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A periodical for Christian Young Ladies.



Summer is finally coming to a close and, around here, that is a great relief. It has been very hot and very dry this year. Now that fall is making the air breathable, along with doing some long-neglected yard work, I begin to think about winter months and the projects I would like to accomplish. I am ready to brew a cup of tea and do some planning for Thanksgiving and Christmas. So whether you prefer hot tea, hot chocolate or cappuccino, sit for a while and perhaps some of our ideas will encourage your imagination as well. To keep your mind and heart with the Lord and your hands busy doing for others is one of the greatest blessings on earth. May the Lord bless you and your family!

~Teresa Miller



Teresa Miller

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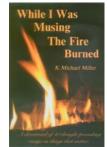
### **Our Bookstore**



Now available, "As The Days Go By", a collection of poems by Sis. Teresa Miller. The book is a 68-page paperback edition of original poetry. The cost is

\$6.95 plus sh/hdl charges.

Also available, "While I Was Musing, The Fire Burned", a book of devotions written by Bro. Mike Miller, which many have already found a great



blessing. The cost is \$9.95 plus sh/hdl charges.

You may order both books for \$15 plus sh/hdl by writing with your request to the address found on the back cover, or you may send an email to:

teresa3@vamex.com
You may also call directly at:
573-223-3308

Integrity characterizes the entire person, not just part of him. He is righteous and honest through and through. He is not only that inside, but also in outer action.

~Kent Hughes~

The only reason integrity should be a burden to you is if you enjoy being dishonest.

~Sam Storms~

Integrity...does not mean sinless, but it does describe a person who by God's grace will "sin less."

~Sam Storms~



## Keep Busy

If there is one thing that can make you tired, grumpy, and hard to live with, it is having nothing to do. Statistics show that you are happier and more content when you have a goal and work it out.

Here are a few ideas of how you can put your extra time to good use in a fun, and sometimes profitable, way.

With the holidays coming up soon it would be a great time to rearrange your bedroom. Take a few days to do this so that it will not be a pressing chore. Start by going through clothes, shoes, and other things to see what you have outgrown or would just like to get rid of. Organize things in your closet as well as your chest of drawers as you go through them. Keep the broom and vacuum handy to clean under the furniture when you move it. Ask for help when moving heavy furniture so as not to damage floor, furniture, or your back! You might even consider redecorating your walls when you are finished. It is always nice to have a fresh look.

Try learning to sew (or crochet, or knit) and think of making some scarves, mittens, hats and other things for family and friends for Christmas. I make many of my Christmas gifts each year and although it does not always save me money, it makes the gift more special to know that someone cares enough to take the time. You can find yarn, patterns, and sometimes fabric at yard sales or Good Will stores, and many patterns can be found free on the Internet.

There are many other things that you can do, such as learning to play an instrument or sharpening your skills in the kitchen. The point is to keep busy. Never let your hands or your mind get sluggish. Have you ever heard the old saying, "Idle hands are the devil's workshop"? The same is true with your mind and your soul. In the longer evenings to come, *make* more time to read and study God's Word and get to know the Savior more. "Busy hands are happy hands," and much more blessed.

# Work While You Work

Work while you
work,
Play while you
play;
One thing each
time,
That is the way.
All that you do,



Do with your might; Things done by halves Are not done right. ~Taken from McGuffey's Primer

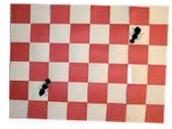
### PICNIC PARTY PLACEMATS

Fall is always a great time for a picnic. Here are some placemats that you can make for the occasion.

You will need:
Construction paper (red and white)
Black marker
Clean Contact paper
Cellophane tape
Scissors

Cut 7 strips of white paper, 2"x20" each. Lay these strips down side-by-side and tape the top of each strip to the work surface. Next, make 12 red strips, 2"x20", Weave the red strips through the white strips of paper by going over the first piece then under the next piece and so on, alternating the rows. Keep the red pieces as close together as possible. Continue weaving your paper pieces until you have used all the red pieces of paper or until all of the white strips are full. Trim any edges so your finished place mat ends up being about 14" x 20". Now, add an ant or two with the black marker and cover, front

and back, with the clear Contact paper. Trim the edges and you are ready to go!



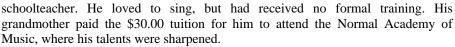
### Philip Paul Bliss

1838 - 1876

"I know not what awaits me; God kindly veils my eyes."-The beginning of a new hymn he was writing, found in P. P. Bliss's trunk at the site of the train wreck that took his life."

Although P. P. Bliss died at the age of 38, he left behind a collection of hymns and music that is almost without equal.

Bliss was saved as a 12-year-old boy during a revival near his home in Pennsylvania. After working on a farm as a boy, he became a



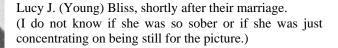
Bliss and his wife, Lucy, moved to Chicago, where his singing soon brought him to the attention of D. L. Moody. Moody encouraged him to give up secular work for a full-time ministry of gospel music. After much hesitation, Bliss agreed that this was God's plan for his life. Together with Major Daniel Whittle, he preached and sang across the country for the next three years. Their first meeting together in Waukegan, Illinois saw a great number of converts, and they scheduled meetings around the country for revivals. One of their greatest meetings was held in Louisville, Kentucky. It was at this meeting that a young pastor named A. B. Simpson was challenged to claim the power of God on his life.

On December 29, 1876, Bliss and his wife were taking the Pacific Express from New York to Chicago. In a blinding snowstorm, the train crossed a bridge near Ashtabula, Ohio. The engine crossed successfully, but the bridge gave way and collapsed, dragging the passenger cars into the ravine below. Along with nearly 100 others, Bliss and his wife were killed.

More than 12,000 people attended the memorial service held for him in Chicago. Among the more than 80 songs Bliss wrote were: "Almost Persuaded," "Dare to Be a Daniel," "Hallelujah, 'Tis Done!" "Hold the Fort," "I Will Sing of My Redeemer," "Let the Lower Lights Be Burning," "Once for All," and "Wonderful Words of

Life."

(Note: Bliss also wrote the music for the song, "It Is Well With My Soul", written by Horatio G. Spafford in 1871. It was five years before the tragic accident that took his life.)





# The Value of Integrity

Everyone seems to know what integrity is, but do they really? If you were asked, "What is integrity?" what would your answer be? When in doubt of a definite definition, I always turn to Webster's dictionary. What I found was this: Integrity: the entire, unimpaired state of anything, particularly of the mind; moral soundness or purity; incorruptness; uprightness, honesty. Using a list of thoughts that I found on this subject, I would like to encourage you to think about integrity for a little while and see how valuable it is to you.

\*Integrity serves as a guide in life's moral decisions.

Proverbs 11:3 says, "The integrity of the upright shall guide them: but the perverseness of transgressors shall destroy them." Life is full of important decisions, from the everyday choices of what we are to wear, or eat, or where we are to go, to the life-changing selections of who we are to marry, how we are to live, and whom we will serve. It is the moral issues that should concern us the most. How will you conduct yourself? By what standard will you live? The worldly philosophy is that fornication is not wrong anymore. They try to convince you to treat your purity lightly as a thing that does not matter. Most young people today are so filled with the idea that they cannot live above sin that they feel there is no need to try, therefore with the overwhelming pull of worldly influences (pornography, peer pressure, worldly music and magazines, romance books, just to name a few), they are drawn into a net of destruction where their integrity is crushed and ruined. You can retain your integrity and you can hold to the decision to do right, no matter what. Keep that which is holy for Holy Matrimony, now and forever.

### \*Integrity hates falsehood in every form.

"A righteous man hateth lying: but a wicked man is loathsome, and cometh to shame. Righteousness keepeth him that is upright in the way: but wickedness overthroweth the sinner." - Proverbs 13:5-6 - You have seen it before, I am sure. Someone starts lying to get out of trouble and pretty soon he has told so many lies he slips up and says something he should not and is caught. And what is the first thing he does? He starts lying again to try to get out of trouble. The problem with a liar is that he does not care to make someone else look bad just so he can make himself look better. Those kinds of things are loathsome. Hate lying! Hate it for what it is - sin. Sin always brings death and the one thing that lying can kill is your integrity. No one ever believes a liar. You might get away with it for a little while but lies always come out. Always! Lying is never right under any circumstance. If it means that you will get into trouble, then take the punishment that you deserve but do not lie! The best thought is just do nothing that you would not want everyone to know about, then you do not have to be ashamed and you will not be tempted to lie.

### \*Integrity keeps its word even when it hurts.

"The tongue of the wise useth knowledge aright: but the mouth of fools poureth out foolishness. A wholesome tongue is a tree of life: but perverseness therein is a breach in the spirit." – Proverbs 15:2,4 – Back in my grandfather's day, if a man said that he would do something, it was as binding as if he had signed a contract. The old saying was, "A man's word is as good as his bond." But honesty and faithfulness is a rarity these days and there are very few that you can trust to keep their word with only a handshake and a promise. A person who is concerned in keeping his integrity will keep their word at all costs. Solomon said, "Better is it that thou shouldest not vow, than that thou shouldest vow and not pay." (Ecc.5:5) If you have any doubt that you cannot fulfill the promise that you start to make, do not make it. I personally know people that will tell you they will do something just so they can not do it. Everyone loses trust in a person like that and when they need someone to really believe them, no one takes them seriously. So keep your word. Do what you say you will do. "The eyes of the LORD are in every place, beholding the evil and the good." (Pro.15:3)

### \*Integrity is not afraid to run when evil comes knocking.

"Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart." - 2Tim. 2:22 - The apostle Paul gave very precise instructions about how to handle sin...FLEE! "Flee fornication." (1Cor 6:18) "Flee from idolatry". (1Cor 10:14) "But thou, O man of God, flee these things (foolish and hurtful lusts, the love of money); and follow after righteousness, godliness, faith, love, patience, meekness." (1Tim 6:11) There is no better way for you to resist the temptations that come your way every day. When you are tempted to do something wrong, flee! When you pick up a magazine and it is full of bad pictures and worldly philosophy, drop it and run! If someone wants you to join them in something that you know is wrong, turn around and leave them in the dust. If you will turn away from evil and put it out of your mind, replacing it with good things as Scripture, good songs, or even just to know that the thing you were thinking of is hurting the Lord, it will be of more help to you than you would ever imagine. And you will find that when you do, the devil will leave you alone, also. "Resist the devil, and he will flee from you." (James 4:7) Moses did it! Joseph did it! Daniel did it! You and I can do it, too!

### \*Integrity backs up what it says with how it lives.

"In all things showing thyself a pattern of good works: in doctrine showing uncorruptness, gravity, sincerity, Sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you."-(Titus 2:7,8) One thing that burdens my heart and I believe burdens the Lord, also, is people, young and old, who claim to be Christians and will act good, talk right, dress Godly, while they are in the presence of other Christians but then will act worldly, talk with vulgar slang and dress ungodly when they are anywhere else. This not only hurts the cause of Christ but also destroys their testimony in the eyes

of those who are watching them. "Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you." (2Corinthians 6:17) It is time that we as Christians stand up for what we believe and follow the Lord in holiness and integrity. If you are a Christian and love the Lord Jesus Christ, it should not be hard to look like one, talk like one, and live your light in this dark world for others to see. The choice is yours. Will God have preeminence in your life or will you want to fit in so badly that you will act like they do and ruin your testimony? If you can live that way, the Lord is not your Master and you are not a Christian. Jesus delivers us from sin so that we can live righteously and Godly in this present world.

\*Integrity says both yes and no and means what it says.

"But above all things, my brethren, swear not, neither by heaven, neither by the earth, neither by any other oath: but let your yea be yea; and your nay, nay; lest ye fall into condemnation." (James 5:12) Have you ever been around a person who never could make up his mind on what principle he was going to stand? If he was with one group, he would agree with them, but if others were giving their opinion on the same subject, he would see their logic and agree with them. You never knew what he was going to agree with from one moment to the next. Being so unstable, no one can trust him, either in council or in faithfulness. Someone with integrity will base his principles on the Word of God and stand without apology or argument. You will know what he believes and most times, will know what he will do.

### \*Integrity is what God looks for in a person's character.

"I know also, my God, that thou triest the heart, and hast pleasure in uprightness."(1Chr. 29:17) Trials are going to come in your life. There will arise circumstances and situations that you do not understand. There will even be times that you feel the Lord has deserted you and let you down. Those are usually the times that the Lord is doing His greatest work in your heart and life. The first thing you want to do is feel sorry for yourself. "Why would God be treating me this way? Why would He allow me to come to this point only to have things end so badly?" Remember that God's ways are not our ways and He can see what lies ahead of you. Circumstances are not always going to remain the same. When a major change happens in your life, the danger arises when you begin to blame God for not doing the right thing. "But I have tried to live right and this is what I get!" How do you know that this is not exactly what God had in mind for you? The key is to trust Him and that is what He is looking for. It is what must be in every relationship in our lives. Children *must* trust their parents or they will not obey and will make decisions that will hurt their lives. Wives must trust their husbands in order to fulfill the need in his heart that would make them both happy. Soldiers *must* trust their commanding officer's decisions and orders to be able to fight successfully. God is trying the hearts of men in order that they learn to trust Him.

The LORD shall judge the people: judge me, O LORD, according to my righteousness, and according to mine integrity that is in me. (Psalm 7:8)

Let integrity and uprightness preserve me; for I wait on thee. (Psalm 25:21)

Judge me, O LORD; for I have walked in mine integrity: I have trusted also in the LORD; therefore I shall not slide. (Psalm 26:1)

But as for me, I will walk in mine integrity: redeem me, and be merciful unto me. (Psalm 26:11)

And as for me, thou upholdest me in mine integrity, and settest me before thy face for ever. (Psalm 41:12)

The integrity of the upright shall guide them: but the perverseness of transgressors shall destroy them. (Proverbs 11:3)

Better is the poor that walketh in his integrity, than he that is perverse in his lips, and is a fool. (Proverbs 19:1)

The just man walketh in his integrity: his children are blessed after him. (Proverbs 20:7)

So you see, integrity is an important thing in a Christian's life. You will grow in integrity as you grow in the Lord after you are truly saved. As you can see from the verses above, it will be your guide and will bless your life, even to causing your children to be blessed. God looks for integrity in His people and helps you to grow in integrity throughout your life. Are you growing in integrity?

### **Anger**

Anger in its time and place May assume a kind of grace. It must have some reason in it. And not last beyond a minute. If to further lengths it go, It does into malice grow. 'Tis the difference that we see 'Twixt the serpent and the bee. If the latter you provoke, It inflicts a hasty stroke, Puts you to some little pain, But it never stings again. Close in tufted bush or brake Lurks the poison-swelled snake Nursing up his cherished wrath; In the purlieus of his path, In the cold, or in the warm. Mean him good, or mean him harm, Wheresoever fate may bring you, The vile snake will always sting you.

By Charles and Mary Lamb

# Music to Sing and Books to Read



#### Featuring: The John Marshall Family

From the beginning, the John Marshall Family has striven to keep their music pure and conservative. The Lord made it very plain to John Marshall that He wanted the family to step out in faith and begin traveling full-time. This journey began in the fall of 1976 and they will be celebrating 25 years of ministry next year. Prior to this time, Brother Marshall had pastored in several states and had begun training the children for music in the house of the Lord. In September of 1976 they left their home on Long Island, New York with only two meetings lined up. God has proven to be more than sufficient to meet every need and has kept them busy serving Him. He has

opened doors for them to minister in every state of the Union and several countries around the world.

At the onset of full-time ministry, the family numbered 6 daughters. The first core group that sang consisted of Dad, Mom and the three oldest girls. Over the years, the Lord has added 2 sons and 2 more daughters. Each one has been taught to play at least two instruments (guitar, piano, banjo, violin,

mandolin, trumpet, baritone, harp, harmonica, and Dobro) and to use their voice for the glory of God. As the years have passed, the four oldest daughters and the oldest son have married and gone on to serve the Lord in different parts of the world. The group now totals 6 — Dad, Mom, Sharon 27, Joanna 26, Jessica 23, and Monica 18. They continue to travel the USA and bring a ministry of preaching and music to churches small and large.



The thrust of the tape/CD ministry is to provide a variety of Godly music with a Scriptural message. The John Marshall Family believes that if music is to be different from the world, the musician's goal must be to

glorify and honor Christ and Him alone. Only then will the world hear and see what they are thirsty for — not an imitation of what they already have — but a reflection of God's light in a separated Christian life.

(These projects are available from <u>www.oldchristianmusic.com</u>, by simply typing "The John Marshall Family" in the search window.)



#### God Knows My Size, Silvia Tarniceriu by Harvey Yoder

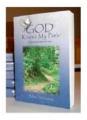
Growing up in communist Romania, Silvia, whose family is strongly Christian, has many obstacles ahead of her. Her family is extremely poor, so they send her to live with her aunt and uncle. Silvia is taunted in school for being one of the "repentant," but she herself is not sure there is a God. Wanting to know for sure, Silvia asks for a miracle. She asks for a pair of shoes, a sweater, and a jacket-things which were nearly impossible for poor families to buy new. Will her prayer be heard? It is heard, and within a week or two, a box arrives with exactly the items she prayed for-and in her exact size. As she grows older, Silvia earns a high school education and gets a

good job in a factory. But then, as she helps smuggle Bibles and her Christian activities continue, the police start to follow her. Having Bibles was against the law of the land. Can Silvia escape the communist nation and the fear of being constantly shadowed? Written in an intimate first-person view, Silvia's amazing story will encourage you and make you thankful for each day. (Available through <a href="https://www.amazon.com">www.amazon.com</a>)

#### God Knows My Path by Silvia Tarniceriu

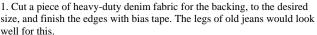
God Knows My Path is a true account of one woman's experience in leaving the Communist country of Romania and coming to freedom in America. Silvia Tarniceriu takes readers through the difficult and challenging times of leaving her family and Christian friends and adjusting to life in America. Her remarkable testimony and personal example of turning to God in prayer regarding every incident she lives through, and of finding a lesson in both humorous and unpleasant experiences is an encouragement and a challenge to all of us.

God Knows My Path is a sequel to her first book God Knows My Size, the story of her childhood and her faithfulness to God midst the struggles of growing up under Communist rule. (Available through <a href="https://www.hobesoundchristianbookstore.com">www.hobesoundchristianbookstore.com</a>)



# Crafts to Make





2. Mark the backing fabric with dressmaker's pencil or something similar. Start at the outside edge and draw lines one inch apart. In the sample shown, the lines were drawn in decreasing rectangles, but straight lines

would work too.

- 3. Cut lots and lots of 2 by 3 inch rectangles of thin denim. Taking 12 or more at a time, run a basting stitch through the center of each strip for a gathering string.
- 4. Starting in the center of the denim fabric, and working outwards, begin sewing the fabric rectangles to the backing fabric. Sew straight through the middle of the rectangle width, so both sides stick up evenly, gathering the fabric either before you stick the fabric under the presser foot, or bunching it up as you sew.
- 5. When you have completed one line, or gone around one marked rectangle, sew it down again to secure it.
- 6. For the last rounds, cut the rectangles in half along the length, to make rectangles that are 1½ inches by 2 inches, and sew along the edge of the backing fabric, so that the last row lies flat.

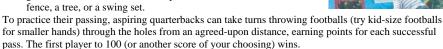
(Remember that denim will ravel. If you do not want that to happen, you can use old knit fabric from rummage sale dresses and slacks.)



### Passing Practice Game

Need an active game to play while family and friends are around for the holidays? Try making this one that you can use over and over again.

- Purchase a waterproof 5 ½ by 7 ½ feet tarp with grommets.
- First, spread the tarp out on the ground and use a ruler and a marker to measure and mark a number of targets in varying sizes. (We covered our tarp with 10-, 12-, and 15-inch squares and diamonds surrounding an 18-inch center square.)
- Cut out the holes, then line the edges of each one with colored duct tape. Use the marker to add a point value (5, 10, 25, and so on) below or next to each target, assigning higher values to smaller holes.
- To hang the tarp, tie a length of rope to each of the corner grommets, then tie each of the ropes to a stable structure, such as a fence, a tree, or a swing set.





#### Souvenir T-Shirt Pillow

Just about everywhere you go, whether on vacation or to a special event, you will find a t-shirt that has something written on it that reminds you of where you have been or the great time you have had. If you are like me and do not like to wear t-shirts with writing on them, you can still enjoy a souvenir t-shirt in this way. Just make a pillow out of one for your room. Always buy a large size, especially if you like big, fluffy pillows. Lay the shirt out on a flat surface and measure to see how big you can make it. You can either cut the sides or,

for a bigger pillow with less trouble, just cut under the arms straight across the chest area and across the bottom to remove the bulky hem. Turn inside out with the faces together and stitch the openings closed, leaving a four inch space on one side to turn. Turn the pillow and stuff with whatever stuffing you would like. You could also leave one side open, purchase a pillow form from a craft store and then stitch the side closed. Another idea is to put in a zipper on one end so that you can easily remove the inside pillow form for washing.



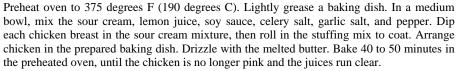
# Recipes

#### Best Ever Baked Chicken

8 skinless, boneless chicken breast halves

- 1 cup sour cream
- 2 tablespoons fresh lemon juice
- 2 teaspoons soy sauce
- 2 teaspoons celery salt
- 2 teaspoons garlic salt
- 1 dash pepper
- 1 (6 ounce) package herb-seasoned stuffing mix, crushed into crumbs

½ cup butter, melted



#### Roasted Mushrooms and Mixed Vegetables

1 pound mushrooms, mixed fresh, cut in large pieces (white, portabella, shiitake, crimini, oyster)

1 sweet red bell pepper cut in 1-inch chunks

1 onion, medium, cut in 8 wedges

1/2 tsp salt

1 zucchini, large, cut in 1-inch chunks

1/2 Tbsp olive oil

1 tsp garlic, minced

1 tsp black pepper, ground

Directions:

Preheat oven to 450 F.

In a 13x9x2 inch nonstick baking pan (or spray a conventional pan with vegetable cooking spray) place mushrooms, bell pepper, zucchini and onion.

Toss with olive oil, garlic, salt and black pepper.

Bake uncovered, until mushrooms and vegetables are tender, about 20 minutes.

Serve as a side dish, or toss with pasta or rice if desired.

### Weight Watchers Soft Chocolaty Cookies

1 1/3 cups sugar

1/2 cup apple butter

1/2 cup fat-free sour cream

1/4 cup vegetable oil

1/4 cup regular egg substitute

1 1/2 cups cake flour, sifted

1 cup unsweetened cocoa

1/4 teaspoon salt

1/4 teaspoon baking soda

Preheat oven to 350 degrees. Spray three large cookie sheets with cooking spray.

Whisk together sugar, apple butter, sour cream, oil and egg substitute. In another bowl, whisk together flour, cocoa, salt and baking soda.

Stir flour mixture into sugar mixture; mix just until blended. Drop 42 tablespoonfuls of cookie dough onto cookie sheets, about  $1\frac{1}{2}$  inches apart. Bake until firm, about 10 to 12 minutes. Transfer cookies to a flat surface and cool completely.







Sewels for His Crown RR 1 Box 1436 Mill Spring, MO 63952 In affliation with: Presight Paths Bible Church, Ellsinore, MO www.sphiblechurch.com