

Attend Church Regularly

...and read your Bible daily



WEEKLY SERMONETTE

"Heaven, A Place of Reunion"

By Pastor Terry Laughlin, CrossRoads Church, Norton

Jesus said, "Do not let your hearts be troubled. Trust in God; trust also in Me. In My Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with Me that you also may be where I am. You know the way to the place where I am going. I am the way and the truth and the life. No one comes to the Father except through Me." (John 14:1-4, 6)

The Holy Scriptures teach clearly that heaven is a real place, a permanent place, a personal place, a holy place and a place open only to those who have been truly born again. The Bible also reveals that heaven is a place of reunion.

In 2nd Samuel we see a very clear picture of God's grace, mercy and comfort in the joys of heavenly reunion. We serve a God who chastises acts of sin, yet His repentant children have the sure hope of His forgiveness and of seeing loved ones who have died "in the Lord."

In Chapter 12 of 2nd Samuel we read of the prophet Nathan's rebuke of God's anointed king. King David had surrendered to his fleshly desires ultimately leading to adultery, a child conceived out of wedlock and murder. As we continue to read 2nd Samuel Chapter 12, we see that King David was going to suffer the consequences of his selfishness and uncontrolled lusts. It was only after God sent Nathan to expose David's sinful actions that the King was able to come before God with a humble and contrite heart

fully surrendered to God's will. Even though the consequences of sin can have an extraordinary cost, there is forgiveness and mercy to be found for those who have a truly repentant heart before God.

We know that David had a right heart before God for, instead of

adding rebellion to his list of sins, David sought the Lord's mercy, interceding in prayer for the child who was struck with an illness that would lead to his death. (2 Samuel 12:16, 18, 22) Even after the boy died, David does not fall into bitterness or rebellion. He

clings to a truth that is for all who have lost young children or Christian loved ones. That truth is found in 2 Samuel 12:23, "I will go to him, but he will not return to me." Don't fail to catch that truth, "I will go to him."

King David found something to cling to and the Scripture says that he also "comforted his wife..." (2 Samuel 12:24) Their consolation came in knowing they would see their son again.

Because heaven is a place of reunion, Christians who have had a baby or child die before reaching the age of accountability will see that child again. Many have also suffered the loss of Christian parents, friends and co-laborers. However, there is a reunion awaiting them in heaven. There are multitudes of Holy Spirit-filled pastors, evangelists and missionaries, after having been used mightily of God to bring many sinners to Christ and then passing on to be with the Lord, that will be reunited in heaven with those who have responded with a heart of repentance to the Spirit's call to come to Jesus.

Others may only bring one or two souls with them, but every single person redeemed by Jesus' shed blood is precious in God's sight. Christians someday will see Elijah, John the Baptist, the twelve apostles and Paul and many other faithful servants of the Lord that were written about in the Bible and since who have given their lives to spread the Good News.

It will be The Grandest Reunion for those who have Christ as Savior and Lord. You've been invited! Don't miss it.

By JAKE DURHAM

They came from the North, South, East and West with one thing on their mind: to continue where they left off, in pursuit of the 800 point game. However, as the first round was played out, and the scores recorded, it was obvious there were very few high meld hands as the team of Dee and Thelma Bushnell captured the early lead with the only 100 plus score.

Good fortune was more abundant in round two as four teams scored over 100 points as the team of Joyce Sumner and Eleanor Jensen captured second round honors to move ahead of the pack, but no longer was there a team with a 100 point average.

The team of Margaret Magers and June Jolly captured third round honors but the lead went to the team of Dave Sheley and Bill Glennemeier who improved their situation by capturing fourth round honors with 131 points, the highest single round score of the evening.

The gong sounded for the mid-way break and everyone took a long look at the scoreboard to assess the situation. Due to the high score of round four, Sheley and Glennemeier were the only team with over a one hundred point average. The team of Joe and Jake Durham was in second place followed by the team of Jeanette Groothoff and Cyrina Kester in third place, Eldon Billips and Art Miller in fourth and rounding out the top five was the team of Joyce Sumner and Eleanor Jensen.

The second half got underway with renewed bidding as those down on the score board showed no fear. Of course, adequate meld played a huge role and, as the fifth round came to a close, the team of Eldon Billips and Art Miller took the high round honors to move into the lead and reinforced their position with back-to-back high round honors on round six. The crucial seventh round was coming up. Those needing to move up were going to have to take some risks

and those near the top needed to keep up the pace. The team of Dee and Thelma Bushnell captured seventh round honors to move into contention for the final round showdown. The team of Billips and Miller was in the lead with Sheley and Glennemeier in second, Bushnell and Bushnell were in third, Groothoff and Kester were in fourth and rounding out the top five was the team of Todd and Doyle Brooks. Another five teams were knocking on the door and with a lot of luck and good meld, it could be anyone's game.

The gong sounded to start the eighth and final round and it was obvious that some serious thought was taking place. For those needing to move up, the rounds seemed to go so quickly while those near the top were holding their breath. The scores were posted as the score sheets were turned in and it seemed as though the lead changed with every posting. The team of Ron and Sondra Kester captured honors on the final round, but the team of Billips and Miller held the lead to capture the title and the championship of the first tournament of the new season. The team of Dave Sheley and Bill Glennemeier was in second place, Dee and Thelma Bushnell were in third, Ron and Sondra Kester were in fourth and rounding out the top five was the team of Jackie Porter and Mary Jane Wahlmeier. Billips and Miller had scored over 100 points the last three out of four rounds and received their accolades with humility. Other teams not previously mentioned were: Darren McMullen and Jerry Darling; Brett and Doug Gallentine.

As the evening wore down, the champs were still offering instructions on how to play winning pinochle, the Royals were winning one of their few games and the Chiefs were still looking for number one, when it was mentioned that the next game would be on Oct. 21. So get with your partner and show up early to guarantee yourself a spot on the roster.

Dietary Fats: Clarifying an age old problem

Which is healthier — butter, margarine or vegetable oil? What is trans fat and why is it bad for me?

Is it better for my heart to replace butter with margarine? Should I try to cut out fats?

The 2005 Dietary Guidelines for Americans recommends keeping total fats between 20 and 35 percent of our total calories. Most of these fats should come from sources of polyunsaturated and monounsaturated fats such as fish, nuts, and vegetable oils. On the other hand, intake of saturated and trans fat should be limited, saturated fat should be kept to less than 10 percent of total calories and trans fat kept as low as possible. Today the majority of Americans consume too much saturated and trans fat. Most of the fats you eat should be poly and monounsaturated.

Butter is high in both saturated fat and cholesterol. Too much saturated fat in the diet has been shown to raise total blood cholesterol and LDL cholesterol (bad cholesterol), which can lead to an increased risk of heart disease.

Margarines or spreads, are made from a blend of healthy oils like soybean, canola and sunflower. These vegetable oils are low in saturated fats, contain no cholesterol and are rich in polyunsaturated and monounsaturated fats. Margarine and spreads are usually low in saturated fat, however some may contain trans fat. Check the Nutrition Facts panel on the label.

Fats rich in saturated and trans fats have been shown to be harmful to health, while research shows that fats and oils rich in polyunsaturated fats and monounsaturated fats are beneficial to health. Saturated fats and trans fats are known to raise blood cholesterol, which can increase the risk of heart disease.

Replacing saturated fat in the diet with polyunsaturated fats has been found to reduce LDL cholesterol levels and clinical trials show that substituting polyunsaturated fats for saturated fat reduces risk of heart disease. In addition, con-

suming omega-3 polyunsaturated fats from fatty fish (such as salmon or trout) or vegetable oils (such as canola, walnut or flaxseed oil) may also help reduce the risk of heart disease.

Monounsaturated fats are the primary fat in olive, canola, and peanut oils, as well as nuts. Research indicates that monounsaturated fat may be useful in controlling blood sugar levels and have a mild cholesterol lowering effect when substituted for saturated fat.

Within the category of polyunsaturated fats, linoleic acid and alpha-linolenic acid (from the omega-6 and omega-3 families respectively) are essential dietary components since they cannot be produced by the body.

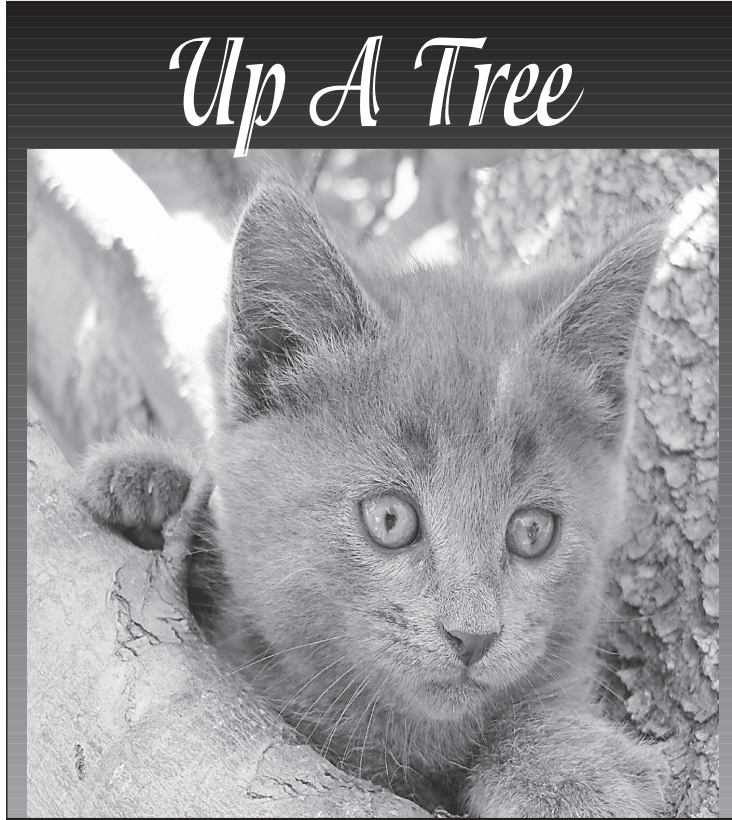
Trans fat is naturally present in meat and dairy products. However, the main sources of trans fat in the U.S. diet are from partially hydrogenated (hardened) oils found in foods such as cookies, crackers, pastries and fried foods. These fats are added for taste, texture and to maintain freshness.

The main concern with trans fat is that it raises the risk of coronary heart disease by increasing LDL cholesterol (bad cholesterol) and lowering HDL cholesterol (good cholesterol).

Partially hydrogenated oils and tropical oils give margarine its firmness and spreadability. While tropical oil such as palm oil increases the saturated fat content of the product, only a very small amount is necessary to provide the right texture.

The amount per serving varies among brands. It is important to consider the total saturated fat plus trans fat in a food item. Choose foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease.

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Up A Tree

This kitty has a problem. She's much better at climbing trees than she is at getting back down again; she is stuck and afraid to move! Someone has to get a ladder and help her back to earth.

Sometimes we have the same problem. We get ourselves into a situation that we can't get out of. We're "up a tree" and afraid.

God can be our ladder to safety. If we ask, He can lead us in the right direction. "Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it'" (Isaiah 30:21).

Find security at your house of worship this week; learn to ask God for help and to listen for His direction.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Corinthians	Deuteronomy	Isaiah	Isaiah	Isaiah	Isaiah	Isaiah
11.17-34	15.1-18	5.1-30	11.1-16	32.1-20	42.1-25	43.1-28

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