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Lake of the Ozarks



The Ozark Newsletter

JUNE GREETINGS: *“Search me, O God, and know my heart: try me and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.” (Psalms 139:23-24)*

2010 HOLY DAY CALENDAR

- Sept. 9—Feast of Trumpets (Thursday)
- Sept. 18—Day of Atonement (Saturday)
- Sept. 23-29—Feast of Tabernacles (Thursday-Wednesday)
- Sept. 30—Eighth Day Festival (Thursday)

The trip to Washington D.C. was GREAT!!!! I thank you for your prayers. The one afternoon that it rained, we were inside the Smithsonian and could barely hear the thunder. There were no accidents, no lost youngsters, and though they were tired (and the adults exhausted), I think that everyone had a good time. History, as you and I know it, is not taught in the schools here today; therefore, I hope the young people came home with a reverence for some of what has formed this nation. There is so much history in Washington D.C. and being at the World War II Memorial on Memorial Day will put more than a big lump in your throat. And the Tomb of the Unknown Soldier – when you think of the many unknowns and knowns who died and then think about the liberties that we have and that they gave their lives that we might have those liberties, just having one Memorial Day doesn't seem like we are doing enough. At the Tomb of the Unknown Soldier, the President of Peru placed a wreath with a full Honor Guard present. It was a hot, humid day and the sweat was pouring off me and I was just standing. The Honor Guard was marching and I did not even see a drop of sweat on their foreheads or any looks of discomfort. They definitely are an “honor” to our country. The Vietnam War Memorial, the Korean War Memorial – so many names, so many families affected..... I don't think you could pay me enough money to drive in Washington D.C. (I thought St. Louis and Interstate 70 were bad), but taking a bus, that's a different story. Our bus driver did not use any 'choice' words, but I did see a fist or two waved at him. I was very impressed with all the young people who attended; their reverence and respect shown at the historical monuments. They were pretty rowdy in between visits, but quiet when they needed to be quiet. We went up to the top of the Washington Monument. When you come back down and then look up at the top and realize it has no metal supports; you have to stand in awe. Yes, Washington D.C. does have problems and I am sure that we all continue to pray that our Senators and Representatives remember that they should be representing our interests and not their retirement. Enough of politics and I really didn't mean to 'go there', but I have never been more disappointed and scared for our leaders and where they are leading our country than at this time. We need to continue to pray for our leaders and nation daily. Psalms 139 tells us that God watches us “all the time”.

Its graduation season and schools are preparing to send a new crop of young minds out into this treacherous world. When I read the following words from the Valedictorian of the Eldon High School, Emily Harbison, it shows hope for the coming generation. She closed her speech with a quote from David Thoreau, who said, “Go confidently in the direction of your dreams” and “live the life that you have imagined.” Mia Peck, Salutatorian, closed with a quote from Anthony Robbins, who said “success is doing what you want to do, when you want, where you want, with whom you want, and as much as you want.” Our future is in the hands of these young people; they will be the leaders of tomorrow. Jillie Roberts is the graduate from our group and we wish her blessings at whatever she endeavors. She certainly is an inspiration to me – a fine young Christian woman.

Chuck Grimes, age 84 died in his sleep on Sunday, May 9. His Memorial Service was held at MMCG on Sunday, May 23. About 115 people were in attendance. Aletta Grimes, his wife, preceded him in death.

The annual church picnic will be held on June 26th. The picnic will follow directly after services. Location for the picnic has not yet been decided, but we would like to invite everyone who can to come and join us where ever we end up. It will probably be at the local park, here in Eldon or out at Charleen and Clancy’s Lake. If you need more information just give us a call or email at the contact info on the last page of the newsletter.

As an FYI, at the April meeting the MMCG Board Members gave the okay to have Feast of Tabernacle Services at the building at Eldon September 23-September 30. It will be an informal setting and we welcome anyone who would like to volunteer to speak, provide special music, give a Bible study, etc. The main idea is to “keep it simple”; therefore, it may be planned day to day. We will try to have a speaker at least on the First Day and the Eighth Day and the Sabbath that falls in between the first and last day. Daily activities will also be planned day to day. This service is being provided because there are some who cannot attend a FOT at another location, possibly because of health problems, financial problems, or just problems. We welcome anyone who wishes to attend with us. It would help us if we knew about how many plan to attend; therefore, we would appreciate an RSVP by September 20 by email info@mmcg.org or call Bud or Connie Houston at 573-392-6677 or Clarence or Charleen Gitthens at 573-392-5965 if you think that you will attend with us and if you would like to help in any way.

Remember to count our blessings; name them one by one.....csh



PSALMS 139: 1-24

A Psalm of Rejoicing over God’s Personal Care.

O LORD, thou hast searched me, and known me. Thou knowest my downsitting and mine uprising, thou understandest my thought afar off. Thou compassest my path and my lying down, and art acquainted with all my ways. For there is not a word in my tongue, but, lo, O LORD, thou knowest it altogether. Thou hast beset me behind me and before, and laid thine hand upon me. Such knowledge is too wonderful for me; it is high, I cannot attain unto it. Whither shall I go from thy spirit? Or whither shall I flee from thy presence? If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. If I take the wings of the morning, and dwell in the uttermost parts of the sea: Even then shall thy hand lead me, and they right hand shall hold me. If I say, Surely the darkness and the light are both alike to thee. For thou hast possessed my reins: thou hast covered me in my mother’s womb. I will praise thee; for I am fearfully and wonderfully made: marvelous are they works; and that my soul knoweth right well. My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being unperfect; and in the book all my members were written, which in continuance were fashioned, when as yet there was none of them. How precious also are the thoughts unto me, O God! How great is the sum of them! If I should count them, they are more in number than the sand: when I awake, I am still with thee. Surely thou wilt slay the wicked, O God: depart from me therefore, ye bloody men. For they speak against thee wickedly, and thine enemies take they name in vain. Do not I hate them, O LORD, that hate thee? And am not I grieved with those that rise up against thee? I hate them with perfect hatred: I count them mine enemies. Search me, O God, and know my heart: try me, and know my thought: And see if there be any wicked way in me, and lead me in the way everlasting.

The following is an article from the Eldon Advertiser

Stroke

Miller County Health Center - Jeanine Blankenship, Health Educator

Here we are, it's Spring and May was National Stroke awareness month. Heart disease and stroke are respectively, the first and third leading causes of death in both the United States and Missouri. Stroke is a medical emergency and knowing the signs and symptoms of a stroke, calling 9-1-1, and getting to a hospital are crucial to your best outcome after having one.

What exactly is a stroke? It is sometimes called a brain attack. Strokes can be identified in two main types; Ischemic and Hemorrhagic. An ischemic stroke is a sudden loss of blood supply to any part of the brain, depriving brain tissue of oxygen and nutrients. It is usually caused by a blood clot or fatty deposits. Within a few minutes brain cells begin to die. As a result, the affected area of the brain is unable to function, leading to inability to move one or more limbs on one side of the body, inability to understand or formulate speech, or inability to see one side of the visual field. Hemorrhagic strokes are caused by bleeding within the brain and bleeding between the inner and outer layers of the tissue covering the brain.

Another type of stroke is a Transient Ischemic Attack or TIA. A TIA is a warning that a person is at risk for a more serious stroke. Usually with a TIA, the symptoms go away within an hour. However, when symptoms begin, there is no way to be able to tell if it will be a mini-stroke or a more serious stroke because the symptoms are the same. Any sudden symptom of a stroke signals an emergency! Anyone who may think they could be having a stroke should not wait to see if symptoms go away. What are the symptoms you might ask? There are three questions that help identify signs of a stroke. If a person has difficulty with responding to the following instructions, they could be experiencing signs of a stroke.

- Ask the person to smile. (Can he/she move both sides of their face evenly?)
- Ask them to close their eyes and raise both arms. (Do they understand the instruction and are they able to raise both arms easily and at the same height?)
- Ask them to repeat a simple sentence. (Do they understand your question, and can they answer so that you can understand their speech?)

Here are some other signs of a stroke. There are five signs and symptoms to look for with a stroke.

- Sudden confusion or trouble speaking.
- Sudden numbness or weakness of face, arm, or leg especially on one side.
- Sudden trouble seeing in one or both eyes.
- Severe headache with no known cause.
- Sudden trouble walking, dizziness or lack of balance.

Each year, stroke accounts for more than 3,000 deaths in Missouri! This makes stroke the third leading cause of death in the state. Stroke is also a leading cause of adult disability. If you think you or someone you know might be having or showing the symptoms of a stroke, you must think FAST! Here is a quick way to check off a list of possibilities:

FAST

- Face numbness or weakness
- Arm numbness or weakness
- Speech slurred
- Time to call 9-1-1

Here are some steps you might keep in mind for helping to prevent a possible stroke. There are alarming statistics concerning the occurrence of a second stroke in patients who have survived a first. The American Heart Association/American Stroke Association estimates nearly a third of the strokes which occur every year are actually secondary strokes. Statistics

may indicate that many of these are within five years of the first.

There are actions that you can take to reduce the chances of a reoccurrence.

1. **Monitor you blood pressure**
2. **Cut down on the salt and fat intake in your regular diet.**
3. **Consult your doctor regarding antithrombotic medications (these prevent the blood from clotting.)**
4. **Consider aspirin therapy (also to be discussed with your physician).**
5. **See if you have arterial fibrillation. (This is an irregular heartbeat.)**

Bible Verse Cryptogram Puzzle

The Bible verse below is encrypted using a secret code. Your job is to break the code by substituting letters for the symbols. Here are a few clues:

Z = A J = E G = I V = N B = O O = T E = U L = L

JIJV ZM OAJ XZOAJY AZOA LBIJK HJ, G ZLMB AZIJ

LBIJK DBE: ZTGKJ DJ GV HD LBIJ. GX DJ CJJS HD

UBHHZVKHJVOM, DJ MAZLL ZTGKJ GV HD LBIJ; JIJV ZM

G AZIJ CJSO HD XZOAJY 'M UBHHZVKHJVOM, ZVK ZTGKJ GV

AGM LBIJ. OAJMJ OAGVFM AZIJ G MSBCJV EVOB DBE, OAZO HD

QBD HZD TJ GV DBE, ZVK OAZO DBEY QBD HZD TJ HZKJ

XELL. QBAV 15:9-11

MID-MISSOURI CHURCH OF GOD

PO Box 92, Eldon, MO 65026/ mailing address. Actual physical address is: 602 East North Street. Phone: 573-392-1232 or 573-498-3775; Email: info@mmcg.org Website: www.mmcg.org The Mid-Missouri Church of God (MMCG) holds Christian Sabbath services each Saturday at 11:30 a.m. at 602 East North Street, Eldon, MO... A Bible Study and song service is scheduled at 10:30am before Sabbath services. Potluck meals after services are planned for the fourth Sabbath of each month. A weekly Bible study is held each Thursday at 6:30pm. It is best to call ahead and confirm times if you are traveling any distance to visit us (see the phone numbers above). Occasionally we will cancel local services to attend en masse elsewhere. Come and enjoy the fellowship! Also, the first Wednesday of each month the ladies meet for a "get together" and you can contact Martha Roberts at 573-496-3203 or Charleen Gitthens at 573-392-5965 for location and time if you plan to attend. You can also check the events calendar on the website.