

A Walk in the Park

Piedmont Park Seventh-day Adventist Church newsletter

Our Vision: To encourage a closer walk with God and greater involvement in His Ministries in the Lincoln Nebraska area through the medium of A Walk in the Park.

Our Mission: With God’s leading, we will reach out to our church family, sharing stories of hope, encouraging all, and promoting active involvement in the various ministries of Piedmont Park Seventh-day Adventist Church

June 2012

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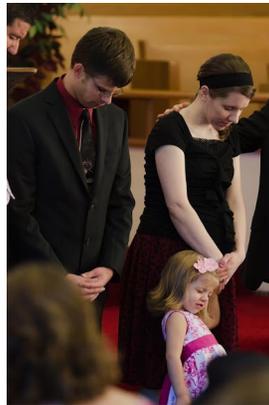
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Changes to the Ministry Team

On April 28, 2012 Piedmont Park bid farewell to their Student Pastor, Seth Clark and his finance' Ale Hernandez. Seth has graduated from Union College, May 2012, with a major in Theology. He is now employed by the Kansas-Nebraska Conference as Associate Pastor at the Chapel Oaks and Lawrence Churches. Seth and Ale will be married this June. Here at Piedmont in Seth and Ale have been active in drama club, VBS and Community outreach events along with Seth's student Pastor duties. We are thankful for the service they have given to the Lord through their work at Piedmont Park SDA church and we wish them the very best in their future.



Pastor Seth and Ale



Pastor Ryan Watson with wife Emily and daughter, Eden.

While sorry to say goodbye to Pastor Seth and Ale we are happy to welcome Pastor Ryan and his family.

Pastor Ryan tells us, “I am 28 years old (for anyone who may be curious). My wife Emily and I now have two children, Eden (3) and Lewis (born May 24, 2012). Though I am originally from Cloquet, Minnesota, we now claim Lincoln as our home having lived here for about 6 years. I am entering my final year at Union College. I enjoy spending time with my family (walking, gardening, enjoying the outdoors) as well as playing music. In addition to my pursuit of pastoral ministry, I am an aspiring songwriter.”

A Walk in the Park is available in the members section at www.lincolnpiedmontpark22.adventistchurchconnect.org/ in both PDF and ePub formats. Please contact Amy Prindle to arrange access to this section of the website (see page 2 information).

A limited number of printed copies will be available at the Welcome Desk for those who do not have access to the online version.

The Caregivers' Bond

By Teresa Thompson

A statistic that may surprise you is that nearly one-third, 29%, of the U.S. population finds itself in the role of caregiver during any given year, providing some level of care for a chronically ill, disabled, or elderly family member or friend. This includes parents with special needs children and even grandparents raising their grandchildren. With the rapidly rising elderly population, this statistic should not surprise us.

Caregiving could happen to any Piedmont Park church member at any time, and chances are there are many caregivers in our congregation who have not yet identified themselves as a caregiver. Sometimes it happens suddenly, as with an accident or hospitalization resulting in a chronic diagnosis, but often it just creeps into one's life slowly. You find yourself devoting more and more time to caring for an aging parent or spouse, for instance.

One reason for identifying our caregivers is that 11%, more than one in ten, report deteriorating health. In addition, 40 to 70% of caregivers have symptoms of depression. This is why it is so important to not only show concern and offer prayers for our church members suffering from ill health, but to extend our concern and prayers for the family members around them, especially those primary caregivers who are on the front lines of caring for their loved one. Caregivers are just as important to the recovery of a patient as their care providers, the paid professionals.

What is the common bond of caregiving then? It's not the type of responsibilities, the length of time they serve, or the location of their service. For these vary greatly. It's the emotional impact it has on their lives that unites them. The journey can be difficult, but they should not have to travel it alone.

If anyone is interested in having a monthly support group for caregivers again so we can share our stories about caregiving, please contact Teresa Thompson, 402-325-9232, disability awareness coordinator for the Piedmont Park church.

(See www.thefamilycaregiver.org for more information and visit my blog for personal insights at www.teresateresatalk.blogspot.com.)

Church Board Updates from May

The Piedmont Park Church board is excited to announce their approval to host Vacation Bible School (VBS), July 15-19 from 6:30-8:15pm. The theme is Babylon and the children & families who attend will get to meet "Daniel." This year's VBS is not just for kids, it is for the entire family to participate in and enjoy together. We need lots of helpers...Tribe Leaders, Area coordinators, Registration volunteers, Actors for specific characters and skits, Craftsman, Decorators, Nightly volunteers, Financial donors & Resource donors (such as snack food items). **To help or register, please contact Charlene Hawkins 402-486-4413 or charlene.hawkins68@gmail.com.**

This year Piedmont Park SDA Church voted to be a host church for a new Karen SDA congregation. These are fellow brothers and sisters who are Asian decent - Burma Region and are refugees of war in their country. They live in the U.S. now and wish to meet together to worship Christ as Seventh-Day Adventist Christians. On April 9, the Church Board voted to approve a self-funded account for the Karen SDA Congregation which would allow church members a place to direct donations to help the growth of the Karen SDA Congregation. Money in this fund will be used for helping with gas for transportation, supplies for ministry, buying sermons in the Karen language on DVD, and perhaps with bringing in a Karen speaking Pastor for a special weekend of consecration. In May this fund allowed the purchase of 50 DVD's, called "JESUS." This DVD is in 16 languages and includes the Burmese language needed to serve our Karen SDA congregation and their families, friends, and acquaintances.

We are blessed to welcome these new members:

Chelsea Zumwalt...she sings very well, and is a Union College Student.

Bret and Anna Herrick were re-baptized in May, 2012

Courtney Bertwell- one of our youth was baptized this May. She also graduated from George Stone SDA School and had her Birthday this May.

Grace CiCi is a new member of Piedmont Park Church and is one of our Karen SAD Congregation members as well.

Kaw Kaw is a new member of Piedmont Park Church and is one of our Karen SAD Congregation members as well.

Taylor Olson-Thompson is one our new members. She is married to Christopher (Topher)Thompson who is son to Kent and Sara Thompson.

Thomas and Lena Toews are both teachers at Union College and have two sons.

Where Would We Be?

By Pastor Michael Halfhill

I pulled into the driveway. “We’re home!” I said to Ethan. We had been away at camp for the past week. We had a blast, swimming, singing, rock climbing, shooting bows and arrows and firing all model rockets. But it was even better to finally come home. That night I was putting Johanna down for bed. She hugged me tight. “I love you. Daddy, I’m so glad you’re home.” That was a great way to end the day.

At times I stop and think about what my life would be like if I had not followed God’s calling years ago. Where would we be today if I had told God, “No thanks. I’ll do things my way.” I probably would not live in Nebraska. I certainly would not be a pastor. I wonder if Jeanette and I would have gotten married, or if we had would we still be married. Ethan and Johanna might not be a part of my life. It is usually at this point of my surmising that I quickly dismiss the thought, and just praise the Lord for all He has done in my life.

The theme of the camp Ethan and I went to was “Dare to Be a Daniel.” I spoke to the campers about believing in God, accepting Christ and not being afraid to be different. I told them my story about a Rock & Roll DJ who became a pastor. I loved watching their eyes widen and mouths drop open when they saw old pictures from my past. When I think back to my conversion, in the very midst of crazy worldly living Jesus used the book of Daniel to grab my attention. The time prophecy of Daniel 9 convinced me that the Bible was real and that God must be real too.

I wonder how my life would be different today without the book of Daniel. Have you ever thought about that? My guess is that your life would also be vastly different without the influence of Daniel. Many Adventist historians believe that there might never have been an Adventist church without the book of Daniel. William Miller’s study in Daniel along with later study by the Whites, Joseph Bates and other early founders of our faith helped form our understanding of our church’s mission. Without Daniel we would not have our unique perspective on judgment and the end of time.

Daniel is a fascinating book that not only speaks to Adventists and fellow Christians, but it can speak also to those of the Jewish or Muslim faiths. It can even speak to a Rock & Roll DJ.

This summer our **Vacation Bible School** will focus on the book of Daniel. Our team will present the Gospel message and the amazing stories of Daniel to our children. VBS will run from **July 15 - 19** starting at **6:30 pm** each evening. The entire family can come and participate. Or children alone can attend that are in the school grades of Kindergarten to 5th grade. Please invite your neighbor children to come as well and have fun at this Bible based program for children.

This fall I will also be preaching a sermon series based on this important book of the Bible. Where would we be without Christ in our lives? Where would we be without the book of Daniel? Thankfully we don’t have to answer those questions. But we must continue to study God’s Word to see what He is calling us to do in our lives and in our world today. I invite you to look through the book of Daniel for the first time or maybe for the 100th time. May our faith grow as we read of the faith stories of the past. May our hope grow as we read from the prophecies that speak to our day and to the end of time.

Where would we be without Jesus and the Bible? I pray we never find out.

Friday Night Vespers is a time for the Piedmont Park Church Family to get together and welcome the Sabbath through special music, testimony, congregational singing and inspirational thoughts. Each Friday Night Vespers starts at 7pm and lasts approximately one hour. For more information contact Vanessa & Crystal at ppvespers@gmail.com Schedule is as follows:

July 20

August 10

September 28

October 26

November 30

Homebound Ministries

By Teresa Thompson for Mary Belew

Piedmont Park ministers regularly to homebound individuals, those who are unable to attend church every week, due to chronic conditions, disability, or failing health. We try to assess how best to make them feel connected with their church family, and most often end up providing them with home visits, phone calls, DVD/bulletin deliveries, or cards and bulletins mailed to them.

If you are aware of anyone who often misses attending church because of ill health or mobility issues and would appreciate more attention from our Homebound Ministry Team, call Mary Belew at 402-784-3352.

A Piece of My Heart

By Larry Bucher

You never know what will happen next at a mission hospital. The attending surgeon and his wife asked me to go with them to the emergency area to see an infant who might need surgery. I had no idea how much this encounter would impact my life.

As a child, I wanted to be a doctor. That changed one January afternoon when I was 14. My cousin, also 14, was like a brother to me. It was a sunny day, so we decided to drive the tractor through the countryside and enjoy the fresh air.

When we came back into town, I stopped at his house to let him off, but he wanted to ride several blocks to the grocery store where his father was picking up supplies. The road was clear, so we turned the corner and headed toward the store. As we did, we heard a truck start up about a block away. As its motor revved louder and louder, we eased the tractor to the side of the road. My cousin screamed just before impact and all went dark.

As I regained consciousness, rescuers placed me in the back seat of a car and laid my cousin across my lap. He gurgled out his last breath on the way to the hospital. That's when I lost interest in being a doctor.

The next year an Adventist electrician moved to town and hired me to help install fire alarms in nursing homes. He tried to study the Bible with me. I had always gone to Sunday school with my mother and wasn't interested in his studies—until he brought up the state of the dead. That caught my attention! My cousin wasn't in heaven observing the pain of those grieving for him.

I was baptized at the beginning of my senior year of high school. After graduation I followed in my father's footsteps as a mechanic and machinist. I loved my work, but the thought of the suffering in the world was always with me.

One day an advertisement caught my eye in our church union magazine. It was about a nursing program. By then, my wife and I had two children. Medical school was out of the question, but maybe I could become a nurse. I was accepted and signed up for classes on my 29th birthday. After graduation, I spent the summer working in ICU and then entered anesthesia school. In just six years I went from mechanic to a mission hospital emergency room in Africa!

One baby from the bush country came to our hospital near death. Yet at the sound of my voice, this dying child reached up, grabbed my finger and held on with strength I could not imagine. That baby died while tightly clutching a piece of my heart. In the many years that have passed, I have often shed tears for her.

One morning while still lying in bed I was thinking of that baby again. As usual, tears began to flow. Then I remembered something in *The Great Controversy* describing the resurrection: "Little children are borne by holy angels to their mothers' arms" (p. 645). And then in *Selected Messages*: "Angels receive the motherless infants and conduct them to the tree of life" (vol. 2, p. 260).

I hope that baby's mother is there in heaven to receive her at the hands of holy angels. But that particular morning I found myself praying: "If her mother isn't there, bring the child to me. She has a piece of my heart clasped in her hand."

This piece was first published in the March 2012 edition of Outlook Magazine. It is reprinted here with permission from both the author and from Outlook Magazine.

Little Johnny and his family were having Sunday dinner at his Grandmother's house. Everyone was seated around the table as the food was being served. When Little Johnny received his plate, he started eating right away. "Johnny! Please wait until we say our prayer." said his mother. "I don't need to," the boy replied. "Of course, you do," his mother insisted. "We always say a prayer before eating at our house." "That's at our house." Johnny explained. "But this is Grandma's house and she knows how to cook."

Piedmont Park Thunderbirds

By Darla Hornby, Director

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Many events have taken place since the last newsletter. The Piedmont Park Bible Stones (our first place Bible Experience team) traveled to Washington, D.C. on April 19th. We arrived around lunchtime and waited for our shuttle. Once we checked into our hotel, our adventure began.

Learning to maneuver the metro was a challenge. I guess if you look confused and stared at the boards long enough, someone with some knowledge of the system will help you out. Once a nice lady helped us understand we were off.

First stop, Arlington Cemetery, and the changing of the guards at the Tomb of the Unknown Soldier. Such a memorable display of precision and honor. Next, we took in all the sites of the Mall, which included the Lincoln Memorial, Washington Monument, World War II Memorial, Korea Memorial, Vietnam Wall Memorial, along with many others. By the time we were done, it was getting late and we needed to catch our shuttle. So back to the hotel we went.

Friday, we took in the National Zoo. What fun we had watching the panda bears show off as they rolled down the hill for us. Then, on to the National Geographic Museum, where the Titanic and Samurai warriors were the featured displays. Union Station and its amazing renovation was our last stop before heading back before sundown.

We prepared for the upcoming competition, but had a really hard time staying focused as the Pathfinders were worn out from all the walking we had done for two days. So off to bed they went to get plenty of rest for the event.

Sabbath, we started our journey to Silver Spring, Maryland. Once aboard the metro, we received the bad news that the metro was not a straight shot to Silver Spring, but that a section was being repaired and we would have to board buses that would weave through the city. Once we were picked up from the metro we still had about a fifteen minute drive on to the GC. Luckily the Pathfinders made it just as worship was starting, with the rest of the group arriving just before church service.

The competition was held in the GC with twenty-three other teams. There were even a couple teams from Canada. The competition was tough, as these were the top teams from across the United States and Canada. Our Pathfinders did well and came out with a second place finish during this competition. We were very pleased since we hadn't had a competition in two months and everyone else had just had one the week before. God was a major factor in bringing the Bible verses back to our minds.

Sunday and Monday both brought us a new feat as it rained and rained, all day long. These days were spent going to many of the Smithsonian buildings: Air and Space, Indian Art, Natural History, National History, Smithsonian Castle, American Art to name a few, as well as the Department of Treasury where we saw money being printed. The Holocaust Museum was also visited, with the President of the United States addressing survivors and their families just an hour before they let us enter. We also took time those days to see the White House and the Capitol.

Many places and memories were made as we toured Washington. Memories that the Pathfinders who experienced the trip will treasure in their hearts and minds for many years to come. All this would not have been possible if we did not have a faithful church that helped us raise the needed money to see this trip come true. A heartfelt "THANK YOU" has been whispered on our lips many times over.

With the year behind us, the next adventures we will have are car washes and then the upcoming Mid-America Union Camporee, held in Custer, South Dakota this coming July.

If you know of anyone ages 10-15 that don't currently have a club or would like to try out our club, send them our way as we could always use more bright, shining faces to join our club. Watch the bulletin for upcoming events and registration news.

A Sabbath School teacher decided to have her young class memorize one of the most quoted passages in the Bible - Psalm 23. She gave the youngsters a month to learn the chapter. Little Rick was excited about the task - but he just couldn't remember the Psalm. After much practice, he could barely get past the first line. On the day that the kids were scheduled to recite Psalm 23 in front of the congregation, Ricky was so nervous. When it was his turn, he stepped up to the microphone and said proudly, "The Lord is my Shepherd, and that's all I need to know."

Hypertension, the Silent Killer

By Amber Attarzadeh

Hypertension is defined as “blood pressure that becomes too high which increases the risk for heart disease, stroke, and kidney disease”. Hypertension is a serious condition often labeled as the “silent killer” because it has few or no symptoms before it takes a person’s life.

Blood pressure measures the force of your blood pushing against your artery walls. It is measured using systolic and diastolic pressure. Systolic pressure is the measurement of pressure when your heart beats. Diastolic pressure measures pressure when the heart is at rest. A normal blood pressure reading is 120/80 or less. If your numbers are consistently slightly higher than this, you could be hypertensive. If your numbers are 140/90 or more, you have hypertension.

Hypertension can cause complications due to the pounding force of the blood against the arteries. This constant pressure can cause the walls of the arteries to become stiff and thicker. The heart is especially in danger at this point because it can become weaker and even enlarged leading to heart failure. Fatigue, shortness of breath, kidney failure, aneurysms, stroke, heart attack and several other conditions can occur.

There are several risk factors that contribute to hypertension. Some are controllable while others are not. The factors you can not control include family history, age, and race. The factors that are controllable include body weight, physical activity levels, alcohol consumption, stress level, if you are a smoker or not, diet, and sodium intake. Thankfully, most of the risk factors are controllable and therefore hypertension is very preventable.

There are several dietary changes a person can make to improve their chances of preventing hypertension. Completely cutting out trans fats and reducing saturated fats could be the most important dietary change you can make. The reason for this is that both of these fats can raise LDL cholesterol, which increases chances for stroke or heart attack. However, unsaturated fats can do just the opposite. They are designed to actually lower LDL cholesterol and raise HDL cholesterol. These fats include monounsaturated fats (almonds, pecans, avocados), omega 3 fats (salmon, flaxseed, walnuts), and omega 6 fats (vegetable oil, soy nuts, some seeds). Lowering sodium levels is important as well for preventing hypertension. Most of the sodium that Americans consume comes from processed food. Sodium levels should be no more than 1500 mg per day. This equals about 1 teaspoon. The DASH diet is a recommended step to preventing hypertension. This diet is rich in whole grains, fruits, vegetables, and low fat dairy. The diet does not include any red meats and sweets are kept to a minimum. As described by the National Heart Lung and Blood Institute, eating colorful fruits and vegetables, getting enough fiber, and eating low fat dairy can help with getting enough of the nutrients required.

For more information, please review the National Heart Lung and Blood Institute website at <http://www.nhlbi.nih.gov/>.

References

Blake, J. (2012). *Nutrition and You* (2nd ed.). San Francisco, CA: Pearson Education.

Block, J. & Smith, M. (2012). *Heart healthy diet tips: Eating to prevent heart disease and boost heart health*. Retrieved from <http://helpguide.org/life/>.

National Heart Lung and Blood Institute. (2011). Explore high blood pressure, *National Heart Lung and Blood Institute*. Retrieved from <http://www.nhlbi.nih.gov/>.

2012 Midwest Gospel Music Concert Schedule Piedmont Park Church, 4801 A Street, Lincoln NE

*All concerts are free with doors opening one hour before the concert. A love offering will be taken at each concert for the support of the performing artists. If coming from any distance, please call prior to the program to confirm program date and time. For information call 402-792-2450.

July 29, Sunday – The Blackwood Brothers Quartet, 7:30 pm

The best-known name in southern gospel music history; singing quartet-style for 75 years! Originating from Shenandoah, IA, the Blackwood Brothers Quartet continues to be one of the best quartets in history.

August 25, Saturday – The Lesters in Concert, 6:30 pm

The Lesters continue to be a favorite in the Lincoln area. Experience wonderful family singing at this outstanding concert!

Report from Women's Ministries Committee.

By Carol Leonhardt

Piedmont Park Women's Ministries Committee members are: Carol Leonhardt (chair), Melfa Day, Tara Hausted, Virginia Myers, Sara Thompson, Debbie Unterseher, and Cris Wright. The committee meets together on the fourth Tuesday evening of every month to plan ministries for women that touch not only our church members, but women in the community where we live and work. We get ideas from the Women's Ministries website at www.nadwm.org and by praying together. We welcome input from members in our church to bring the needs and interests of women in our congregation and community to our attention.

On Mother's Day Sabbath in May, flowers and bookmarks were handed out to honor the mothers and those with a mother's heart in our church. Extra flowers were provided to share with mothers and friends in the community. We heard that some flowers were carried to women in nursing homes that afternoon. We do not know where all the flowers ended up, but it was our intention that they bless women beyond our congregation.

On the second Sabbath of July, an offering will be taken to support Women's Ministries across the North American Division. One of these ministries is prevention of abuse. End It Now is a world-wide campaign sponsored by the Women's Ministries Department of the SDA Church and ADRA to stop violence against women. More information about End It Now is available at <http://www.enditnow.org>. The month of August will be devoted to abuse prevention and making our church and community a safe place where respect is shown for all people.

2012 Piedmont Park Church Socials

July 14, Saturday noon – Independence Day Picnic/Potluck

August 26, Sunday – Yard Games/Watermelon

September 22, Sabbath – Bike Trail Ride

October, TBA – Church Campout

TBA – Swim night at UC pool

All are invited! Please watch the Piedmont Park church bulletin for additional information and announcements regarding times and locations of events.

“In the Sweet By and By”

By Teresa Thompson

How many remember camp meeting when it looked like this? They used to preach in tents, as well as sleep in them at night, in years gone by. You literally camped out to attend the yearly event. But what a joy it was to be with all God's people at camp meeting and sing the long-loved hymns of our grandparents. Most of those who attended were sad to see it over, and couldn't wait till next year for it to happen again. It was a time when you felt closest to God. A whole week devoted to getting to know Him better.

There was also a Jewish observance in days gone by called the Feast of Tabernacles that prescribed staying in tents of sorts. It was to remind the children of Israel of their deliverance from Egyptian slavery. It represented the time they spent in the wilderness on the way to the Land of Promise, where they literally camped out for forty long years.

Today, we are still camping out, figuratively speaking. We are waiting for our deliverance from this world of sin. The closer it gets to the Second Coming, the more we should be living our lives as close to God as possible.

Camp meetings are still a vital time for God's people to connect with each other and with God. But I propose that our connecting with God should not be a yearly event. It should be a YEAR-LONG event.

What would camp meeting be like if we all came as fired-up spiritually at the beginning of camp meeting as we are at the end? Let's make our homes and our church truly prepared for next year's Kansas-Nebraska Conference Camp Meeting by keeping spiritually connected with God on a DAILY basis.

Aren't you getting tired of staying in these tents of ours here on earth? We have mansions waiting for us in “The Sweet By and By”.



Making Things Right Again

By Renee Schaecher

I was enjoying playing with my littlest grandson this weekend. I was holding my water bottle for him to see and he was grabbing onto it as well. Together we were shaking it gently and making the water slosh inside the bottle. He was laughing at the water jumping and sparkling in the jug. He had an animated baby conversation with the water bottle as well.

Finally he saw the pop up on the top and realized in his young mind that sloshing liquid and a nipple equals that he should be able to drink from it and get milk! Eureka! you could see the idea come to him. He leaned forward to put his mouth on what he thought was a nipple and ran into a hard pop up. He squealed. He started to cry and the only thing that would suffice was Mommy. Things weren't as they seemed or how they should be from his experience. Life had let him down, but he knew where to go to make things right again.

We are born with an innate desire for things to be as we expect them to be, for things to be right and fair in our eyes, but often they seem not to be and we can be gravely disappointed.

Yet, if every morning we wake up and pray, "God, I welcome you in my life today and you may lead me along. I am in Your care," then we can expect that whatever comes our way, unfair or unexpected, seemingly good or bad, that God will make that circumstance into something worthwhile. We have the privilege to cry out like the little grand-baby in my story and ask and not be satisfied until we receive of His peace through prayer and acceptance of His warmth and assurance, just as a babe is comforted and held close at his Mother's breast.

Echoes of Mercy invites you to these fun, family-friendly events. All events are free and will be held at Piedmont Park. An offering will be taken at each event to help with the expenses. For more information please contact: echoesofmercyupdate@yahoo.com or 402-486-0629

Family Movie Night

June 23 at 9pm

Showing: Dolphin Tale

Bring: Blankets & lawn chairs to sit on

FREE popcorn & water/juice

Movie will be shown outdoors on a giant screen on Piedmont's lawn

(We'll move indoors if weather requires.)

High Road III Concert

Country Gospel Trio

July 7 at 7pm

Family Movie Night

September 15

You may have read the story about the mother who was cleaning and slicing vegetables for a salad when her daughter came into the kitchen to ask permission to go to a movie—one with sufficient rating to indicate that it had "adult" language and other material offensive to Christians.

"All the kids are going," she said, "and their parents don't think it will hurt them." As she talked, she saw her mother pick up a handful of the scraps and throw them into the salad. Rather startled, she shouted, "Mother, you're putting the garbage into the salad!" "I know," her mother replied, "but I thought if you didn't mind garbage in your heart and in your mind that you wouldn't care about a little in your stomach.

Thoughtfully, the girl picked the peelings from the salad and then smiled at her mother. "I guess I'll just tell them I'm staying at home tonight," she said as she went through the kitchen door.²

The world we live in is plagued by evil and moral filth. As Christians a vital part of living a happy, meaningful and fulfilling life is, as God's Word instructs us, "turn away from evil and do good." *Submitted by Pastor Michael Halfhill*