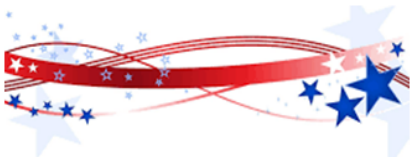


HAPPY



JULY 4TH



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

Pam Thornton..... Editor
Joe Mason..... Roving Reporter
Joe & Portia Mason.... Prison Ministry

Falk



a newsletter for the Forest Hill Church of Christ since 1974

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When you wake up on Tuesday, July 4th, what will be different? Our entire nation will be celebrating our independence from the mother country, England, back in 1776. What is different now 247 years later? If you are an 18, 19, or 20-something person do you feel proud of the United States? If you are a native American person or someone born with dark skin—can you feel happy about celebrating our country?

When I was coming of age the hippie movement was in full swing, the Kent State shootings blackened everything and Watergate befouled any vestige of pride or hope we had left in our government. Many of us had given up feeling happy or proud that we were Americans. Almost no one ever flew the flag outside their house. If you were a soldier returning from Viet Nam you were not heralded nor did you speak freely of that experience.

What began to happen was a new definition of patriotism: it was no longer 'love it or leave it.' We began to examine the freedoms we supposedly had. The newer definition of patriotism was not a blind 'anything you do' kind of attitude but one of 'I will stay and fight to make this place better.' If we historically did not treat indigenous people or people coming from Africa very well then let's examine that and learn to do better.

We need to focus on what we have that is good here. Why have 1.6 million people immigrated here? (Latest statistics: 9/2020-9/2021) There must be something here that is good enough to leave your native country and decide to live here. So, whatever that is let's build on that. At least in this country we have the right to belly ache to our heart's content if there is something we do not like, and we have the right to vote every 4 years for the leader of our country. So, when you wake up Tuesday feel proud that you live in a country that is willing to fix its mistakes and still keep trying to be the land of the free and the home of the brave!

~~pt

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We bid a sad farewell to the Hales on June 18th. We send them with our love into their new job and new abode. May God bless them and give them peace and happiness! Write them a note of encourage-



ment: new address 713 Dragon Road, South Abington, PA 18411.



Guess what it is time for again? Yes our back packs for kids campaign has come around again. It is being done slightly differently now. We have been requested to donate money and then someone will do the leg work and buy the backpacks. However, along with your money please write an encouraging note and this will be included inside the backpack for the youngster. Imagine their delight when they open their backpack and find not only school supplies but an uplifting note from you! Deadline is July 27th.

As we all pull our belts a little tighter please be able and willing to help out in whatever capacity you can. The elders are working hard trying to find the person God has designed for us and the rest of us can help out to make things continue to run smoothly.



Please keep these people in your prayers this month: John Kessler and his family at the death of his mother Diana last month; Fay Gaitan's mother-in-law passed away also; Lillie Glen's cousin Mary died after an illness and her family is missing her so much; pray for Derwood Smith's recovery and for Jeannene who is caring for him; pray for our beloved Joe Mason to get to feeling better; pray for the health of Elizabeth West and Clyde & Debbie Caver; pray for our congregation that God will lead us to the right person for our minister.

Today there will be a Ladies Prayer Circle right after morning services. Please come to the classroom directly through the west door at the front of the auditorium for just a bit and lift up your deepest concerns to God with us.



I think of a hero as someone who understands the degree of responsibility that comes with his freedom.

~~ Bob Dylan

Patriotism consists not in waving the flag, but in striving that our country shall be righteous as well as strong.

~~ James Bryce

OF INTEREST...

THE HOLY SPIRIT

©by pam thornton

I know. How do I even dare to write about the Holy Spirit, an entity that we all admit is real and there in our daily lives, but of whom we rarely speak and understand even less. Well, with God's help I'm going to attempt this.

When I was first learning about God, His word, and His love for me I did not have anyone to properly teach me about His Spirit. I have since learned that the Holy Spirit is with me every day as I try to maneuver this life. I have felt God's spirit when I spoke publicly at church for the first time. (Scared to death, but I did it. How?) I have felt God's spirit when my mother was dying, and I was in such agony over her continued suffering. At certain sermons over the years I have felt a flush of understanding and sudden wisdom. I took that to be the Holy Spirit trying to teach me; or similarly when I study a given scripture and it seems to latch onto my heart or mind. Often when I am praying I am overwhelmed at the mere thought that I am speaking to the Creator of the universe, and I am silently begging His Spirit to interpret what is in my heart so God can understand me.

"If you love me, keep my commands. And 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 14:15-18

An advocate, something to help us—how we need that! That is why we can do things we know we do not have the capability of doing. There is no other explanation for it. *Only God's Spirit* could have helped us do those things. I know what mine are. You know what yours are.

That is how Jesus survived the wilderness (Luke 4:1). That is how Jesus was able to do his ministry (Luke 10:21). That is how the disciples could speak so eloquently after Jesus was gone (Luke 12:12 & Acts 1:8). That same spirit is available to us today. "If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit which dwells in you."

Romans 8:11

Perhaps we have a hard time precisely identifying the Holy Spirit because it can come out differently in each of us according to the gifts God has given us. In one it may be singing, in another preaching, in another writing, in another it may be hospitality—God's spirit can help each of those gifts bloom if we will simply acknowledge it and ask for it.

It may be hard to pin down because we are used to dealing in concrete concepts that have a beginning and an end. God will not be bound by such human constraints—thankfully!

“The Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.”

John 14:26

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.



Just as the Holy Spirit is an advocate for us we can be an advocate for each of these searching souls. Keep them in your prayers.



On every dollar bill the seal is pictured with the “Eye of God” directly above the pyramid. The words “Annuity Coeptis” signifying “He (God) has favored our undertaking.

Have a safe and happy 4th!

LIBERTY

I said that I was free, until His voice spoke in the stillness of a hallowed hour:

“Tired, wandering heart, make me thy constant choice!”

Beneath the searchlight of my Saviour’s power,

I saw myself entombed by love for fame;

I never knew the chains my sin had wrought,

Until I heard Him summon me by name,

That I had liberty!

He drew me from a grave of earthly aim

And fear of man. When Jesus spoke to me

He broke the bonds of selfishness and

shame,

And closed my heart to all—save purity;

Held by radiance of His lovely face,

Ensphered with truth’s ever fervent flow,

I live imprisoned by His saving grace;

A captive of His matchless love, I know

That I have liberty!

Major C. Baird, Y.P. Vim

You know you are in Florida in the summertime when:

The best parking place is deter-

mined by shade instead of distance.

You discover that in July it only takes 2 fingers to steer your car.

You discover you can get sunburned through your car window.

You actually burn your hand opening the car door.

You realize that asphalt has a liquid state.

The birds have to use pot holders to pull worms out of the ground.

You learn a seat belt buckle makes a pretty good branding iron.



F.Y.I HEALTHSPOT...

It's Too Hot To Sleep

We have not encountered too much of this yet this summer—but you know it is coming!



We complain when it is so hot forgetting all the January nights we wished for a warm summer evening.

Our body needs to be at about 65°F for us to sleep well. The body's core temperature naturally fluctuates during the day and night and again when rising. We need a cool room to sleep well and just a one-degree-Celsius increase in room temperature can mean three fewer minutes of sleep.

If air conditioning your bedroom is not for you try these ideas:

- 1) Trick your body by taking a hot shower or bath an hour or so before bed. This can lower your core temperature.
- 2) Keep your bedroom dark during the day and stay out of it.
- 3) Using a fan is good to provide a cool breeze as well as 'white noise' to help you drift off.
- 4) Buy sheets and pajamas in breathable fabrics like cotton or linen.
- 5) When desperate cool off in front of your freezer for a moment then use ice packs to cool your body and ease discomfort.
- 6) Bedtime routines are important too. Follow a relaxing bedtime routine and avoid bright lights shortly before bed. Then make sure to see sunlight in the morning to regulate our sleep-wake cycle.

FOR KIDS ONLY...

Proverbs 16:7

Every word in the Bible verse quoted 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. Shorter words may be found more than once.

"When a man's ways please the Lord, he maketh even his enemies to be at peace with him."

— Proverbs 16:7

Be careful not to waste the good mind God has given you along with the ability to solve problems.



W
I W A
T W H E Y
H S L E H C S
T B Y E N B E A P
H C Y D B I S Y S E V
E P E B Q B A M I R O P R
H V L C X E E S H E I M K X R
T O Q A L O R D D N O A X
E C P S L G X N Y E T
K A H M I H E N H
A N D E X V D
M A N S E
W I T
K



And, God is always there to see you through anything that is difficult!

RECIPE...



CINNABON CINNAMON ROLL CAKE

Bottom layer:

3 cups flour
1½ cups milk
1 cup white sugar
2 eggs
4 teaspoons baking powder
2 teaspoons vanilla
¼ teaspoon salt
¼ cup butter

Top Layer:

1 cup butter, softened
1 cup brown sugar
2 tablespoons flour
1 tablespoon cinnamon

Glaze:

2 cups powdered sugar
5 tablespoons milk
1 teaspoon vanilla

Preheat oven to 350°F. Grease a 9x13 baking dish. Mix 3 cups flour, milk, white sugar, eggs, baking powder, 2 teaspoons vanilla, and salt together in a large bowl until well-combined. Stir in ½ cup melted butter. Pour batter into prepared baking dish.

Beat 1 cup softened butter, brown sugar, 2 tablespoons flour, and cinnamon together in a large bowl until smooth. Drop by spoonfuls over batter in baking dish. Bake in oven until toothpick inserted in center comes out clean, 25 to 30 minutes.

Mix powdered sugar, milk and 1 teaspoon vanilla in large bowl until smooth.. Drizzle over warm cake when it comes out of the oven.

Thank you to everyone who contributed to the Talk this time, and remember, if you have something uplifting or encouraging to share please do so! Our next deadline will be Sunday evening, July 30th. You may hand it to me 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. And *thank you* for all contributions. ~Pam



BIRTHDAYS...

August

2-Sherian Poole-Martin

12-Lydia Grebenyova Moran

19-Terah McNeal

29-Laurie Chapman



Have a good one. All day long!

We must be free not because we claim freedom but because we practice it.

—William Faulkner

America. It is the only place where miracles not only happen, but they happen all the time.

—Thomas Wolfe

If we ever forget that we are one nation under God, then we will be a nation gone under.

—Ronald Reagan

Where you see wrong or inequality or injustice, speak out, because this is your country. Make it. Protect it. Pass it on.

—Thurgood Marshall

GOOD NEWS...

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

II Corinthians 3:17



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