



Falk



a newsletter for the Forest Hill Church of Christ since 1974

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Wednesday
Feb. 14th



The *Talk*, begun by Jana Thornton in 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.

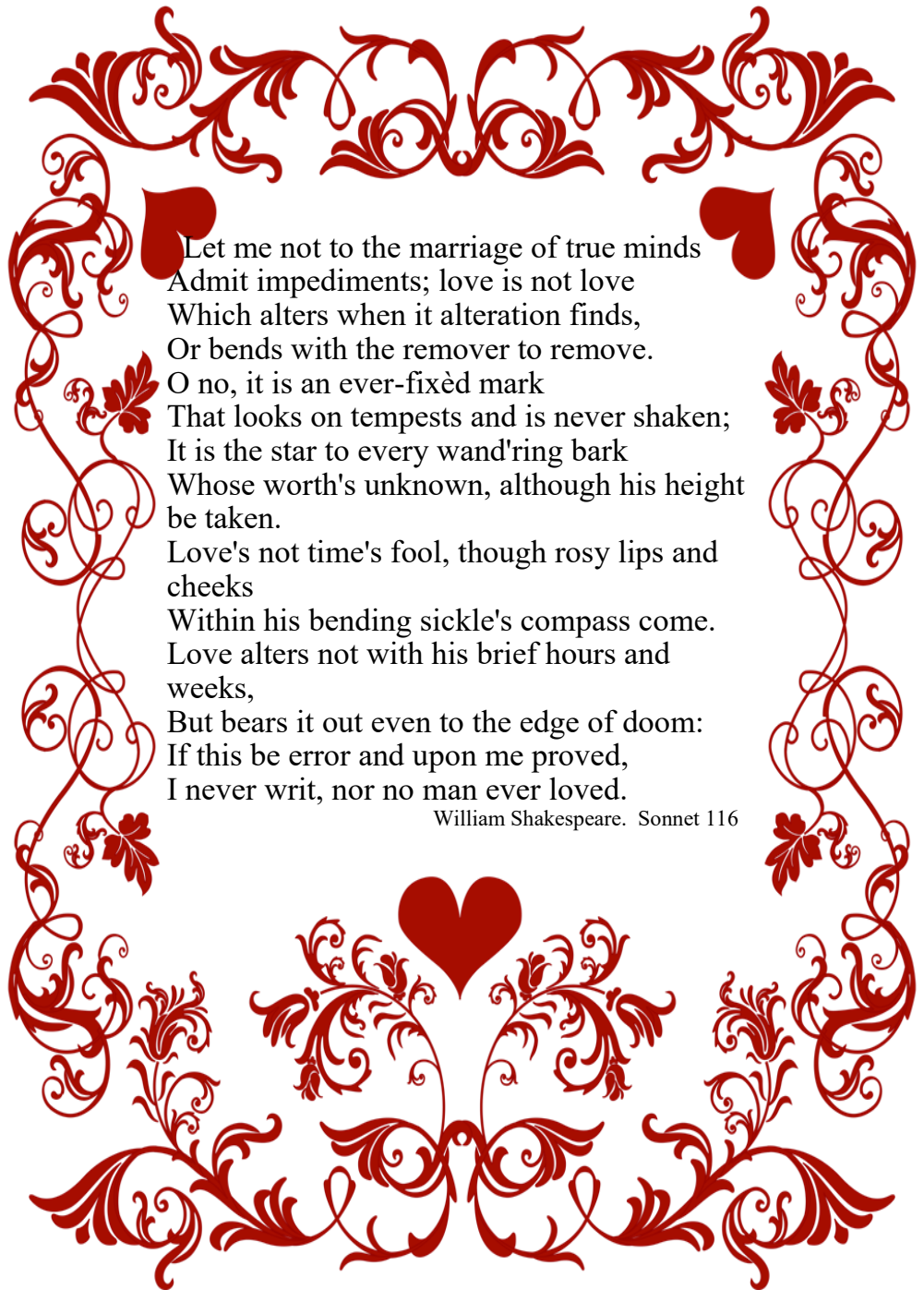


Talk Staff

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

Let me not to the marriage of true minds
Admit impediments; love is not love
Which alters when it alteration finds,
Or bends with the remover to remove.
O no, it is an ever-fixèd mark
That looks on tempests and is never shaken;
It is the star to every wand'ring bark
Whose worth's unknown, although his height
be taken.
Love's not time's fool, though rosy lips and
cheeks
Within his bending sickle's compass come.
Love alters not with his brief hours and
weeks,
But bears it out even to the edge of doom:
If this be error and upon me proved,
I never writ, nor no man ever loved.

William Shakespeare. Sonnet 116



Well, did you make it through? Did you squeeze out the most of 2023? Good. Now we are on to another year, another opportunity, another season. God makes it all new again for us telling us there will be tons of chances to get it right or to get it 'more right.' So pick yourself up. Dust off. Deep breath and let's try this one more time!

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Joe and Portia are getting to winter in Ft. Myers, Florida, this year. How wonderful! I don't hate them. No really, I don't. I'm not jealous. Nope, not harboring any jealousy. (Just kidding. Hope they have a fabulous time, and hey, if they stub their toe on the rocks at the beach well that's the price you pay for not wearing proper shoes in February. [smiley face])



Please keep these folks in your prayers: our secretary Evelyn has been out for a while, and we hope she can get better and return to work; Debbie Caver and family at the loss of Clyde; Lottie McClain who had surgery a week or so ago; Joe & Portia Mason having fun in Florida; Jeannene & Derwood

making their way in North Carolina; Marylean Warren & her daughter at home; for all of us that God will show us our new path in '24.

Every day God thinks of you.

Psalms 68:16

Every hour God looks after you

II Thessalonians 3:3

Every minute God cares for you

I Peter 5:7

Because every second He loves you.

Jeremiah 31:3

Call someone you know and love today and invite them back to church. You never know when your urging will trigger something in someone else that they need to hear.

We are studying Romans on Sunday mornings in Sunday School. Won't you join us?

Romans is such a rich book with lots of great and eloquent passages from Paul.

We are enjoying I Samuel on Wednesday nights. Our sessions are at Pam & Kip's where we always enjoy a roaring fire and have fun discussing Samuel, Saul, David and all those guys. Everyone is invited. Just give us a call.



Yes, Valentine's Day started as commercial holiday. But it is still a great opportunity to tell/show those we love exactly how much. So, make it a special day, and remember, sometimes the most loved gifts are not the ones you spend lots of money on! Your time, your effort, and the thought you put into it are much more precious.

Of Interest...



RICHES

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We have heard both sides, haven't we? "I want to be rich, have all I see, live free and wealthy." And we have read: "Do not lay up for yourselves treasures on earth...but lay up for yourselves treasures in heaven where neither moth or rust consume."

Matthew 6:19-20

Our culture does not help at all. The rich are always pictured happy, sipping some concoction in a swimming suit by the sea, on a yacht or by the pool, right? In dramas isn't it always the rich people pictured as pretty and healthy? Commercials continually tell us that if you will only buy/use this product your worries will be over and life will be an easy ride. And, of course, we fall for it. Hopefully, only for an instant because we know that is not the truth. The housing shows will tour a beautiful new home with numerous amenities that you are not supposed to live without. Then, the price, "oh, only a million," the announcer says. That's where they lose me. Most of us are doing good not to have a house that is crumbling around us or being devalued for some reason or another.

Even though we are one of the richest nations on earth with, I will argue, one of the best governmental systems—we still get sucked into wanting 'more.' When will it be 'enough?' The answer is: it will never be enough. The nature of greed is that it will never be enough. Very frequently a story about a wealthy person will come

around to talking about how that person 'may be rich but has no family relationship, or is lonely, or isn't fulfilled in any way.' In other words, there is a God-sized hole in their heart that no gold-lined anything can fill up!

If you can look outside and see the beauty and wonder of nature and recognize God in that—then you are rich. If you can take your deepest concerns to God in prayer and then feel as if 'ok good, God's got this now'—then you are rich. If you have ever had a sin burdening your heart and then you asked for forgiveness — that feeling—that's being rich! If you have ever, even for an instant, grasped the true love and sacrifice Jesus gave us on the cross—then you are rich. If you have ever looked around at the faces of your church family and realized how much they care about you—then you are rich.

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

Matthew 6:26

If you have anything in your life you love and appreciate, if your family visits often or lives nearby, if you have enough food to eat, a warm house, means to live, and a church family—then count yourself loved by the Creator of the universe because He is telling you very clearly—can you hear Him?

I love you.

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.

Put yourself in their place just for a second. It is truly awful, isn't it? Pray for them



Christianity is fundamentally a story about where we are going: into the company of God's grace, in the harmony of the restored creation, through the mercy of God's incarnate love. Church means giving up the fantasy that we can find fulfillment and righteousness alone. It means doing things at inconvenient times with eccentric people in sometimes clumsy ways—because life is a team game, and on judgment day God will have nothing to say to us if we think we can come without the others. —Samuel Wells



Josephine St. Pierre Ruffin lived from 1842 to 1924. She gained national prominence as a civic leader and an organizer of Black women's clubs. Founder of the well-known New Era Club of Boston she was also instrumental in publishing the first Black women's newspaper in the United States. To escape discrimination her family lived in Liverpool, England, until the Civil War when they returned to the U.S, to fight in the struggle for Black equality. Josephine gained social acceptance and directed her efforts in promoting black causes. She worked with local welfare and the women's suffrage movement. She helped organize the Boston Kansas Relief Association in 1879, which provided money, clothing and food to the masses of Blacks' relocation to Kansas. Josephine's main concern was the elevation of Black women in particular. She started the Women's New Era Club and edited its monthly newspaper. It's aim was to demonstrate the existence of a large growing class of intelligent, cultured Black women and to refute public charges of ignorance and immorality. Later in her life Josephine founded the Association of the Promotion of Child Training in the South and was active in the NAACP. for more see *A Salute to Black Civil Rights Leaders*

WHAT LOVE MEANS TO A 4-8 YEAR OLD:

Love is when a girl puts on perfume and a boy puts on shaving cologne, and then they go out and smell each other.

Love is when mommy gives daddy the best piece of chicken.

Love is when mommy sees daddy smelly and sweaty and still says he is handsomer than Robert Redford,

For Kids Only . . .

Proverbs 6:16-19

Every word or phrase 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.

"These SIX THINGS doth the Lord hate: yea, seven are an ABOMINATION unto him:

"A PROUD LOOK, a LYING TONGUE, and HANDS that shed innocent BLOOD,

"An heart that deviseth WICKED imaginations, FEET that be SWIFT in running to MISCHIEF,

"A FALSE WITNESS that SPEAKETH LIES, and he that SOWETH DISCORD among BRETHREN."

— Proverbs 6:16-19



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

F.Y.I. Healthspot . . .

SHARE A HUG

Did you know that a hug may keep you healthy? Research suggests that physical demonstrations of affection can improve some health factors and reduce the risk of heart disease. Touching someone can activate areas of the brain that control empathy, emotions, and certain social behaviors. Your touch communicates a sense of connection and strengthens positive emotions that enhance family, friendly and romantic relationships.

Hugging can boost levels of oxytocin, a hormone that causes relaxation and calmness. This body chemical may also have many heart-related health benefits, including the ability to: lower blood pressure and heart rate, decrease stress by lowering levels of cortisol (known as the stress hormone), reduce inflammation in heart tissue and possibly repair cells in the heart muscle.

Helping others can reduce depression and elevate moods. It may also be related to longer life.

The good news is it doesn't have to be a human! The bond between people and their pets is linked to health benefits, such as: lower blood pressure, lower cholesterol levels and decreased feeling of loneliness and anxiety.

So get out there and hug someone, help someone or cuddle your pet today! It's good for you.



Recipe...

The Any Way Cookie

1 small carton Cool Whip
1 egg
1 box (your choice) cake mix
Powdered sugar for dusting



Mix Cool Whip, cake mix and egg until smooth. Batter will be gummy. Drop into powdered sugar and then onto greased cookie sheet. Use a small ice cream scoop. Leave room in between. These cookies will spread. Bake at 350° F for 10 minutes.

If you prefer you can omit the powdered sugar.

With a devil's food cake mix and a few chocolate or peanut butter chips you have a real treat. Try a lemon cake mix, make a dent in the center of each cookie and drop in some lemon pie filling. Use a spice cake mix, make a dent in each cookie and drop in some apple pie filling. As you can see the possibilities are endless. Enjoy!



Any time you have something to share in the Talk we will be glad to accommodate you. Our next deadline will be February 25th. If you have something for the March Talk please get it to me by Sunday night, February 25th. You may hand it to me at church, snail mail it to me at home, put it in my box outside the church office or email me at pthorn50@roadrunner.com. Thanks.

Birthdays . . .

March

11-Portia Mason
13-Clyde Caver Jr.
22-Joe Mason
23-Debbie Caver

Hope your birthday is everything you need it to be from dawn to dusk. Happy Birthday!



Your family is where you first learned what love meant. The warm, reassuring hug of your parents or your siblings cheering you on when

you tried something and succeeded. When anything special or wonderful happens they are the first people you want to share that with knowing how happy they'll be for you. This Valentines Day don't forget to tell your family how much you love them.

Good News...

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty...my God, in whom I trust. Psalm 91:1, 2

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