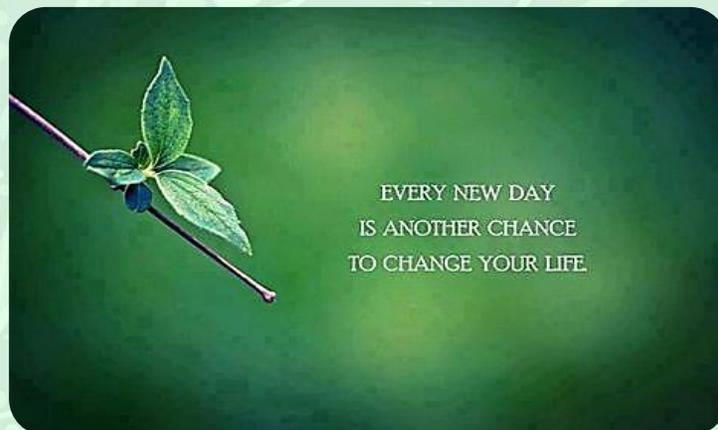




**H.U.G.S.**

**Bringing Us Together**



**March, 2015 Newsletter**

# H.U.G.S.

Help Unity Goodwill Support

Bringing Us Together

March, 2015



Some of God's amazing creations are reflected here in this wonderful combination of hummingbird, life-giving water, and breathtaking beauty. What an amazing world He has given us to enjoy...how much more will we find in the heavenly home waiting for us?!

## GOD'S PROMISE CORNER

By Van Kostenko

"My soul shall be satisfied as with marrow and fatness; and my mouth shall praise Thee with joyful lips: When I remember Thee upon my bed, and meditate on Thee in the night watches."

(Psalm 63:5-6)

"Rest yourself wholly in the hands of Jesus. Contemplate His great love, and while you mediate upon His self-denial, His infinite sacrifice made in our behalf in order that we should believe in Him, your heart will be filled with holy joy, calm peace, and indescribable love. As we talk of Jesus, as we call upon Him in prayer, our confidence that He is our personal, loving Savior will strengthen and His character will appear more and more lovely....We may enjoy rich feasts of love, and as we fully believe that we are His by adoption, we may have a foretaste of heaven. Wait upon the Lord in faith. The Lord draws out the soul in prayer, and gives us to feel His precious love. We have a nearness to Him, and can hold sweet communion with Him. We obtain distinct views of His tenderness and compassion, and our hearts are broken and melted with contemplation of the love that is given to us. We feel indeed an abiding Christ in the soul. We abide in Him and feel at home with Jesus. The promises flow into the soul. Our peace is like a river, wave after wave of glory rolls into the heart, and indeed we sup with Jesus and He with us. We have a realizing sense of the love of God, and we rest in His love. No language can describe it, it is beyond knowledge. We are one with Christ, our life is hid with Christ in God. We have assurance that when He who is our life shall appear, then shall we also appear with Him in glory; with strong confidence, we can call God our Father."

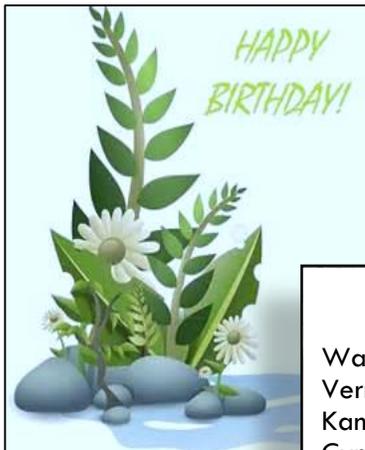
(E.G. White Letter 52, 1894)

## Bulletin Board

We would love to receive your favorite winter recipes, fun DIY projects for home or garden, inspirational articles, stories, poems, or any other items you would like to share. **Gardening Savvy** will be added this month to spotlight your words of gardening wisdom so be sure to share your favorites. If your husband is the gardener, it's okay to share his tool! You can do this by putting your items in the contribution bag in the church foyer, by sending an email to either.....

Norma at [prettyplace@cpinternet.com](mailto:prettyplace@cpinternet.com) or  
Wanda at [happyacres54@gmail.com](mailto:happyacres54@gmail.com) or  
Snail mail - 6409 Dent Bridge Rd  
Orofino, Id 83544

Thank you Deja for another beautiful poem!!  
Thank you so much for caring and sharing!!!



## April Blessings

Wanda Witzel	3 <sup>rd</sup>
Verna Lombard	15 <sup>th</sup>
Kandi Nail	20 <sup>th</sup>
Cynthia Robinson	26 <sup>th</sup>
Coral Lee	28 <sup>th</sup>

*Count your many blessings-birthday by birthday!*

## Questions Answered

Would you like to learn more about the Bible?

How about answers to specific life questions?

Or help with a Bible study plan?

You can find these and so much more on our website at....

<http://orofino.adventistnw.org>

## Spring Recipes

Spring is wonderful asparagus time and these simple, healthy recipes are a delight.....

### Sautéed asparagus

3 Tbl butter or margarine  
1 bunch fresh asparagus  
3 cloves garlic, chopped



#### Procedure:

Melt butter or margarine in a large skillet over medium-high heat. Add the garlic and asparagus spears; cover and cook for 10 minutes, stirring occasionally, or until asparagus is tender. If you like your asparagus well done, reduce heat and cook an additional 10 minutes and enjoy!!!

### Spring Vegetable Stir-Fry

½ lb. asparagus, ends trimmed, cut into bite-size pieces  
½ lb. sugar snap peas, trimmed  
1 cup frozen peas  
¼ cup water  
1 Tbs. hoisin sauce  
1 Tbs. soy sauce  
1 Tbs. rice vinegar  
1 tsp. Asian sesame oil  
½ tsp. cornstarch  
2 Tbs. corn or peanut oil  
1 leek, white part only, halved, rinsed and thinly sliced  
1 Tbs. minced fresh ginger  
Steamed rice for serving



#### Procedure:

##### Parboil the vegetables....

Bring a large pot of water to a boil. Add asparagus, sugar snap peas and cook for 2 minutes. About 10 seconds before draining, add the peas to cook them briefly. Drain the vegetables in a colander.

##### Make the sauce....

In a small bowl, combine the water, hoisin sauce, soy sauce, vinegar, sesame oil, and cornstarch and stir to dissolve the cornstarch.

##### Stir-fry the vegetables....

Warm a wok or large fry pan over high heat until very hot and add 1 Tbs. of the corn oil. Add the leek and ginger and stir-fry until the leek is tender, about 2 minutes. Add the remaining 1 Tbs. corn oil, the asparagus, sugar snap peas and peas and stir-fry until heated through, about 2 minutes. Add the sauce and stir until it thickens, about 1 minute. Serve immediately with steamed rice. Serves 4.

Shared by Wanda

## Mark Your Calendar!!!

Happy

March

### Daylight Savings Time Begins

8<sup>th</sup>

### First Day of Spring

20<sup>th</sup>

### Day of Prayer

“God’s Plan for your Life”

25<sup>th</sup>

## Spring Makes All Things New

The earth took off its winter garb,  
Its garb so dull and brown,  
And donned its bright springtide attire –  
A full-length emerald gown.

It buttoned it with warm sunshine,  
Whose rays were golden-glowed,  
It hemmed it with the creatures small  
That wakened from their sleep,  
And collared it with puff-while clouds  
To make this gown complete.

The earth took off its winter garb  
As springtide breezes blew  
That at this season of the year  
All things might be made new.  
By Loise Pinkerton Fritz



## Real Life Solutions Continued

By Jan Maes

### Have you ever.....?

Feasted on the Plate of Hate?

Been blown about by the Gust of Lust?

Sewn garments with the Thread of Dread?

Thrown out the Wealth of Health?

Sat on the Throne of Moan and Groan?

### Then refer to this!

1 John 2:11

James 1:14-15

Deuteronomy 1:21, Isaiah 8:13

1 Corinthians 3:16-17

Exodus 14:11, 16:3, 17:3

To Be Continued.....

## Points to Ponder

“For the LORD your God will bless you in all your harvest and in all the work of your hands, and your joy will be complete.”

Deuteronomy 16:15

## Herbs of the Bible

M  
Y  
R  
R  
H

**"And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him....they presented unto him gifts; gold, and frankincense, and myrrh."**

**Matthew 2:11**

**Myrrh** from the Arabic (*mur*), meaning "bitter", is the aromatic resin from a shrub-like tree that reaches only about nine feet in height. It has a thick, light grey trunk with sharp spines protruding from its main branches. When a tree wound penetrates through the bark and into the sapwood, the tree bleeds a resin....myrrh gum.

Biblical myrrh was an ingredient of Ketoret, a consecrated incense, used as an offering on a special incense altar. It is also listed as an ingredient in the holy anointing oil used to anoint the Tabernacle, high priests and kings.

In Western medicine today, myrrh is used as an antiseptic in mouthwashes, gargles, and toothpastes for prevention and treatment of gum disease. It is currently used in some liniments and healing salves that may be applied to abrasions and other minor skin ailments.

Myrrh gum is used for indigestion, ulcers, colds, cough, asthma, lung congestion, arthritis pain, and cancer. It has been shown to lower LDL cholesterol (bad cholesterol) levels, as well as to increase the HDL cholesterol (good cholesterol) in various tests on humans done in the past few decades.

Shared by Wanda

## DIY Scents for Your Home

Want to freshen your home during these on again-off again rainy days? Try these easy simmering potpourris using clean, natural items you probably already have in your kitchen. Enjoy!!



### Cozy....

Create your own stove-top potpourri with a quartered orange, cranberries, cloves, and cinnamon sticks in a pot full of water. Simmer on low and replace water as needed.

### Classy....

To create a fresh, clean scent, let two cups of water come to a boil with a sprig of rosemary, vanilla extract, and the juice and rind from half a lemon.

### Sweet....

Add orange slices, fresh ginger, and a spoonful of almond extract to a pot; cover with water, bring to a boil, and then simmer.

### Tropical....

Take the family on a vacation....without leaving home. Just fill a saucepan about halfway with water; add lime, coconut oil, and vanilla; let it simmer for as long as you want.

### Woody....

Bring a pot of water with cedar or pine to a boil. To remove a strong odor, try adding two bunches of bay leaves to the mixture.

### Calm....

To conjure a soothing scent, mix dried lavender, anise, nutmeg, whole cloves, and a cinnamon stick with water; bring it to a simmer.

Shared by Sally



## THE WAY

Softly on the wind I hear a voice,  
Saying, "Go, child...  
...into all the world,  
tell them of Me."  
"But...." I say,  
"I'm not qualified for that!"  
"I don't call the qualified,  
I qualify the called."  
"But surely not me?" I say,  
"I don't know how!"  
"Child...." the voice says,  
"Where is your faith?  
Go tell them of Me."  
"I will go...." I say,  
"Take hold of my hand,  
And show me the way."

By Deja Usher

"I will strengthen," so take courage, Child of God, so weak and frail; God has said so, and it must be, for His promise cannot fail! – Anon.

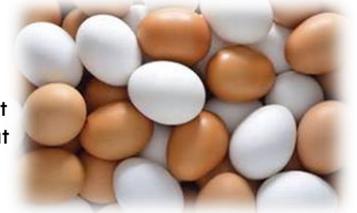


## Spring Garden

Sow a thought, reap an act;  
Sow an act, reap a habit;  
Sow a habit, reap a character;  
Sow a character, reap a destiny.  
– Anon.

He who sows righteousness will have a sure reward. – Proverbs 11:18

## Gardening Savvy



### **The miraculous egg shell.....**

It's no secret that eggs, full of protein, vitamins, and minerals (enough to grow a baby chicken from just one shell) are one of the most nutritious foods on the planet. Here are six creative uses for eggshells that will benefit your garden.

#### **Fertilizer....**

Eggshells are a great way to add calcium to your compost. Just toss your shells on the pile or into the barrel and turn them under. Or, you can add crumbled eggshell directly into the bottoms of your planting holes in the spring. Just clean and store the shells until planting season rolls around.

#### **Pest-Deterrent....**

If you have problems with slugs and snails in your garden, try sprinkling coarsely-crumbled eggshells around the plants. The shells' sharp edges deter any that attempts to cross the barrier.

#### **Seed-starter Pots....**

Because eggshells quickly biodegrade when put into soil, they also double as the perfect seed-starter pots. When you open your eggs to remove the contents, try to break just a small hole at the pointier end of the shell. Clean the inside of the eggshells (boiling water works well for this) and puncture a small drainage hole in the bottom of each empty shell. You can then place them back into the carton, fill each shell with moist potting soil, and add your seeds. Once the seedlings outgrow their "pots" you can transplant them shell and all directly into bigger pots or out into the garden.

#### **Feed the Birds....**

Both before and after laying eggs, mother birds need more calcium in their diets. Sterilize your eggshells by baking them at 250°F for about ten minutes so the shells are dry, but not brown on the inside. Then crumble them well and place them outdoors (in a feeder or just on the ground) during the spring and summer. You can also mix the eggshell crumbles with birdseed, suet, or mealworms in an existing birdfeeder.

#### **Aesthetic Value....**

Finely-ground eggshells can also be quite pretty. Boil the shells to sterilize them, crumble, and then drop them into a large glass jar for storage. Once you've collected enough crumbles, sprinkle them around and in between your plants. Not only will the eggshells help control pests and eventually add calcium back to the soil, the white or brown color can also be a beautiful accent to your garden. Add crumbled oyster shells for an even more interesting appearance with all of the same garden health benefits.

Think spring and happy gardening!!!

Shared by Wanda



### Strength for the Asking

A little boy was having difficulty lifting a heavy stone. His father came along just then and noting the boy's failure, he asked, "Are you using all your strength?" "Yes, I am," the boy said impatiently.

"No, you're not," the father answered. "I'm right here waiting, and you haven't asked me to help you."

When we are faced with a problem that seems unsolvable or a burden that is too heavy, we might ask ourselves, "Are we using all our strength?" Our Father, too, is waiting to help.



### A Recipe for Happiness

Happiness is something we create in our mind,  
It's not something you search for and so seldom find....

It's just waking up and beginning the day  
By counting blessings and kneeling to pray....

It's giving up thoughts that breed discontent  
And accepting what comes as "heaven sent"....

It's giving up wishing for things we have not  
And making the best of whatever we've got....

It's knowing that the future is secure for us,  
And pursuing our tasks without fret or fuss....

For it's by completing what God gives us to do  
That we find contentment and happiness, too.

"I have learned, in whatsoever state I am,  
therewith to be content."

(Philippians 4:11)

Shared by Shirley Beebe (Wanda's sister-in-law)  
Bethpage, TN

## The Joy of Prayer

### Falling asleep....

For years I lay in bed at night mentally saying my prayers. I knew that God could hear me no matter where I was. I didn't have to be on my knees. My problem was that in bed I kept losing focus or falling asleep. So I asked the Lord to teach me to worship Him in the most effective way. As the years have gone by He's taught me a lot.

Now I not only pray in the middle of everyday stress, but I've found a way of talking to Christ that brings me to Him in body, mind, and spirit. My prayer time has grown longer, more intense, emotional, and satisfying. I hope that my experience will give you ideas to help your own prayer life grow more vibrant and fulfilling.

### Kneeling before God....

Every day I set aside a few minutes to worship in body and spirit. I know that many Christians shy away from physical display, and even the Bible speaks shamefully of the publican who made a show of prayer. Matthew 6:6 says to pray in secret so that your heavenly Father may reward you openly, so I'm not suggesting a dramatic exhibition. Only that you find a place in your home where you feel secluded from distraction and kneel for a few minutes of prayer. Nowadays, kneeling almost feels old-fashioned, and many people don't think it's necessary. But I cannot tell you how much this act of worship has improved my prayer life. Daniel knelt at his window three times a day. David knelt and even prostrated himself on the ground in prayer.

The Bible includes many examples of kneeling for prayer, and I believe there are significant reasons for daily setting aside time to worship in this way.

- It fixes your whole being on the Lord. The discipline of kneeling helps you focus your mind.
- If your children or husband catch you in the "act" of worship, it can be a real inspiration and witness to them.
- You are showing the cosmos that you are worshiping the God of heaven and earth. With this act you witness to the universe of your commitment to God.

### There's more....

I have added to my personal daily act of worship several other things that continue to greatly bless me. No matter how determined and sincere you are, worshiping when tired does not give you the most effective prayer life. Just think how it is to try to wake up and talk when you get a phone call late at night when you're half asleep. It's that way with you and the Lord. You need to find a time during the day when you're at your peak, then spend a few minutes in worship. It may be early in the evening when the kids are involved in a pre-bedtime game, or at your lunch hour if you can find a private spot. If you're an early riser like me, then the best time is at sunrise. Whatever time you can be alert and consistent, schedule in five to 10 minutes of active worship.

### A song for God....

I begin my worship with a praise song. Since I have my devotions in the morning I like singing "Holy, holy, holy, Lord God Almighty. Early in the morning my song shall rise to Thee." But any praise song will help focus your heart and mind on God and His blessing. Even if you whisper it so that no one will be disturbed or say the words if you're embarrassed to sing, beginning with a song is a great way to start the day as well as your worship. I keep a hymnal next to my bible so I don't have to struggle with words. Many times my husband has heard my song and come to join me in my worship. Often when singing or in prayer I raise my arms with my palms toward heaven. I can hardly explain what this does for me or why it's so meaningful, but lifting your hands as well as your voice toward heaven can be dynamic. I do it only when I am alone, as I feel awkward in front of anyone else, but I urge you to just try it in your private devotions. A new act of worship done with sincerity and respect can bring you to a new, exciting level of communication with your loving God.

### Speak up....

I've begun to pray aloud. It focuses my prayers. "If you confess with your mouth, 'Jesus is Lord,'....you will be saved," Paul wrote to the Christians in Rome. You too can gain a tremendous blessing by daily speaking aloud your faith in Christ. Some people have warned me not to pray audibly, because it gives Satan access to my intimate thoughts. But I say to them, "Greater is He that is in you, than he that is in the world." But if you still worry about Satan, just praise the Lord out loud and keep the rest of your prayer silent. It's got to drive Satan crazy when he brings suffering upon the people of God and they respond in visible and audible daily acts of worship. How better can we show our thankfulness and love than to kneel and honor Him who died as an act of love for us!  
(Women of Spirit) Shared by Bonnie Dodge (Marilyn's sister)

Lord, please challenge us to pray constantly....both in short sessions and long. As we face the valleys, hills, and mountains of our lives, may we lift our hearts and minds to You in constant communication.  
(Our Daily Bread)

"Sing to the Lord a new song; sing to the Lord, all the earth".  
Psalm 96:1

Think Spring!!!!



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Women's Ministry Newsletter  
Seventh-day Adventist Church  
Orofino, Idaho  
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<http://orofino.adventistnw.org>