangled banner yet wave  
 O'er the land of the free and the home of the brave?

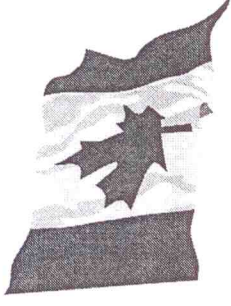
Composer: Francis Scott Key

### O Canada

O Canada! Our home and native land!  
 True patriot love in all thy sons command,  
 With glowing hearts we see thee rise,  
 The True North strong and free.  
 Both far and wide O Canada!  
 We stand on guard for thee,  
 God keep our land glorious and free!  
 O Canada we stand on guard for thee,  
 O Canada we stand on guard for thee.

O Canada! Where pines and maples grow,  
 Great prairies spread and lordly rivers flow,  
 How dear to us thy broad domain,  
 From East to Western sea  
 Thou land of hope for all who toil!  
 Thou True North strong and free!

Composer: Calixa Lavallée



**Official Name:**  
**Canada**  
**Capital: Ottawa**  
**Anthem:**  
**"O Canada"**

### The Flag

The maple leaf is a national symbol of Canada. The red commemorates the blood shed by Canadians during World War I (1914-1918), and the white represents snow. The flag first flew in 1965.

### Canada Day

Canada Day is a Canadian national holiday, celebrated on July 1. It marks the anniversary of the unification of upper and lower Canada (what are now Ontario and Quebec), New Brunswick, and Nova Scotia as the Dominion of Canada. This union was effected by passage on July 1, 1867, of the British North America Act. Formerly known as Dominion Day, the name was changed to Canada Day in 1982 when the constitution was revised. The day is marked through Canada by parades, fireworks, and the display of flags.