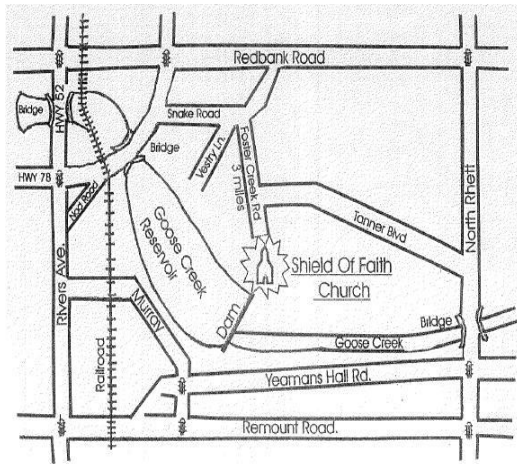


1612 Foster Creek Road
Hanahan, SC 29410
Phone: 843-553-1823

Deepening our Relationship with Him...



We're on the Web!
www.shieldoffaithchurch.net

**Next deadline to submit articles is:
Wednesday, December 13th**

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6pm Beautiful Shades Awards Ceremony	2
3 11:30am-1pm Youth Practice	4	5	6	7	8 Family Night	9 10am-12:30 Youth Practice
10 Youth Program & Christmas Dinner	11	12	13 Articles Due	14	15	16
17 Ladies Class Christmas Breakfast	18	19	20	21	22	23
24 No Services	25 Merry Christmas	26	27	28	29	30
31 Regular Morning Services	1 New Year's Day	2	3	4	5	6

**Giving God His Proper Place
How God Uses Trouble in Your Life for Good**



- 1. Trouble builds your faith**—You do not know what God can do for you until you are totally dependent on Him. "For therein is the righteousness of God revealed from faith to faith; as it is written, the just shall live by faith." - Romans 1:17 "For we walk by faith and not by sight." - 2 Corinthians 5:7
 - 2. Trouble develops patience**—"In patience possesses your souls." "Count it all joy... Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing." - James 1:3, 4
 - 3. Trouble builds compassion for others**—As a sponge absorbs moisture, so compassion absorbs the trouble of those it touches. "Finally be ye all of one mind having compassion one of another." - 1 Peter 3:8 "Bear ye one another's burdens and so fulfill the law of Christ." - Galatians 6:2
 - 4. Trouble develops humility** "Humble yourselves in the sight of the Lord and He shall build you up." - James 4:10 "Be clothed with humility." - 1 Peter 5:5
 - 5. Trouble teaches forgiveness** "And be ye kind one to another, tender hearted, forgiving one another, even as God for Christ's sake hath forgiven you." - Ephesians 4:32 "Forgive us our debts as we forgive our debtors." - Matthew 6:8
 - 6. Trouble directs our eyes toward heaven** "And to you who are troubled rest with us when the Lord Jesus shall be revealed from heaven with His mighty angels in flaming fire taking vengeance on them that know not God and that obey not the Gospel of our Lord Jesus Christ." - 2 Thessalonians 1:7, 8
 - 7. Trouble makes the Word of God sweet** "Great peace have they which love thy law and nothing shall offend them." - Psalms 119:165 "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal." 2 Corinthians 4:17, 18
- In the Wonderful Name of Jesus, Pastor Bob and Susan Tilton

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Youth Talk
“This Mother”

This Mother's Reaction to Her Son's Fit of Anger Can Teach Us All a Lesson in Parenting

This story from mom and blogger Kathleen Fleming of Majestic Unicorn about her son accidentally breaking a mirror in the house is absolutely inspiring.—August 10, 2017



This was my hallway last Wednesday. Broken. Sharp. Treacherous.

This was my hallway.

It was my son who did this.

Sometimes, often really, things break — irreparably. And it takes your breath away . . . straight away.

It took my breath away when my son stormed into the bathroom, frustrated, angry, fed-up for his very own, very significant to him, reasons. And when he chose to SLAM the bathroom door, causing the heavy mirror mounted to the front to slip out of the hardware holding it in place and crash onto the floor — a million, BROKEN pieces were left reflecting the afternoon light.

I was quiet. I surveyed the damage and took a deep breath. Put the dog outside so he wouldn't cut his feet, put the cat in the basement for the same reason.

I walked into the backyard and felt the hot tears streaming down my face. It's amazing how alone you can feel as a single parent in moments like these. I realized how scared and disappointed I felt. Did this really just happen? Yes. This was real.

And as I stood and considered whether or not this was an indication of his developing character, I heard his tears through the window above me, coming from inside the bathroom.

His soul hurt. This was not what he expected either. Hello, Anger — I don't remember inviting you into my house.

Scary. Terrified. Ashamed. Worried. Scared.

Deep breath, #MamaWarrior. Deep breath. That small, fragile soul needs you right now. He needs your very best. Your biggest compassion. Your most gentle and firm mama love and reassurance. More deep breaths. Go Mama.

Go. Go now. Go open the front door, tiptoe through the broken glass, hear him hearing you coming, watch the bathroom door crack open, see the face you love most in the world red with worry and wet with tears, his voice is suddenly so small: "Mama, I'll never do it again, I am SO sorry." More tears. More weeping. Such uncertainty on his sweet face.

-Continued on Page

Calendars
October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 Adam Fowler	9	10	11	12	13 Family Night	14
15	16	17	18	19	20	21
22	23	24	26	26	27	28
29	30	31				

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Daylight Savings Time	6	7	8	9	10 Family Night	11
12	13	14	15 No Youth Meeting	16	17	18
19 11:30am-1pm Youth Practice	20	21	22 No Services	23 Thanksgiving	24	25
26	27	28	29 7pm Youth Practice	30	1	2

Sunday School Events

Children's Sunday School

The children's Sunday school class will be continuing our Apologia curriculum study of Who is God? And Can I Really Know Him? We have been building on our **Foundation of Wisdom** which is **knowing, loving, and obeying God my Rock (God and His Word)**. After this quarter, we will have covered Biblical Truth 7 which teaches us that sin causes separation and disharmony between me and God. We just wrapped up Biblical Truth 5 which states God created me to be His child and to give Him glory and Biblical Truth 6 which says God created me to need Him for everything. Once again, we focused on worldviews which helps the kids understand views from other sides, religions, and viewpoints. The definition of worldview is a "set of beliefs through which you view and interpret life and the world and that this worldview guides your choices and behaviors". It is a "set of basic beliefs about God, the universe, people, truth, and right and wrong". Further, the study of apologetics is essential to help the student be able to defend their faith. If they are ignorant of other viewpoints (worldviews), they can't clearly explain why Christianity and the biblical worldview is truthful and accurate in comparison.

In addition to this text, the kids have enjoyed reading a book entitled, Voice in the Night. I added this book as a sidebar to deflect all the complicated terms and information the kids were learning. Kids sometimes learn easier from story settings, especially true ones. The tremendous thing about this book is it correlates perfectly with life situations, and they can identify with it. Even though the main character lives in Africa, he was a young boy when he was called by God (he actually heard His voice, but didn't know Him yet). The main character is Surprise Sithole, a well known pastor now, who has started many churches, healed the sick, raised some people from the dead, and has ministered to millions. He operates under the power of the Holy Spirit, as we should also be led daily.

For the next following months, our study will focus on the title **Why does Sin Keep Me from Knowing God?** Our memory verse for this study is Habakkuk 1:13 which states, "Thou art of purer eyes than to behold evil, and canst not look on iniquity: wherefore lookest thou upon them that deal treacherously, and holdest thy tongue when the wicked devoureth the man that is more righteous than he?" This study is going to be a little difficult to get through, as I like to focus more on God's grace, but at the end of the study, we will see why we need to understand our sin nature. God intended us to be holy like Him, so we could have close fellowship with God. When Adam and Eve were created, they were actually perfect and sinless. After they made the choice to disobey, we were left in a situation where we needed a Savior. So the part of the story that we can rejoice in, is that God bought us back! It is the story of redemption that we can focus on now, while being aware that continuous sin will still separate us from Him.

We will focus on 3 main points in this study: 1) Identifying the consequences of sin and how we have all inherited a sinful nature from Adam and Eve, 2) Learning what our sins do to our fellowship with God, 3) Be encouraged to demonstrate humility as we realize that we and all people are sinners who need Jesus Christ to restore fellowship with God. We will talk about sins that are habit forming and how some sins can multiply without God. For example, we may do something wrong, and then cover it up with a lie. Also, the story of Joseph shows a perfect example how the brothers' hate and jealousy for Joseph multiplied into wanting to kill him then to lie about it to their father.

We will spend a little time talking about the difference between humility and pride. "You might say what does humility look like? Who is a model of humility for us? We need look no further than Jesus. Although He was God, Philippians 2:6-8 tells us that he did not insist on having the rights and privileges of His position. Instead, He made himself a servant of all people. He was always gentle and humble in heart (Matthew 11:29). He was always submissive to the Father's will. If we humble ourselves the way Jesus did, Proverbs tells us that blessings will follow. We will gain wisdom and honor, and we will avoid the destruction that comes with pride (Proverbs 16:18)."

I have enjoyed your sweet kids in the children's Sunday school class. Please make an effort to mold their little lives in the way of the Lord. If you are not bringing them to Sunday school, I would urge you parents to spend time in the Word at home with them. Teach them how to live victoriously and not to just get by in life. There will be a great reward at the end for both of you!

(Some excerpts of this article were paraphrased or quoted from the book, Who is God, Biblical Worldview of God and Truth written by John Hay and David Webb)

-by Rachel Ferguson

Recipe of the Month **"Spiced Streusel Coffee Cake"**

August 14, 2016 by Claire Izabel

Vegan, Gluten-Free, Grain-Free, Refined Sugar-Free, Soy-free, Yeast-Free Recipe

Yield: 9 servings

Ingredients:

- 1 ½ cups brown rice flour (or gluten free all-purpose flour)
- 1 tsp baking soda
- 1 ½ tsp ground cinnamon
- 1/2 tsp ground ginger or nutmeg
- 1/8 tsp ground cloves, optional
- 1/2 tsp salt
- 1 cup of puréed fruit/vegetable – such as pumpkin, apples, pear, sweet potato, etc.*
- *3/4 cup brown rice syrup, coconut nectar or maple syrup
- 1/2 cup vegan milk or purified/distilled water
- 1/3 cup coconut oil or grapeseed oil
- 1 tsp pure vanilla extract
- 1 tsp apple cider vinegar or fresh lemon juice

Streusel:

- 1/3 cup coconut sugar, brown sugar or maple sugar
- 1/4 cup gf flour of choice
- 1 heaping tsp ground cinnamon
- 1/3 cup pecans or walnuts
- 1/4 cup vegan butter, melted

*Note- the pics are pumpkin coffee cake. I've also made this with apple and pear, and they're all delicious. You can use canned purée or purée fruit/vegetable in the blender.

Directions:

- 1/4 cup vegan butter, melted
- Preheat oven to 350 degrees.
- Line 8x8 pan with parchment paper, or grease if desired. This isn't required, but if you wanted to pull the whole cake out of the pan to place on a serving tray, it would make things a lot easier.
- Mix together the dry ingredients.
- Add the fruit purée, sweetener, milk, oil, vanilla and vinegar/lemon juice.
- Mix together by hand, don't overmix. Pour into pan.
- In a small-medium bowl add streusel ingredients and mix well.
- Sprinkle topping evenly over batter.



Chillie's Corner "Cowboy Joe"

Cowboy Joe was telling his fellow cowboys back on the ranch about his first visit to a big-city church. "When I got there, they had me park my old truck in the corral," Joe began.

"You mean the parking lot," interrupted Charlie, a more worldly fellow.

"I walked up the trail to the door," Joe continued.

"The sidewalk to the door," Charlie corrected him.

"Inside the door, I was met by this dude," Joe went on.

"That would be the usher," Charlie explained.

"Well, the usher led me down the chute," Joe said.

"You mean the aisle," Charlie said.

"Then, he led me to a stall and told me to sit there," Joe continued.

"Pew," Charlie retorted.

"Yeah," recalled Joe. "That's what that pretty lady said when I sat down beside her."



"The Shipwreck Survivor"

One balmy day in the South Pacific, a navy ship espied smoke coming from one of three huts on an uncharted island. Upon arriving at the shore they were met by a shipwreck survivor.

He said, "I'm so glad you're here! I've been alone on this island for more than five years!"

The captain replied, "If you're all alone on the island why do I see THREE huts."

The survivor said, "Oh. We'll, I live in one, and go to church in another."

"What about the THIRD hut?" asked the Captain.

"That's where I USED to go to church."



Beautiful Shades



*We Are Fearfully
And Wonderfully Made!*



This teenage girls mentoring program meets monthly to discuss different topics (ex. alcohol and drugs, eating healthy, suicide, self-esteem, etc).

Field trips are taken and the teens also give back to the community during certain times of the year.

This organization is standing on the scripture: "I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well." - Psalm 139:14 NIV

We are here to teach, encourage, empower, build self-esteem and grow. Addressing issues like: bullying, peer pressure, health, healthy relationships, drugs, and self worth. Therefore, providing a community resource list for those in need to seek professional help.

10/21/17—Preparing for the future; Finishing school, SAT, ACT, ASVAB, Prep for college

11/18/17- Giving Back to the Community for Thanksgiving

12/1/17- Ceremony & Dinner—Review of the year - (Has it made a difference in their life & how, feedback from parents), Hand out of certificates.

If you have any questions, or need directions to our meeting, please don't hesitate to contact us at (843) 312-8718.

**Check out our new web-site:
www.beautifulshadesmentoring.com**

Thank you again for your prayers and support!

-Sheila Adams



The right toy can help build imagination and coordination, but the wrong toy can do more harm than good.

The Consumer Product Safety Commission reports that in 2011, U.S. hospital emergency departments treated more than 118,000 injuries to the head and face related to toys and play activities.

While many toy makers follow mandatory and voluntary safety guidelines for their products, some do not. The challenge is to find a toy your child will love and one that you know is safe.

How do I select a safe toy?

- > Avoid toys that shoot or include parts that fly off. Slingshots and even water guns are dangerous because they invite children to target other kids. BB guns should not even be considered toys.
- > Inspect toys for solidness. Your child's toys should be durable with no sharp edges or points. The toys should also withstand impact.
- > Look for the letters "ASTM." This designation means the product meets the national safety standards set by the American Society for Testing and Materials (ASTM).

What should I consider when buying toys?

- > Don't give toys with small parts to young children. Young kids tend to put things in their mouths, increasing the risk of choking.
- > Read directions carefully and follow suggested age guidelines. Ask yourself if the toy is right for your child's ability and age.
- > Remember that age labeling is for ability levels and for the safety of your child.

How can I keep my child safe after buying a toy?

- > Explain how to use the toy.
- > Repair or throw away damaged toys.
- > Keep toys meant for older children away from younger ones.
- > Don't let your child misuse toys in ways that could be dangerous.

Are there other things I can do to help prevent eye injuries?

- > Store or give away toys that your child has outgrown.
- > Keep your child away from unsafe areas in the home.
- > Make sure your child plays in an open area and, if necessary, under your supervision.
- > Make a list of safety rules and share them with your child.
- > If your child is playing with friends, tell everyone your safety rules.

References:

<http://healthfinder.gov/NHO/>

<http://www.preventblindness.org/fact-sheets>

Church Sign

Two Great Truths:

1. There is a God
2. You're not Him.

Jokes and Riddles

What do you call a pig who is a karate expert?

A pork chop

What happens when two snails get in a fight?

They "slug" it out!

What can you use to cut the sea?

A "sea-saw".

Why can't two elephants go swimming together?

Because they only have one pair of trunks.

Tongue Twister

Betty Botter bought a bit of butter.

"But," said she, "this butter's bitter.

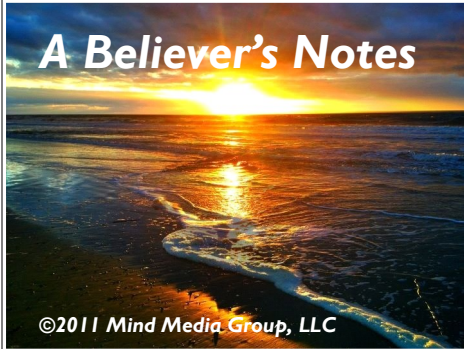
If I put it in my batter, it will make my batter bitter. But a bit of better butter would make my batter better."

So Betty Botter bought a bit of better butter (better than her bitter butter).

She put it in her bitter batter and made her bitter batter a bit better.

Standing on the Promises of God

A Believer's Notes



God has promised that He knows what is good for us and can direct our lives better than we can direct them ourselves. He has promised, “He will not let you be tempted beyond what you can bear but when you are tempted, He will also provide a way out so that you can stand up under it.” - 1 Corinthians 10:13.

God promises that if we “seek first His Kingdom and His righteousness” that all of our other concerns about what we should eat, drink, and wear will be taken care of (Matthew 6:33).

We can believe when it seems impossible to believe. We can endure when it seems like we are being tested beyond what we can stand. We can have faith when it seems like faith is ludicrous. God’s promises are always there for us. What we do in response to God’s promises show how much we love Him, trust Him and want to follow Him.

A Prayer of Letting Go

O God, empty me of false hopes,
and aching disappointments,
anxious trying and
the need to be right.
Breathe into me
something like quietness
and confidence
a deep acceptance
of the loss of those things
I had placed my hopes in
even the good things
that were not the full truth.
Be with me and guide me
into honest confession
as I let it all go into the mystery
of your holy purposes.

- Adapted from Ted Loder, *Guirillas of Grace*

Joseph Prince—Continued from Page 8



Be Righteousness-Conscious (continued)

It is actually right there in the second part of the verse: “...every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from Me,” says the Lord.”

You see, it’s when you know that your righteousness is from the Lord that no weapon formed against you will prosper, and every tongue of accusation, judgment and condemnation that rises against you will fail!

My friend, use your faith every day to believe that you are indeed righteous in Christ, and that this righteousness is of the Lord’s doing, not your own doing. This is how no weapon formed against you shall prosper. This is how you live an overcoming and victorious life!

OUR MISSIONARIES

MARK SHUBERT



Greetings from Germany and Brazil!

Please continue to lift up Mark Shubert as he has been spending a lot of time traveling. He has been working towards a permanent visa in Germany so a lot of his time has been spent learning the language and taking tests on his ability to understand the language and culture in order to share the Gospel.

God has been placing people in Mark’s path and enabling him to minister to them. He has also placed several ministers in his path who have been a tremendous help to him. Many others have crossed his path from different religious backgrounds that are wanting to know more about Jesus! Praise God! Doors are flying open for Germany! Please continue to pray for Mark and the team.

ADAM, LILIANA, AND ANDREW FOWLER

Adam’s adventure began in 2001 when he visited Peru for the first time. In 2006 Adam and his wife Liliana founded Life and Truth Christian Church (Iglesia Cristiana Vida y Verdad) with the simple vision of providing healing for the broken and laborers for the harvest. This vision entails all aspects of evangelism, discipleship and the equipping of the saints for the Great Commission.

Their church is growing in Canete, Peru! Please pray for them as they continue God’s work.



All Things

You know "the talent" God gave you is a spiritual endowment that can actually be neglected, because of a "physical talent"?

You know also that "all things through Christ who strengthens me" must be in line with all things Christ would actually do, since Christ was the most selfless person who ever lived, those "all things" are limited to selfless ambitions?

But, please keep telling me how Jeremiah 29:11 it's not for me. For it is, if I am walking in alignment with the spiritual side of His promises and applying His word properly in my life, I will see his promises of "a future and a hope" in Him. Though it will not be through my own means or understanding, it will be in total surrender and when I completely yield myself to his ways and give myself totally over to the spiritual gifts given me, letting nothing choke out his potential in me. Then I will see produce, some 30, 60 & 100.

What is your spiritual endowment? What is the "all things" that Christ wants to do in and through you? Sure, Jesus made furniture for a time, He also was anointed and went about doing good for three years, lifting off the afflictions of the devil from all the people he encountered. In the narrative of those three years, it only mentions once, what "he used to do".

It's time to get revelation and step in to all God has for us in (truly in & through) Christ, talking as he talked, walking as he walked and doing what he was doing (and is doing). How faithful would you say you've been at that? That's why He's not come back yet, the harvest will be ready and His bride will be prepared when He does.

How do we get ready? Let us become separate from the world and take on his image, power and ability - then go forth into a world that needs more than a reflection, they need the substance of a church filled and overflowing with Him (devoid of self or any selfish ambitions) doing all things through Him who strengthens them, to do the Father's will, healing and saving ALL who are oppressed of the devil. Now, take up your bed, church (you're crippled resting place that is less than what God has for you) and walk as He walked.

-Blessings, Daren Cole Butcher



Be Ready For What's Next

We can't carry the new mantle if we won't part with the old coat. The double portion comes to the one who is single minded. Press on... and shed that old skin in order to be properly clothed for what's next...

#crossingjordan
#wheresyourmaster

-Blessings, Daren Cole Butcher

This Mother—(Continued From Page 2)

Go Mama. Get him. Go now. Scoop him into your lap. Yup, you're crying too. This was big. Hold him tight. Watch how he curls into a ball in your arms so quickly. See how eager he is to be loved by you. To be reassured by you. See how small he still is. See how fragile that spirit is.

I love you.

You are safe.

I am right here.

The worst part is over now.

I've got you.

I'm here.

I love you.

Go Mama. Tell him about Anger. Tell him now. Anger is a really powerful feeling. You have a right to your Anger. Anger burns hot. It can purify. It can also destroy. He nods. He feels it. He's met Anger now.

There's a better way to show your big feelings.

We'll work on it together . . . tomorrow.

I'm here to help you.

You are safe.

You are never alone in your anger.

You are never alone in your fears.

I'm here. We're here together.

Now we will clean together.

And we cleaned up the broken pieces. We swept and we vacuumed. It was quiet work. It was careful work. It was thoughtful work.

Sometimes things break. Sometimes we break them. It's not the breaking that matters, the how or why. What matters is how we choose to respond to the broken-ness. Does it kill us? Does it throw us into a downward spiral of blame and punishment?

OR

Does it help us remember how to love deepest? Does it push us towards compassion and over the hurdle of "rightness" and "wrongness" into LOVENESS?

Yes. **LOVENESS.**

Go Mama. Go now. Get that baby of yours. Teach that. Show that. Live that. It's called LOVENESS. Go. Now.

https://www.popsugar.com/moms/How-React-When-Your-Child-Breaks-Something-38972789?utm_medium=social&utm_campaign=postplanner&utm_source=facebook.com

Joseph Prince

Let The Lord Be Your Promotion



Now when the turn came for Esther the daughter of Abihail the uncle of Mordecai, who had taken her as his daughter, to go in to the king, she requested nothing but what Hegai the king's eunuch, the custodian of the women, advised. And Esther obtained favor in the sight of all who saw her.
-Esther 2:15

When King Ahasuerus was looking for a new queen, the most beautiful women in the land were all brought into the palace. All the women were given the opportunity to adorn themselves with whatever they desired from the women's quarters before they were brought for an audience with the king.

But when it was Esther's turn, she "requested nothing but what Hegai the king's eunuch, the custodian of the women, advised." And look at the results: "Esther **obtained favor** in the sight of all who saw her," and the king "loved Esther more than all the other women, and she **obtained grace and favor in his sight** more than all the virgins; so he set the royal crown upon her head and made her queen" (Esther 2:17).

While the other women probably tried to outdo one another by relying on their own efforts, Esther wisely submitted to the one person who knew the king's preferences best, and the results speak for themselves. I want you to see how Esther depended on the Lord's unmerited favor. She did not strive to win. She rested in the Lord and humbled herself, and the Lord promoted her and exalted her above all the other beautiful women.

My friend, when you humble yourself and cease from your efforts to promote yourself, and depend on Jesus alone, the Lord Himself will be your promotion and increase. Like Esther, you will stand out in a crowd and obtain grace and favor with God and man!

Be Righteousness-Conscious

"No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from Me," says the Lord.
-Isaiah 54:17

If you are familiar with today's verse, you'll know that believers usually quote only the first part: "No weapon formed against you shall prosper."

Now, do you want to know the secret to unleashing this promise of protection, and walking fully in your inheritance in Christ?

- Continued on Page 15



November is Bladder Health Month

This month serves as a reminder to get the facts about common bladder health problems and to take an active role in your health.

Key Bladder Facts

It's normal to go to the bathroom 4 to 8 times a day and no more than twice a night. The bladder is a hollow, balloon-shaped organ, and is made mostly of muscle. When the bladder is empty it looks like a deflated balloon. The shape of a bladder changes when it fills up. Urine is produced in the kidneys. It flows through tubes called ureters into the bladder. The bladder muscle helps you urinate by squeezing to force the urine out. Women have shorter urethras than men. Women are more likely to get a bladder infection as bacteria from outside the body can get into the urinary system easier. On average, the bladder holds about 2 cups of urine (about 16 ounces).

Bladder Health Tips

Drink plenty of water. Strive to drink 6 to 8 cups of water each day. Cut down on the amount of caffeine and alcohol you drink - these may upset your bladder. Limit your intake of coffee, tea or cola as these can heighten bladder activity and lead to leakage. Women should sit to go to the toilet - they should not hover over the toilet seat. Take your time when on the toilet so that your bladder can empty - if you rush, and do not empty your bladder fully, over time, you could get a bladder infection. Stay away from foods that bother the bladder. Some foods can worsen incontinence. Skip foods like chocolate (also a source of caffeine), as well as spicy or acidic foods like tomatoes and citrus fruits. Keep your pelvic floor muscles strong with pelvic floor muscle training. Stop smoking. It is of great value to stop smoking for your bladder health - using tobacco is a major cause of bladder cancer.

Resources:

<http://www.urologyhealth.org/media-center/bladder-health-month-2016>

How being a Christian
is like being a **pumpkin**.



God picks You from the patch and brings You in.
(John 15: 16)

Then He washes all the dirt off of You.
(2 Corinthians 5: 17)

He opens You up and scoops out all the Yucky
stuff. He removes the seeds of
doubt, hate, greed etc.
(Romans 6: 6)

Then He carves You a new smiling face.
(Psalm 71: 23)

And He puts His light inside You to shine for
all the world to see.
(Matthew 5: 16)

Two Words You Should Never Say

Everyone goes through tough times, but there are two words that you should **NEVER** say no matter how bad things get - "**I QUIT!**" Just imagine what would have happened if the great heroes of the Bible said, "I QUIT!"

If Noah had said, "I QUIT," all of his family would have died in the Great Flood. I

f Moses had said, "I QUIT," the Israelites would have remained slaves in Egypt.

And let's not even think about what would have happened to US if Jesus had said, "I QUIT!"

Well, you've learned the two words you should never say. But now you need to know words you **should always say** - "**I CAN DO ALL THINGS THROUGH CHRIST**" (Philippians 4:13). No matter how difficult or hard something might seem, just remember that the Bible says you can do it **through Christ!**

What's the Difference?

You might think, "What difference does it make if I quit something that I'm having a tough time with?" What difference would it have made for Noah and his family and all the animals if he had quit building the ark when people made fun of him? When you decide to quit something, your decision doesn't just affect you. It also affects others. Just as Noah's family and all of the animals counted on Noah to finish what God told him to do, there are people who are counting on you to finish what you started. **Don't be a quitter!**

Paul Just Would Not Quit!

If anybody ever had a good reason to quit, it would have been the Apostle Paul. Here is a list of bad things that could happen to a person that might make him want to quit doing what God told him, to do. Only one of these **DIDN'T** happen to Paul. Which one was it? (Hint: Acts 28:3, 2 Cor. 11:23-27, 2 Timothy 4:10)

- A. Get stoned by an angry mob
- B. Getting arrested and imprisoned.
- C. Being snake-bitten.
- D. Being beaten with rods.
- E. Being shipwrecked.
- F. Having friends leave you.
- G. Being robbed.
- H. Getting burned in a very hot fire.

Kids' Corner
Christmas Traditions

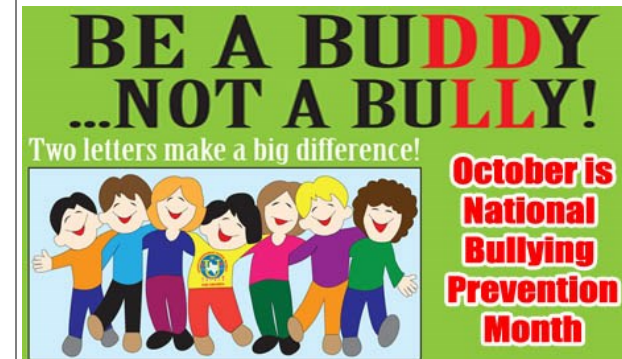
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 H C I F S G N I C I O J E R W

Angels
Bells
Blessings
Bows
Candles
Decorations
Friends
Fruitcake
Gingerbread
Greetings
Holiday
Ivy

Joy
Lights
Magi
Malls
Mistletoe
Nativity
Nutcracker
Ornaments
Peace
Poinsettias
Presents
Reindeer

Rejoicing
Rudolph
Santa
Shepherds
Shopping
Sleigh
Stockings
Tannenbaum
Tree
Wrap
Wreaths
Yule

National Bullying Prevention Month—October



National Bullying Prevention Month is a nationwide campaign founded in 2006 by PACER's National Bullying Prevention Center. The campaign is held during the month of October and unites communities around the world to educate and raise awareness of bullying prevention.

Over the past 10 years, this campaign grew from a small week-long event to a worldwide effort with multiple activities throughout October. National Bullying Prevention Month is supported by hundreds of schools, major corporations, and celebrities.

Be a part of this movement and spread the message: The End of Bullying Begins With Me!

Bullying Prevention and Awareness Facts:

- The time is now to recognize that bullying has gone on too long and too many have suffered as a result.
- One out of every four students will be bullied this year, chances are this is happening to someone you know and care about.
- Bullying is a communitywide issue that must no longer be ignored or thought of as a rite of passage.
- Every child has the right to feel safe and supported.
- Bullying directly affects a student's ability to learn. Students who are bullied often do not want to go to school. They often find it difficult to concentrate, show a decline in grades, and lose self-esteem, self-confidence, and self-worth.
- Students who are bullied report more physical symptoms, such as headaches or stomachaches, and mental health issues, such as depression and anxiety, than other students.
- In some cases, bullying has led to devastating consequences, such as school shootings and suicide.
- Bullying affects witnesses as well as targets. Witnesses often report feeling unsafe, helpless, and afraid that they will be the next target.
- Students who bully can also be negatively affected, showing higher rates of physical and emotional health issues.
- Bullying is not only devastating while it's happening, research shows that the negative effects last a lifetime.
- Students can be especially effective in bullying intervention. More than 55 percent of bullying situations will stop when a peer intervenes. Student education of how to address bullying for peers is critical, as is the support of adults.
- Silence is no longer an acceptable response to bullying. Adults, students, and educators can no longer look away when they see bullying. Ignoring it won't work. Everyone needs to be empowered with options to respond.

References:

<http://www.pacer.org/bullying/nbpm/spreadtheword/key-messages.asp>

<http://web1.uisd.net/october-is-national-bullying-prevention-month-7354>