

**From the Chaplain**

# Soul Notes

Week of March 7, 2011

Rev. Karen Pickler, BCC

## The Fast That I Like.....

“The fast that I like”, says the Lord, “is the breaking of the chains of evil, the untying of the bonds of slavery.”

**Help us to fast, O Lord, by loving our brothers and sisters.**

“It is freeing the oppressed, and welcoming the poor into your home.”

**Help us to fast O Lord, by loving our brothers and sisters**

:It is clothing the person you find naked and not despising your neighbor.”

**Help us to fast, O Lord, by loving our brothers and sisters.**

“Then will your light shine like the dawn, and your wound be quickly healed over.”

**Help us to fast, O Lord, by loving our brothers and sisters.**

“Then, If you cry, God will answer, if you call, God will say, I am here.”

**Help us to fast, O Lord, by loving our brothers and sisters. Amen**

**Lucien Deiss**

## Prayer for our Work by Gary Weaver

O God of Life, We worship you not only with songs of praise, we worship you in our work, our daily toil, the labor of our hearts. We worship you in everything we say and do. We pray that our worship may be acceptable in your sight, that the effort we expend will not be in vain. We pray that our work may provide life; that someone's life will be made a little better, that someone's load will be lighter. So much of what we do seems so ordinary, O Lord. Wake us to the movement of Your Spirit. May we not lose heart in the living of our lives. Remind us that it is not so much what we do, but why we do it. And help us remember it is also important how we work. When we work with joy and exuberance, when we work faithfully and reliably, when we work with honesty and integrity, when we work cooperatively and with care, then, O Lord, we work for you and through the leading of your Spirit. Bless our work, We pray amen.



The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." -Martin Luther King, Jr.

## *The Seasons of LIFE—Spring Edition*

Fortunately, following the turbulence of winter comes the season of activity and opportunity called springtime. It is the season for entering the fertile fields of life with seed, knowledge, commitment, and a determined effort.

However, the mere arrival of spring is no sign that things are going to look good in the fall. You must do something with the spring. In fact, everyone has to get good at one of two things: planting in the spring or begging in the fall. Take advantage of the day and the opportunities that spring can bring.

It is the promise of spring that as we sow, so shall we also reap. Faith further provides to us an irrevocable law decreed in heaven which assures that for every disciplined human effort we will receive a multiple reward. For each cup planted, a bushel reaped, for every good idea given to

another, many shall be given to us in return. For every demonstrated act of faith, a multiplicity of the rewards, and for every act of love given, a life of love in return.

Just remember it is a natural characteristic of springtime to present itself ever so briefly, or to lull us into inactivity with its bounteous beauty. Do not pause too long to soak in the aroma of the blossoming flowers, lest you awaken to find springtime gone with your seed still in your sack.

With the intelligence, wisdom, and freedom of choice given to us as humans exercise the discipline to plant in spite of the rocks, weeds, or other obstacles before us. The rocks, weeds, and thorns of the world cannot destroy all your seeds if you plant massively enough and intelligently enough. My suggestion is to choose action, not rest. Choose truth, not fantasy. Choose a

smile, not a frown. Choose love, not animosity.

Choose the good in life in all things, and choose the opportunity as well as the chance to work when springtime smiles on your life.

Spring shows us that life is truly a constant beginning, a constant opportunity, a constant springtime. We need only to learn to look once again at life as we did as children, letting fascination and curiosity give us welcome cause to look for the miraculous hidden among the common.

Get busy quickly on your springs, your opportunities. There are just a handful of springs that have been handed to each of us. Life is brief, even at its longest. Whatever you are going to do with your life, get at it. Don't just let the seasons pass by.

To Your Success,  
Jim Rohn : reproduced with permission



## **Wisdom of the Jewish Sages....**

We are here to do,  
And through doing to learn;  
And through learning to know;  
And through knowing to experience wonder;  
And through wonder to attain wisdom;  
And through wisdom to find simplicity;  
And through simplicity to give attention;  
And through attention to see what needs to be done....

Ben Hei Hei



Beauty Parlor	A Place whre women curl up and dye
Yawn	An honest opinion openly expressed
Cannibal	Someone who is fed up with people
DUST	Mud with the juice squeezed out
Kleenex	Cold Storage
Secret	Something you tell to one person at a time
Skeleton	A bunch of bones with the person scraped off
Raise	Grape with Sunburn
Tomorrow	One of the greatest labor saving devices of today
Inflation	Cutting money in half without damaging the paper
Toothache	The pain that drives you to extraction
Mosquito	And insect that makes you like flies better

No matter how low you are or have been,  
There is always something in you that is rising,  
Lifting you to a new vision of what is possible.

**We will trust that God accepts us as we are  
And patiently points us to what we may be.**

In this we are not alone, for God has given us  
all of creation  
To inspire us, to sustain us, and to demonstrate  
God's loving presence.

**As faithful followers of Christ, we will join  
with creation;  
In all our actions, we, too, will demonstrate  
the love of God.**

Take this with you: that God is at work not only  
within us, but between us,  
And together we can realize God's vision of a  
just and peaceful world.

**In our hearts, in our lives, in our speech, in  
our deeds:  
The kingdom of God is here; the kingdom of  
God is now.**

**Contributed by Jeanyne Slettom**



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# God Walks the Dark Hills

Audra Czarnikow



God walks the dark hills  
The ways, the by ways  
He walks through the billows  
Of life's troubled sea  
He walks through the cold dark night  
The shadows of midnight  
God walks the dark hills  
Just to guide you and me

## Chorus

God walks the dark hills  
To guide my footsteps  
He walks everywhere  
By night and by day  
He walks in the silence  
On down the highways  
God walks the dark hills  
To show me the way.

God walks in the storm  
The rain and the sunshine  
He walks on the billows  
On through glimmering light  
Help us walk up the mountain so high  
Cross our rivers through valleys  
God walks the dark hills  
Cause he loves you and me

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