

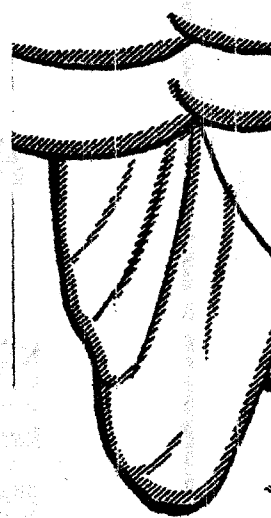
HG GOAL FOR 2013

Work For God - Do The Best You Can

WORLD PROVERBS - Time change brings roses, and stretches out the long nights of winter.
SENDING LOVE TO DEAR HEART - SANDY/DALE/WAID/ROY/MATTHEW/AMBER
JIM & BUCK - Marty writes from Atoka: Thank you for the Bible study and thanks for the much needed pep talk, it helped me focus on God's word and I am grateful. Please enjoy his drawing posted on bulletin board. Even in prison I still get to see God's smiles at work. God bless, Marty. **JERI SCHWENKE** - Recovery slow/picked up flu/thanks HG 4 dear heart notes **KATIE ELLER** - Had blood work/scheduled for upper/lower gi's/gallbladder ruled out/still lots of pain. **MARY RIDDLE** - Dolores' sister, Mary, 4th wk cancer treatments losing hair. **JIM BAKER** - Pancreas checked OK for now/More test required at OKC. Please keep Jim in your daily prayers. **DON/DORTHY HARROLD** - Don's head cancers check-up OK/ Dori's sister, Joyce Emmert, told no cure 4 her Leukemia/Dorothy struggling with hip pain. **BRENDA KNAPP** - Hurrah @ long last **CLOSED** on her new home/ Merit will be doing all the changing of colors on the wall & moving the heavy stuff. **JUNIOR BAKER** - Well now he hales from Hulbert where the women are strong/men good looking/kids all above average, not Tahlequah where they just float the river. **MICHAEL STEVENSON** - Tonia's father had polyps surgery last Thursday. **MARSHA** - Doing great/ starting therapy. **BRIAN ROSS** - Down with flu. **ON GOING PRAYER LIST - WHAT WE HEAR FROM OUR DR - EENIE, MEEEMIE MINEY MO, TAKE THIS PILL AND LET ME KNOW/ THE HAPPY HEALTHY CORNER IS JUST AROUND THE NEXT CORNER.** Julia Ford, Bonnie/Mark, Virginia/Johnny, Joi, Helen, Lena, Don/Dorothy, Roy/Terri, Gail, Marsha, Julie, Jessie, Kim, Doris, Wilma Smith, Imogene, Carol Foster, Nadine, and Jessie request prayers for her family Michael & Tracie Snow, that they will become Christians.

THIS & THAT

THIS WEEK - PICK UP SEARCH FOR TRUTH CARDS - HAND OUT EVERYWHERE YOU GO
MARCH SPRING BREAK MENU - PIZZA \$10 family \$5 single - Chose your Pizza!
LADIES ACTION FELLOWSHIP - Last Fri 29TH @ Dolores/pot luck/Spring Bunco gifts/Start 6:30PM
MENS ACTION FELLOWSHIP - Cracker Barrel Fri 29th @ Tulsa Hill's 6:30PM
GARY JONES MISSION 2 INDIA - Thanks for the glasses/had huge amount **MARCH** - Multi Vitamins & Folic Acid - Buy any size on sale where ever you shop.
WORD OF THE WEEK - **ESTHER** - The name of God does not occur a single time in the entire book, and this is thought to prove its secular character. No book that teaches more clearly the doctrine of Providence.
TIP OF THE WEEK - **SPRING GARDENS** - Place a few cucumbers slices in aluminum pie tin. The chemical reaction gives off a scent undetectable to humans, makes pests flee area.
HEALTH - Eat **WHAT** to Lower Heart Attack Risk? **Blueberries/Strawberries** contain high levels of compounds-- called anthocyanins--that may help widen arteries, which counters plaque buildup.
FREE TAX-AIDE - Call for appointments after Jan 21" **918-382-3333**
HUMOR - Never trust a man with a tassel on his loafer. It's like, What, did your foot just graduate?
WHAT HAPPENED TO THE APOSTLES - Simon Zelotes evangelized in Mauritania, Africa, and Britain before his crucifixion in 74 A.D.
KIDS IN CHURCH - Six-year-old Angie and her four-year-old brother Joel were sitting together in church. Joel giggled, sang, and talked out loud. Finally, his big sister had had enough. You're not supposed to talk out loud in church." "Why? Who's going to stop me?" Joel asked. Angie pointed to the back of the church and said, "See those two men standing by the door? They're hushers."
POWER FOR TODAY - When Jesus was being crucified, people "who passed by hurled insults at him" (Matt 27:39). Even then, Jesus prayed: "Father, forgive them, for they do not know what they are doing" Listen carefully to well-intentioned criticism and welcome it. Pray for those who unjustly criticize you.
LIFE IN USA - Dallas, TX, I saw the flash of a traffic camera. I figured my picture had been taken for speeding, I went around 4 more times. Two wks later, I got five tickets in the mail for driving without a seat belt.
STATESIDE/OVERSEAS - HG SUPPORTED/GARY JONES/INDIA - Our students returned from evangelism campaign in Northeast India. They had many baptisms/restorations. We have accepted our first blind girl about the age of 11. We are expecting four more/we have built blind cottage and seek to care for blind children.
LOCK STOCK & BARREL - Rough, knock-about entertainment is frequently referred to as 'horse-play', recalling the traditional antics of the hobby horse which was part of the company of folk dancers and performers who appeared as seasonal celebrations such as May-day and Christmas.
MAN'S WAY OR GOD'S WAY - Investigating Methodist The church is composed of many branches (denominations) and the Methodist church is one branch. Christ established one church. Matt 16: 18, Jesus taught that "a man" is the branch and that Christ himself is the vine. John 15:1-7.
NAME OF JESUS - SON OF DAVID: (Matthew 1:1) The book of the generation of Jesus Christ, the son of David, the son of Abraham
MAN'S FREE WILL - Josh 2 :15 Choose this day whom you will serve, But as for me and my house, we will serve the Lord
BRAIN TEASER - What is special about the following sequence of numbers? 8 5 4 9 1 7 6 10 3 2 0
BIBLE QUIZ - From what was Paul healed by Ananias/ Better for a man to drown than to harm even one what?
THOUGHT FOR THE DAY - Success comes in cans; failure comes in can'ts. I can do all things through



EXPANDING YOUR HORIZONS



GOOD FOR THE SOUL

by Dalton Key

Daniel Boone was once asked if he had ever been lost. His reply? "No, but I was once bewildered for three whole days."

Like Boone, most of us are reluctant to admit our mistakes. We offer semantic substitutions. We insist on changing the subject. We make frantic attempts to obviate the obvious. We rationalize, we trivialize and we soliloquize, hoping against hope to seem less unseemly.

Yes, we will go to nearly any lengths to avoid admitting one of life's more undeniable truths: we are far from perfect.

The problem is by no means a new one. Consider the world's first couple. Though both were clearly guilty, Adam and Eve each attempted to shift blame in the "forbidden fruit" scandal, Adam blaming Eve and Eve blaming the serpent. (Genesis 3:12,13.)

Their son, Cain, was no better in taking responsibility for his wrong-doing. After murdering his brother and then being asked by the Lord, "Where is Abel your brother?" Cain retorted, "Am I my brother's keeper?" (Genesis 4:9.)

Too many of us suffer a similar malady, more interested in making excuses than making confession, even to our own harm.

Wouldn't we do better to follow the Bible's teaching? "Confess your faults one to another, and pray one for another." (James 5:16.) "If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." (1 John 1:8,9.)

Confession may not be easy but it is right, and thus best, if we ever hope to truly move past the past.



Back Page

GOD'S PROVISION NOT USED WELL

There are those who look at the poverty and starvation in the world and blame God for the pain that hunger inflicts on many innocent people. The fact is that God has provided for human beings in an incredible number of ways, and one of those ways is to provide food resources that are much better than the ones we traditionally use. A classic example is in National Geographic (November 2012)-a tree called the "Mighty Moringa" by the people studying it. This is a tree that can grow up to 12 feet in a season, and virtually the whole tree can be eaten. The leaves of the moringa have 25 times the iron in spinach, 17 times the calcium in milk, 15 times the potassium in bananas, 10 times the vitamin A in carrots, and 9 times the protein in yogurt. Many of the plants we cultivate have low vitamin content and are difficult to grow, but we develop tastes for highly specialized flavors. One wonders if, like the manna that ancient Israel used, we do not have a wide range of nutritious plants out there that simply have not been developed as food sources.

THE AMAZING FROZEN FROG

There are many animals that survive in very cold climates. Most of them survive the cold temperatures by avoiding exposure to the extreme temperatures. They may do this by going deep underground or by hibernating in a way where their biological systems slow down long enough to survive the duration of winter. There is one frog however, that survives the coldest Alaskan winter. This frog is called the wood frog (*Rana sylvatica*) and is found even north of the Arctic circle. The wood frog begins its life cycle in pretty typical fashion. Fertilized eggs are laid in ponds and lakes and the frog wanders several miles on land to hunt insects and other food sources. In the fall they do not burrow deep under ground but hunker down in moss or leaves or sandy soil. As the temperature drops below zero the frogs are literally frozen and will stay frozen for up to eight months. One organ after another freezes adjusting to the very cold temperature. The liver of the frog freezes early producing a solution of glucose as it does so. The glucose is distributed throughout the frog's body so the cells are saturated with glucose which prevents ice from forming in the cells. Two thirds of the frog's body turns to ice which is outside the cells, with all organs frozen solid. In the spring the frogs thaw from the inside out. The heart begins to beat- although no one knows what makes it start up. Other organs beginning with the liver and including the brain kick into gear one after the other, and glucose levels return to normal. The frogs then hop back into the pond or lake for reproductive purposes and the process is repeated. Researchers are hoping that understanding this frog will lead to ways of freezing and thawing human organs for transplant purposes without damaging them. Without incredible design and planning, life could not exist in such alien environments as northern Alaska. The remarkable chemistry of wood frogs is another testimony to the fact that throughout the earth we can see design in all kinds of life forms-even what one researcher calls a "frogicle."



"You're allowed one small carry-on, but each additional piece of emotional baggage is an extra \$10."



"No, I distinctly said I was sorry. I never said I was wrong!"