

fTalk



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Goodness know that none of us are perfect! But I believe that mothers sometimes come *very* close. Jesus set a wonderful example for us, but we continually miss the mark. However, there are times when someone can love enough that they come very close to hitting the mark of perfection.

In the ideal (and occasionally in reality) mothers are sacrificing themselves in numerous ways for their children for their entire life. It is not something done consciously but rather by instinct—perhaps the instinct of preservation: the child must be well for the species to continue. It begins with carrying a child. The organs of the mother, each with their own spot in the body, simply move aside for the growing fetus. When it is time for birth the mother's body takes over, and without her consent, or even help, will expel the baby and then the mother's body—which has been sacrificed for the child—will eventually go back to normal give or take a wrinkle, stretch mark or two. And, make no mistake, birth IS a bona fide miracle.

The love that naturally grows in the mother is what makes her deny her needs and wants in favor of that baby. Baby comes first. As that baby grows into a child their needs determine the mother's schedule. Help with home work, long talks as they become thinking individuals, choosing extra curricular activities, schedules, colleges, careers, mates.

Adult children still need mom's support and guidance occasionally but knowing how and when to step back from the lifetime of sacrifice is also showing love.

I applaud mothers and anyone who does the work of mothers in our society. It is a mighty undertaking but one filled with that most precious element—*love*.

~~pt



On May 14th!

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

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If you had a mother or are a mother then this Happy Mother's Day is for you. We celebrate the miraculous institution of motherhood! May 14th is the date. Make it special.



Congratulations to Matt Hale & family on Matt's appointment as a visiting assistant professor at the University of Scranton beginning in the fall. While

we will miss you very much we are happy you have found a position.



The elders are currently working on what to do with all the numerous bags of clothes that are being dropped off at our building. They are thinking of calling Good Will to come and pick them up. You may be called on to move the bags; so pay attention—many hands make light work.

TODAY there will a brief time of prayer for all the ladies right after worship. Meet in the ladies classroom right after services. We have big things coming up which require our attention in prayer as well as the illnesses and ongoing troubles we all experience. Please come and help us petition the Almighty.



Please give your thoughts in prayer to these folks: Ada Harris lost her brother Richard in April. Keep Velma Hopkins in your prayers as she attempts to deal with the death of her mother, Ella, whilewell as liquidating their apartment and moving to Sandusky. Elizabeth West is still in the hospital, and Debbie is still caring for

her husband as well as her mother. Jeannene and Derwood are doing ok but still need our prayers for continued health and well-being. Pam & Kip's daughter-in-law, Cayce, has had surgery for a broken ankle and will need another one in a couple of weeks.

We have been getting together periodically to discuss our future and pray. Thank you to all are coming — and everyone is invited. Through prayer, determination and God's help we will find our way once again!



All that I am or ever hope to be I owe to my mother. —Abraham Lincoln

A mother's hug lasts long after she lets go. —Unknown

Of interest...

THE CHALLENGES OF EVERY DAY

© by pam thornton

When I was a child my older brother and I would often make fun of our mother as we heard her utter this little prayer: “God, give me strength to get through this day.” Granted, not a kind thing to do to mother, but of course, we had no earthly idea what she was talking about. There were three of us causing our mother to utter that prayer, and we got up to some hair raising stuff: cutting my hair (just under my bangs where it wouldn’t show) for my brother to put on a pecan doll; smearing the living room’s picture window with peanut butter; tossing wadded up Velveeta cheese at the wall to enjoy the little grease spot it left; dressing up our little sister, putting her on an old door atop a wagon and parading through our neighborhood like it was Thanksgiving day in New York; grabbing the crib mattress and our little sister and ‘surfing;’ down the stairs; my brother hiding so well during a game of hide and seek that mom nearly called the police. I am sure there is more, but I’ve probably blocked it out somehow.

Every parent understands these things and just why our mother would pray that prayer. But there are other every day issues that pinch and pick and scratch at our Christian resolve every single day. Sometimes just making ends meet is an all-the-time concern and takes up much of our energy and thought process. As we age daily life be-

comes a worrisome struggle because of constant physical pain or something in our bodies that no longer functions as it should.

Throughout all that, we are supposed to stay hopeful about the future, encouraging to our fellow Christian travelers, and loving to everyone. Seems to me like an unbelievably difficult task.

God knows that.

He also knows that satan will often use the little nit picks of every day to take our eyes off what is genuinely important—*our walk with God*. God does walk with us. God begs us to look beyond the peanut butter covered window, the racket our children make all the time, or the annoying physical challenges of every day. Look beyond. See that now in the spring time God has put the scent once again in the lilacs, the daffodils shine again with bright yellow color, enjoy the magical scent of a spring rain, see the thrilling shade of green on the grass and the trees. Look and see that God is all around you and loves you.

The petty little things in our every day life don’t matter. They can be put up with, endured, or better yet — prayed over: God give me strength to get through this day.

And do not worry if the kids giggle a little; they’re listening and learning in spite of themselves!



Prisoners currently in our Ministry: Jose Agosto, Michael Bell, Terrance R. Boyd, Larry Duncan, Glen T. Evans Sr., Michaellyn Hutchins, Christopher Konkell, 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.

Our prayers go up for all of you and hope you can be encouraged by our concern. Stay close to God, read His word, and try to love.



Thank you to all who came out for the clean up day on April 29th. We look sharp once again!

HERE'S TO THE MOTHERS who have sat up all night with sick toddlers in their arms, wiping up puke laced with Oscar Mayer wieners and cherry Kool-Aid saying, 'It's okay honey, Mommy's here.'



Here's to the mothers who have sat in rocking chairs for hours on end soothing crying babies who can not be comforted, and for the mothers who show up to work with spit-up in their hair, milk stains on their blouses,

and diapers in their purse.

Here's to the mothers who run carpools and make cookies and sew Halloween costumes.

Here's to the mothers who gave birth to babies they will never see, and the mothers who took those babies and gave them homes.

Here's to the mothers whose priceless art collections are hanging on their refrigerator doors.

Here's to the mothers who go hungry so their children can eat.

Here's to the mothers of the survivors, and the mothers who sat in front of their TVs in horror, hugging their child who just came home from school safely.

Here's to the mothers whose head turns automatically when a little voice calls, "Mom?" in a crowd, even though they know their offspring are at home or away at college.

Here's to the mothers who watch with an ache in their heart as her child disappears down the street walking to school alone for the first time.

Here's to the mothers who taught their sons to cook and their daughters to sink a jump shot.

Here's to the mature mothers who have had to learn to let go.



F.Y.I. Healthspot...

May — Arthritis Awareness Month

Bet you don't know: what is the leading cause of disability in America? Oh, that's right — arthritis. More than 50 million adults and 300,000 children suffer with joint pain. There are over 100 different forms of arthritis. The most common are: osteoarthritis, rheumatoid arthritis, psoriatic arthritis, fibromyalgia, and gout.

These 'self-care' tips can help: 1) In 2019 researchers confirmed that 10 minutes of brisk walking a day can help prevent disability in people with arthritis

2) In 1948, doctors at the Mayo Clinic first treated patients with an extract compound E (steroids) which helped but soon discovered side effects.

3) In 1930, gold injections were tried but fell out of favor due to potentially severe side effects.

4) In 1897, Bayer Aspirin was tried & is now widely use for arthritis pain management.

Eat these for help managing arthritis: Tart cherries offer powerful anti-inflammatory and antioxidant benefits. Colorful veggies— think sweet potatoes, carrots, red or green peppers, squash. Seafood like salmon, tuna, sardines or mackerel can help decrease inflammation and protect the heart. Walnuts are high in an anti-inflammatory omega-3 fatty acid. Also lowers cholesterol and reduces blood pressure. Garlic can help fight pain, inflammation, and cartilage damage. Always use fresh garlic to get the most benefit.

For more info see:
nationaltoday.com/arthritis-awareness-month/

For Kids Only...

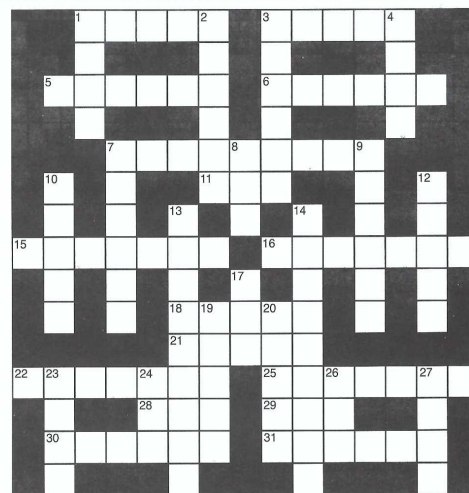
INSPIRE YOUR MENTAL POWER

LEVEL 4

Bible Places

GENERAL KNOWLEDGE

LANGUAGE



ACROSS

1. Southern kingdom
3. Mountain in Sinai
5. Ancient Greek city (site of Oracle)

6. City in northern Palestine (Joshua 19:47)
7. Town of Jesus' birth
11. Mound of ancient ruins

15. Ancient Greek city
16. Home of Zacchaeus (Luke 19:1)
18. Chastiser of Job (Job 35:1)
21. Kidneys in Latin
22. Home of Mary and Martha
25. Ancient capital on Euphrates
28. Rodent
29. Samuel's mentor
30. Save (Psalm 35:17)
31. These waters parted

7. Town in Manasseh (1 Chronicles 6:70)
8. Veh. producing little exh.
9. Where Abraham took Isaac (Genesis 22:2)
10. Puerto Rico city
12. Brother of Abraham (Genesis 11:27)
13. Jesus' home on Sea of Galilee (Matthew 4:13)
14. David's royal city
17. Desert in Canaan (Numbers 13:21)
19. Island in the Philippines
20. Husband of 1-Down (Judges 4:17)
23. Work for (2 Thessalonians 3:12)
24. Curve
26. Offer
27. Son of Judah (Genesis 38:2-4)

DOWN

1. Slayer of Sisera (Judges 4:21)
2. Altitude (Ezekiel 19:11)
3. Father of Abdon (Judges 12:15)
4. Wilderness stopping place (Numbers 21:16)

Conquering a challenge is the best feeling in the world. Nothing is too hard for you because you are God's.





Recipe...

Lemony Tortellini Soup With Spinach & Dill

1 bunch mature spinach(9-12 oz)
 1 small bunch dill
 1 tablespoon, plus 1½ teaspoon vegetable bouillon paste
 10 ounces cheese, spinach, or mushroom tortellini
 1-2 lemons
 4 large eggs
 1 teaspoon freshly ground black pepper, plus more
 Kosher salt
 Extra-virgin olive oil & Parmesan (for serving)

Prep your greens: Trim roots and leggy stalks from 1 bunch mature spinach (9–12 oz.). Wash well & dry; coarsely chop. Coarsely chop leaves & stems from 1 small bunch dill to make ½ cup. Set a few sprigs aside for serving; reserve remaining dill for another use. Bring 8 cups water to a boil in a heavy pot. Add 1 tablespoon plus 1½ teaspoon vegetable bouillon paste and whisk to dissolve. Add 10 ounces tortellini & cook 3 minutes (or according to package directions), remove from heat. Using a slotted spoon divide among bowls. Cut 1 lemon in half & squeeze juice through a fine-mesh sieve into a small bowl. You should have ¼ cup; repeat with another lemon if you need a little more juice. Whisk lemon juice, 4 large eggs, and 1 teaspoon freshly ground black pepper in a medium bowl to combine. Return broth to gentle simmer. Scoop out about 1 cup & very gradually drizzle (temper) into egg mixture, whisking constantly. The egg mixture should be quite warm to the touch—if not, whisk in more broth. Whisking constantly, gradually pour warm egg mixture into broth in pot. Cook, whisking often, over medium heat, until slightly thickened, 5–7 minutes. (Do not let broth come to a full boil.) Taste & season with kosher salt & more pepper, if needed. If your broth is really salty, you might need to add a bit of water to dilute the soup. Remove from heat & add spinach and chopped dill (the spinach will wilt immediately.) Ladle broth into bowls with tortellini. Drizzle with extra-virgin olive oil and shave or finely grate Parmesan over. Sprinkle with a little pepper and top with remaining reserved dill sprigs.

www.bonappetit.com/recipe/lemony-tortellini-soup-with-spinach-and-dill



Birthdays...

June

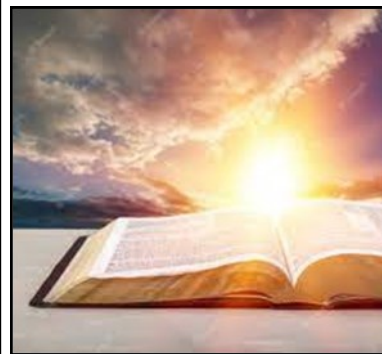
3-Terra Kessler
 6-Ezra Hale
 11-Marylean Warren
 11-Clara Killings
 24-Fay Gaitan
 24-Jami Smith
 27-Jeannene Smith
 28-Royce Johnson



Happy Birthday
 to you and may your year be the
 most exciting ever!

Thank you for your contributions to the *Talk*. If you have something uplifting and/or inspiring please write it down in some fashion and give it to me no later than May 28th. 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.
 —Pam

Good news...



For sin shall
 no longer be
 your master,
 because you
 are not under
 the law,
 but under grace.
 Romans 6:14

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