

Volume 1 Number 4

Heart Health10

Editorially Speaking

A popular secular song around the Christmas season is *Where Are You Christmas?**, sung, among others, by the popular cross-over artist, Faith Hill. It's a sorrowful reflection on how many feel at this season of the year. In reality, however, it could be a sense of emptiness that could be present at any time.

Where are you Christmas?

Why can't I find you?

Why have you gone away?

Where is the laughter you used to bring me?

Why can't I hear you?

Trying to capture what is missing at Christmas by filling the days with the obligatory holiday activities doesn't do it. What was *wanted* of Christmas in youth no longer suffices for what is *needed*, and the heart longs for, as people come of age. That missing *something* can still be missing.

My world is changing,

I'm rearranging,

Does that mean Christmas changes too?

Where are you Christmas?

Why can't I find you?

Why have you gone away?

I'm not the same one.

See what the time's done?

(*Copyright: Warner Brothers; Writers:

James Horner and Will Jennings, 2000)

At this season of the year many sense a simple truth — there has got to be more to Christmas than Black Friday bargains, kids' toys, parties and even families getting together. Christmas never changes, that is, the real sense of what Christmas is — making room for Christ. That

something many are missing is not *something* at all. It is actually *Someone*.

Christmas is not only a season of giving, it's also a time to receive. Receiving the One that was miraculously born of a virgin, but then went to a cross to purchase for us the greatest gift ever given, a gift we could never purchase by ourselves — the gift of personal redemption. *Where Are You Christmas?* Right where Christmas has been for over 2000 years — in the hearts of those who have received the *Someone*, in the person of Jesus, Who isn't missing at all.

We at *Faith and Family News* hope for you and your family spiritual blessings in the new year and an understanding of the true sense of Christmas. We hope the One who was born in a manger and went to the cross will be realized in your hearts individually and your home corporately. *"For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace"* (Isa. 9:6).

Morris Starkey

Editor, *Faith And Family News*

Morris Starkey is retired from Indiana University Kokomo and lives with his



wife, Donna, in Miami County. They have two children and five grandchildren.

In The Garden With Marlin

"The Winter Garden"

by Marlin Carpenter

Winter has always been a special time of year for me. The onset of winter means Christmas is on its way, and Christmas is my favorite time of year! However, winter also contains the inevitable—COLD! The winter season represents death. The four seasons accurately portray the cycle of life. Spring—birth and new life, Summer—the prime of life and maturing, Fall—the decline of life, and Winter—the end of life.

The plants in our gardens that we have tended and so diligently cared for now acquiesce to the bitter demand of life's final season. I suppose it can be somewhat depressing to the avid gardener who has poured

so much of their soul into cultivating the life that now slips into slumber. However, it can also be a rewarding time as we reflect on the season past and contemplate our successes. Of course, the stark opposite can also be true. Even our failures, though, can be molded into benefit as we learn from our mistakes and commit to future improvement.

Though winter sends plants into dormancy, it does not mean that we have no responsibilities in the garden throughout the winter months. December is the time to cover roses with mulch to ensure they do not die back past the graft. It is best to

The Winter Garden *cont. on page 11*

THE BOOK SHELF

by Jeanine Garrison



"The cornerstone of personal responsibility is the character trait of Work. To teach your children to work, to produce, to accept responsibility for results, to bear the burden of completing a task that meets expectations is the foundation for the maturity into adults."

-Chuck Bentley, CEO of Crown Financial Ministries-

One of the best pieces of advice I could give young parents is teach your children to work. Although Kay Wills Wyma's book, *Cleaning House*, may never reach the best-seller list, it certainly is one I wish I had read when my children were young. (I even found myself wishing that my own parents had read and followed its ideas.) As she tackles the work ethic problem, Wyma attacks the entitlement mentality that we see so prevalent in society and our families today, making this a book with potential for changing lives in immeasurable and unforeseeable ways.

Wyma introduces her book with a recounting of what she calls "The Epiphany". While she was driving her children to school one day, her fourteen-year-old son informed her that when he was sixteen, he was going to get a Porsche. His mother's reaction was, "What planet are you on? And how do you think you will pay for one of those cars?" (p 1). She later confided to her sister-in-law, "I think I'm raising little

"... youth entitlement seemed to have reached epidemic proportions ... in society as a whole."

socialists, the serve-me kind that are numb to the benefits of ingenuity and hard work, the kind that don't just need to be taken care of—they expect it" (p 2).

Wyma came to realize that youth entitlement seemed to have reached epidemic proportions in her own home and in society as a whole. She writes:

With the greatest of intentions and in the name of love, we have developed a tendency to hover, race in to save, protect from failure, arrange for success, manipulate, overprotect, and enable our kids. Freeing their schedules for sports, school, and increasingly important time with friends, we strive to make our children's lives easier or to make success a sure thing by doing it all for them. We shower them with accolades, proclaiming how wonderful they are—yet we rarely give them the opportunity to confirm the substance of that praise. All our efforts send the clear, though unspoken and unintended, message "I'll do it for you because you can't" or "No sense in your

trying because I can do it better and faster" (p 4).

Wyma decided that she was going to show her children that she believed in them and their capabilities by putting them to work. Enter the Experiment, a twelve-month endeavor to teach her five children a new skill each month that she knew they would need before they left home—like how to cook and do laundry.

In *Cleaning House*, published by Waterbrook Press, Wyma describes how she taught, motivated, and rewarded her children to do jobs that would help them learn how to do life. With a liberal dose of humor on every page (she gave all her children false names to protect their social lives), Wyma keeps the reader eager to read about each month's family work as-

signment. Besides describing the how-to of the Experiment along with all of its problems and successes, Wyma discusses what the entitlement attitude has done to our children and our world. She

writes, "One of the biggest obstacles facing my kids—all of our kids, really—is parent-induced overindulgence. In this task, overindulgence resulted not from coddling but from avoiding. While we avoided teaching opportunities, the kids received a big fat load of free time, reinforced expectations of being served, and confirmation that they belong on the sidelines of life" (p 168). She also confessed that she learned some things about herself—that her tendency to control her kids was displeasing to God. She realized that God, who can do every task right and efficiently, does not step in to do everything for her.

The subject of entitlement and the cure for the ailment is also an underlying theme of the fictional book *The Paper Bag Christmas* by Kevin Alan Milne, published by Center Street. It is a delightful, heart-warming story of Molar Alan and his older brother Aaron, who fill out their Christmas wish lists front and back but are told by the mall Santa that they won't be getting anything they asked for. In-

The Book Shelf *cont. on page 3*

Old Timer's Corner Music In Our Home

by Jim Wright

When we took trips in our family car, we didn't have seat belts or baby seats, but we sang a lot. We lived in La-Crosse, Wisconsin and our folks lived in Enid, Oklahoma and Zzyzx Mineral Springs in California, so the trips were long. The ABC spotting game got old, and we soon drove out of range of any radio station we had tuned in. But the only thing that stopped our singing was wearing out our voices and going hoarse! Our favorites were the Air Force, Navy and Army songs, Swing Low, Sweet Chariot and The Old Rugged Cross. We developed some good sounding harmony, considering our less than perfect mobile stage. We just had a good old time, belting out any song that came to our minds, and anyone was eligible to start out the next song. Those were times of family togetherness that are sweet to each of our memories.

We sang at home too. Peter was almost seven and was developing a decent singing voice like the other kids. So since I had three boys, I decided to see what we sounded like as a quartet. I had a barbershop quartet book, and one day I called the boys together and opened the book to 'My Bonnie Lies Over the Ocean'. I assigned fourteen year old Jimmy to sing lead, Peter to sing tenor, and Johnny, twelve, to baritone. I took the bass. We began. The first four measures sounded OK, but when we got to the second "My Bonnie..." it totally fell apart. We tried it again and the same sordid sounds continued from there on. We stopped, and I could tell that the kids were getting discouraged when they all started saying, "This isn't working; let's quit." In a cross between desperation and inspiration, I said, "Now wait a minute; let's try it again, and this time we'll stop when we get to that second 'Bonnie', and we'll hold that chord until everyone finds their right note. OK?"

So we did. We got to the note and held while we poked around on the piano until we were holding the most glorious sounding five chord. While we were still holding it, I could see the boys looking at each other with surprised delight on their faces, and when we ran out of breath, everyone was saying, "Hey, let's do that again!"

This time we got our notes immediately upon arriving at the spot, and held it again with triumphant beaming on each face, including mine. The chord just rang! The immediate simultaneous suggestion erupted that we should do it again and this time go on instead of holding it. Each kid, including me, by now realized that we would have to actually read the notes, because they were not going to be what we expected.

Needless to say, we not only made it through the song; we effectively whetted our appetites for more barbershop harmony in our lives, and not only barbershop. We developed some pretty good sounds singing gospel songs and hymns. And my guitar came in handy for our family sings when Lolly and daughter Marilou would join in.

About that time, we bought a Sho-Bud electric pedal steel guitar for Johnny to play. And we got an electric bass guitar for Jimmy to play. Our family sings began sounding so good that we sang and played some specials at church. And our repertoire increased to the point that we were invited several times to other churches to supply special music for their evangelistic meetings.

Later, Peter passed us all up with his expertise on the piano and now plays concerts in churches all around the United States. People sometimes come up to Peter after a concert and say, "It must be wonderful, having so much talent that you can play so beautifully with no effort at all!" Well, he makes it look easy, but it didn't come that easily. It took much toil and practice. I remember going to his piano teacher when he was nine or ten, and saying, "I'm not satisfied with Peter's progress." I could see her begin to bristle a little. "I think you're doing a good job, but I don't think we're pushing him hard enough. I really think he has some talent, and that instead of two new songs each week, you should be giving him four. And at home, I'll make sure he plays each song through seven times every day." She was delighted and agreed that he had talent and that the plan was a good one.

So he played each song through seven times, and by the third time, he had it memorized. From there on he

Old Timer's Corner cont. on page 10



Family History for the Holidays

by Jill Garrison

If you are interested in doing family research but haven't started, the holiday season is a great time to begin. I know you're thinking that you couldn't possibly add another thing to your plate at this insanely busy time of year. But think about it, this is the time of year when you see your relatives. Some of them you may not see again till next Christmas. With a little preparation, this year's family gatherings can be a fruitful beginning to your family research.

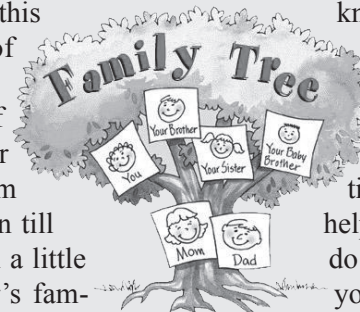
First, take some time to sit down and define your goals. What do you want to know or accomplish via your research? Perhaps you want to find out more about a grandparent or great-grandparent you never knew, join the Daughters of the American Revolution, or visit your ancestral hometown in Ireland. Defining your goals gives your research direction, determines which records to consult, and hopefully, keeps you from chasing rabbit trails. Do not be surprised if your list of goals changes or gets longer the further you get into your research. Two of my initial objectives were to determine the accuracy of my grandmother's stories and to identify the people in my great-grandmother's photo album, but as I

got into my research, I added tracing my great-grandmother's line back as far as possible.

After you have determined your goals, write down what you already know, starting with yourself and moving back in time. I recommend using a pedigree chart to record this information. A pedigree chart will help you organize what you do know and identify what you don't know. Pedigree charts can be found online

by searching for "pedigree chart" or "ancestor chart." There are a variety of charts available. Personally, I like a six generation chart that I found on misbach.org. I can download the file for free, enter the data, and save the changes. No printing, handwriting, or scanning are required. If computers are not your thing, you can obtain a pedigree chart from your local library or the nearest family research facility. The guidelines for filling out pedigree charts are as follows: (1) the man always appears on the top of the bracket; (2) women are listed with their maiden names; and (3) each person is assigned an ID number. If your chart is not numbered already, you will need to assign the numbers. The first person on the chart is number "1." A man's number is always

Family History cont. on page 9



The Book Shelf cont. from page 2

stead they will be getting something better—everything they never wanted for Christmas. This isn't your ordinary kind of Santa; he's Dr. Chris K. Ringle, a pediatric oncologist in a wheelchair, who enlists Molar (Mo for short) and Aaron to serve as his elves at the children's ward for the holidays.

While helping out as elves as Dr. Ringle visits the ill children, the brothers are given specific assignments. Aaron's job is to befriend Madhu, a fast-talking boy from India who needs a liver transplant. Although not a Christian, Madhu is determined to play the part of the fourth wise man in the hospital pageant.

Mo's task is considerably harder. He is to visit and befriend Katrina, a lonely little girl with cancer who wears a paper bag over her head and refuses to let anyone see her face. Mo finally wins favor with Katrina by participating in a dangerous gurney race and

convinces her to participate in the Christmas pageant.

When Madhu and Katrina depart from the intended script, the pageant exemplifies the true essence of Christmas. By the end of the story, everyone gets what was on his Christmas list—even Mo and Aaron.

Though not a Christian book per se, this Christmas story has become one of my favorites. Often found in the juvenile section of the library, it is an inspiring story to share with upper elementary children to encourage them to consider the true spirit of Christmas and that giving of oneself is better than giving (or getting) material things.

The only gift is a portion of thyself.
-Ralph Waldo Emerson-

Jeanine Garrison lives in Clinton County with her books and her husband Tim. The couple has three grown children.



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Cheerful or Fearful? *cont. from page 1*

dampen your spirits. Learn to say no, delegate, plan ahead, employ a to-do-list, and remember to simply, simplify.

Don't let yourself feel isolated.

If you feel lonely and left out, then get out and find ways to join in. Talk to someone who is a good listener. Find someone you can help — changing your focus is a good way to avoid the blues. There is always someone worse off than you and helping them will help you.

Don't overspend. Budget your holiday spending. Stay within your means. Christmas is not about presents is about presence, family and friends.

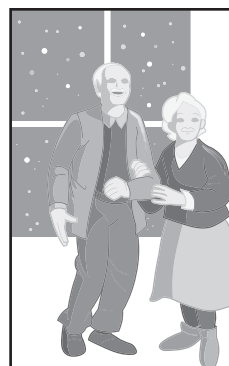
Watch your physical and mental well-being. Watch your diet, avoid a lot of sugary holiday treats, exercise if you can, and keep rooms well lit (remember the lack of sunlight problem), and get plenty of rest and fresh air.

Learn forgiveness and acceptance. A lot of the stress and holiday blues comes from people — family, work associates, friends, etc. The best way to deal with hurts and disappointments caused by others is to learn to forgive. You don't need to forgive them for their sake but for yours. A lack of forgiveness leads to bitterness and resentment. You sometimes have to be around people who have in some way wronged you. Release the debt, forgive them; you will feel better and the holiday events will be less stressful. We all mess up; we all need forgiveness.

Keep the main thing the main thing. Here is the most important stress and anxiety buster in relation to the holiday season. We must ask ourselves this question, "What is it all really about?" Christmas is not really about presents and tinsel; it is about the Lord Jesus Christ. Christmas is the time of year that we celebrate the giving of the greatest gift that the world has ever received. We celebrate the birth of Jesus Christ. Jesus Christ was not just another person born; He had a unique birth (He was virgin born) and a unique purpose. He came to rescue humanity from its sin and the consequences of it. The Bible teaches us that sin, which is our ignoring the will of God, leads to death — physical death first, then eternal death. Romans 5:12 says, *"Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned."*

Christ came to save us from our sin and the consequences of it. This is what we must focus on and celebrate this time of year. If we can do this we will not have the stress and depression that sometimes goes with the holiday season.

Mike Ennis serves as Pastor of Victory Baptist Church. A native of Kokomo, he has pastored for 30 years. He and his wife, Joan, have 4 married daughters and 8 grandchildren.



Aging Gracefully An Old Man's Story

by Morris Starkey

A cold wind blew off Lake Michigan and I would have rather settled down with a cup of hot chocolate, watched a little TV and went to bed early. The previous

Sunday, however, had brought some visitors to our little church meeting along Blue Star Highway on the shore of Lake Michigan. One couple had requested a return visit this evening, to talk about church membership, so I needed to go. We had been remodeling our building and I was cold and tired, but I changed into clean clothes, put on a tie, kissed the kids and wife and set out to a small village about fifteen miles away.

Snow blew beneath the wheels of the car as I drove the narrow, rolling country road, and I shivered at the thought of having to get back out into the cold. I reached the turn-off and drove the mile or so to the little village, dimly lit by the lights of two or

three businesses able to survive in this hard-scrabble community of less than forty souls. I found the address, made the visit, discussed the church, had prayer with them and ventured back out into the night to my car. It was earlier than I had anticipated getting away, but I knew the wife would be putting the kids to bed, hearing their prayers and snuggling down in a warm housecoat and enjoying the quietness of our townhouse apartment and one of her Christian novels. I reasoned I had enough time to get a cup of coffee at a little hole-in-the-wall convenience store — the only remaining business open that late on the narrow county road that served as the main street of the village.

The old man told me he was "ninety-one years young." I smiled as if it was the first time I had heard that phrase. My smile warmed him to me. I poured myself a styrofoam cup of really black coffee, flinched at the absence of sweetener, picked up a packet of cheese and peanut butter crackers, gave him a dollar, and took up a seat next to an old, rumbling heating stove I

Aging Gracefully cont. on page 8

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Pastor Mike Ennis

Sunday

Sunday School..... 9:00 a.m.

Worship Service..... 10:00 a.m.

Evening Service..... 6:00 p.m.

(No evening service every 4th Sunday of the month.)

Wednesday

Adult Bible Study..... 7:00 p.m.

Truth Trackers..... 7:00 p.m.

(Ages 3 - 6th grade)

Teens..... 7:00 p.m.

(7th grade - high school)

Listen to messages online at:
victorybaptistchurchkokomo.com



Been Thinkin' 'Bout . . .

By Margaret Tice

Ruth and Redemption — One Family's Role



Threaded through the rags-to-riches narrative which is the book of Ruth is the grand theme of redemption. To redeem is to buy back. Something or someone is being held. A redeemer buys that person or thing out of its bondage. Ruth was bound in a cursed country. She was born wrong. Her whole nation, Moab, was born wrong—from the incest of Lot and his daughter after God's destruction of Sodom. Moab was ever the enemy of Israel. But more than one Israelite would figure in her redemption.

This is what happened: A family of Israelites seeking food moved into Moab, fleeing a famine in Bethlehem. Elimelech and Naomi were the parents. Mahlon and Chilion were their sons. As the sons grew into manhood, Mahlon, the older young man, became the first redeemer for Ruth. He married her, thus "buying her back" out of the cursed nation of her origin and conferring on her the blessing of belonging to a family which, though presently out of the place of blessing, believed in and worshiped the true and living God.

What a wonderful redemption. It took her, as an individual, out of a cursed nation and put her in a blessed nation through whom, God told Abraham, all nations of the earth would ultimately be blessed. Mahlon may not have looked like such a good catch for friendly, beautiful Ruth. He had always been the sickly son of Elimelech and Naomi, and his brother, Chilion, who married Orpah, another Moabite, was not much better. Chilion was known for his pining, a wistful outlook on life, not ever quite satisfied. But they were of that nation most favored of God — Israel. Whether these Moabite young women knew it or not, they had been redeemed by marriage not just out of singleness but also out of a nation cursed by God for its awful origin.

That is a picture of God's saving grace to individuals who will turn to Christ out of this world of mankind cursed by the sin of our first father,

Adam. God concluded us all under sin that He might save those who would believe. Praise His Name! Although superintended by God, Ruth's and Orpah's redemption had rested on their own personal choice of husbands. The next scene reveals another stage of redemption involving another choice. One woman goes on with God in her redemption. The other is never heard of again in Scripture. Mahlon and Chilion both die in Moab as did their father before them. It had been a decade of trauma for Naomi: loss of husband, loss of sons to heathen girls, loss of sons by death, and underlying it all, the loss of her homeland, Israel, specifically her hometown, Bethlehem.

Hearing there is bread in Bethlehem, Naomi announces to her daughters-in-law that she will return to her home again. They say they will go too. She tries to dissuade them, pointing

Now she is really redeemed—
spiritually redeemed—bought
back from the universal
bondage of sin:

out that she has no more sons for them to marry to follow the custom of raising up seed for the kin who has died. Orpah, skittish like a fawn or baby deer,

according to her name, weeps and embraces her mother-in-law, but returns to her Moabite moorings. Ruth, however, declares her desire to go with Naomi to Bethlehem, embracing not only her family and her nation but also her God, the only Saviour, under whose wings she has come to trust. This is momentous. Now she is really redeemed—spiritually redeemed—bought back from the universal bondage of sin: See Romans 5:12 and 19 which describe the plight of us all, saying, in verse 12, "Wherefore, as by one man sin entered into the world and death by sin; and so death passed upon all men, for that all have sinned." And in verse 19, our hope of redemption, "For as by one man's disobedience many were made sinners, so by the obedience of One shall many be made righteous." That gains her not only a walk under God's special care on this earth but a home in Heaven with Him as well.

Next Naomi illustrates redemption when she takes Ruth with her out of the accursed land, Moab, to the blessed land, Israel. She takes her there physically. Ruth is now in that land at the center of the earth—that

Ruth cont. on page 10

Cookin' Corner

by Donna Starkey

December is the time of year that I start thinking about homemade Christmas candy. My mother and grandmother always made homemade candy, divinity, fudge and marshmallow candy. Around the holidays the candy was always on the table at Grandma's and the only restriction was that we had to eat the fruit — oranges, apples and bananas — that was also on the table. Wonderful memories. Below are two of my candy recipes.

Church Windows

- 12 ounces chocolate chips
- 1 stick oleo/margarine
- 10 ½ ounces colored miniature marshmallows
- 1 cup chopped nuts

Melt chips in oleo. Cool. Add marshmallows and nuts. Form 2 long rolls. Roll in 7 ounces shredded coconut or chopped nuts. Wrap in waxed paper. Chill at least 24 hours. Slice. Keep refrigerated.

This was a favorite of my kids when they were little.

Divinity

- 4 cups sugar
- 1 cup light corn syrup
- ¾ cup water

Place in a saucepan over a low heat and stir until the sugar is dissolved. Then cook without stirring to 255 degrees. Remove from heat and stir constantly pouring in a thin stream into the following:

- 3 egg whites - stiffly beaten. Continue beating until mixture holds its shape and loses its gloss, then add
- 1 teaspoon vanilla
- 1 cup broken nuts

Spread in a buttered pan and cut when firm.

For flavored divinity add ½ of a 3 ounce package cherry gelatin to the beaten egg whites.

My grandmother always made this and it was one of my favorites.

I hope that you will enjoy one or both of these candy recipes and that you will have a wonderful, blessed Christmas. MERRY CHRISTMAS!

Donna Starkey is married to the Editor and lives in Miami county. She enjoys cooking, reading and spoiling her five grandchildren.



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The Government “Federalism”

By Matt Turner

One of the best ways to learn is by trial and error. Unfortunately, it is not always the most pleasant. It seems the bigger the issues and the more people they effect, the more painful it can be to learn the lessons of life. Did you know that our Founding Fathers learned about government by trial and error in the formative years of our country? Fortunately, they learned from those trials and errors and put our nation on the path of greatness. Our nation faces a political crisis because too many have forgotten the lessons learned by our founders.

The two extremes of government are the unitary model and the confederate model.

Under the unitary model all the powers of government are focused in one person, or a small group. Today, the unitary model would correspond to the collectivist models of socialism and communism with a central government controlling the means of production and perhaps even all private property. This always leads to a loss of personal freedom at best and perhaps outright oppression and tyranny.

The confederate system has a very weak or no central government with strong, local control. The confederate form would reflect the extreme libertarian viewpoint of government which calls for complete individual liberty. This usually leads to chaos followed by a dictator. These two extremes have

created a vicious cycle of oppression throughout world history.

Under the British King and Parliament, colonists were powerless to affect the government's decisions regarding their rights as English citizens. They were feeling the oppressive hand of a unitary government. Then after the American Revolution, Americans experienced a very weak central government under the *Articles of Confederation*.

This too proved to be an ineffective way to administer good government. In less than twenty years, they experienced the two extremes of government.

The colonists' experience with England made them fearful of an all-powerful, central government. It is easy to see how such a government could lead to the loss of individual freedom. Furthermore, their experience under the *Articles of Confederation* helped them realize there are some things the central government must do. Their goal was to find that illusive balance between the two extremes.

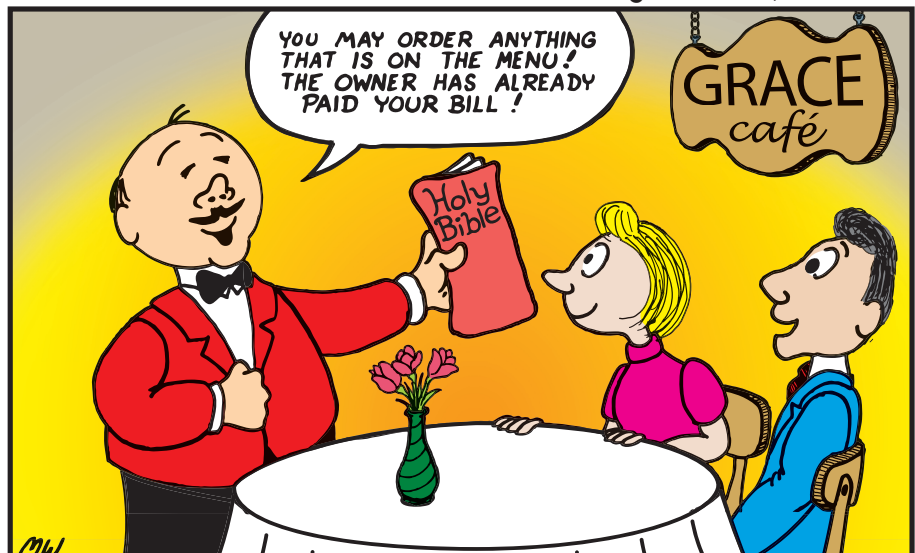
After much deliberation in Philadelphia, some of our nation's top political minds gathered together “to form a more perfect union.” Our Founding Fathers constructed the *Constitution* based on the third model of government, the federal model. By the way,

Federalism cont. on page 9



GRACE CAFE

A Joyful 'toon by Mike Waters



For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God.

— 2 CORINTHIANS 1:20 NIV

Mother's Corner Connecting With Our Children

By Ashlee Shoaff

Go. Stop. Rush. Wait. Run here, go there. It is the nature in which we find these present days. Whether it is of complete satisfaction that we get swept up in the frantic pace or not, it does not lessen our drive to continue — at least most days. It would be improper to impose a structure of exactly how your day with your family should look. However, God does inform us what to do while we go about our lives.

As we go, God clearly states in Duet. 6:6-7 that we should teach our children and talk to them about the views of God on the backdrop of life. He says to impress His ways while you are comfortable in your own home and on the way to wherever your next destination may be, whether that be going to the store or being a spectator at an event. The Amplified Bible vividly illustrates the need

to have God's words on our hearts and minds. By using it to *whet* (to excite) and *sharpen*, the Word says to know it, live it, and love it so that we are able to *penetrate* the hearts and minds of our children while we are going to and fro.

Most parents want the best for their children. They want to stretch them academically, hone their natural abilities, and sharpen their life skills. In doing so, the activities, friend/community functions, and weekly running of errands can add up to an impressive load of comings and goings for families. In our rush to improve, sharpen, and whet in the physical realm, we can dull our attention to the spiritual matters of ourselves and our children. Some of the common signs of overscheduling for you and your children may include, but are not limited to the following:

Mother's Corner cont. on page 11

Lessons from Little Ones Whose Perspective?

by Brenda Howard

This picture was drawn at Christmas time by my nephew when he was 5 years old. His mother asked, “Are the shepherds singing to the new baby Jesus?”

“No,” he replied very seriously, “the shepherds are yawning because they’ve been up all night.”

From a 5-year-old's perspective, it was obvious that the shepherds would have been exhausted after their night of interrupted sleep due to the angel's announcement of the birth of Jesus. However, from his mother's perspective, she was sure that the shepherds were joining the angels in singing because of their excitement over the announcement of the birth of Jesus!

Perspective. I am constantly challenged to view life from God's perspective. James 4: 14 says, “Come now, you who say, ‘Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit.’ Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away. Instead, you ought to say, ‘If the Lord



wills, we will live and also do this or that.”

It is so easy to get caught up in day-to-day life without stopping to think about where I came

from, why I am here, and where I am going . . . from God's perspective.

Where did I come from? That's easy. The first few chapters in the book of Genesis give the account of how God created the universe and everything in it, including mankind. Revelation 4:11 states, “Thou art worthy, O Lord, to receive glory and honor and power: for thou hast created all things, and for thy pleasure they are and were created.” How exciting and encouraging to know that my life has had meaning and purpose from the beginning — I'm not merely an accident.

Why am I here? Well, that question can easily be summed up by 1 Corinthians 10:31, “Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.” In my daily activities I am to reflect God's love, goodness, grace, mercy, and in doing that I will bring Him the glory He alone deserves. That part is not always easy, and I don't always succeed, but I must

Whose Perspective? cont. on page 8

Fun for Kids of All Ages



Animal Mazes by KrazyDad, Book 7

Maze #7

MAZE CRAZE

KRAZYDAD.COM/PUZZLES
Need the answer? <http://krazydad.com/mazes/answers>

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Sudoku #1 Intermediate Sudoku Puzzles, Volume 5, Book 1

		2				1	3	
			6	2		8		
	6						2	5
			2	8				
8	2			1			5	4
				9	5			
5	7						6	
		3		7	9			
	8	1				4		

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

krazydad
free puzzles and mazes

Can you find thirty (30) books of the Bible in this paragraph? Actually, there are 31 if you can find the variant of one Old Testament prophet's name, a variant that's used in the text of the King James Version (not as the title of a book, but in the text itself).

There are 30 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 john boat. 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 a dedicated 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 paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new 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.

Thoughts On Education “Individualized Curriculum”

by Matt Turner

Don't you just hate it when people, especially politicians, tell you what needs to be done, but don't tell you how to do it? This article is my attempt to keep from being guilty of that. In the last issue of FAFN, I argued that one problem with public schools is they focus on the wrong things, like teacher training and evaluation and achievement testing. (Certainly, those are important issues which must be considered, but they should not be a major focus.) I wrote about how the emphasis of education must be put on the student. However, I didn't tell you how Victory Christian Academy does that.

We utilize an individualized, mastery-based curriculum coupled with qualified staff who works together with parents to encourage each student to strive for their best. VCA students are not grouped together by age and pushed through the curriculum simultaneously like public schools. Students progress through the curriculum at their own pace depending upon their individual motivation and ability. As a matter of fact, we use the model which made American schools the best in the world until the mass-production mentality overran the educational establishment in our country in the early 1900s.

Envision taking your child's textbooks and making each chapter into a workbook. After our students complete the work in the first chapter they are given a test. In order to progress to chapter two, they must achieve an 80% or higher. If they do not, they must repeat all the work in the first chapter until they can achieve the minimum score. This puts the responsibility on the students. The students are guided and encouraged by the staff and parents as they progress through the curriculum.

riculum.

This methodology was a proven success for over three hundred years, revived by our curriculum supplier in the early 1970s, and is exploding on the scene with the advent of online education. I remember when I started working in VCA over twenty years ago. Our schools were mocked and ridiculed by the educational establishment, but now they are universally embraced as educators have rediscovered individualized education.

I am thankful for the cooperation we receive from all the local schools. I must admit at first we were not taken seriously; however, that is certainly not the case now. We have a great relationship with all the schools in the area. Every school in the area accepts our credits and our high school students are able to attend classes at the Kokomo Area Career Center. Pray that our relationship with the public schools will grow. We are working on having more access to extra-curricular activities as well.

Praise God! The future looks bright for the students who attend Victory Christian Academy. We can offer our students a program that focuses on their individual needs. VCA helps parents fulfill the Great Commandment found in Deut. 6:4-10 by instilling character training and academic excellence in their children. If you are interested in more information please contact me at 453-9768 or vcamatt@yahoo.com.

Matthew Turner is principal of Victory Christian Academy and co-founder of the Kokomo TEA Party.



Whose Perspective cont. from page 6

have a goal in mind!!

Where am I going? Thankfully, that is also an easy question to answer. When I was a child I was told about my sin separating me from a Holy God. I was also told about God's love and His desire to have a loving relationship with me, and so He made a way for my sin to be forgiven. I was told that Jesus, who lived a perfect life without one sin, died on the cross to pay the penalty for MY sin, paying MY debt. But He did not stay dead — He rose from the grave with power to save me! I gave my heart to Christ, desiring to follow Him. Since

then, I have been sure of my destination. I know that I will someday go to heaven to live with my Savior forever! *“These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life”* 1 John 5:13.

Viewing life from God's perspective gives so much more meaning, peace and joy!

Brenda and her husband, Bruce, live in Kokomo, Indiana. They have one married daughter.



Aging Gracefully cont. from page 4

was sure came with the building. He knew I was a stranger in town. More than a stranger — a potential listener — someone who had never heard his stories, and he had stories to tell. It's the way of old men. I sensed him mentally gearing up to tell as many to me as he could before I disappeared again into the cold, snowy Michigan night.

He had come to the village, along with his wife and meager savings, and opened up this store over forty-five years earlier. As he talked I observed that the rows of now nearly empty shelves and empty meat cases spoke of a more prosperous time. A single light fixture with a bare bulb and a neon snuff sign were the only lighting — eliciting a warmth and intimacy on this dark, cold night. High tin ceilings with a drop down fan slowly turning reminded me of my youth and the little businesses in my Indiana hometown.

“You know how I stay warm in winter and never get a cold?” His question recaptured my attention. As he asked this question, he began to unbutton one of the two flannel shirts he was wearing. I thought his secret was that he wore two flannel shirts, that layering was what kept him healthy. “Look here,” he said, after unbuttoning the second layer of flannel. I wasn't really sure what I was looking at until he finally revealed his secret. “Layers of newspapers wrapped around my chest,” he said. “Learned it from a homeless man on the streets of Chicago.” Sure enough his chest was completely wrapped in multiple layers of want-ads and past headlines — all held in place with patches of duct tape. “Drove a cab for over twenty years and never

missed a day of work,” he beamed. “There's a whole stack of old papers over there on the pop cases, take some with you,” he offered. Other stories followed, but it was evident that this was the crown jewel of his repertoire of stories.

The cold wind whipping up beneath my jacket chilled my spine as I walked to the car, making me wish I had taken the old man up on his offer. I couldn't help but think of the old man and his story as I drove home to the warmth of my home and the comfort of family. The aged soul had a story to tell, and he told it every time he got a chance. It hit me fresh again that I also have a story to tell, as does every believer. It isn't our story, however, it is HIS story. I contemplated that thought as I drove home. How anxious had I been to tell His story? Had I been as anxious as that old man was, now in the twilight of his days? I vowed that cold, snowy winter night that I would soon come back to this village and I would tell the old man the story I was to tell. The soul-saving story of hope and redemption, love and the sacrifice of Jesus the Savior. I didn't want to regret, in the twilight of my own life, that I had failed to tell His story. I wanted to grow old gracefully. I quietly prayed that I could tell it with the enthusiasm of that old man in that little village who told his story on a cold winter's night in Michigan.

Morris Starkey is retired from Indiana University Kokomo and lives with his wife, Donna, in Miami County. They have two children and five grandchildren.



“The democracy will cease to exist when you take away from those who are willing to work and give to those who would not.”

- Thomas Jefferson

Family History *cont. from page 3*

double the number of his child, and therefore even. The wife's number is always one more than her husband's, and therefore odd. Any information you know regarding your ancestors' siblings should be recorded on a family group sheet, which can also be found online. In the future, you will find information regarding your ancestors' siblings to be indispensable.

Now that you have written down what you know, it is time to begin your search. Don't worry. You don't have to go any further than the drawers, closets, basement, and attic of your own home. Hunt for the following:

- Birth, marriage, and death certificates
- Newspaper clippings (especially obituaries and birth, wedding, and anniversary announcements)
- Naturalization and citizenship papers, including passports and visas
- Religious records (e.g., baptismal, bar mitzvah, confirmation, etc.)
- Family Bible
- Letters (and addressed envelopes)
- Diaries and journals
- Photo albums and photos (especially those with the name of the photo studio imprinted or details written on the back)
- Heirlooms such as engraved items, samplers, and quilts
- Other types of documents pertaining to your ancestors (e.g., military, school, occupational, business, land, legal, etc.)

The treasures you find will answer some questions, but no doubt will create even more questions. The treasures that I found while helping my parents go through my grandparents' house renewed my hope that I could find out more about my ancestor from Mexico after having hit a brick wall many years before.

Next, talk to your relatives. Tell them you are researching the family's history. Ask if they have any photos, documents, or stories that they are willing to share. Get the name of anyone else to whom you should speak. Interview older relatives. Before the

interview, prepare a list of questions. The majority of your questions should be open-ended so that the responses are lengthier and require more thought. If you ask your grandfather where he lived when he grew up, he will reply with a geographic location. But ask him to describe the house that he grew up in, and you will receive a lot more information. If you are like me, short-hand is not your thing, so you will want to have the means to record the interview. While making a video recording is preferable, the person you are interviewing may not respond well to the camera. Therefore, you would be wise to have the equipment to make an audio recording on hand as well. When I interviewed two of my grandparents, I used the webcam on my laptop. At first they found seeing themselves on the screen a little disconcerting, but as they told their stories they gradually relaxed.

As the holiday season approaches, think of ways your family gatherings can benefit your family research. Send out the call to bring photos, documents, and heirlooms. Get the names and contact details of extended family members. Do your first interview with the oldest generation present. Arrange for a follow-up interview. Share what you have learned thus far with your family. You might spark a conversation from which you learn even more. You may even be surprised to find out that other family members are interested in family history too, so much so that they are willing to share in the research. The discussions, photos, and interviews may pique the interest of the younger generations, who may in turn carry on where you leave off. Perhaps adding some family history to the holiday will make it a more rich and full experience for everyone.

Jill helps with Truth Trackers at VBC and currently works in a public library. She has taught in a Christian school in England.

**Federalism** *cont. from page 6*

technically we don't have a democracy, we have a federal republic.

Basically, our country is governed by two main levels of government: our national and state governments. The national government in Washington D. C. was designed to perform a few necessary functions. This incorporates the lessons learned under the *Articles*. All other governmental functions were

to be left to the states. Our founders wanted to guarantee against a tyrannical national government like Britain's. The overriding principle of federalism is: the national government should not do what the states are capable of doing themselves.

Article One, Section Eight of the *Constitution* prescribes the limitations placed on our national Congress. The

The Birth *cont. from page 1*

the inn. It was late when they got there and no lights were shining through the windows. Joseph knocked on the door several times when finally a very grumpy and sleepy innkeeper finally answered.

"What do you want?" he asked.

"Please sir, we need a room," answered Joseph.

"I have no room, now go away," shouted the innkeeper.

"But sir, my wife is with child and is due any day now," pleaded Joseph.

The innkeeper looked out at Mary and rubbed his head,

"I have no room but if you are interested, I could let you use the stable." He led the weary family around behind the inn and there in the dark was a small stable that looked like a puff of wind would blow it over.

"This is fine," said Joseph. The Innkeeper left grumbling. Mary did her best to help Joseph prepare for the night. As they were eating their evening meal, they heard a noise. Joseph went to the door to see what was going on and to their surprise the shelter began to fill with animals all about them. There were sheep, cows and donkeys. As the animals entered the stable they all went to a different area of the shelter and before you knew it, they had made a large circle around Mary. They were blocking the cold drafts in the walls and were very careful not to bump into Mary. It was as if the animals knew what to do to care for Mary and her baby.

Joseph and Mary sat and bowed their heads in prayer. They were so thankful for all God's blessings and His great protection. Joseph fed the animals and helped Mary prepare for bed. It didn't take them long to fall asleep with Joseph holding Mary close beside him. It seemed like they had just fallen to sleep when Joseph heard Mary say, "Joseph, please wake up, I think it is time."

Joseph rose and looked around. All the animals had gone outside and surrounded the shelter. It was as if they knew it was time and went outside to give Mary and Joseph privacy. Joseph was very concerned for Mary and the Baby but Mary was quite calm. She knew that God would take care of everything and that this birth was a miracle, and it was.

His name was Jesus and He was a beautiful baby. From the moment of His birth a star directly over the shelter shone brighter than all the stars in the sky. The animals slowly entered the shelter, led by Joseph and Mary's donkey, and in single file they stepped close to Mary to look at the baby Jesus. They each bowed their heads and went to their place to block out the cold. It seemed that even the animals knew who Jesus was and they loved him.

As we celebrate Christmas, we need to stop and remember that it isn't about presents and getting what we want. It's about the special gift that God has given us. Jesus is our gift — our new birth. His promise is in His Word and His gift is our salvation. This is a gift freely given and ours to freely accept. Won't you accept the best gift anyone could receive, a gift for eternity?

This has been a dramatized story to entertain the children, but the birth of Jesus is real. It is one that we should all celebrate and rejoice in. I hope you enjoyed the story and are blessed by the reason for the season of Christmas. Until next time, prayers for you always. Terry

Terry lives with her husband in Howard County and works with an area Child Evangelism Fellowship Good News Club.



national government must protect the citizens with armed forces, control our monetary system, negotiate with foreign nations, and manage interstate commerce and a few other basic functions. However, we have allowed our national government to become more and more powerful. It would be a shame if we would have to go through the same trials because we

have forgotten the errors of the past. May God bless America with a Third Great Awakening!

Matthew Turner is principal of Victory Christian Academy and co-founder of the Kokomo TEA Party. Contact Matt: vcamatt@yahoo.com.



Heart Health

Rachel Ennis Irwin, RN



Don't Break My Heart, My Achy Breaky Heart. We all laugh at the lyrics to this popular country song, but it is the theme of my article. The heart is actually the hardest working organ of our body. It never rests and plays a huge role in our physical health, delivering blood, oxygen, and nutrients to every other organ in our body. Unfortunately, heart disease is the number one killer of men and women in the U.S. according to WebMD. With the poor eating and exercising habits in our country this is not a real surprise. In this article I will be focusing on taking care of our hearts in order to prevent heart disease

or better care for ourselves.

Prevention is a nurse's favorite word. The Center for Disease Control (CDC) lists 5 things we can do to prevent heart disease.

Eat Healthy. I know, I know, I know. In our busy lifestyles I struggle with this too. Start simple — increase fruits and veggies. If you are still hungry after breakfast, grab a banana, and for lunch and dinner add a veggie or fruit. Fruit and veggies are high in nutritional value and fiber. They will keep you fuller longer. Also, increase your fiber, eat more whole grains, try and weed out some of those simple sugars. Lastly, decrease fat intake. Without going into too much detail, the CDC offers recommendations on how many servings of each type of food in the food group we should have in our diet. This has changed since we were

in school, so make sure you check it out. <http://www.cdc.gov/nccdphp/dnpa/index.htm>

Maintain a healthy weight. I know, I know, I know. I struggle with this one too. First step is figuring out what is a healthy weight for you. Doctors use Body Mass Index (BMI) to figure out your healthy weight. Online you can find a BMI calculator that will help you know what is healthy for you. Once you have a starting point, find a diet that works best for you and be patient. Slow and steady is not a bad thing. Key is lifestyle change, getting more good and less bad. So jump on the new year bandwagon.

Exercise. I know, I know, I know. Guess what, I struggle with this too. Start with a small attainable goal and gradually increase. If you can walk 15 minutes a day, then start there. Tip

— find an exercise you enjoy or join a friend. I am not going to say do this or do that, because you have to find something that works for you; the most important part is to do something. The above link has several resources and recommendations.

Quit smoking. Everyone knows that smoking is bad for us, but it is a really tough habit to break for a lot of people. We have so many resources to help with smoking cessation in our community. So do not feel like you have to do it alone. Reach out for help and support. St. Joseph Hospital offers help with this as well as the American Cancer Society.

Limit alcohol use. Alcohol increases blood pressure which is hard on the heart. Again, if you struggle with this, there is help.

Now that we have discussed

Heart Health *cont. on page 11*



Ruth *cont. from page 5*

land given to Israel by the God Who made and therefore owns all land and can give it to whomever He chooses. (God had even given Moab its land and wouldn't let the Israelites invade it as they came out of their Egyptian bondage.) Ruth is in the Holy Land. By her marriage to her redeemer-husband, Mahlon, and by her choice to go with her redeemer/mother-in-law, Naomi, she now has her feet on the land of all lands in the earth most blessed, most attended, most spoken of by God, the Creator and Ultimate Redeemer of His people.

Present-day believers who visit there are struck by Jerusalem's awesome golden beauty in the sunshine when viewed from the Mount of Olives, its history, its future as the place from which God-Come-In-The-Flesh—Messiah—will rule the world in peace for a thousand years. As the Ultimate Redeemer of the earth, He will have delivered it from the bondage of the curse of sin. Satan, who held it in bondage, will be chained in the bottomless pit. Even the lion shall lie down with the lamb and a child can lead them both and not fear (Isaiah 11). Oh, what a day to look forward to.

The encouragement from Jesus Christ our Lord about events of violence and war such as we see in our day is "Lift up your heads.

Your redemption draweth nigh."

Think of that! Thinking about that Redeemer on the Throne brings us to the last earthly redeemer Ruth experiences—Boaz. How like the Lord Jesus Boaz is. His name, like God's, means "strength." He sees the plight of Ruth, poor and laboring because of the sin of others. Famine in Israel is usually connected with God's judgment because of Israel's sin. Forsaking the land of blessing, as Elimelech led his family to do, is usually disfavored of God. That's the way the Son of God in Heaven viewed mankind—poor and laboring because of the sin of Adam. Jesus, the Son, offered to come down, live the perfect life God required and give his life a ransom (redemption) for those who would turn to Him. See Psalm 40:6-8.

Ruth turns to Boaz when she is told by Naomi of his ability to redeem her from her widowhood and to produce children for the family name. As soon as she acknowledges her need of a redeemer and asks for his help ("Spread thy covering over me," she says, "for thou art a near kinsman [possible redeemer].") Boaz carries out the procedure needful for her redemption. Jesus did that on the cross for us, presenting Himself to God the Father as that perfect sacrifice for sin that He

required. Her response of faith in depending on Boaz to carry it out was exactly what God wants from those who come to Him for salvation (i.e. redemption). Isaiah 53 says, "When thou (the needy believer) shall make His soul an offering for sin, He (God) shall see the travail of His (Christ's) soul and be satisfied." Christ our Redeemer has done all for us required to satisfy God's righteousness (propitiation) and justify us in His sight. That's what Boaz does for Ruth before the proper authorities in the gate of the city, where public business is conducted. He claims her as his rightful bride, having redeemed her, and they bear a son, Obed. Obed is the father of Jesse. Jesse is the father of David. David is the forefather of Jesus Christ the Perfect Redeemer and our own personal Redeemer, if we, like Ruth, acknowledge our need and ask for His covering.

—Margaret Tice, widow of Don Tice, businessman, pastor and Christian educator, mother of two sons who, with their wives and families, know, love and serve the Lord.

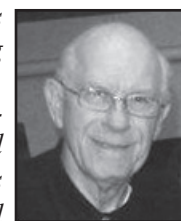


Old Timer's Corner *cont. from page 3*

worked on speed, not even looking at the music, so he could get out and play baseball, or football or soccer, or whatever the seasonal sport was. And the speedy playing helped develop his finger dexterity. So his talent was accompanied by much hard work.

Another interesting thing happened during Peter's music lesson days. One day he called me over to the piano and said, "Hey, Dad, I want some advice. Listen to this." He then played his song through, and then said, "Now that's the way it's written. Now listen to this." And he played it again, but this time with a grand magnificent ending. I said, "Well that's better. Where did you get that?" He said, "I made it up. Now here's the question: Should I play it for my piano teacher, since it's not the way it's written?" I said, "Ah, I see your dilemma. OK, here's what you do: don't tell her anything, just go ahead and play it with your ending on it. Surprise her, and if she doesn't like it, we'll get you a new piano teacher!" Well, he did, and she loved it, and from that time on, he's been making up his own arrangements of whatever he plays.

Jim Wright earned his MA in Engineering from Oklahoma State, is a Certified Flight Instructor, and is retired from EDS. Jim teaches Children's Church and is a Deacon at Victory Baptist Church.



Heart Health *cont. from page 10*

prevention, let's talk about signs and symptoms.

Chest Pain**Heart Palpitations****Dizziness or Lightheadedness****Fainting****Fatigue****Shortness of breath**

If you experience any of these symptoms call your Doctor.

High cholesterol, high blood pressure and diabetes increase your chances of heart disease. So here are some things you can do.

Have your cholesterol checked.

This requires a simple blood test. You should have your cholesterol checked at least every five years or more frequently if you already have high cholesterol. Your doctor will recommend changes to your diet and possibly medications to help lower cholesterol.

Monitor your blood pressure.

High blood pressure has no symptoms and is known as the silent killer, so be sure to have it checked on a regular basis. Lowering salt intake can help decrease your BP. Your doctor will also recommend other things that will help.

Manage your diabetes. If you have diabetes, closely monitor your blood sugar levels. This is so very important, not just for your heart, but for your whole body. Uncontrolled diabetes can cause serious problems.

Take your medicine. It is important to take your BP, cholesterol and diabetic medication to help control these problems. If something does

not feel right about your medication then call your doctor. Do not try and change your medications yourself or stop taking them without talking to your doctor. If one medication is causing side effects that you do not like, then let your doctor help you find a replacement.

Talk with your healthcare provider. It is important that you find a doctor that you feel comfortable with and can communicate with openly. You must work together to help control or prevent heart disease and other health-related issues. Ask questions; you know your body better than anyone. If something does not feel right or you just wonder why your doctor is doing something, ASK. Doctors are not perfect and they are not mind readers.

In closing, I know, I know, I know how hard it is to change certain things in our lives. One thing I try to do to help me is to put a spiritual spin on my health. I Corinthians 6:19-20 says, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body." Pray for me as I struggle and I will pray for you.



Rachel Irwin is married to Justin and has two children. She is a practicing RN in Howard county.

Mother's Corner *cont. from page 6*

- Increased headaches and stomachaches which could be linked to increased stress
- Unhealthy sleeping patterns (Most children/teens need 9 to 12 hours of sleep.)
- Decreased work productivity and/or failing grades
- Major mood changes

Being aware of abnormalities in behaviors, perceptions, and attitudes will help identify any need to reduce or reassess family activities. Psalm 24:3 reminds us that our families, homes, and lives are built through skillful and godly wisdom. This verse continues by outlining a need to understand the home, conjuring a notion to look beyond the functional roles and responsibilities of family members, but also recognizing how moods and the like can be symptoms of an overarching problem.

A reasonable approach to assessing family activities (besides underlining the financial impact) is to have each member assign each activity a high, medium, or low marking. By having your child partake in the activity, you may have an honest assessment of his/her degree of enthusiasm for it. Though a child's perception may not be the deciding factor in weeding out activities, it is always beneficial to consider his/her attitude and opinions about things in life — if not just to have a conversation about them.

If whittling down activities is not in your future, here are some simple ways to stay connected to each other

physically, emotionally, and spiritually:

- Make eye contact with each other when talking.
- Embrace your children spontaneously.
- Write your child encouraging messages and Scriptures, putting them in their lunchboxes, book bags, or where it will be obviously visible for them.
- Select a family memory verse for the week. Keep a copy in your car and recite it often.
- Pack a simple lunch/dinner to have before a game or practice together.
- Pray together in the car (or wherever) on the way to activities.

Utilizing the time we are given to connect with each other enriches relationships. It must be intentional. It should be often. As James 4:14 pricks us to be aware of our short time here, we should interact with our children whenever or wherever we are. Come, go, stay, all the while training, teaching, loving, and leading your child's heart and mind through the lens of God's ways.

Ashlee Shoaff, along with her husband, Stan, have four children. She is currently working on an advanced degree, lives in Howard county and serves our Lord at Victory Baptist Church.

**The Winter Garden** *cont. from page 2*

wait until winter when the temperatures are consistently at a freezing level. If the roses are covered too early when warm days continue to make an occasional appearance, there is an increased risk of the onset of rot and disease. For the same reason, it is important to use a material that allows some air movement and does not hold too much water. Wood mulch and straw work well, but leaves and grass should be avoided. Weather depending, February is typically a good time to apply dormant spray to fruit trees to aide in the prevention and control of insects and diseases. Be sure to have all your gardens cleaned up by winter to reduce the carryover of insects and diseases into the following year. Remove herbaceous foliage that has died back, annuals, and leaves. All of these give place for insects and dis-

eases to harbor. And last, following a season that was unusually dry, we must keep in mind that just because it is winter does not necessarily mean no watering is necessary. Though in a period of dormancy, plants do still need some water to survive. If snow and rain are lacking throughout the winter months, some watering will be required. Especially for newly planted trees and shrubs.

The redeeming quality of winter is the promise of the coming spring. Can you imagine how much less we would appreciate the rejuvenation of spring if we had not first endured the despondency of winter? Many people view the coming winter with a forlorn outlook. It makes us cringe to consider the decline of life. What if instead, we were focused on what lay in wait on the other side of winter? Rather than focus on the pres-

ent darkness, we foresee the coming light! It seems to be the same in life. We often anticipate the end of life with dread. We idolize youth because of its intrinsic vitality, but the autumn of life is viewed with disdain as it mirrors the reality of mortal destiny. For the Christian, however, there is a hope of forthcoming bliss that awaits us on the other side of winter! How we desperately long for the day when Spring breaks forth and we forever leave a world of despair for everlasting life. "For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. O death, where is thy sting? O grave, where

is thy victory? The sting of death is sin; and the strength of sin is the law. But thanks be to God, which giveth us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord" (1 Corinthians 15:54-58).

So take heart, faithful pilgrim, as one season comes to a close and winter envelops us, Spring will come and with it life anew!

Marlin Carpenter owns Garden Gate Greenhouse at the corner of Miami County 500 South and Hwy 19. Marlin is a Master Gardener and recognizes God's work in the beauty of His creation.



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BAPTIST CHURCH

610 West Alto Road
Kokomo, IN 46902
(765) 453-9768
Pastor Mike Ennis

Sunday
Sunday School..... 9:00 a.m.
Worship Service..... 10:00 a.m.
Evening Service..... 6:00 p.m.
(No evening service every 4th Sunday of the month.)

Wednesday
Adult Bible Study..... 7:00 p.m.
Truth Trackers..... 7:00 p.m.
(Ages 3 - 6th grade)
Teens..... 7:00 p.m.
(7th grade - high school)

Listen to messages online at:
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Do you need counseling?

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DECEMBER 2012						
SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
Sat. Dec. 8, 9:00 a.m. - Men's Breakfast & DVD Series Sun. Dec. 16, 10:00 a.m. - Christmas Cantata - "Ten Thousand Hallelujahs" Mon. Dec. 31, 9:00 p.m. - Watchnight Service						

JANUARY 2013						
SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
Sat. Jan. 12, 9:00 a.m. - Men's Breakfast & DVD Series						

FEBRUARY 2013						
SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		
Sat. Feb. 9, 9:00 a.m. - Men's Breakfast & DVD Series						

God's Simple Plan of Salvation

The Bible says there is only one way to Heaven.
Jesus said: "I am the way, the truth, and the life: no man cometh unto the Father but by me." (John 14:6)


Good works cannot save you.
"For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast." (Ephesians 2:8-9)

Admit you are a sinner.
"For all have sinned, and come short of the glory of God;" (Romans 3:23)

Be willing to turn from sin (repent).
Jesus said: "I tell you, Nay: but, except ye repent, ye shall all likewise perish." (Luke 13:5)

Believe that Jesus Christ died for you, was buried, and rose from the dead.
"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." (John 3:16)
"But God commendeth [demonstrated] his love toward us, in that, while we were yet sinners, Christ died for us." (Romans 5:8)
"That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved." (Romans 10:9)

Through prayer, invite Jesus into your life to become your personal Saviour.
"For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation." (Romans 10:10)
"For whosoever shall call upon the name of the Lord shall be saved." (Romans 10:13)



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