



Womens Ministries

"Love Works"

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms." 1 Peter 4:10

Women in Missions

The Saturday pray walk in Walhalla has been effective to distribute Bibles to those who do not own a Bible and prayer for people who have needs. During the last prayer walk Billie Hancox and Vickie Johnson walked into an Open House and prayed with the Realtor that the house would sell. Billie later received a text from the Realtor that the person who walked into the house while they were praying actually bought the house! What a faith builder for ALL! If you want to be involved in local missions join the Walhalla prayer walks.

During the Alta Vista Missions Outreach, 8-10 children and 1 adult made a profession of faith. The adult and 1 child came to church the following Sunday and were baptized. Praise God!

A new ministry has evolved from the Alta Vista outreach. Many have expressed a need for transportation, so a church bus will pick up and return home those who need a ride. If you want to volunteer to drive the bus or to be a bus monitor, contact Tim Johnson. (864) 324-9056

Background checks will be required for this ministry.



No Fruits without the Roots

2023

Survive or Thrive

I walked home from Lisa's house holding my 2 little squash plants. My sweet friend kept 2 for herself and shared 2 with me. She then texted me a YouTube video teaching me the optimal way to grow a great harvest. I was so excited because I love squash. I listened to the video while I was working on other projects. I was interrupted more than once and I'm not sure that I even finished watching the video. But how hard can it be to grow squash?

I let my little plants sit on the porch for several days and noticed they were in distress so I promptly planted them in a hanging basket with my petunias. Imagine my delight when they started growing and looking healthy. I was so happy with their progress until I wondered across the street to chat with Lisa. She took me to her backyard and showed me her two little squash plants. I couldn't believe my eyes! Her plants were at least 400 times bigger than mine with blooms and the beginning stages of little squash veggies peeking their heads out. I suddenly felt very irresponsible and neglectful. If I had only listened to her advice, watched the tutorial videos and applied what I learned my squash plants could be THRIVING instead of just SURVIVING.

I'm reminded of a time in my life when I was walking in disobedience. I called myself by the name of Christian. I was raised in a full gospel church and my Dad was even a Pastor. I was married and our first child was 2 years old. We went to church every Sunday morning, Sunday night and Wednesday night. And yet my merciful God took me to a scripture that talked about "A certain man had a fig tree planted in his vineyard, and he came seeking fruit on it and found none. Then he said to the keeper of his vineyard, 'Look, for three years I have come seeking fruit on this fig tree and find none. Cut it down; why does it use up the ground?'" But he

answered and said to him, 'Sir, let it alone this year also, until I dig around its roots and Fertilize it. And if it bears fruit, well. But if not, after that you can cut it down.' " The Lord spoke to me, "This is you! You are about to be cut down. You say you are mine, yet you bear no fruit."

It was true. I went to church and flippantly heard Gods Word but never seemed to be successful at applying what I heard. I received advice and counsel from family and friends, but always struggled to be victorious. I was, like my tiny little squash plant, SURVIVING but certainly not THRIVING. From a distance I looked like a Christian but was actually stunted in my growth and bearing no fruit. I had a serious decision to make. Either I was to quit "playing church" and commit my life to Christ, body, soul and spirit, or I would abandon all and go into the world to live a life without God. *Again*, thank God for His mercy! The Holy Spirit was my helper and I have been loving and serving Him from that day forward. My life is now fruitful and my focus and prayer is that I would bear MUCH fruit.

How about you? Are you THRIVING or just SURVIVING? If God walked through your garden would He be pleased with your fruitfulness? If not, today is surely the day of salvation. I invite you to kneel on the alter of sacrifice and give yourself to Him body, soul and spirit. He is able to do a regenerative work in your life. It may be a painful process as He digs around your roots and fertilizes. It is the only decision that will make your life rich and full and fruitful.

Father's Day Breakfast

June 18 - 9:00 - 10:00 am

Ladies, let's celebrate together as we honor the Father's in our lives. We will serve Breakfast to the Father's in the Fellowship Hall. Please bring:



- A Breakfast Dish or Breakfast Casserole
- A card for a Father (even if it is not your own father)
- A Father!!!

Let's Move it!!

DO THIS BEFORE YOU GET OUT OF BED EVERY MORNING:

It can be incredibly difficult to start a new workout routine if you are not in the habit. Most people think if you have not put on your workout garb and prepared to get hot, sweaty and breathless you have not had an effective workout. This couldn't be further from the truth. Let's keep life sweet and simple and be amazed at the transformation.

1. **Sit up** - Lay on your back with your feet under the covers. Take the pillow from under your head and put it on your feet to help hold your feet down. Hands in praying position and arms extended toward the ceiling, lift shoulders off the bed and lay back down. Do this 20 times.
2. **Leg Lifts** - Kick the covers off your feet. Sill laying flat on your back, feet together and legs straight, raise your legs toward the ceiling slowly and lower them down slowly. Do this 12 times. Rest a minute and do it again 12 times.
3. **Side Leg Lifts** - Roll over on your side. Leg straight, lift your leg 12 times. Roll over to your other side and lift that leg 12 times. Repeat one or two times.

By now your blood is circulating and your head is clear. Look in the mirror 2 weeks from the time you begin this routine and be amazed at the results. Don't stop here. Add to your routine as you are able. Workout done before you even leave your bed.

Let's Move it! Go with God.



We Are What We Eat:

Inflammation in the body is typical when a person eats refined carbohydrates or processed foods. Inflammation can occur when something irritates your body, such as poor-quality food, stress, injury, infection, or even specific medication. When this happens, immune system cells are activated and travel to injured tissue, releasing chemicals that start healing processes that cause swelling, pain, and redness. This condition is referred to as acute inflammation. Still, if it persists for more extended periods, it can lead to severe diseases, especially cardiovascular diseases (such as heart attack), autoimmune diseases (such as rheumatoid arthritis), cancer, and diabetes. Try an anti-inflammatory diet that it is aimed at combating inflammatory reactions.

A great start is to exclude sugar. The connection between sugar and inflammation has been well established. Replace sweets with fruits.

Keep tight control over fats such as sunflower, corn, palm, and soybean oils.

A wonderful result is reduced inflammatory processes, reduced fatigue, increased concentration and performance. This type of diet will protect you from many "age-related" diseases: from vision loss to heart problems and Alzheimer's disease.

In all that you do, do it as unto the Lord.



Memory Verse for June:

Galatians 5:22,23 *New Living Translation*

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things!