



Volume 2, No. 1, January, 2014

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.*



What Will You Do with the New Year?

Before me, I see the future. It is clean, white, and unblemished. It is a new day, a new week, a new month and year. What will be the marks left on that clean slate?

Will it be prayerfully painted with deep love for and commitment to God and His Word? Or will it be splattered with love for self, the world and the wickedness thereof? Will it be tenderly written with teaching the lost of the love of Jesus? Or will it be scarred with missed opportunities and callous disregard for the lost who are dying all about me?

Will it be carefully tended with love, peace and harmony with my fellow Christians or carelessly marred with jealousy, strife, contention? Will it find me devoting myself to Bible study and prayer or carelessly wasting my time and neglecting Bible study and prayer?

Will it show me growing in the fruits of the spirit and in the Christian graces? Or will it find me mired in the works of the flesh and floundering in sin? Will it find me watchful for the souls of fellow Christians struggling with their spiritual lives, financial losses, marriage problems, family problems, ill health, physical needs and more? Or will it find me concerned only for me—my own gain, my own family, my own aches and pains, my personal heartaches?

Will it find me faithfully attending the services of the Lord's church and supporting the works of it by my participation and with my financial blessings, helping His church to grow? Or will it find me attending sporadically and doing little or nothing to strengthen the church—numerically, spiritually or financially?

As I ponder this future spread before me, I realize it is up to me to carefully, lovingly, faithfully write my future. I must do so with my eyes clearly focused every day on God and His Word, with my heart committed to Him and His church. My future is intertwined with your future. Together, we must love God and keep His commandments, for this is our whole duty. What will you do with your future?

Evelyn Waite
January 1, 2000
© 2000

†††††

Thoughts from John W. Smith

A good friend sent me these 9 things contained in Wayne Dyer's video about "The Power of Intention." I found them very insightful and convicting.

1. Have an open mind to what is possible.
2. You can't give away what you don't have....such as love and grace and forgiveness.
3. There are NO justified resentments. You must let go of the "blame" in your life.
4. Don't die with music still in you.
5. Embrace silence...meditate..pray. Find God in Silence.
6. Give up your personal history. Live in this moment.
7. You can't solve a problem with the same mind that created it....change your mind.
8. Treat yourself as if you have already become who you believe yourself to be.
9. Wisdom is avoiding all the thoughts that can weaken you. The ancestor of every action is a thought.

Via John W. Smith

†††††



Welcome 2014

Wow, where has the year 2013 gone? I am not sure about you, but my year has flown by. As we go into 2014, we have a new beginning. We can start over again.

I encourage each of us to leave behind the "old ways" where sin is hiding and waiting to pop out to entice us. Let us look for new ways to seek God. God is always focused on our lives. So let this year be one where we focus each day on God. God sees us with the eye of love. Yes, love. God sees us, not exactly as we see ourselves, but God sees us covered with the blood of Jesus to wash our sins away. I hope you will join me this year in focusing on the following scriptures.

Colossians 3: 12-17 (NAS) So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone ; just as the Lord forgave you, so also should you. Beyond all these things put on love, which is the perfect bond of unity. Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God. Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.

Jeremiah 29:11 (NAS) 'For I know the plans that I have for you,' declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope.'

Romans 12: 2 (NAS) And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

May your 2014 be one of focus on God; and may you be clothed with a heart of compassion, kindness, humility, gentleness and patience. God bless and guide you in the coming year.

©2013 Pam Cummings
Panhandle, Texas

†††††

Time

There's play time, leisure time break time, and lunch time.

*Nap time, my time
prime time and quality time.*

*There's hard times, dark
times, bad times and sad
times.*

*Dead times, long times
crunch time, and work time.*

*You can put time in, you
can take time out.*

You can save it.

You can hoard it.

You can lose it.

You can use it.

*You can cherish it all you want,
but don't be loafin' on company time.*

Time is money.

Time is Power.

*Time is an inescapable force that molds our actions
and an acid that corrodes the fibers of existence.*

Time can heal a broken heart?

Wrong.

Time is amazing, but it ain't glue.

Time can fly, Time can crawl.

Time can be your worst enemy.

All in all, time is precious.

Don't waste it.

© 1996 Ken Waite
Edmond, OK

†††††

Treasures Among Us



Featuring Lovera Baird

Lovera Baird grew up the third child in a family of six girls and two boys. Her father was a preacher and a school teacher. She attended Harding University in Searcy, Arkansas, for one year.

While standing in the cafeteria line one day, she met her future husband, Tom Baird, Tom grew up in Arkansas, also in a family of eight children. Lovera and Tom have been married 61 years. They have three sons and one daughter, all of whom are grown and are now “scattered all over,” as she says. In addition to their nine grandsons and two granddaughters, they also have one great granddaughter and three great grandsons. Lovera has been teaching Bible classes since she was in high school. She taught in Day School at Rolla Church of Christ for 4-5 years and served as the director of Day School for several of those years. These days, she helps with the baby class on Sunday mornings.

During her working years she did a lot of babysitting and worked 19 years at The Frame Shop. She retired at 75 from Day School. Tom served as an elder for 30+ years, so she knows how to “sit and wait,” as she put it. Both she and Tom are now in poor health. Lovera became a Christian in 1944 in Salem, Oregon. One of her favorite memories is of spending time with her Grandpa Moore. She describes him as “a strange man,” and says he was not a Christian. He sang beautifully, and Lovera remembers him singing, “Never Grow Old” and “My Old Kentucky Home” with tears streaming down his face. She says every child should be blessed with a special grandpa as she was.

Her favorite Bible passage is Psalm 100. When asked to describe something unusual about herself or her life, she said, “I’m just a normal person.” When asked about what might still be on her bucket list that she would still like to accomplish, she said she doesn’t have a bucket list any more, she’s just living her life. She was very pleased a few years ago to be able to travel to Scotland with Tom. His family originally was from Scotland, and he was able to locate some of the old family graves. Lovera’s favorite place is Wenatchee, Washington. Her

family moved there when she was 16, and she graduated high school there. She still considers Wenatchee to be home.

She remembers World War II as the world event that affected her most. Her dad went overseas as a chaplain in the South Pacific. Lovera says she is now “just living my life” and that she is very proud of all their children.

Lovera has been very instrumental in instilling the Bible in many, many children over the years. For quite a few years, she was one of the teachers of the Sunday night “memory class” for young children. In that class, children were challenged and encouraged to memorize scriptures; and they were given rewards for each verse/passage they memorized. The scriptures they committed to memory at young ages served as a foundation for greater study and knowledge of the Bible.

◆◆◆◆◆

NOTE: *This is the first in a series highlighting noble Christian women in our congregation. We truly have many “treasures among us” in the women who exemplify Christianity in all its facets and have much to teach us all.*

◆◆◆◆◆

How Did She Do It?

By Wilburta Arrowood

I don’t know about you, but reading about the virtuous woman in Proverbs 31 makes me tired. How did she do all those worthy things, particularly without the benefit of modern conveniences? I don’t know how she did it, but I have found a few things that help me get all my work done. However, I will admit, I am still open to suggestions.

1. When I start a task, I try to see it through before starting anything else. That is not to say I do not multi-task, because I do; but I stay focused on the main task and finish it before taking on another large task. I have a short memory, so I do write lots of notes to remind myself of all those other things that keep calling me as I complete that main task.
2. I do multi-task. When doing laundry, I organize the hangers I will need, make sure I have the soap, spot cleaner, etc., at hand, and sort the clothes and start the first load. I then leave the laundry room and perhaps put dinner in a crockpot, or sweep a floor; but I keep an ear open for the washer and/or dryer to quit. I hang and fold clean clothes immediately and put them away. Clothes left in the dryer or a basket wrinkle terribly, and that means extra work. Because I’m lazy, that is to be avoided at all cost.
3. When I worked outside the home, I often prepared “double” meals and froze the extra one for another

day. We all have days that just seem to never end, and a ready-made meal I can put in the oven while I finish other tasks is a lifesaver.

4. Oven meals are also a great boon. My family was large, so I frequently oven-fried chicken, pork chops, or fish, and added a potato dish or rice, and a vegetable casserole, then left the kitchen to do other tasks while the food cooked. I even heated green beans and corn from a can or the freezer in the oven in a casserole dish. Crockpots are also a great help on a busy day.
5. It was always a challenge to keep the house orderly and clean with a house full of children, but in recent years I have found Pinterest.com a real blessing. I can find hints on how to do certain tasks more efficiently, and there are many homemade products that can save a great deal of money. The Dugger laundry soap is awesome and costs pennies per load. If you are interested, Google it. Just be cautious. Pinterest can suck all your time away before you think you have even taken a breath.
6. Keeping things in assigned spots will save much time and grief. How much time have I wasted searching for something I didn't put away? I'm not telling, but I'm sure some of you can relate.
7. Make a shopping list and stick to it; and for me, it is important to not shop when I am hungry. For one thing I'm diabetic, and I get weak and unfocused; but I also tend to buy snack type things I don't really need or even have room to store. Know your weaknesses and put your guard up.
8. I try to live by the KISS principle. Keep It Simple, Sister! (I know the original was keep it simple, Stupid, but I like my version better.) My home furnishings are much more streamlined than they once were. It takes less time to dust and sweep without all the doodads. A few well-chosen items make the house welcoming, but beyond those few is a lot of work and takes time I would rather spend elsewhere. When I entertain, I serve simple foods. If I decorate at all, I do it with simple items; and I enjoy my friends rather than work myself to a frazzle and not be able to function well. A simple oven meal as described above is delicious and easy. No need for a dozen dishes that take all day to prepare. My friends deserve my time and attention at its best. They do not enjoy seeing me frazzled and tired.
9. Teach your children to help. Show them how to pick up after themselves. Make it a game. Set a timer for 5-10 minutes and see who can collect and store the most items in the set time. Offer a small prize for the

winner. No, that is not a bribe. You wouldn't go to work outside the home without the promise of a paycheck, would you? Kids are usually as smart as you in that respect.

10. Keep a chart of household chores your children can do and assign each child a different task each week so they learn to do them all. Don't forget to give out lots of praise for jobs well-done. Children thrive on praise and will respond much better to that than to criticism.
11. Remember to set aside time to read and study God's word and to pray. You will be amazed at how it affects the rest of your day. You may think you don't have time; but trust me, you don't have time to waste not doing so. In Titus 2 we read, ³"Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, ⁴so that they may encourage the young women to love their husbands, to love their children, ⁵to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored." Those are lofty goals; but they make for a happy, healthy, well-organized home where your family can feel safe and loved. It truly is worth the time to spend those minutes with God each day.
12. Keep learning. There are many books on time management and organizing a home, and it might be time well spent to pick up one or two and glean some ideas.

A wise woman once told me to find someone who does a task well and ask her how she does it. She will be flattered, and you will learn something. She was right. I once met a lady whose hair always looked like she had just left the beauty shop. I knew she napped in the afternoon, so I asked how she managed that. Her husband grinned and said, "She takes it off and sets it on the dresser until she gets up." Now I know!

How did the virtuous woman do it? I don't know, but I do know she did it out of love. If we have that love for our families, we will find ways to do it, too.

©2013 Wilburta Arrowood
Napoleonville, Louisiana

✦✦✦✦

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 or you may submit typewritten copies to Evelyn personally. Sunrise is growing. Thank you for your support!

✦✦✦✦