



Volume 5, No. 5, May, 2017



How Shall the Young Secure Their Hearts?

How shall the young secure their hearts,
 And guard their lives from sin?
 Thy Word the choicest rules imparts
 To keep the conscience clean,
 To keep the conscience clean.

'Tis, like the sun, a heav'nly light,
 That guides us all the day;
 And, thru the dangers of the night,
 A lamp to lead our way,
 A lamp to lead our way.

Thy Word is everlasting truth;
 How pure is ev'ry page!
 That holy book shall guide our youth,
 And well support our age,
 And well support our age.

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A Mother's Prayer

Dear Lord,

Help me to be the person that I want my children to be. May they see Christ in me, especially when I am tired and rushed or when things haven't gone my way.

Help me never to be too busy to stop and listen to them without interrupting and contradicting them. Let me answer their questions kindly.

Lord, guide me so that I will have no habits that I would not want them to have. May my actions never tempt them to steal or to lie. Help me to be fair in granting them all their wishes that are reasonable, but give me the courage to withhold a privilege which I think would not be best for them. Lord, I want to encourage and praise them when it is due and to discipline and correct them when it is needed.

Let them see that the Christian life is the greatest life on earth. It's so hard to let them grow up. Give me the grace to allow them to have their own duties, to think for themselves, to make decisions, and to work. May each of them come to the place that they choose, the vocation that you had in mind for them. Help them to make the right choices every day and live to please you, Lord.

Lord, what I want more than anything else is to love them and care for them as you love and care for me. Thank you for being my loving Father. Help me to be their loving mother.

Author Unknown

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MY MOTHER'S HANDS

My mother's hands are what I think of when I think of my mother. Her hands were always busy. She made beautiful crocheted tablecloths that cover our dinner tables. Her hands made me many a new dress. Her hands made all the new grandbabies beautiful quilts that covered



them at night. She held and cradled all of her grandchildren with those hands. My mother's hands wiped my tears and held me tight. With those hands, she held the hands of those who were dying. Her hands wore out the pages of her Bible and taught me how to pray. My mother's hands were the window to her soul. She touched many people with those hands. My husband tells me I have my mother's hands. I hope it's more than the way they look. Happy Mother's Day to my dear friends and family

Dawn Patrich
Granite City, IL



LESSONS FROM MY GRANDMOTHERS

Grandmother Glass—we called her Ma—simply Ma. We (several grandchildren) asked her once if we could call her Granny. She responded with a chuckle, "I'm not old enough." In the great influenza outbreak of 1917, she, my grandpa and their two toddlers came down with the flu. The two babies died, but Ma and Pa were too sick to do the burial. Neighbors buried their babies for them.

Ma was a survivor. Pa Glass was a sharecropper and managers of sorts. He managed big cotton farms for the gentlemen farmers. He moved the family often. I lost track trying to listen to my dad tell me about all the places they lived. Ma would simply pack up and go where the family needed to be to keep the family going. Seven more children were born, and another baby died. She personified Titus 2:4-5.

I've seen her pick up two hens, wring their necks, and pluck their feathers—all before Sunday worship.

Afterward, we would all (as if by magic) sit down to a wonderful fried chicken dinner! She always wore an apron. She fed her little brood of

chickens from that apron. She taught me the song of the 13 apostles, adding the verse about Mathias who took Judas' place. She always had beds ready for us, no matter how late we arrived. There was always a snack prepared in case we were hungry. I love macaroni and tomatoes and cold biscuits with mayo sandwiches because those were her go-to snacks.

I never heard her raise her voice and only saw her cry once. Her voice was quiet and sweet. You could always tell she had been reading and studying her Bible. Ma had a quiet peaceful servant heart. Once when she was in her 80's, she got up from her chair and started for the kitchen. We asked what she was doing. She simply said, "I'm going to make Harry (my dad, her son) some tea cakes." Always a momma, always a "grand-Ma."

Grandmother Holt, caregiver, writer of poems, and praying and singing grandmother. Grandmother is what we called her. It sounds so formal now, but there was never an ounce of pretense in her. Perhaps from Grandmother, I got my love of nursing. She was a midwife, registered with the state of Tennessee. The state provided her with birthing packs for home births. She went to homes all around on horseback and brought many a babe into the world.

She and her two siblings were orphaned at a young age. Grandmother and my grandpa were married more than 60 years. Grandpa did not make life easy for her in the early years. He was a drinker and would come home "late and mean" (her words). She met him at the door late one evening with a stick of firewood. She instructed him that she would not tolerate his abuse or drinking another day! He believed her.

Grandmother loved to cook, sing, sew, pray, read the Word of God, worship, and love on babies. There is a standard in our family, "nana puddin'" like my Grandmother made. She always put pecans in her Jello. Figure that one! She wrote very sweet and thoughtful notes and loved to sing about heaven. I recall sitting on her lap when I was small. I can still hear "The Sweet By and By" echo in my ears.

She rocked all of us in a small sewing rocker. Once when she was rocking me and singing, I asked if when I grew up and have babies could I have the rocker. My parents came to visit before our oldest was born, and she had sent the rocking chair!

I think she was more excited than anyone when I was accepted to nursing school. She couldn't wait for me to get that cap. Her gentle spirit never left her. She and my mom cared for my grandpa at home through a terminal illness. Grandmother lived 13 years in my



parents' home. After that she spent a very brief time in a nursing facility. After she passed, a young lady who had cared for her came to us at the visitation. The young lady told us that because of my grandmother, she came back to the Lord. She stated that the sweet spirit and witness of this kind lady had a profound effect on her life.

Grandmother never learned to drive, and that was not a problem for her. She would jump on a city bus or streetcar and go wherever she needed to go. We would go across the Mississippi River to St. Louis on the streetcar, shop, have lunch at the Woolworth lunch counter, have ice cream from a street vendor, and back across the river on the streetcar. If one could only bottle the joy of those days, and savor it years later!

Mrs. Nettie Holt watched two sons go off to war, one of those sons go to prison, a daughter have a nervous breakdown, her mate of 60+ years suffer terribly—but she was never shaken. Her faith never wavered. She knew who was in control, and that is where she put her faith and confidence.

Two grandmothers taught me, loved me, and were a huge influences in my life. They were two servants who endured hardships and struggles. Two beautiful ladies full of grace and peace. If I could have handpicked grandmothers, these two would have been my choice. I think of each one at different times and for different reasons...when I hear a chicken cluck, see irises in full bloom, smell fried chicken, and eat "nana puddin'." Thank you, Grandmother and Ma, for being a part of who I am.

Nettie Martin
Rolla, Missouri



New Beginnings

As I think about the idea of "new beginnings", images of Springtime come to mind when leaves start to return to their glorious heights in the trees, flowers emerge from the ground stretching towards the heavens, and baby birds share their melodies with the world. Springtime fades into images of marriage, starting a life and family

together, starting a new job, and/or purchasing a new home. Thoughts of New Year's resolutions pass through my mind. People are excited to start fresh and make positive changes in their lives in hopes of making that year even better than the last. All these visions speak of "new beginnings".

Unfortunately, not all "new beginnings" are full of excitement or even expected. There are those moments when your life changes instantly and suddenly; there are "new beginnings" you never imagined nor expected. There was the moment the doctor told you that you had cancer...the moment your loved one took his last breath...or in my experience, the moment your loved one suffered a severe stroke. Being faced with uncertainty and a long, rough road can make one look at "new beginnings" in a whole new light. Shifting from partners to caretaker/dependent, from conversations to helping your spouse learn to speak again, from walking along side together to assisting as one struggles to move one foot in front of the other are different "new beginnings."



Then I thought about our Christian lives. The Christian life is not without issues and can be problematic. That does not mean Christ does not care for us. Trials make us stronger Christians. When we come to Christ and are saved by grace, we have a "new beginning," yet daily, we pass through ups and downs and constantly have to start anew. However, just as we have to pass through Winter in order to get to Springtime – or maybe a year full of mess-ups in order to decide what we want to do differently the next year, sometimes we have to pass through these difficult, unexpected "new beginnings" so we can grow and be renewed. Such is the life of a Christian. Due to our sinful nature, Christians continually strive for "new beginnings" in their Christian walk. We can find strength in every trial, if we continue to walk with Christ and have faith that even in the darkest of times, we will continually find "new beginnings" and ultimately "The New Beginning" when we are home with Him in Heaven.

DJ Hopkins
Rolla, Missouri



MARY'S PRAYER

Luke 1:46-55

⁴⁶ And Mary said: "My soul glorifies the Lord
⁴⁷ and my spirit rejoices in God my Savior,
⁴⁸ for he has been mindful
of the humble state of his servant.
From now on all generations will call me blessed,
⁴⁹ for the Mighty One has done great things for me—
holy is his name.
⁵⁰ His mercy extends to those who fear him,
from generation to generation.
⁵¹ He has performed mighty deeds with his arm;
he has scattered those who are proud in their inmost
thoughts.
⁵² He has brought down rulers from their thrones
but has lifted up the humble.
⁵³ He has filled the hungry with good things
but has sent the rich away empty.
⁵⁴ He has helped his servant Israel,
remembering to be merciful
⁵⁵ to Abraham and his descendants forever,
just as he promised our ancestors."

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MY FOUR DAUGHTERS

Proverbs 31:10 speaks of a virtuous wife. Many women love this verse because I hear it quoted all the time. As I was reading this verse, I began to think about my four daughters. Immediately, a question came to my mind: What can I do to help them become virtuous women. The answer is found in Proverbs 22:6, "Train up a child in the way he should go, and when he is old he will not depart from it." From my understanding, the training comes through the teaching of God's word.

So I began to examine myself and to ask whether or not I was spiritually feeding my kids. My examination turned up amazing facts. I took more time to make sure that they physically were fed and very little time to make sure they were spiritually fed. Obviously, the physical feeding shows quite well, but I couldn't see the results of the spiritual feeding. Therefore, as a mother trying myself to grow in Christ, I sat down and thought about what more could I do to help them become virtuous women.

My Responsibility as a Mother in Christ

I went back to Proverbs 22:6 and made some changes to the verse. Since God is "the way" for all mankind, I inserted His name into the verse and removed "the way." I also added God to the end of the verse. Now when I

read the verse, this is what it says to me, "Train up a child in God and when he is old he will not depart from God." Inserting God's name into the verse opened my understanding much more.

How Do I Raise a Child in Christ?

Raising my child in Christ begins with me examining myself and my lifestyle. As I raise my children, I have found that you must live the lifestyle you want your kids to live. If my goal is for my children to be Christians, then I must live like a Christian. For a long time, I have heard people say, "Do as I say, not as I do," or "I am grown; that's why I can do it." Those statements are wrong. God does not work like that. Jesus didn't act like that. In His life, our Lord never said or did anything that He expected us not to do.

A good example of living the life is being faithful to the worship services of God. When my kids see this, it will have a tremendous effect on them. They will not only hear my words, but they will see my actions. Doing this and many other godly things will aid in the spiritual feeding that they need. So now when I feed my kids the physical food like pork chops, collard greens, and "mac and cheese," I will not neglect the spiritual dessert: The sweet word of Christ, two to three scoops of the Bible, and a cup of prayers daily.

In conclusion, I pray that my four daughters can grow to be that virtuous woman described in Proverbs 31:10-31. I not only pray that they will, but I know they will because I will continue to train them in this way so they will not depart when they are older.

Andrea Seright via Price Above Rubies
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The logo for "Sunrise" features the word "Sunrise" in a large, blue, cursive font. To the right of the text is a yellow sun rising over a blue horizon line. Below the text and sun is a blue banner with the text "The Newsletter For Women By Christian Women" in white, serif font.

Sunrise is a monthly newsletter written and/or assembled by members of the Rolla Church of Christ. All previous issues can be accessed by going to <http://www.seekgrowserveLove.org>. Click on Resources, then on Sunrise Newsletter. You will find the current issue plus all previous issues.

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