

FRESH NOTES

ABYSSINIA BAPTIST CHURCH

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**Christian Fellowship
Is Essential To Spiritual Growth!**
**We Invite You To Come Fellowship With Us & Be
Blessed By The Word!**

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THE SNEEZE

They walked in tandem, each of the 92 students filing into the already crowded auditorium. With rich maroon gowns flowing and the traditional caps, they looked almost as grown up as they felt. Dads swallowed hard behind broad smiles, and Moms freely brushed away tears. This class would not pray during the commencements, not by choice but because of a recent court ruling prohibiting it. The principal and several students were careful to stay within the guidelines allowed by the ruling. They gave inspirational and challenging speeches, but no one mentioned divine guidance and no one asked for blessings on the graduates or their families. The speeches were nice, but they were routine, until the final speech, which received a standing ovation. A solitary student walked proudly to the microphone. He stood still and silent for just a moment, and then, it happened. All 92 *students*, every single one of them, suddenly **SNEEZED!!!!** The student on stage simply looked at the audience and said, "**GOD BLESS YOU, EACH AND EVERY ONE OF YOU!**" and he walked off stage. The audience exploded into applause. The graduating class found a unique way to invoke God's blessing on their future with or without the court's approval. It's inspiring.

(This is a true story that happened at the University of Maryland.)

WAYS TO STAY YOUNG

- † Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them."
- † Keep only cheerful friends. The grouches pull you down.
- † Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "*An idle mind is the devil's workshop.*" And the devil's name is *Alzheimer's*.
- † Enjoy the simple things.
- † Laugh often, long and loud. Laugh until you gasp for breath.
- † The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
- † Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. *Your home is your refuge.*
- † Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- † Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country but NOT to where the guilt is.
- † Tell the people you love that you love them, at every opportunity.
- † Always remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Congratulations!

2007 GRADUATES!



Old Testament

1. Genesis
2. Exodus
3. Leviticus
4. Numbers
5. Deuteronomy
6. Joshua
7. Judges
8. Ruth
9. 1 Samuel
10. 2 Samuel
11. 1 Kings
12. 2 Kings
13. 1 Chronicles
14. 2 Chronicles
15. Ezra
16. Nehemiah
17. Esther
18. Job
19. Psalms
20. Proverbs
21. Ecclesiastes
22. Song of Solomon
23. Isaiah
24. Jeremiah
25. Lamentations
26. Ezekiel
27. Daniel
28. Hosea
29. Joel
30. Amos
31. Obadiah
32. Jonah
33. Micah
34. Nahum
35. Habakkuk
36. Zephaniah
37. Haggai
38. Zechariah
39. Malachi

New Testament

1. Matthew
2. Mark
3. Luke
4. John
5. Acts
6. Romans
7. 1 Corinthians
8. 2 Corinthians
9. Galatians
10. Ephesians
11. Philippians
12. Colossians
13. 1 Thessalonians
14. 2 Thessalonians
15. 1 Timothy
16. 2 Timothy
17. Titus
18. Philemon
19. Hebrews
20. James
21. 1 Peter
22. 2 Peter
23. 1 John
24. 2 John
25. 3 John
26. Jude
27. Revelation

I am an imperfect being,
living in an
imperfect world,
Loved by a perfect God,
Who sees me
as complete in Him!
How can I go wrong!

I am just a Body,
Trying to tell Everybody
About Somebody
Who can Save Anybody!



GOD IS LIKE TELEVISION COMMERCIALS

A fifth grade teacher in a Christian school asked her class to look at TV commercials and see if they could use them in some way to communicate ideas about God.

Here are some of the results:

God is like BAYER ASPIRIN, He works miracles.

God is like a FORD, He has a better idea.

God is like COKE, He is the real thing.

God is like HALLMARK CARDS, He cares enough to send His very best.

God is like TIDE, He gets the stains out that others leave behind.

God is like GENERAL ELECTRIC, He brings good things to life.

God is like SEARS, He has everything.

God is like ALKA-SELTZER, Try Him you will like Him.

God is like SCOTCH TAPE, you cannot see Him, but you know He is there.

God is like DELTA, He is ready when you are.

God is like ALLSTATE, you are in good hands with Him,

God is like VO-5 Hair Spray, He holds through all kinds of weather.

God is like DIAL SOAP, aren't you glad you have Him? Don't you wish everybody did?

God is like the U.S. POST OFFICE, neither rain, nor snow, nor sleet nor ice will keep Him from His appointed destination.

God is like Chevrolet, the heartbeat of America.

God is like Maxwell house, Good to the very last drop.

God is like BOUNTY, He is the quicker picker upper who can handle the toughest jobs and He won't fall apart on you.

A VIEW ON AGING

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key!!

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life you BECOME 21. Even the words sound like a ceremony. YOU BECOME 21. YESSSS!!! But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed? You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone. But wait!!! You MAKE IT to 60. You didn't think you would! So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE IT to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday! You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime and it doesn't end there. Into the 90s, you start going backwards; "I Was JUST 92." Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 ½!!!

THE ARMOR OF GOD

Ephesians 6:10-18

"Finally, be strong in the Lord and in his mighty power. Put on the full Armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full Armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the Belt of Truth buckled around your waist, with the Breastplate of Righteousness in place, and with your Feet fitted with the readiness that comes from the Gospel of Peace. In addition to all this, take up the Shield of Faith, with which you can extinguish all the flaming arrows of the evil one. Take the Helmet of Salvation and the Sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Saints."

✌ BLESSINGS FROM MY HOUSE TO YOURS! ✌



*The World Is Yours
2007 Graduates.
May God Bless
Your Life!*

**Happy Birthday
JUNE Saints!**