

f Talk



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We have had a rather difficult beginning to this new year. Almost every Saturday this month we have attended someone's funeral. Many of us are hurting right now.

Even though we know that death is inevitable for all of us it is still a shock when it comes so close to home. This is why we practice our faith with a *family* of believers. And this is when that family can be the most helpful.

But still, it hurts. It hurts more than any other pain we suffer as humans. We can no longer see, hold, talk to our loved one. There are no cleverly turned phrases or platitudes that will help with that hurt. Unfortunately, we simply have to stand still and let it hurt. God is our most powerful help at these times.

We must adjust our thinking: that person has not really died but rather has simply gone on to the other world—the world Jesus called 'paradise.' The world where they will never have to suffer pain or sadness or disappointment ever again. As Christians we understand we will see our loved one again. God has promised us a home together with him, and God always keeps his promises.

Also remember that I Corinthians 13:8 tells us that 'love never ends.' That love you shared with your family member or friend on this earth—that will live on.

After all, remember the Bible tells 'God is love.' (I John 4:8) So, of course it lasts forever.

I have a sneaking suspicion that when we arrive on the other side and have greeted our long lost ones we are going to say in some fashion: 'what was all the ballyhoo about? This is wonderful!'

~Pt

Valentines
Day this
month is a
great
opportunity
to
show
your love to
someone.



The *Talk*, since 1974, has been a monthly newsletter for the Forest Hill Church of Christ and is dedicated to Christian unity. The usual deadline for submission of articles is the last Sunday of every month with the exception of December.



Talk Staff

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Our 2023 has begun. We have had to say goodbye to some, but we pray God will keep those grieving in his loving arms. So far the winter hasn't been too bad. After all, we do live in the north, and it is February. Stay safe and warm, everyone! It is time for all of us to rediscover that warm fire, our cuddliest blanket, a good book, and a warm cup of. . .whatever.



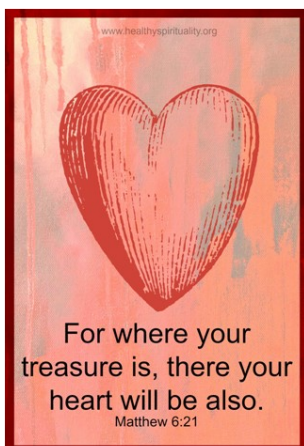
Celebrate Valentines Day this month by grabbing a friend or loved one and telling them exactly how much they mean to you.

Come and join us for Sunday School at 9:30 each Sunday morning. Our topic is 'The Churches'. We will talk about how all the various churches and their differing philosophies developed and why. We will talk about 'oneness'—are we one, will we ever be, what does that mean? We've only had one class so far, but so interesting.



There are many in pain of body or heart right now. Please remember them in prayer: Lillie Glenn asks for continued prayers for her family upon the violent death of one of her young relatives. We offer prayers of thanks for the care God took of Tom Hawkins during his recent heart surgery. Recently we have lost Shirley Moorer, Clara Killings' husband

Arthur, Pat Aaron's mother Claire, Leroy Stewart (older long time member not able to attend lately) and we have just learned that former member Connie Miller passed away this past week. Remember Ella & Velma Hopkins as well. Pray for Jeannene and Derwood as he recovers from his recent hospital stay and as Jeannene cares for him. The West & Caver families need prayers as they want so much to return to services but health issues keep interfering. Pay special attention to your prayers for these families. They are all suffering.



God has given us many things here on earth to demonstrate not only that he exists but also showing us his character. Love is one of, if not the main, character trait of God. He illustrated what love means when he allowed his only son to suffer and die on the cross for our sins, because we could not have done that. We are 'the created' so it is difficult for us sometimes to understand the Creator. But with this, with love, I think we have the potential to 'get it' more than with other characteristics of God. The funny thing is to 'get' love we need to relax, not try so hard, and just look at the world around us and our loved ones within it. Then we'll see the love plainly.

Of Interest...

THE SPIRIT

© by pam thornton

“...the Spirit of him who raised Jesus from the dead is living in you,” Romans 8:11

Wait. What?

Yes! Crazy concept when you think about it, isn't it? That very same Spirit that created an empty tomb, raised Jesus from the dead, allowed him to walk the earth with his death wounds intact, (Thomas, John 20:27) and speak to his disciples is the very same Spirit available to baptized believers (Acts 2:38) **right now**. The same.

God has given us so much. He has offered his love—just witness the multiple times He saved the Israelites in the Old Testament. Just like a loving, correcting father he brought his children back again and again and again. He needed them to stay pure and faithful because through them he gave us His next gift—the best one of all! He gave us his son, Jesus, to live among us, suffer the little aches, pains and disappointments we all suffer **but also** to die in our stead for our sins. But God did not stop there he left us his Holy Spirit after Jesus returned to heaven—a Spirit to inspire us, help us, guide us.

“I will ask the Father, and he will give you another advocate to help you and *be with you forever*—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will

not leave you as orphans...” John 14:16, 17, 18

Could our heritage be any richer? Could any of us be better set up for a really fruitful existence on this earth? We have all the tools we will ever need at our very finger tips.

Then why is it we do not speak more often of the Holy Spirit? Remember, it is not a watered down version for us because we are mere humans. It is **THE SAME SPIRIT** that raised our Lord from the dead.

So, tell me, what task is beyond us? What exactly is it that we *can't* do? I know there have been times for you, just as there have been for me, when you did something, said something, wrote something that was totally beyond what you knew your abilities to be. The Holy Spirit was working through you. To the extent we can get ourselves out of the way that is the extent to which we can do these things.

But that is the trick, isn't it? We have to get ourselves out of the way. I don't think that will happen over night. I think we must cultivate that throughout our Christian lives.

Self is going to say, “oh I can't possibly...” The Spirit will say, “yes you can. Trust, pray, obey—you will see the way.” If we have the courage to lean on the Holy Spirit the path ahead will open for us, and best of all, we will be blessed and we will be doing what we were born to do—share the good news with this sick and despairing world.

If God gives us a task he will also give us the tools we need to accomplish it.

Have faith and trust!

Prisoners currently in our Ministry: Jose Agosto, Michael Bell, Terrance R. Boyd, Larry Duncan, Glen T. Evans Sr., Michaellyn Hutchins, Christopher Konkel, Albert Lacy, Derrick Lartdale, Latrina Lewis, Chris Love, Scott Markel, Ralphonzo Martin, Bradley Mason, Thomas McCarthy Sr., Leon Napier, Lakiesha Phillips, Melvin Reardon Jr., Antonio Spates, Thomas E. Stephens, George Weaver, and Timothy Wilson. **Also, for those released**—Kenneth Anderson, Nicholas Bowers, Greg Breville, Tony Campbell, Alfred Cleveland, Dean Dupont, Leonardo Frazier, Emmanuel Gonzales, Willard Hall, Tyrell Havergne, Keith Hume, Israel D. King, Juan Rentas, Mark Slayton, Jewell Trischler.

Please keep these folks in your prayers as they attempt to walk with the Lord within a difficult environment.



A BIG THANK YOU goes out to the men who are taking the time to give a wonderful and thought provoking communion time at Sunday morning worship. You are doing a good job, and thank you for sharing what God has put on your heart.

The EARLIEST KNOWN VALENTINE'S message was sent in 1477 in the form of a letter penned by one Margery Brews to a John Paston, who she described as 'my right well beloved Valentine'. However, it wasn't

until the 1500s that written Valentine's messages were exchanged in Europe and started to prove popular in England.



By 1723, Valentine's Day messages were more common and usually took the form of a written note with a special verse or religious saying on pretty paper.

It is thought Valentine's messages became tradition in the Victoria era and papers made especially for Valentine's greetings began to be marketed. With postal rates becoming cheaper in 1840, the sending of cards grew in popularity. Such cards were often religious in nature and it is thought the sacred heart became the Valentine's heart with the accompanying angel becoming the Cupid.

By the late 19th century printed Valentine's cards started to appear and with the improvement of printing methods, ready-made cards started to become mass produced.



For Kids Only...

Ezra 7:25-26

Every word listed in capitals below is contained within the group of letters. Words can be found in a straight line horizontally, vertically, or diagonally. They may be read either forward or backward. The leftover letters form a verse from Proverbs 1.

"And thou, EZRA, after the WISDOM of thy God, that is in thine hand, set MAGISTRATES and JUDGES, which may judge all the PEOPLE that are beyond the RIVER, all such as know the LAWS of thy God; and TEACH ye them that know them not.

"And WHOSOEVER will not do the law of thy God, and the law of the KING, let JUDGMENT be executed SPEEDILY upon him, whether it be unto DEATH, or to BANISHMENT, or to confiscation of goods, or to imprisonment."

— Ezra 7:25-26

Y G F O R T T H E T U R J
L N N I N G E A W A Y O U
I F T I H E A D P S I M D
D P M L K E C S E H A S G
E R O L L S H J O A W L M
E I D A Y T H U P A T E E
P V S M A N D D L T H H N
S E I E P R O G E A S P T
E R W R I T Y E O F R F O
O L S S H A L S L D E Z S
T R O W H O S O E V E R E
M A G I S T R A T E S Y T
H E M T N E M H S I N A B

For all the people young & old
Who now have been completely sold

On the idea that this puzzle is for all
Old or young, plump or fat, skinny or tall

Enjoy yourself to the nth degree,
Because there is no cost, no hidden fee

Knowledge of the Bible is open to you
It will help you all your life, in all you do.



F.Y.I. Healthspot...

Eating Disorders

Eating disorders are serious and sometimes fatal. These illnesses are associated with severe disturbances in people's eating behaviors and related thoughts and emotions.

Anorexia nervosa can be fatal. People with this illness can die from medical complications associated with starvation. This is a condition where people avoid food severely restrict food or eat very small quantities of only certain foods.

Bulimia nervosa is a condition where the subject may have frequent episodes of over eating and may exhibit lack of control. This is usually followed by forced vomiting, excessive use of laxatives, fasting, or excessive exercise.

Binge eating disorder is when people loose control over their eating and have reoccurring episodes of eating large amounts of food. These people are usually over weight or obese. This is the most common easting disorder in the U.S.

Avoidant restrictive food intake disorder (ARFID) is when people limit the type of food eaten. This is most common in middle childhood. But this is not just 'picky eating.' This individual will not eat enough calories to grow and develop properly and and adults with ARFID do not eat enough calories to maintain basic body function.

It is important to seek treatment early for eating disorders. People with eating disorders are at higher risk for suicide and medical complications. They can also have other mental disorders—such as depression or anxiety—or problems with substance use. Complete recovery is possible. Medications and therapy are available.

Mealtime habits are important. Make sure meals are nutritious and well balanced. Sit down at table and have a calm, pleasant environment. No arguing or correcting over the meal!

Most importantly pray before your meal thanking God for the food and for each other.

~pam

for more info check out: www.nlm.nih.gov/health/topics/eating-disorders

Recipe...

Italian Sausage Bean Soup

1 pound bulk Italian sausage
 1 medium onion, finely chopped
 3 garlic cloves, sliced
 4 cans (14-1/2 ounces each) reduced-sodium chicken broth
 2 cans (15 ounces each) pinto beans, rinsed and drained
 1 can (14-1/2 ounces) diced tomatoes, undrained
 1 cup medium pearl barley
 1 large carrot, sliced
 1 celery rib, sliced
 1 teaspoon minced fresh sage
 1/2 teaspoon minced fresh rosemary or
 1/8 teaspoon dried rosemary, crushed
 6 cups chopped fresh kale (or substitute)



In a Dutch oven, cook and stir sausage and onion over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.

Stir in the broth, beans, tomatoes, barley, carrot, celery, sage and rosemary. Bring to a boil. Reduce heat; cover and simmer for 45 minutes.

Stir in kale (or spinach); return to a boil. Reduce heat; cover and simmer for 25-30 minutes or until vegetables are tender.

Thanks to all who contributed. Please, if you have anything for our next Talk write it up in some fashion and get it to me by February 19th! *Notice the sooner deadline.* I will be out of the country beginning on March 1st so I'd like to finish the Talk early. Thanks for your cooperation. You may hand me the article at church, put it in my box outside the church office, snail mail it to me at home, or email me at pthorn50@roadrunner.com. ~Pam



Birthdays...

March

11-Portia Mason/Kelly West
 13-Clyde Caver Jr.
 20-Kathy Johnson
 22-Joe Mason
 22-Clyde Caver Sr.
 23-Debbie Caver



A very happy birthday wish to all of you and may God bless you this year!

So. . .how are you doing on those new year's resolutions? Well, they are pesky things at best but it is just our feeble way of making ourselves into better human beings. Of course, you know what I am going to say, don't you? God did not leave us hown here to accomplish things alone. If there is a new year's resolution that is good for you and those around you all you need to do is pray for the Holy Spirit to help you.

Good News...

Know, therefore, that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments. .

~~Deuteronomy 7:9

☞Our mission: to love like Jesus, to serve like Jesus and to teach others to do the same☞