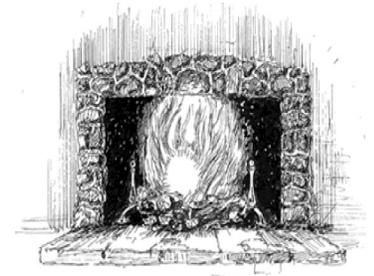


The Spark



Sins and Forgiveness

We have been working through Jesus' "Sermon on the Mount" from Matthew chapter 5, 6, and 7.

This sermon series will take us up through the end of June, and it contains so many very practical aspects of living our lives as believing Christians.

Like 2000 years ago, we need to be reminded of the same mistakes that people were making back in Jesus' day, because we will repeat those mistakes if we rely on our own understanding (instead of God's).

In the past few weeks, we have navigated through some very sensitive subjects, such as divorce and remarriage, lust and adultery, anger and murder, and the challenging call to love our enemies (and love our neighbor as we love ourselves).

Much like Jesus' teaching at the beginning of Matthew 5 (the passage known as "The Beatitudes"), he is giving us the descriptions of what the life of a believing Christian

should look like. When we stray from that description, he is faithful and just to forgive us when we repent and seek that restoration.

So, let's move from theology to practical application. The kinds of things that Jesus says are impossible in our own strength, but "all things are possible with God". We need to trust him during those times when we are weak, and when we know that we might tend to lash out.

Even when we might feel justified in doing so, we are to treat fellow believers with a special sense of grace. Do unto others as you would have them do unto you.

God bless you all, and may God bless the ministries and the families of First Union Church.

Pastor Jim Huber

March
2023

**First
Union
Church**

- Sins/Forgiveness
- Matter of Prayer
- How about You? Just off the Hwy
- The Recipe Box
- To your Health...
- Music outside Box
- Wisps from Willow



A Matter of Prayer...

{LEASE Continue to Pray for the

- **Following People:**
 - **Jack Hays**, cancer
- **Claudia & Wayne Brood**, she for upcoming cochlear implant on Apr 7 & he for "Cedarville crud"
- **Eunice Newville**, ongoing, up & down, kidney issues
- **Mike Sweeney**, home from rehab, lung problems
- **Beth Fountain**, Kalamazoo, surgery for Crohns disease
 - **Kitty Sims**, congestive heart failure
 - **Gary Koben**, home with family
 - **Donna Schaff**, partial remission, **PTL**
- **Kathy Tassier**, ongoing dizziness, MRI
- **Candy Perkins**, brain bleed, possible seizures, have not diagnosed clearly yet...
- **Gillian Bickham**, digestive health issues
- **Dusty Patson**, grieving loss of husband, (give her a hug)
- **Paul Keiper**, acute pancreatitis and A-fib. Pray for healing
- **Judy Hamel**, as she says "there is nothing worse than losing a child" & as she is grieving the loss of her youngest daughter, Patti Hamel, from cancer.
- **PTL** that **Gene Nutter** has settled so happily into the Cove she likes all the activities & has started a Bible Study group and plays piano for everyone
- We have been Praying for **Taylor Hall**. 12 yrs old. We need to pray that she will start eating better & not be nauseated after eating

I love this little poem from:

An Old Church Door

Enter this door, as if the floor within were gold,
And every wall of jewels all of wealth untold;
As if a choir in robes of fire were singing here.
Nor shout, nor rush, but hush.....
For God is here.

New Members



Pray for all residents of **Cedar Cove**, what a blessing that place is for Cedarville and area.

Pray for our church & its leaders & **Pastor Jim Huber**

Pray for our nation and the leaders in each state and the White House level

Pray for our local government as well

How About You?

Well it is March and we all tend to think 'green' this month. Green comes from the color blue and yellow. Blue represents: Peace, Wisdom, Tranquillity, and the color Yellow represents: Sunshine, Happiness and Warmth.

So, as we think of the green of St. Patrick's Day, the words Peace, Tranquility, and Happiness makes sense. The green pastures of the 23rd Psalm are a picture in our mind of just that, Peace, Happiness and Tranquility. So what about our hero St. Patrick, who died March 17th about 460 AD. It is true that St Patrick was a priest but he was not born in Ireland. He was born in Britain and his family's estate (his family was wealthy) was overrun by the Irish and he was taken to Ireland as a prisoner at 16 years old and was held several years. In captivity he was a shepherd boy. He actually escaped from prison and went back to Britain. After much training he returned to Ireland as a priest. How About You? Are you going to use your good

Christian faith and spread some happiness and tranquillity everyday but especially this St. Patricks Day? Spring and Green seem to go hand in hand and a lot of winter is behind us. Spring officially starts on the 20th. Which will it be... snowballs or daffodils?



Mike Davis

Just Off the Highway...

Just off M-129, at midway on Industrial Park Drive, is the Kinross Correctional Facility (KCF). The facility opened in 1978. It utilized many of the original U.S. Air buildings.

The facility can accommodate up to 1,280 prisoners. There are 50 acres and some ten buildings. Inmates can get their GED as well as vocational training in welding, and/or CDL with simulators on site. Also available are training programs in: music, auto repair, business education and they can participate in the Habitat for Humanity program.

Protestant, Muslim, and other religious services are conducted with volunteer assistance.

A law library is available with many various counseling programs for help

with violence and "thinking" for change and crisis intervention programs. Softball, weight training and horticulture training is also available. We should pray for this facility and the staff who work there. Some of them attend First Union every Sunday.



The Recipe Box



Hi Everyone, my apologies for receiving an unedited version of the *Spark* last month, although it was edited and saved, it occasionally reverts back and prints an earlier unedited version. We do the best we can.

My mother always sent me a St. Patrick's Day card and said "remember you're one quarter Irish", so if you are Irish be sure to celebrate it!

My husband always loved nuts and I was always trying to get him to eat less because I thought they weren't good for him, plus fattening. Well, turns out they're not so bad for you at all and listed below is why:

- ALMONDS, rich in E/promotes healthy skin
- BRAZIL NUTS, copper/iron wards off anemia
 - CASHEWS, magnesium/strong bones
 - MACADEMIA NUTS, rich in fiber
 - PEANUTS, high in protein
 - PECANS, flavonoids & antioxidants
 - PINE NUTS, zinc, may fight common cold
 - PISTACHIOS, potassium lowers blood pressure
 - WALNUTS, omega-3 benefits heart & brain

5-Minute Almond Butter

Grind 1 & 1/2 cups roasted, unsalted with 1/4 t kosher salt in a food processor. Add 1 T vegetable oil & process, scraping the bowl occasionally, until smooth, 5 minutes. Refrigerate up to 2 weeks.

Sweet Spiced Nuts

Whisk together 6 T sugar, 1-1/2 t each kosher salt & cinnamon, 1/2 t each ground ginger & all-spice, 1/4 t ground cloves & nutmeg in a small bowl. In a large bowl, whisk 1 egg white until frothy. Add 2 cups each walnuts & pistachios, sprinkle with the spice blend and toss. Spread out on an oiled rimmed baking sheet. Bake at 350*for 15-20 minutes until golden, stirring occasionally. **Let** cool & mix with 1 cup of dried cranberries.

Mantras of Our Mohers

- "There is no thing you can do that would make me not love you"
- "I don't care how smart you are, but I do care how nice you are"
- "A good cook cleans up while she works"
 - "Do it with a happy heart"
- "Be good, Behave. Be safe. I love you"
 - "Life is so daily"
- "It looks like the sun is trying to come out"
 - "Give yourself a year"
 - "Be a blessing"
- "If you buy it good, you only buy it once"
 - "You get what you pay for"
- If you can't say something nice, don't say anything at all"
- "Everything is better with a cup of tea"
- "If you see an older person that you know, say hello, and tell them who you are"
- "Wait til you have children of your own"

Sue Rye



To Your Health...

Foot Considerations

How often do you think about your feet? They are located the farthest away from our eyes and difficult to see. Most likely, you look at them just when they hurt or bother you in some way.

Taking care of our feet needs to be a daily consideration to be sure they are well cared for and healthy. When our feet are healthy, the rest of our body receives benefits.

Our feet keep us mobile as we go about our daily activities. They are valuable in a situation where quick action is needed to get out of harms way. The foot has 26 bones, 33 joints and over 100 ligaments, muscles and tendons. It is easy to understand how important it is to keep our feet healthy.

If we are limited in moving because of discomfort, problems of balance may become an issue increasing the chance for falling. Falls may cause hospitalization and other long term problems we were not anticipating. Becoming isolated from family and friends can be an issue if you are limited in your mobility causing stress and possible depression.

Pain in your foot will cause you to walk differently to avoid the discomfort. In so doing, more pressure is placed on your knee and hip and other ligaments in your leg. It becomes important to treat problems in your feet to prevent problems in the knee, hip and ligaments from occurring in the future.

When you lose mobility for any reason, it can lead to an increase in your weight if you cannot get enough exercise. With increased weight and lack of mobility increases the risk of cardiovascular problems, poor circulation and heart problems.

Our feet can also help you detect problems in other areas of your body. For instance, if you notice swelling in your feet or lower legs, it might be an indication your heart is not working properly. Heart problems can cause fluid to build up in your feet or lower legs. Scheduling an appointment with your doctor is important to deter-

mine what the exact cause might be. If your feet are blue or purple when you feel warm, it may indicate insufficient oxygen is getting to your feet due to a blocked blood vessel. *A doctor needs to determine the exact cause for the lack of adequate blood flow and its treatment to prevent damage to the tissue in your foot.*

Someone with diabetes needs to take special care in checking their feet for sores and infection. Since poor circulation is common with diabetes, it is not unusual for sores to develop on your feet. These need to be treated before they become infected and difficult to treat.

Just as we need a strong understanding of God and his righteousness, so, also, we need to have a firm base in healthy feet to keep us active. Source: pharmaceutical-journal.com (A strong base: the importance of foot health).

Blessed are those whose way is blameless, who walk in the law of the Lord!

Psalm 119:1



Betty Mitchell BSN

Christian Music...thinking outside the box

'His Eye is on the Sparrow' March 2023

This gospel hymn was written in 1905 by lyricist Civilla D Martin, the daughter of James and Irene Holden in Nova Scotia, Canada. Civilla and her husband were visiting friends who had had severe health issues for years yet remained hopeful, positive and thankful for the blessings GOD had given them.

It is a song of comfort, hope and assurance inspired by the words of the Gospel of Matthew 6:26; Matthew 10:29-31. The tune was composed by Charles Gabriel.

His Eye Is on the Sparrow

Why should I feel discouraged, why should the shadows come,

Why should my heart be lonely, and long for heaven and home,

When Jesus is my portion? My constant friend is He:

His eye is on the sparrow, and I know He watches me;

His eye is on the sparrow, and I know He watches me.

I sing because I'm happy,

I sing because I'm free,

For His eye is on the sparrow,

And I know He watches me.

"Let not your heart be troubled," His tender word I hear,

And resting on His goodness, I lose my doubts and fears;

Though by the path He leadeth, but one step I may see;

His eye is on the sparrow, and I know He watches me;

His eye is on the sparrow, and I know He watches me.

I sing because I'm happy,

I sing because I'm free,

For His eye is on the sparrow,

And I know He watches me.

Whenever I am tempted, whenever clouds arise,

When songs give place to sighing, when hope within me dies,

I draw the closer to Him, from care He sets me free;

His eye is on the sparrow, and I know He watches me;

His eye is on the sparrow, and I know He watches me.

I sing because I'm happy,

I sing because I'm free,

For His eye is on the sparrow,

And I know He watches me.

June Davis

“Wisps from Willow” (When You Thought I wasn't Looking...)



When you thought I wasn't looking I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking I saw you feed a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking I saw you make my favorite cake for me, and I learned that the little things can be the special things in life.

When you thought I wasn't looking I heard you say a prayer, and I knew that there is a God I could always talk to, and I learned to trust in Him.

When you thought I wasn't looking I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking I saw you take care of our house and everyone in it, and I learned we have to take care of what we are given.

When you thought I wasn't looking I saw how you handled your responsibilities, even when you didn't feel good, and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking I saw tears come from your eyes, and I learned that sometimes things hurt, but it's all right to cry.

When you thought I wasn't looking I saw that you cared, and I wanted to be everything that I could

be..When you thought I wasn't looking I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking I looked at you and wanted to say, 'Thanks for all the things I saw when you thought I wasn't looking.'

Each of us (parent, grandparent, aunt, uncle, teacher, friend) influences the life of a child.

Those Hershey Bar Prizes are Calling my Name !!!!



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