



The Ten Commandments

Exodus 20:3-17

- I Thou shalt have no other gods before me.
- II Thou shalt not make unto thee any graven image.
- III Thou shalt not take the name of the Lord thy God in vain.
- IV Remember the sabbath day, to keep it holy.
- V Honor thy father and thy mother.
- VI Thou shalt not murder.
- VII Thou shalt not commit adultery.
- VIII Thou shalt not steal.
- IX Thou shalt not bear false witness against thy neighbor.
- X Thou shalt not covet.



Jonah was a wise old man who lived in Israel long, long ago. He was loved and respected by the people. Everybody came to him to solve their problems, and he gave them wise advice. God loved him because he was a good man, and he helped his fellow beings. Jonah loved God. He followed his teachings and prayed to God all the time.

Nineveh was a neighboring country of Israel. The people in this country were known to be very evil. They did not follow God. They did bad things. They were cruel, greedy, and were always fighting with other people. Because of this, God was angry with the people of Nineveh. One day, God spoke to Jonah and called for his service.

"Jonah, I have something to tell you."

"My Lord, I am lucky to be of your service. Tell me, I am listening to you, God."

"There is a place called Nineveh not very far from here. The people living in this place are evil. They steal from each other, kill their own brothers, and do a lot of other evil things. Their king is lazy and selfish, he eats drinks and enjoys himself while his people are starving. He does not care about his people. Their actions anger Me, and I have decided to destroy them."

"I understand, my God. I am well aware of their actions. They are a wretched group of people. They are also our sworn enemies."

Continued on Page 9

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Prayer does not move God.
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Religion or Reality? Are You A Fan or a Follower?

I was reading a book the other day and came across the following statement: "So the way of Jesus is not about religion; it's about reality." I know that is a simple statement. One I've seen before. But this time when I read it, it seemed to explode in my mind and heart.

Jesus said, in John 14:6, "I am the way, the truth, and the life." When he said this, he wasn't comparing various religions, but talking about life. He was saying, "Look at me! My life is the truth. This is the way you should be living. This is what life was meant to be." He wasn't comparing his "way" with another "way." He was comparing his life with our lives. He was saying your life and my life could be like this. This is life as the Father intended.

Somehow, we have turned Jesus' teachings into a religion and it has stopped being reality. It has become another part of our lives (something we add to what we do). It no longer redefines our lives (changing everything we perceive and how we react to life around us). A discussion about Jesus' life and teachings is not a philosophical discussion comparing the pros and cons of a belief system. Instead, it is a discussion about what is real, what is true, and about what is important in how to live our lives.

Continued on Page 3

Father & Son Love Free Food Pantry

By Karen McBride



Since 2018 Now Open For Events Call 813-846-9993 To Schedule

AARP Chapter 4764 held a Tea on July 28th and here is what attendees had to say:
 "The Tea was exceptional! I have never been to a tea with such a delicious menu. The fruit salad was a delightful starter. The sandwiches were savory and plentiful. The desserts were sweet and tasty. This is the first time I have gone to a tea and felt too full to finish the meal. The cater definitely provides an outstanding Tea party. Our venue had plenty of room to move around the tables. The tables are set for 8. The servers were very good, pleasant, and friendly and they helped to make the afternoon special." — C. Wintent

"I've been to high tea in England and England has nothing compared to this one!"

— Patti Griffin

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Studying the Word and Being in Community are at the Heart of Creekside Church

By Karen McBride



Studying God's Word One Book at a Time

Pastors Jake English, Shale Latter, and Kyle Hurlburt know the importance of studying the bible. Christians need a good foundation in the word of God in order to disciple to others and serve the Lord. The team of teaching pastors is leading their congregation through the bible and are currently studying Exodus.

As one of the members of Creekside Church, it's amazing to me to see how the word of God, written

so many years ago, is still relevant today. Pastor Shale pointed out that if the Israelites had been comfortable in Egypt, they never would have left, and never would have experienced all that God had planned for them in the Promised Land.

There are times in your life that you may feel uncomfortable. It may be a continuously stressful job situation or unhealthy choices leading to medical problems. God may be prompting you it is time for a change. Take that first step in faith and see where God leads you.

God remained constant with the Israelites throughout their 40 years in the wilderness. He always provided water, manna, and even quail for them. He taught them to trust in Him, only gather one day's worth of manna and He would provide for tomorrow. Remembering how He watched over, cared for, and guided the Israelites will help us to remember that He will do the same for us.

Community is So Important

By providing fresh baked goods, hot coffee, and other treats on the porch each Sunday morning, people at the church have the opportunity to meet and spend time in fellowship before each service. The covered porch hosts a row of rocking chairs along the wooded creek, which is the cornerstone to the name, Creekside Church.

Bringing the congregation together for potluck dinners, weekly Young Adult ministries, and monthly prayer meetings are additional ways the members of Creekside strengthen their closeknit bonds with one another. From the first time I visited the church I have always felt very welcomed by this friendly Christ-centered community and feel blessed to call this church my home. It's a place to learn God's word, see lots of smiling faces, and to put on the full armor of God in order to face all the battles throughout the week. Having our brothers and sisters in Christ pray for us when we need it is so uplifting and can help us through the most challenging times or even when we are simply tired and need loving support.

Local and International Missions

The love and support from the members of Creekside Church extends past the walls of the church. The members help many local missions, including Tampa Bay Harvest, providing food to more than 350 people and families weekly; Oasis Pregnancy Care Centers offering pregnancy care and mothering classes; Passion for Prisons ministering to those presently, previously, or potentially incarcerated; Tampa Muslim Outreach; Friends of Internationals assisting international students at USEF; Mt. Moriah Ranch, helping the traumatized find hope in Jesus Christ; and Door of Hope providing hope for children.

International missions include RTS Missions, currently serving in the Dominican Republic. See the recent article in the Gazette for more on this ministry. Other organizations include Liv-

ing Water Community Transformation helping communities in the South Sudan, International Cooperating Ministries, assisting in growing churches worldwide, and many more.

Creekside Church is located at 311 Newberger Road, Lutz, FL 33549. Services are held on Sundays at 9:00am and 10:45am. Starting September 10, the service times will change to 8:00am, 9:30am and 11am to accommodate a third service! For more information, go to <https://creekside-tampa.org> or call 813-909-1907.



Why I Gave Up Everything I Wanted

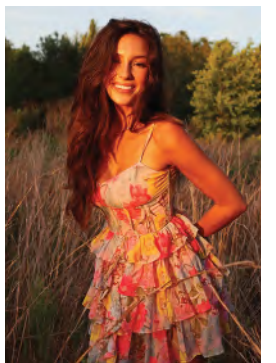
It's clear we live in a day and age where most people feel that if they were social media influencers their whole lives would change. I would know that because I was one of them. At the age of 15 I had gotten my first computer and soon discovered what it was like to receive love on the internet. It didn't take long for my follower count to become how I valued myself. In the process of chasing the numbers, I had put my dignity, my values, and my relationship with my family on the line.

When I had finally achieved everything I had always wanted, it didn't come with the joy and fulfillment I was fooled into thinking it would.

I was now left on the top of this mountain I was climbing with nothing but shame, guilt, and regret. I had millions of followers but never felt more alone. Over the next few months, continuing down the path of making more bad decisions that I thought were bringing me joy, I hit rock bottom. It was then that I was put in a position where I had nowhere else to look but up. It was nobody else but Jesus who grabbed my hand and pulled me out of the pit I had put myself in.

Everything this world has robbed from me, He has used for good and gave me back my childlike joy. I no longer value myself based on my follower count or how others feel about me, I put my value in Jesus and what He says about me. I now use my social media to share what He has done in me and will do for anyone who puts their hope in Him!

- Taylor Alesia (@tayloralesia)



Transformation

Samantha Taylor, Health & Fitness Expert

I recently saw this huge butterfly that was caught in a cobweb that was flapping his wings sporadically trying to get free of impending doom. Well, I couldn't watch it suffer, so I went over to rescue him and got him out, and he flew away! After seeing this, I felt compelled to research butterflies and I was surprised to find out that the butterfly lays eggs on leaves, then those become caterpillars, then those form into a chrysalis (which is similar to a cocoon) and then that becomes a butterfly! Did you know that? I did not realize that it was actually the eggs from a butterfly!



The amazing part about that is the DNA inside that caterpillar that is crawling around on the ground and climbing trees, it is designed to fly. It is designed to soar and has to go through the transformational process of the stages to get to that place.

That's so similar in our own lives. I don't know about you but I feel like my entire life has been turned upside down in the last couple of years. It has been brutal adjustments. We don't want the bad things that happen, but we can either let them destroy us when they do or we can adjust and figure out what we're supposed to do and how we're supposed to live our life now.

And to me, that's similar to the butterfly because its old self has to die off. It goes into this shell that it makes and supernaturally, the new butterfly comes to existence through the guided processes that God has designed inside that dark place wrapped up inside of that shell. Even the scientists said that they believe it's a type of resurrection that the old dies and the new is born. How similar that is how the Bible talks about the experience when we become born again!

One thing I thought about was how that caterpillar doesn't know it's going to be a butterfly as it's crawling around on the ground. It doesn't know it's going to be soaring, flying above trees, but that DNA is already inside of it to do that. You possibly have no idea of your potential, what you can actually accomplish when you go through the process that God has for you in transformation and becoming this new version of yourself, which is exactly what I've been going through too.

Scientists say that the metamorphosis of a caterpillar to a butterfly is one of the most profound phenomena that happens in nature. It reminds me how Romans 12:1 says to be transformed by the renewing of your mind. And that word transformed, in scripture that was written thousands of years ago, means "to change from one form or shape to another and it actually means metamorphosis"! The more I study the similarities of a caterpillar going to a butterfly, being like our transformation and our relationship with God with our new nature and new life, I find it astounding.

As many of you know, due to the effects of Covid, I had to close all five of my studios and two years before that, my husband of 29 years, suddenly became ill and died. Two unexplainably difficult traumas to go through. So here I am in this place having to figure out how to transform in the midst of trauma, in the midst of a dark cocoon wrapped around me where it's intense and emotional and all completely different.

But one thing that I was inspired about with that butterfly is there is a moment when that outer shell is going to bust open. And that butterfly is going to come out of that cocoon with giant wings that it did not have only two weeks earlier! And all the sudden it's time for that butterfly to flap its wings and fly. Wow! Too bad it doesn't have any conscious awareness of what it just experienced! One thing I am about to bust out and do is launch my youtube channel, so be on the lookout for that too.

If you're in a place that you would like some help with transformation, that is what I still specialize in, but online. The last online 6-week program I did, the 27 women lost 282 pounds without counting calories; the top winner lost 23 pounds the 2nd and 3rd lost 20! So, if you'd like to set up a Transformation Call with me, go to my website, I'd love to help you be able to have transformation in your health and soar above your circumstances. www.SamanthaTaylor.com



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Matthew 5:23-24, "Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering."

This verse has a special place for me. It served as a guiding force to help me resolve a conflict in my life some years back.

Some 15 years ago, I went into business with several of my friends. We pooled our resources to open a restaurant and had plans to expand our business into several restaurants. We would each contribute not only monetary resources, but also act as the operators. We would pay ourselves a salary until such time as we decided to hire managers to oversee operations and we could remove ourselves from the operation and move forward in an ownership capacity only.

I managed the profit and loss responsibilities and worked closely with our accountant to ensure transparency. Before long I came across some transactions by one of the partners that were outside of normal business expenses. When I questioned the accountant, he was unsure about the transactions and noticeably uncomfortable. I decided to wait to speak to the partner about it until I had time to review the transactions more thoroughly. The partner heard about my questioning of the accountant and decided to call a meeting with the other partners, without me present. He advised that revenue was not sufficient to carry all 4 of our salaries and that he believed it would be in their best interest to buy me out. They agreed and advised me of such, later that week.

I remember feeling very hurt at first. He had misused company funds and I had caught him in the act. Why was I, now being punished? Did they not value my worth and honesty. I went from being hurt to being angry. Very angry. Three years went by. My anger hadn't hurt him. He didn't care that I was angry. I prayed, and I forgave him.

I let it go. We never spoke again but if I should run into him somewhere, I would speak to him cordially. I would ask about his family. I would be sincere.

Our life on this earth is short and should not be squandered trespassing against those who have hurt you. Jesus wants us to lay that down before we go to him. Listen to him. Don't keep taking the pill that is killing you.

He is waiting.....

Blessings from The Willis Agency

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Flu Season Is Right Around the Corner! Protect Your Child's Health

By Karen McBride

Dr. Michele Johnson-Towson, Pediatric Place of Tampa, is a board-certified pediatrician with 30 years of experience in caring for children ages newborn to 21 years old.

Students headed back to school last month which means, the cold and flu season is not far behind. Kids share germs right along with academics and sports. The doctor is encouraging patients to schedule flu shots starting in September. The flu shot which contains coverage against the influenza A&B strains is available in proper doses for ages 6 months and up. Same-week appointments are available for school physicals at Pediatric Place of Tampa, and the practice accepts all insurances as well as self-pay patients. New patients are always welcome!

Dr. Johnson-Towson and her staff are dedicated to keeping patients both healthy and educated on changes in children's health care. Pediatric Place of Tampa offers Urgent Care hours to accommodate sick children after work, school, and/or daycare. Urgent Care hours are available Monday - Friday until 7pm and Saturday 8am until noon. Pediatric Place of Tampa is conveniently located at 1338 W. Fletcher Avenue in Tampa. Call today at 813-264-2288 to schedule an appointment for school physicals, checkups, and flu shots.

Religion or Reality?

Continued from Page 1

This is what it means to be "a follower of Christ." It is allowing His life to become the pattern for our lives. A follower looks at how Jesus lived life, then tries to live the same way. It changes everything about us: how we see ourselves, how we respond to others, how we determine the priorities of our lives. His way becomes our way. His truth becomes our truth. And his life becomes our life. Following Christ means everything to us or it means nothing.

Either Jesus' life demonstrated reality or it did not. If it did, then we must decide if we are willing to base our life on his. Do we see our following Christ as a religious choice or as a decision on what is the reality of life? There is a big difference between the two. Ask yourself today: "Has Jesus become a religion for me or does he define reality for me?" This is an important question. Even more important is your response.

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How Secure is Your Retirement Plan? Contact The Willis Agency to Find Out!

By Karen McBride



Jim Willis



Laura Brooks



Michael Brooks

Laura and Michael Brooks recently took over The Willis Agency when Jim, after many years of serving the community, retired (to the delight of his wife, Candi). The Willis' wanted the business to carry on in its current state as a Christian business that assists seniors in the pursuit of their own retirement dreams. Laura had worked for Jim since 2016, first as an assistant, and then earning her insurance license to assist Jim in all aspects of the business. Michael brought with him his extensive business experience. The pair met with Jim over breakfast for several weeks before stepping out in faith and taking over the business.

"After about 6 meetings and lots of eggs, Laura and I came to the agreement that Jim's business was not only successful financially, but also provided an important service to its clients that Laura and I would be able to fill financially and spiritually," said Michael.

The Willis Agency offers a multitude of services including retirement planning, long term care, social security, estate planning, life insurance qualified accounts, and annuities. One of the greatest needs they find is in the Medicare industry. When you are trying to find the right program to fit your needs, it can be a daunting and overwhelming task. Laura and Michael educate their clients as to the inner workings of Medicare. Even after a client is receiving benefits, the agents can assist him/her should his/her situation change over time.

"We are here as your agent for Medicare for the rest of your life, and when you need other financial services, we are here to provide them or refer you to a company that shares our values."

Have you planned enough for your retirement? Contributing to a company supplemented retirement fund may not be enough to support you after your turn 62. Unfortunately, most of us don't understand the impact of starting social security and taking withdrawals from 401K/retirement accounts. That's when it pays to meet with an expert.

Plunging stock markets over the last few years have drastically depleted some retirement savings by 10, 20 or even 30 percent. Unfortunately, those of us at retirement age don't have time to wait for the market to turn around to recoup the lost money. This is where the Willis Agency comes in. They analyze the performance of a client's portfolio and then look to roll it over into a safe account that leverages the benefits of the stock market all the while insulating them from the downturns. The earlier a client meets with an agent, the faster he/she can put the client on the road to not only preserving their current savings, but also augmenting them safely.

"Our clients worked hard for their money, and we work hard to keep it safe and to help it grow," said Michael.

The Willis Agency is located at 2647 Narnia Way Suite 101, Land O Lakes, FL 34638. To schedule an appointment, call 813-948-9109 or visit <https://thewillisagency.com> for more information.

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There Are Never Enough Pajamas

In the foster care system, there are never enough pajamas for a child's first night bag according to Jennifer Stirk with ECHO Ministries, a Heartland For Children partner supporting children entering Foster Care. The Who I Am Foundation with help from The Avon Park High School Rotary Club, want to change that. On September 30th, they will host a 5K Foster Care Pajama Run around the Mall in Downtown Avon Park. A portion of each entry in the race will be used to purchase a set of pajamas. On race day, these pajamas will be presented to ECHO.

The Who I Am Foundation, Inc is just one of many organizations The Avon Park Rotary Interact Club has supported with their Community Service Hours. Tracy Serdynski Stites shared, "These students are amazing. To date they have helped us create over 3500 free Healthcare Support Kits that have been distributed throughout Highlands County and over 1500 Foster Care Gift Bags distributed throughout Central Florida. They are a blessing to work with."

The Who I Am Foundation, Inc., a 501 c3 nonprofit based in Avon Park Florida, was formed in honor of Don Serdynski, lost to Covid on August 15th, 2020. He was admitted into the Covid Isolation Unit and soon after became non-verbal. At that time, no visitors were allowed into any Healthcare Facility. Tracy and her mom called every eight hours to get a status update from the nurses. Due to unusual circumstances, Tracy and her mom were given permission to go into Don's COVID Isolation Room, Tracy hung photos and her dad's favorite Florida Gator Championship Flag. If he opened his eyes for any reason, she wanted him to see photos of his loved ones and his beloved Florida Gators.

"Based on what we observed and countless research, we learned individuals want their Healthcare Team to know part of their personal story. We created our free Support Kits so individuals can have a more personal Healthcare Experience. Our Healthcare Kit includes our Wall Hanging, designed to hold up to 15 photos/notes about the resident or patient. It can be hung in any type of Healthcare Facility. Healthcare Teams entering their room can review their Wall Hanging for personal talking points with a resident or patient.

To sign up for the 5K go to <https://runsignup.com/Race/FL/AvonPark/5KFosterCarePajamaDriveWhoIamFoundation>.

To donate or order a free Healthcare Support Kit visit www.whoiamfoundation.com.



If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.

- GENESIS 4:6-7 MSG

Help Me Celebrate World Reflexology Week

World Reflexology Week this year is from September 24th to 30th. My goal is to help more people learn about how reflexology can help them. Can you think of 3 people that you know who haven't tried reflexology, but would love it once they do try it? Then please share this article with them or share one of my posts on social media with them. Everyone getting a reflexology session with me during World Reflexology Week will receive a Thank You gift. My clients have their own reasons for choosing reflexology. The benefits people notice can vary depending on what health issues they are facing. Here's a list of people who may find it helps them:

- People with plantar fasciitis and other types of foot pain often find relief with reflexology
- Athletes say it helps to heal from, and even prevents injuries
- Cancer patients say it helps to reduce pain, sickness, and anxiety
- Arthritis sufferers find it helps them to manage their pain and anxiety
- People with multiple sclerosis find relief from several of their symptoms
- Diabetics with Type 2 diabetes especially find it helps improve nerve conductivity and reduces pain
- Those with sleep issues often find reflexology helps them to sleep better
- Military veterans and active duty can get relief from PTSD and related symptoms
- People, especially those who have suffered abuse or trauma, have reasons to prefer staying fully clothed (as opposed to a massage for example), as well as preferring more limited body contact where I'm working on only the feet or hands
- Alzheimer's and dementia patients benefit both from the touch contact as well as may experience reduced pain and anxiety
- Migraine sufferers have found reflexology to reduce the duration and severity of the headaches
- People with tension and pain in many parts of the body including the neck, back, hips, knees, shoulder, etc. find that reflexology reduces pain and tension and increases mobility
- People who feel stressed can relax deeply
- Reflexology also helps to boost the immune system, improves circulation, balances the systems of the body, improves mood, improves concentration, encourages lymph drainage, and so much more

This is just a small list of the groups of people who can and do benefit from reflexology. The Lord has blessed me with the ability to help people with a safe and natural solution that eases stress and many other ailments. Reflexology works and I can't wait to share it with your friends and family too. Thanks for celebrating World Reflexology Week with me by helping someone new discover that reflexology works for them too. Reflexology sessions are by appointment only. **Call/text (813) 965-1697. Ask about my Six-Pack Special!**

May God bless you all with good health!

Louise Richardson, Certified Reflexologist and Reiki Master

Kidz Korner: Back to School

Hi! My name is Harley, writer of the monthly Kidz Korner articles. Now is about the time that children return to school after a busy and exhilarating summer. Since I homeschool, Mom wants a "soft start," which means "trickling in the different subjects one at a time." It's an intriguing concept, and it helps break the despondent ties to a carefree summer, but it eliminates an official "back to school party," which I desire.

This is my first year of middle school, which is thrilling. At my extracurricular co-op on Mondays, all the grades are mixed into classes, like "5th & 6th" or other age dynamics. However, my church has many activities for middle and high schools, including Sunday night workshops, Wednesday night hangouts, and frequent parties.

As for the summer, I attended numerous camps, including Mapleridge Ranch (last month's topic). It's in Owego, New York, so my family drove up the East Coast for a road trip. The half-month excursion was unforgettable, as were the camp activities and fellow fun-loving humans. I can't wait to return next summer!

Mom prescribed all-new curriculums, which are exciting. At the time of this writing, I've started Writing. No pun intended! Mom also intends Bible studies on Thursday mornings and Friday evenings, along with community service on Tuesday and Wednesday mornings. Additionally, knitting homework (yes, knitting!) and school lessons are squeezed into the week's nooks and crannies. I attempt to match the day's name with the subject, such as Math on Monday Morning, Writing on Wednesday, History (Economics) on Thursday, etc. It will be entertaining to live such a bustling life. Where will be the time to work on my novel? (Yes, a novel!)

Even if schooling can be tedious and tiring if I don't learn important things now, it will be even worse as an older student. As Mom reminds me, if I don't work on my handwriting now, my penmanship will resemble that of an eleven-year-old when I sign documents as an adult. Then I tell her that the next generation will input all info into computers. Still, there are other crucial things to learn.

The part of college I am most looking forward to is congregating with geniuses. I must persevere until then.

Stay tuned for next month!

Harley Isabel Smith is a homeschooled 6th grader who has been featured on TV as a philanthropist, has a heart for evangelism, and writes monthly for the Gazette's Kidz Korner. Visit online at <https://harleyisabelsmith.com> where she is constantly adding written and video content to entertain and educate children.

Matthew 19:14 Jesus said, "Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these."



Steps to Build a Strong #9pmRoutine

One of the most common calls the Pasco Sheriff's Office is called to investigate are burglaries or thefts from cars. These are crimes of opportunity and convenience and are easily preventable. By simply removing all valuables from your car and locking it each and every night, you can reduce the risk of becoming a victim of this crime.

PSO created the #9pmRoutine as a reminder for citizens to remove all valuables from their vehicles and ensure that cars, windows and doors are locked before heading to bed for the night. This routine removes opportunity from the triangle of crime, which also consists of ability and desire. By removing just one of these aspects from the triangle of crime, the risk of becoming a victim is reduced. Here are some steps to include to build a strong #9pmRoutine and reduce elements of opportunity of crime:

Remove all valuables from your car. Create a habit of removing any valuables from your car when you park to ensure your items are safe. Never leave shopping bags or merchandise visible in your car while you're away. Lock expensive purchases out of sight in the trunk, or take them home immediately before continuing shopping trips.

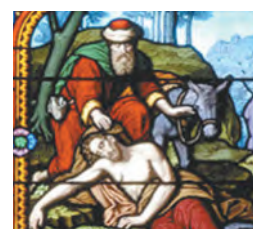
Close and lock all windows and doors to your car and home. Many burglaries occur because a car or home was left unlocked, making it easy for criminals to steal their belongings. Thieves commonly test a door to see if it's unlocked and quickly move on when they're not able to enter easily. Enabling your car's alarm consistently, if equipped, is a good habit as well.

Be smart with your car and house keys. Easily accessible car keys are the simplest way for a criminal to steal a car. Always remove the key or key fob from your car when you get out, even if parking in your own garage. Leaving car doors unlocked can provide easy access to other ways to access your property, such as garage door openers. Never leave spare keys hidden within your car or near an entry point of your home, as criminals know where to look.

If you see something, say something! Be vigilant and report any suspicious activity you see to law enforcement immediately. Rapid reporting can help prevent your neighbors from becoming a victim. Be sure to provide the date and time you saw unusual activity and include as much information as possible to identify the suspect.

Taking a few minutes each night to remove valuables and lock your car and home can prevent you from becoming a victim in this crime of opportunity. The #9pmRoutine is a simple and fast crime prevention step that can have a big impact on crime!

An Act of Kindness: The Good Samaritan



Jesus answered, "A certain man was going down from Jerusalem to Jericho, and he fell among robbers, who both stripped him and beat him, and departed, leaving him half dead. By chance a certain priest was going down that way. When he saw him, he passed by on the other side. In the same way a Levite also, when he came to the place, and saw him, passed by on the other side. But a certain Samaritan, as he travelled, came where he was. When he saw him, he was moved with compassion, came to him, and bound up his wounds, pouring on oil and wine. He set him on his own animal, and brought him to an inn, and took care of him. On the next day, when he departed, he took out two denarii, and gave them to the host, and said to him, 'Take care of him. Whatever you spend beyond that, I will repay you when I return.' Now which of these three do you think seemed to be a neighbor to him who fell among the robbers?" He said, "He who showed mercy on him." Then Jesus said to him, "Go and do likewise."

— Luke 10:30–37, World English Bible



How's Your Hearing?

I recently spent some time with an elderly woman who is very hard of hearing. On my part, I found myself having to repeat everything I said frequently, due to her hearing loss. Of course, on her part she was frustrated. Hearing aids are helpful, but her hearing loss is considerable.

We went shopping together and as we were going through the checkout line; another woman who was pushing her walker and dragging a roller chair approached us. She asked if she could just get the clerks attention to see if it was okay to leave the chair there while she finished shopping. I said of course, and she went ahead of us. However, my friend did not hear what she said and was immediately offended because she thought the lady was ignoring us and pushing her way ahead in the line.

Why is this story important? I'm glad you asked. In Matthew 11:15 (AMPC) Jesus was teaching the disciples and said, "He who has ears to hear, let him be listening and let him consider and perceive and comprehend by hearing." How important is it to hear with both physical and spiritual ears? My friend misses out on so much because of her hearing loss and she becomes increasingly frustrated and misinterprets events that are happening all around her. She is unable to consider and perceive because of her hearing.

I wonder when we are not listening with an ear to hear the Lord through His Word and fellowship with him, do we greatly diminish our understanding and perceptions of those things that happen around us either through events or relationships?

The ministry of the Holy Spirit is to lead us and guide us into truth (reality). His fellowship provides clarity. Jesus said in John 10:27 AMPC "My sheep that are my own hear and are listening to MY voice; and I know them, and they follow me." If we don't have an ear to hear as we are so often exhorted to do in the scriptures we will miss out on direction, we'll miss out on fellowship and when we miss out on fellowship, we misunderstand God's heart. When we misunderstand God's heart, we can become offended, and the result is a disconnect with Him in our relationship. The same principle works with natural relationships, friends, family, co-workers and so on.

My friend's perception of the events taking place in my story above was skewed, through no fault of her own. I wonder how many events we misinterpret because we don't have ears to really hear and discern the truth. In James 1:19 (AMPC) it says, "Understand this, my beloved brethren, Let every man be quick to hear (a ready listener) slow to speak, slow to take offense and to get angry." This tells me that listening with an ear to hear, even beyond one's tone of voice facilitates better communication and understanding.

Have you ever been talking with someone and instead of really listening you are already trying to wait for them to stop speaking so that you can give your thoughts on a matter? Most likely you missed out on really hearing, considering, perceiving, and comprehending what was said. Surely this is why we are exhorted to be swift to hear but slow to speak, as we may have missed entirely what was truly being said. I encourage you today, slow down pray for an ear to hear, not only from the Lord but with others.

Have a blessed day. Food for thought.

Dr. Dianne Coffin Co-Pastor River of Life Church 410 East Chapman Rd. Lutz, Florida. Our services are 10:30 Sunday Morning and Wednesday Night 7:30

Childcare provided. We would love to have you visit with us.

We are also online at www.roltampa.org to watch live!! Hope to see you soon!

Pasco Tax Collector's Offices Accepting Donations of New Shoes and Socks



The Pasco County Tax Collector's Office is once again participating in the new shoes and socks collection drive to assist local students and families in need.

A collaborative effort between Pasco County government and the school district, the "Two Good Soles" campaign, which is in its eighth year, is seeking to collect as many new pairs of shoes and socks as possible. The tax collector's offices in Pasco County will be collection sites for these donations between now and October 11,

the final day of the drive. "It is heartbreaking to know that children come to school without socks or shoes in good repair," states Pasco Tax Collector Mike Fasano. "I am pleased that our office is once again part of this county-wide effort to collect as many pairs of footwear as possible. I encourage everyone who is able to please stop by one of our offices and leave a donation. Every item will go to a Pasco student in need."

The need for shoes is primarily at the middle and high school level, although shoes for elementary school students will also be welcomed. While the tax collector's office will accept donations of shoes and socks that are new and unused, the school district reports that the sizes most in need are children's shoes 9 and up, adult shoes of all sizes and socks of any size. It is recommended that sneakers, shoes, and socks be of a "neutral" color, but all donations of new items will be accepted. No flip-flops or open-toed shoes, please.

If you are interested in making a donation please visit one of the following offices in Pasco County and leave your donation in the labeled collection box near the door:

- New Port Richey - 8731 Citizens Drive, Room 120, New Port Richey, FL 34654
- Gulf Harbors - 4720 U.S. Highway 19, New Port Richey, FL 34652
- Land O' Lakes - 4111 Land O'Lakes Boulevard (Hwy 41), Land O'Lakes, FL 34639
- Wesley Chapel - 4614 Pet Lane, Suite 109, Lutz, FL 33559
- Dade City - 14236 6th Street, Room 100, Dade City, FL 33523

For more information about the "Two Good Soles" shoe and sock drive, or any other charitable service provided by the tax collector's office, please contact Greg Giordano, Assistant Tax Collector for Communications & Special Projects at (727) 847-8179.



Pasco Tax Collector's Five Offices Will Be Closed for Labor Day Holiday

The five Pasco County Tax Collector Offices will be closed Monday, September 4, 2023. Our offices in Gulf Harbors and Wesley Chapel will be open on Saturday, September 2, 2023, from 8:30 - noon for Pasco residents only. All offices will re-open at 8:30am on Tuesday, September 5, 2023, for normal business.

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A TASTY WAY TO HELP THE CHILDREN...

- During September, The Columbia Restaurant will donate 5% of your total bill to Hope Children's Home in the form of gift certificates!
- Be sure to mark Hope Children's Home on the ballot that they present with your bill.

When you dine at any Columbia Restaurant location—now including *Goody Goody, Ulele, and Cafe Santo Stefano*—in September and select Hope Children's Home as your chosen charity, Columbia will donate five percent of your bill to Hope in the form of gift certificates.

Scan the QR below to find a Columbia location near you!

scan here

HopeChildrensHome.org/Dunndean | 11415 Hope Int'l Dr. Tampa, FL 33625 | 813.961.1214

Five Benefits You Can Apply For Using SSA.Gov

By Javier Morales, Social Security Public Affairs in South Florida

We continue to make it easier for you to access our programs and benefits. Our website offers a convenient way to apply for benefits online.

Here are 5 ways you can apply for benefits using ssa.gov.

- Retirement or Spouse's Benefits – You must be at least 61 years and 9 months and want your benefits to start in no more than 4 months. Apply at www.ssa.gov/retirement.

- Disability Benefits – You can use our online application, available at www.ssa.gov/benefits/disability to apply for disability benefits if you:

- Are age 18 or older.
- Are not currently receiving benefits on your own Social Security record.
- Are unable to work because of a medical condition that is expected to last at least 12 months or result in death.

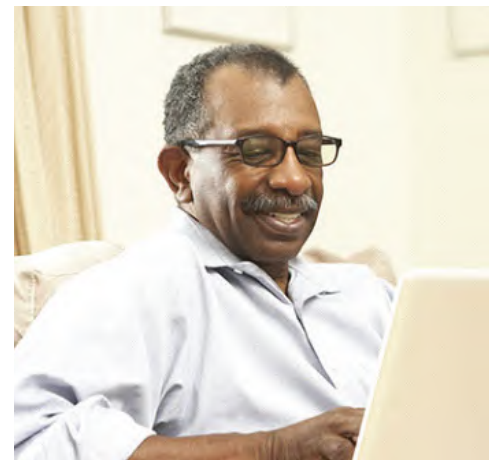
- Have not been denied disability benefits in the last 60 days. If your application was recently denied, our online appeal application is a starting point to request a review of the determination we made. Please visit www.ssa.gov/apply/appeal-decision-we-made.

- Supplemental Security Income (SSI) – SSI provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits. SSI payments are also made to people age 65 and older without disabilities who meet the financial qualifications. If you meet certain requirements, you may begin the process online by letting us know you would like to apply for SSI at www.ssa.gov/ssi. If you do not have access to the internet, you can call your local Social Security office to make an appointment to apply.

- Medicare – Medicare is a federal health insurance program for:
 - People age 65 or older.
 - Some people younger than 65 who have disabilities.
 - People with end-stage renal disease or Amyotrophic lateral sclerosis (ALS).
- If you are not already receiving Social Security benefits, you should apply for Medicare 3 months before turning age 65 at www.ssa.gov/medicare.

- Extra Help with Medicare Prescription Drug Costs – The Extra Help program helps with the cost of your prescription drugs, like deductibles and copays. People who need assistance with the cost of medications can apply for Extra Help at www.ssa.gov/medicare/part-d-extra-help.

Please share this information with those who need it.



The disciples were amazed at his words. But Jesus said again, "Children, how hard it is to enter the kingdom of God!" — Mark 10:24

It's Just Like Home...If You Live In A Palace

If you were taking a trip and had the choice of a basic roadside motel or an all-inclusive luxury resort, which would you choose? Whether for one or several nights, the differences would have most of us picking the resort. Why should it be any different for the furry members of your family? Royal Pets resorts are built with the utmost comfort of each pet in mind, and all without emptying your wallet. We have spacious suites, lush grass dog parks, and pet cams that give you the ability to watch your pet online. Consider these features:

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- Flat screen TV in all suites
- All the comforts of home with bedding, blankets and treat time
- Grassed relief area
- Suites with outdoor play yard
- Full service Veterinary Center

You've gone to great lengths to ensure the most comfortable, safe and secure environment for your pet at home. Trust Royal Pets as the cool and comfy "home away from home" for your dog or cat. Visit your nearest Royal Pets Market at <https://royalpetsmarket.com/location-contact-us> for more information or to make a reservation.

**"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal."
— Matthew 6:19**

Vendors/Crafters Wanted

Village Presbyterian Church Craft Fair, Saturday, November 4, 2023, 9am-2pm.
Email: gfeicke1@verizon.net



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GFWC Lutz–Land O'lakes Woman's Club Is Hosting A Fun Blingy Costume Jewelry Party

**Friday, September 15, 2023 from noon to 2pm
at The Groves Golf & Country Club,
7924 Melogold Circle, Land O'Lakes, FL 34637**

Every gal needs a little BLING, so join the Green Shirt Ladies in all the shopping fun. The public is welcome, so bring a friend or three and enjoy. The jewelry will be priced very affordably. All proceeds will benefit Camp Boggy Creek for seriously ill children. The club goal is to send 2 kids to this wonderful camp for a week.

I heard about this lady, she just got out of choir practice. She was so fired up she put an "If you love Jesus" bumper sticker on her car. At the intersection, she was digging in her purse and didn't notice that the lights had changed. The guy behind her started honking and she was so excited that the guy behind her also loved Jesus. So she rolled her window down and gave a big wave and said, "I love Jesus too." Soon a whole lot of people started honking and one man even screamed out, "Jesus Christ!" After sharing all the love for Jesus, she was the only one who made it through the intersection. "Say it like you mean it." Joel Osteen

Tampa Rose Society

Tom Schaefer- Program Director

Our guest speaker for Sept 19, 2023 is Connie Vierbicky, past president of the Bradenton-Sarasota Rose Society.. Connie will discuss **David Austin's English Roses** with a slide show, many of which were obtained directly from the Austin Nurseries in Shropshire, England. David Austin combined the flower form, fragrance and general characteristics of an Old Garden Rose with a wide range of colors and the repeat-flowering of a modern Hybrid Tea or Floribunda Rose. Having grown over 100 varieties of roses in pots as well as in the ground, information about growth habits and fertilization requirements will be provided as well as a handout list of the "must have's" and "the dogs". Members and guests are asked to bring questions and home-grown Austin roses to show.

I heard about these elderly ladies way up in their 80's. They were driving down the freeway together when they were pulled over by a policeman. The officer asked the driver, "Ma'am, do you realize you're only going 35 miles an hour?" She said, "Yes, officer. I realized that." He said, "Well, why are you going so slow?" She said, "Because that's what the sign says." He kind of laughed and said, "No, ma'am. That's the number of the freeway. This is Hwy 35. And by the way, why do these other passengers look so terrified?" She smiled and said, "Because we just got off Hwy 95." "Say it like you mean it." Joel Osteen

Pet·du·ca·tion:

(noun) the process of learning what's best for your pet's health.

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WHAT CAN YOU DO TO GO TO HEAVEN?

Nothing. You can never do enough good to erase your guilt for breaking God's laws.

WHAT DID JESUS DO FOR YOU?

He lived a holy, sinless life for you because you could not. He took the judgement for your sin upon Himself by dying in your place. Once the penalty for your sin was fulfilled, Jesus was resurrected and ascended into heaven, He is forever a living witness before God that your sin has been paid for and you can be forgiven.

WHAT MUST YOU DO TO RECEIVE GOD'S FORGIVENESS?

- #1 **Acknowledge** before God your sinful condition and the fact that you need to be forgiven.
- #2 **Believe** that God loves you and Jesus died for you and rose again so that you can be forgiven.
- #3 **Ask** God to forgive you and to change you. (Jesus said, "You must be born again.") Only God can change you on the inside, and He will if you ask him.
- #4 **Confess** that Jesus is your Lord and Savior.

HOW TO ASK:

God I am a sinner because I have broken your laws. I believe Your word that says Jesus died for me. I ask you now to forgive me. I need You to cleanse me of my guiltiness and come into my life. I receive Jesus now as my Lord and Savior. Thank You, Lord, for setting me free from Satan's power and making me a child of God.
(Eph. 2:8-9; II Cor. 5:21; Jn. 20:17; Heb.10:12; Heb. 7:25; Rm. 10:9-10; Mt. 10:32; Col.1:13)

Enter for a Chance to Win!

A golf certificate for 2 from Heritage Harbor Golf Club (see page 3)



2 Ways To Enter

- 1. Complete the 3 verses below (found in this issue) **OR**
- 2. Complete the crossword contest about Labor Day below!

Trivia Verses

- 1. Do not store up for yourselves _____
- 2. Jesus answered, "I am the way _____"
- 3. The disciples were amazed _____

Winners of the food certificates for Don Julios Mexican Restaurant from the August contest have been selected and will receive them in the mail.

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Email _____
 IT'S A DUNNDEAL @ 218 E. BEARSS AVE. #256 TAMPA, FL 33613

Labor Day – The Industrial Revolution

The Industrial Revolution modernized the United States and Canada during the 19th century. As people enjoyed steady employment, they compromised their rights in the workplace. Longer work hours and pay cuts were imposed; U.S. labor groups began protecting themselves by unionizing. In Canada, unions were illegal until 1872, when thousands of Ottawa laborers marched to Prime Minister John MacDonald's home.



That year, Canada wiped the anti-union law from its books and the march became an annual Canadian tradition. In 1882, Toronto labor officials invited an American union leader, Peter J. McGuire, to Toronto's labor celebrations. McGuire was so impressed that he suggested a workers' parade to New York City Central Labor Union.

He chose September 5th as the date because it filled the long void between July 4th and Thanksgiving. Coincidentally, that same year a machinist from Patterson, New Jersey, Matthew McGuire, also proposed a laborers' celebration. On Tuesday, September 5th, 1882, thousands of New York City laborers marched from City Hall to Union Square. They gathered in Reservoir Park for an afternoon of picnics, concerts and speeches, rallying for an eight-hour workday.

Two years later, the Central Labor Union moved the parade to the first Monday in September. They also encouraged all U.S. cities to follow New York's lead and march for the workingman's holiday. For many, the choice was to either spend the day at work or march without pay. That began to change when Oregon became the first state to legalize the Labor Day holiday in 1887. Other states, including New York, soon followed.

It took a political disaster to put Labor Day on the national calendar. In 1894, railway workers in Pullman, Illinois, went on strike to protest wage cuts. President Grover Cleveland faced pressure to end the demonstrations and sent 12,000 federal troops to break the strike and violence erupted. Two strikers were killed, and Cleveland's harsh methods made headlines. In an attempt to appease the nation's workers, he signed a bill to make Labor Day a federal holiday. Cleveland still lost that year's election.

America's workers continued to gain power through the 1950's when over a third of all labor forces were unionized. Labor Day had become a time to rally workers for safer conditions, fair pay, and benefits. But in the second half of the 20th century, the U.S. labor force diminished, many factories closed, jobs were outsourced to other countries. Today, workers still parade through blue-collar neighborhoods on Labor Day and speeches unite the ever-dwindling labor force, but the day's true call has quieted. For now, most Americans leisurely enjoy the holiday as summer's last bow.

<http://www.history.com/topics/labor-day/videos#history-of-labor-day>

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me." — John 14:6

Labor Day

The Industrial Revolution

Across:

- 1 - Thousands of Ottawa laborers marched to Prime Minister John MacDonald's...?
- 4 - Labor Day had become a time to rally workers for safer conditions, fair pay, and...?
- 7 - U.S. labor groups began protecting themselves by...?
- 8 - President Grover Cleveland faced pressure to end the...?
- 9 - It took a political disaster to put Labor Day on the national...?

Down:

- 1 - Oregon became the first state to legalize the Labor Day...?
- 2 - Two years later, the Central Labor Union moved the parade to the first Monday in...?
- 3 - Labor officials invited an American union leader, Peter J. McGuire, to Toronto's labor...?
- 5 - On Tuesday, September 5th, 1882, thousands of New York City laborers marched from City Hall to Union...?
- 6 - For now, most Americans leisurely enjoy the holiday as summer's last...?

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Email _____
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What price are you willing to pay?

And how to cut loose from your party
Are you a follower or just a fan?

12 Skin Cancer Myths and What You Need to Know, Part 2

By Dr. Robert Norman

Last month we began our discussion on twelve skin cancer myths.

This guide is to separate fallacy from reality and help you choose the right course of action. Let's continue to explore some of the common facts and myths about skin cancer and include some tips to reduce your risk. Here are myths 7 – 12.

Myth 7: Melanomas never happen to those less than 30 years old.

I was told in my dermatology training that a melanoma in a teenager was quite rare. Yet ten years later, in one six-month period, I had a 14 and a 15-year-old with Stage 4 melanoma.

Melanoma is the most common form of cancer in young adults aged 25-29 and the second most common form of cancer among people. It is also increasing faster in women ages 15 to 29 than in men in the same age group.

You should check your skin monthly and be alerted to changes in the number, size, shape, or color of spots on your skin or sores that do not heal. Pay special attention to moles—especially moles that have recently changed, bled or itched. And get a complete skin exam yearly or more often if you or family members have a history of skin cancer.

Myth 8: A melanoma is always easy to treat.

Treatment can be relatively easy when you detect a melanoma early. When a melanoma has grown and spreads to the liver, bone, brain, or digestive system, it can require more invasive and long-term treatments. Melanoma may be fatal without proper therapy.

If you have an odd-looking or suspicious mole that has changed in size or color, especially one that itches or bleeds, get it checked out. If you have had three or more blistering sunburns in childhood, you have a higher risk of melanoma.

Get an annual skin cancer screening to identify cancer in its early stages. If you have a melanoma, the five-year survival rate if detected and treated before it spreads is almost 100 percent.

Myth 9: Having a base tan will protect you against melanoma.

A tan is simply a "controlled burn." If your skin changes color in response to sun exposure, it indicates damage to the DNA of your skin cells. A safe base tan or a tan that prevents sunburn does not exist.

In trying to protect your cells, your body sends melanin, or pigment, to the surface of your skin. The body senses that UV damage is occurring. With a sunburn, it becomes more than the skin can manage and it can't be repaired. You may get color on your skin, but it will be at the expense of your health. You may develop unsightly lesions, wrinkles, and skin cancer. Any level of UV damage is harmful to your skin and may increase your risk of skin cancer. Key actions to take to adequately protect your skin are the four S's: shade, sunscreen, skin coverings, and sunglasses.

Myth 10: Tanning beds don't pose a skin cancer risk.

Not true. Tanning beds emit the same harmful UV rays as the sun, and in greater amounts. According to the Skin Cancer Foundation, indoor tanning beds can emit 10 to 15 times more UV radiation than the sun at its peak. Exposure to the ultraviolet light from tanning beds can be harmful to the skin in a number of ways, including premature aging, wrinkles, sunspots, or freckles. One in every five Americans who frequent tanning booths may get skin cancer, including melanoma. The use of tanning beds and sun lamps is hazardous because the UV radiation they deliver can damage your skin and should be avoided. Using sunless tanning products is a prudent alternative.

In 2014, the U.S. Food and Drug Administration elevated the risk of tanning beds from class I (low to moderate) to class II (moderate to high). Using tanning beds increases the risk of developing all forms of skin cancer, including melanoma, the deadliest form.

If you regularly use a tanning bed before age 35, it increases your risk of developing melanoma by 75%. Indoor tanning is linked to about 6,200 cases of melanoma in the United States every year.

Myth 11: Makeup with SPF is all you need.

A broad-spectrum sunscreen of SPF 30 or higher is optimal, but most cosmetics with built-in sunblock have a SPF of only 15. In order to keep your skin safe against harmful UV rays, you will need to double up on the protection. After washing in the morning, you can apply moisturizers with SPF 30 or more and re-apply sunscreen as the day goes on and if you have more sun exposure. Don't forget about your lips. Make sure you apply lip balm or lipstick with a SPF of 30 or higher.

Myth 12: Putting on sunscreen is always effective.

Wrong. It is not effective unless applied correctly. Here are 4 key tips from the American Academy of Dermatology:

Always apply sunscreen before going outdoors. Remember that it takes approximately 15 minutes for your skin to absorb the sunscreen and protect you. Do not wait until you are in the sun to apply sunscreen; your skin is unprotected and can burn.

Use enough sunscreen. Most adults need about 1 ounce — or enough to fill a shot glass — to fully cover their body. Rub the sunscreen thoroughly into your skin. Reapply every 2 hours.

Apply sunscreen to all bare skin. Remember your neck, face, ears, tops of your feet and legs. For hard-to-reach areas like your back, ask someone to help you or use spray sunscreen. If you have thinning hair, either apply sunscreen to your scalp or wear a wide-brimmed hat. To protect your lips, apply a lip balm with a SPF of at least 15.

To remain protected when outdoors, reapply sunscreen every two hours, or immediately after swimming or sweating. People who get sunburned usually don't use enough sunscreen, don't reapply it after being in the sun, or use an expired product.

Most people under-apply sunscreens, using ¼ to ½ the amount required. Using half the required amount of sunscreen only provides the square root of the SPF. If you do not apply enough sunscreen or you apply your sunscreen incorrectly, it will result in a lower SPF than the labeled protection level. A half application of an SPF 30 sunscreen only provides an effective SPF of 5.5!

Parents and caregivers need to make sure that sunscreen is applied in liberal amounts to protect the children and the elderly. Children can be taught at an early age, with supervision, to apply sunscreen properly. Again, make sure you and others under your care wear a hat, sunglasses, and sun protective clothing, especially during peak sun hours. And if you go swimming or sweat a lot, it's a good idea to reapply the sunscreen.

If you missed myths 1-6, be sure to read the August edition of the Dunndea Gazette.

<https://www.aad.org/public/diseases/skin-cancer/find/at-risk/abcdes>

Dr. Norman is an advanced master naturalist graduate of the FMNP program from UF and a board-certified dermatologist based in Tampa and Riverview. He can be reached at 813-880-7546.

How To Run From God

Continued from Page 1

"In 40 days, I will destroy the land of Nineveh and everyone living there. This is my decision."

"So be it, my Lord. You have told me all of this. But I still do not understand how I can be of service to you. Tell me my Lord, what should I do to make your wish come true?"

"You are a good righteous man, Jonah. You have always obeyed me and followed my teaching. I trust you and your abilities. Therefore, you must go to Nineveh immediately and talk to the people about me. They do not know me. You must speak about my love. You must tell them to change their ways and become good people. Only you can do this."

"But God? How will I do this? They are evil. They will not listen to me. Also, they are our sworn enemies. The people of Nineveh are constantly attacking us, and waging war against us. They try to steal from us and harm our women."

"That is all true. But still, you must go and talk to them. They will have a second chance through you. If they fail, they will be destroyed. You are their only hope for survival now. Only you can convince them to change their ways, and turn to me, the one and only living God. I have complete faith in you."

"God, you have decided to destroy them anyway after 40 days. Then why should I go there and risk my life? My countrymen will be more than happy to hear that Nineveh is going to be destroyed. They will abandon me if they hear that I tried to stop that from happening!"

"This is my will. You must do this, Jonah. You must leave for Nineveh immediately!"

"Very well, my Lord. As you wish."

Jonah was very troubled by what God had asked of him. He was happy that God had decided to destroy the people of Nineveh. They were the enemies of Israel. He did not believe that he could change their ways. But then, how could he disobey God? Jonah finally decided he would not go to Nineveh. He got scared and decided to escape from Nineveh and hide from God. Jonah traveled far from Nineveh over the deserts and barren lands.


Finally, he reached the seashore where he saw a ship heading to another city across the sea. He asked the captain whether he could get on the ship. The captain was not happy at first but finally agreed. The sailors did not know about the one true God that Jonah served and believed in. They worshipped stone and wood and idols. They had a god for the sun, another god for the moon, another for the ocean, and so on. Jonah saw this but he did not speak anything. He went and slept in the lower part of the ship. Jonah was fast asleep in the lower part of the ship. Once the ship had tracked a short distance, the ship got caught in a great storm! They were tossed around in the water like a paper boat. Everybody on the ship was very scared and began to cry out loud to their gods. The men on the ship were surprised to see Jonah sleeping peacefully while a great storm was raging outside.




"Hey Jonah, wake up... Wake up! How can you sleep like this?"

"There is a storm outside, and the ship is going to be torn apart! Wake up and preach your God!! We have been praying to our gods for some time now, but the storm is continuing to rock the boat."

"No, this is the work of my God, the one and only true God who made the whole





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world."

"Did you do anything to make him angry? How could we stop this storm?"

"I tried to hide away from him. He gave me a task, but I refused to do it. That is why he's angry at me."

"Now what should we do?"

"There is nothing else to do. You have no other option but to throw me off the ship. And then the storm will go away. My God will leave you alone."

"No, we cannot do that. You are a good man. We don't want to harm you. Let us try to throw some of the cargo out and see if we can keep the ship afloat."

The sailors started throwing out the packages loaded on the ship, one by one, but the storm did not go away. There was no use in doing this.

"Throw me into the water! Save yourself! I hope your God keeps you safe."

When the sailors realized that they had no other option, they threw Jonah off the ship into the sea, and like a miracle the storm subsided. The sea became calm, and all of a sudden at that moment a big whale came up and swallowed Jonah.

Jonah was scared like never before. He was in the dark, and cold. There was a horrible smell around him. Also, it was slimy, and all kinds of things were floating around him. It was then that he realized that he was inside a whale!! Jonah could not believe this was happening to him but realized that God was doing all of this.

Jonah spent three days and three nights in the belly of the whale. He prayed the whole time to God. He was asking for forgiveness and promised that he would never try to hide away from God. Jonah would lose hope from time to time and thought he would never see daylight again. He thought about the foolish things he had done. How could he believe that he could disobey God and hide from him! This was so stupid of him! Alone in the cold dark insides of the whale, Jonah became very sad, but he called out to God, and it gave him strength. He believed that God would keep him safe.

On the fourth day, the whale opened its mouth and spit Jonah onto the beach. Jonah was relieved to see the light of day. He had been inside the dark belly of a whale for three days! Then God spoke to him.

Continued on Page 10

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Rogers' Landscape Supply

By Karen McBride



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- * Many folks want to serve God, but only as an adviser.
- * Do you think "stop, drop, and roll" will work in Hell?
- * Some minds are like concrete: thoroughly mixed up and have permanently set.
- * God loves everyone but probably prefers "fruits of the Spirit" over nuts!
- * The good Lord didn't create anything without a purpose, but mosquitoes came close.
- * Opportunity may knock once, but temptation bangs on the front door forever.
- * Quit griping about your church! If it was perfect, you couldn't belong.
- * If your church needs a better pastor, it only needs to pray for the one it has.
- * The best mathematical equation is 1 cross + 3 nails = 4 given.
- * God Himself doesn't propose to judge a man until he's dead. So why should you?
- * Don't wait for six strong men to take you to church.
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How To Run From God

Continued from Page 9

"Jonah, you cannot hide from me. Whatever you do, I'm with you all the time."

"I am so sorry, my Lord. I realize now how foolish I have been. Tell me what I can do to make up for this?"

"Do as I tell you. You must go to Nineveh and complete the task I gave you. They are evil because they do not know me. They have not heard of my teachings. They deserve a chance to change their ways and become good."

"I will do whatever you ask of me my Lord. I shall go and speak to the people of Nineveh about your undying love!"

This time, Jonah went to Nineveh as promised. He talked to the people about God and his kingdom. He talked about what had happened to him and how God had rescued him from the raging storm by sending a whale. He showed them why it was important to do good things and be kind to people.

He taught them God's teachings and how God was protecting them and taking care of them at all times. He also warned them about God's punishment. To his surprise, the people of Nineveh listened to him! The king heard of Jonah and called him to the palace. Jonah talked to the king about how God was merciful, but that if he didn't change himself then the city of Nineveh would be destroyed in 40 days.

The king asked for forgiveness for all the bad and horrible things he had done and promised that he would pray to the one and only true God from now on. He also announced throughout the land that everybody should pray to the almighty God that Jonah served. Jonah spent many days with the people of Nineveh. God saw that indeed the people of Nineveh had changed. So, God decided not to punish the city of Nineveh. Later, Jonah realized his work was finished and he started on his journey back to Israel.

However, he was still hoping that Nineveh would be destroyed as he did not completely believe that their people could actually become good. So, when God decided not to destroy the city, Jonah was not happy. God realized what he was thinking and spoke to Jonah.

"Jonah, why are you unhappy?"

"You had said that you would destroy the land of Nineveh. These people are enemies of Israel! Why didn't you destroy them?"

"Jonah, you don't understand the good you have done. These people are no longer your enemies. They believe in the one true God, just like you do. I believe that everybody needs a second chance to correct their mistakes. I do not want to punish my people. I love them, I created them! So, if they make use of the opportunity to become good, then why should I destroy them? All of this has been possible through your work Jonah! Go home now, return in peace. You have completed God's work!"

"Very well, my God. I understand now. Thank you for this chance to serve you, my Lord! Thank you for saving me so many times."

Jonah then made the journey back to Israel and continued to speak about God and the love for his people. He told everybody the story of how he was trapped inside a whale for three days and how God saved him. The people loved and respected Him, and the old prophet lived for a very long time.

Are we lost or has God found us?

Children's Bible bedtime Stories <https://www.youtube.com/watch?v=uffMjgYhvlM>

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Shannon Thomas is the innovative founder of "Sgt. Shredder Rocking to Heal Vets Inc" a 501c3 non-profit organization headquartered in Lakeland Florida. It was Thomas's endeavor to pioneer a nonprofit organization that would provide services and supplies to other veterans that would otherwise take months for other veterans to receive if they depended on the Veterans Administration. The nonprofit that Thomas originated provides equipment such as wheelchairs, wheelchair ramps, adjustable beds, musical instruments for memory and motor skills, various medical condition alert watches, Christmas gifts and blankets during the holidays to other veterans.

Shad Earls, owner of Services by Shad, donates his time and talent to support our disabled veterans that otherwise would suffer great difficulties simply getting in and out of their homes. Earls and his devoted son have assisted Rocking Heal Vets on a number of projects. Shad's business consist of carpentry, mobile welding, home repairs, flooring, painting, drywall, and remodeling.

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while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal. – II CORINTHIANS 4:18 NKJV

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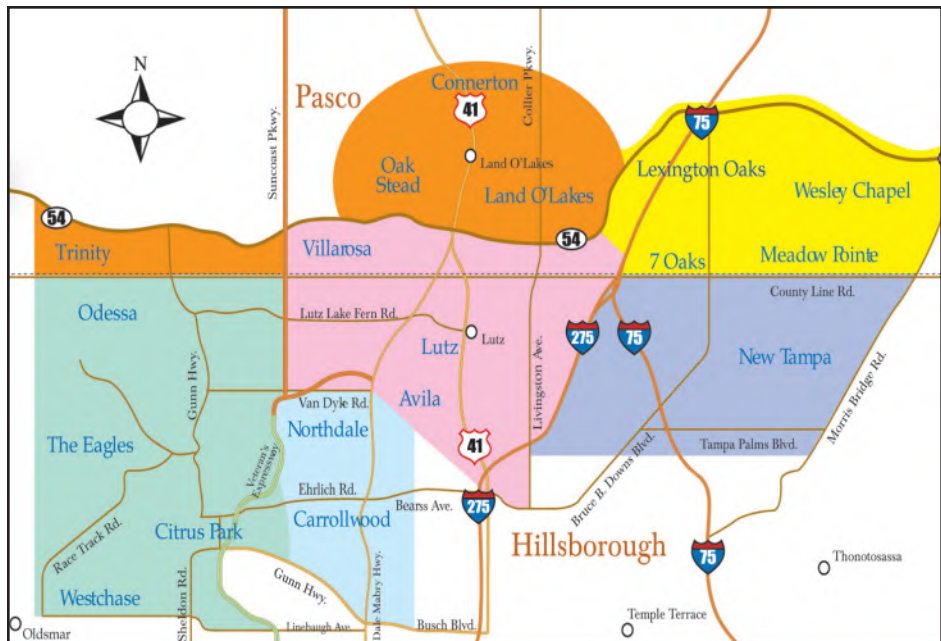
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