



Volume 1, No. 12, December, 2013

Evelyn Waite and Kathy Webber are collaborating on this project in an effort to encourage our Christian sisters and possibly *to inspire other women to participate in this effort.*

My Day or Our Day

I woke up this morning and to start my day...

I humbly bowed and began to pray.

Dear Lord – Hold my hand and guide me throughout

This blessed gift from you – my day.

My knowledge of Him

Soon spoke to my heart

And I knew

Just what He would say.

My dear child –

I gladly will take your hand

And lead you through this day.

And as trouble abounds—never doubt

I'll carry you through—all the way.

As night time shall fall

At the end of this day,

I will lovingly tuck you in bed.

Softly sing you to sleep

And watch through the night

As happy thoughts pass through your head.

And then at the break of a new day

I will patiently wait by your bed—

Waiting to greet you

Ready to share

When I hear you pray.

Dear Lord—Thank you for yesterday.

Life is precious when I walk in your way.

And Dear Lord—Hold my hand

And guide me throughout

This blessed gift from you

Our day.

By Kathy Webber--©2013

Thought behind the poem:

This poem came from the thought that at times in our lives, in the physical state, we can find ourselves alone. It might be the death of a mate or just some circumstance that we face alone.

But as a child of God—spiritually—we never have to be alone. God is always there. Choose to ask Him to lead your life, and then trust that He will. God is faithful. Be faithful to God.

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CONGRATULATIONS!



This week's Guardian Angel is,

**Sharon Hamilton, RN-Center for
Psychiatric Services.**

She was recognized as a Guardian Angel for the caring spirit she shows to her patients.

A gift was received in your honor through the Phelps Regional Health Care Foundation Guardian Angel Program.

"You are a very special caregiver."

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The above honor was bestowed on Sharon Hamilton, a member of the Rolla Church of Christ, for the week of October 28, 2013. Congratulations to Sharon!

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## **Popcorn**

One of my favorite snacks is popcorn. I pull out one of those bags, zap it for a few minutes in the microwave, and then sit back and enjoy it!

Look closely at those kernels of corn. Before they are put into the microwave they all look just about alike: small, brown, and round. Then the heat is applied, and changes take place.

The best kernels are the ones that pop into full, fluffy light bites! But in a handful of popcorn, I also find some that kept part of their hulls. They may taste okay, but they aren't as filled out; and sometimes the hulls come loose and get stuck in my teeth and gums. At the very bottom are the kernels that wouldn't pop - I throw them away.

As we relate this to our Christian lives, how do we react when the heat of life's trials that come our way? Some "rejoice in their tribulations" and the fullness of their spirit

is evident. They blossom and grow, and Christ is seen in them.

Some of us try hard to understand why we are facing troubles. We try to be filled with Christ's goodness, but we won't completely let go of how we want things to be. Sometimes a little hurt or a little bitterness sticks to us and may cause problems later.

Last of all are the ones who want to stay in control of their lives. They don't see the benefits of facing life's trials with Jesus at their sides. They want to be totally self-dependent and in control. They are not making anything worthwhile with their lives.

Which kind of popcorn are you?

By Lorna Smith ©2013

Lubbock, Texas

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## **Preparing for Winter**

Often simple, mundane tasks spark spiritual thoughts. Such was the case for me one crisp autumn day. My impatiens flowers had bloomed so beautifully all summer, but now we were beginning to have some crisp fall nights, a sure sign of winter's approach. The promise of Indian Summer still lingered in the warm sunny days, so I watered them for one last time. Then it was time to drain the garden hose and put it away for the coming winter. As I slowly worked the hose from one end to the other, water began to drain from it, slowly at first, then more rapidly and steadily as I neared the end of it. It brought to mind my life.

Before obeying God and becoming a Christian, my life was filled with quite an assortment. Some were good things, some not so good, and some not good at all. When I first obeyed Him, my life began to change...slowly. Most of the "not good at all" things began to disappear, but I still had a lot of the "not so good" things. But with time and spiritual growth, those, too, began to recede; and my life was filled with more and more good things.

At some point will my life be "drained" of all bad things? Ideally, yes. And that is the goal for which I strive. As the writer of Hebrews says in Hebrews 6:1, I hope to leave the elementary principles of Christ and go on to perfection. I am much further along the route to that goal now than when I first started my walk with Christ,

yet | know there is more to learn, more growing in faith and good works to be accomplished.

Just as | was unable to drain every drop of water from the hose, not all imperfections have been drained from my spiritual life – nor will they ever be in this lifetime. Thanks be to God that he has extended His mercy to me. Thanks to Jesus Christ who shed His blood on the cross to cover my inadequacies and imperfections. He truly paid a debt, my debt, that He did not owe; but He knew | could not pay it no matter how “well drained” my life becomes.

Draining the hose that day reminded me of a wonderful song that begins by describing the bitter pain and sorrow when we demand, “All of self and none of Thee (Jesus).” But the song progresses through several stages and finally ends in triumph with “None of self, and all of Thee.” May His love continue to drain my “self” and replace it with His love. Only then will | truly be prepared for “winter.”

Evelyn Waite  
©October, 2001

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## TWELVE THINGS TO START IN THE NEXT 12 MONTHS

1. Start reading your Bible every day.
2. Start smiling (laughing) more.
3. Start looking for only the good in others.
4. Start drinking more water each day.
5. Start going to bed early enough to enjoy eight hours of sleep each night.
6. Start doing regular breast exams.
7. Start going to every meeting of the church - and get there on time.
8. Start putting clothes away the minute they are taken off.
9. Start learning a new skill you have always wanted to conquer.
10. Start eating healthy—both in selections and quantities.
11. Start being a better listener.
12. Start a monthly draft to save for the future.

Adapted from Christian Woman Magazine,  
January/February, 2006

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## Too Blessed To Be Stressed

Many years ago, one man, God in the flesh, gave His life so that mankind for generations to come would have hope of eternal life. Hope of a future filled with peace and communication with the one and only God who lovingly designed His creation. God was and is a creative genius! He designed this world with splashes of color, angles, textures, liquids and solids to create a most beautiful space for His creation to live.

Fast forward to 2013...Mankind has created many ways to achieve happiness. At least what is perceived as happiness. Much of it brings stress to our lives instead of happiness.

Imagine with me, if you will, what you would do if you lost everything tomorrow except your loved ones. Job gone, house gone, vehicles gone. A natural disaster has crumbled this area, but your family was spared! What would you do, where would you go? Perhaps after the shock of the tragedy, overwhelming thankfulness might rise to the forefront of your emotions that you and your family are alive and together.

We are approaching a traditional season of sharing gifts, family get-togethers, and celebrations. We worry about many things. Getting our house in order, purchasing gifts, preparing special food, helping the needy, lack of finances and more. May this time of year be one in which we feel, "Too Blessed to be Stressed." Let us be thankful for the simple things, the everyday kindnesses that God lays before us. Not taking anything for granted but in patience spreading good cheer wherever we go.

"I will tell of the kindnesses of the Lord, the deeds for which he is to be praised, according to all the Lord has done for us..." Isaiah 63:7 ff

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*Wanted: Are you a writer? Have you written down thoughts that you would be willing to share with Christian sisters? Please submit them to Evelyn Waite for consideration for future publication. You may submit them via email to: [evelynwa@fidmail.com](mailto:evelynwa@fidmail.com) or you may submit typewritten copies to Evelyn personally. Sunrise is growing. Thank you for your support!*

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