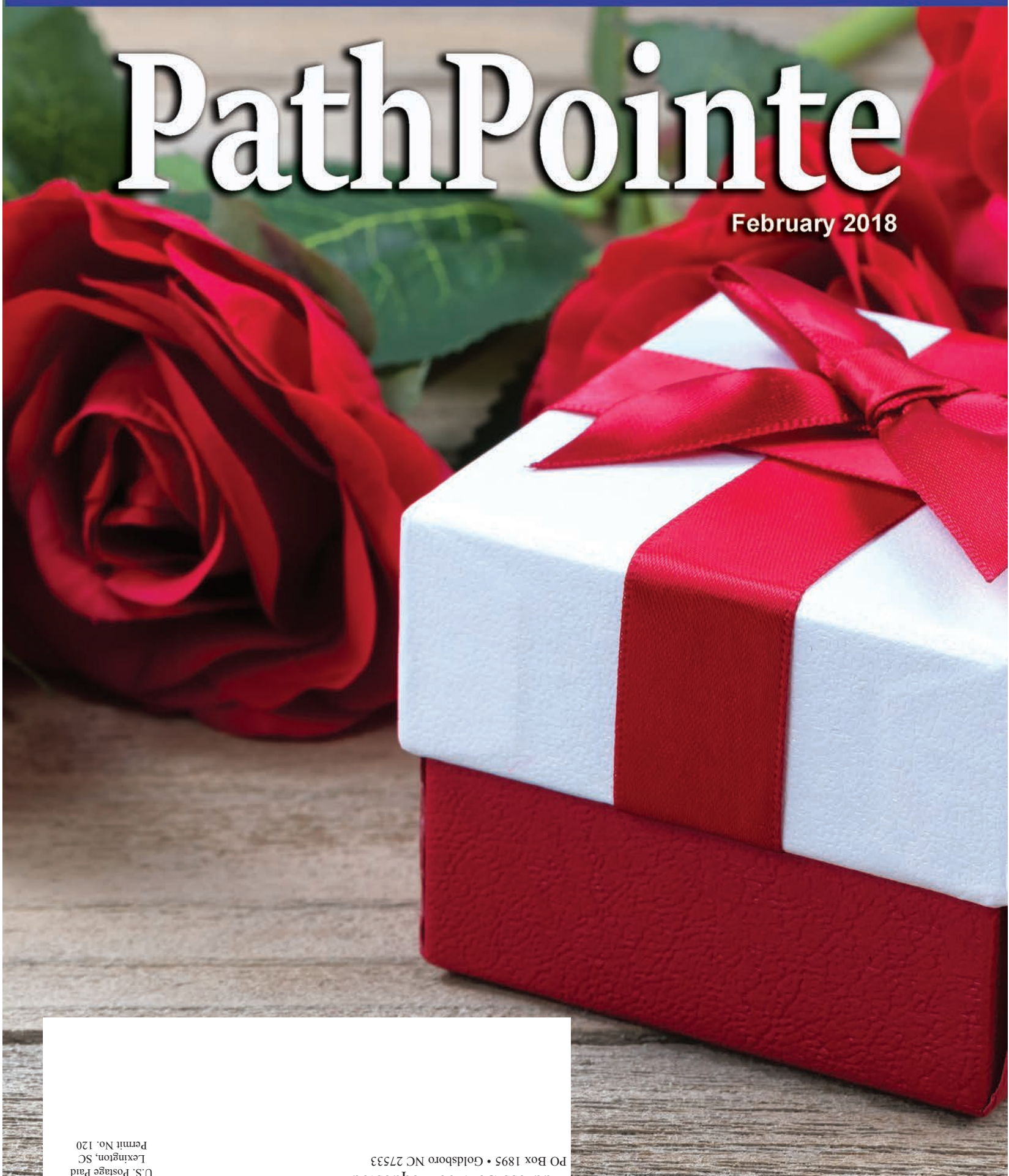




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Choices We Make

Mrs. Sherry Worthington

How many pillows do you use to sleep? I use at least two. One pillow is for my head and the other is for my knees. At my age certain parts of my body ache just to aggravate me. When I was young, I would get sore when I worked hard outside or taxed my body. I was over the soreness much quicker then and always ready to spring back into action. Nowadays it takes a couple of months to get over being sore. I don't bounce back as quickly as I used to.

I know there is a big rise in gym memberships at the beginning of the

new year. I have never chosen to be one of those people. I do need to exercise more, but I don't make the time. I am guilty of pledging to eat healthier and get more rest. I do make more effort with this one. Exercising and eating right are two of the top resolutions people make. It is amazing what we do to try to feel younger. I get lots of advertisements in my email about outsmarting old age. I received one yesterday about the fountain of youth. I know some of these things may help us stay sharper and healthier, but I haven't seen anything that stops the body from deteriorating. Our

choices may help slow down the process, but the body isn't designed to last forever. When Adam and Eve sinned, that insured death would come to us all eventually.

One of my friends has a relative that is very health conscious and active. He has done all the right things to stay healthy, but he was diagnosed with colon cancer at thirty years of age. I know someone else who has been a vegetarian for years, and she was diagnosed with cancer. If we don't take care of our physical bodies, it may increase our chances of getting a

terminal disease. But as you can see, there are no guarantees in this present world.

Every part of our bodies deteriorates with time. If we make it to forty without having to get glasses, doctors are shocked. Our eyes gradually get weaker as we get older. Many times, we have to have cataract surgery in order to renew our driver's licenses. How many older adults do you know that need hearing aids and won't get them? Our friend's wife said her husband doesn't want one so he won't hear her. I am sure she was joking, or was she? The sad truth is our hearing gradually weakens as we get older as well.

What about muscle strength? Not many of us have the stamina and the will power of Jack LaLanne, the godfather of physical fitness. He had his last dessert when he was fifteen years old. Mr. LaLanne had the first physical fitness show on television. *"For his 70th birthday, he pulled 70 boats across the Long Beach, California harbor with one person in each of them, swimming while shackled and handcuffed."* He made the statement *"I can't die. It would ruin my image."* He was healthy up until his death, but since we all die, Jack LaLanne died of pneumonia at the age of 96. (Imdb.com)

So our bodies deteriorate slowly but surely. Our internal organs wear out, too. Our brains are not as sharp as we age. Mine would be sharper if I did not put as much garbage in my body. I just can't seem to want to eat fresh fruit and vegetables all of the time. Can't is the wrong word. I guess I don't choose to eat as healthy as I should. I just love food! Eating garbage affects our other organs, too. Our liver cleans out the



pollutants along with our kidneys. I know several older people who are in differing levels of kidney failure.

Let's not forget about the heart. Most people would say our heart is our most important muscle. We must take care of it. Many people exercise every day just to keep the heart ticking properly. Of course, some of us are couch potatoes and don't take care of them at all. The doctors make millions caring for the hearts of their patients. The pharmaceutical companies bleed us dry. We really work hard and spend a fortune to keep the heart muscle in shape.

Of course there is another aspect of the heart that must be considered. Just as we exercise our bodies, we must exercise the emotional side of our hearts. Do we work so hard to manage the affairs of the heart? Love is one of those things that can deteriorate or grow. Even though we have no choice where the body is concerned, we do have a choice with our hearts. Our ability to love can grow with leaps and bounds.

When we were young we had what some people call "puppy love." It was more of a crush on another young person. We were all starry-eyed when we thought of them and felt all gushy



inside. We were in love with how they made us feel. Unfortunately, many people never grow from the “*puppy love*” stage. I guess it is a form of selfish love.

What makes love grow? How does a child’s love go from being totally selfish to loving others? What makes the difference? It has to start when he is young. I know some grumpy old people, and I know others that are just as sweet as they can be. What makes the difference?

It has to be a choice. We choose to love, or we choose to be bitter. The people that are sweet and loving have spent their lives doing things for others. They are the ones that bring food to the hungry or dry the tears of a crying child. Many of the sweet older people

have stood by the side of someone else when they were needed. They did not choose to harbor bitterness or anger when they were wronged. They have opened their hearts to those who need them, even if they might get hurt in the process. They have exercised their hearts. Loving hearts are not rusty or brittle. They are worn out by loving others.

Our Lord uses His heart. He uses it every day. In order to be like Him we must always use our hearts. The only way for our love to grow and become unconditional is to love like Christ. And to love like Christ, we must love Him first. **Matthew 22:37** explains how we are supposed to love God. *“Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.”*

That is the secret to perfect love. If we love God with every ounce of our being, our love for others will grow to a point we cannot contain it. God loved us so much He gave His Son. Jesus willingly suffered and died for us! What greater love could there be? I am so thankful for our Savior’s example.

Let us practice loving so our love can grow! I hope I never become a grumpy old woman. I want my love to grow each day as I attempt to love others through Christ. May my epitaph say “*She loved us all.*” What a legacy!



Mrs. Worthington has five children and eleven grandchildren. She serves as Principal of Pathway Christian Academy in Goldsboro.



A Marriage That Would Make Jesus Proud

Dr. Randy Spaugh

We have been told most of our lives that we should tell our spouses everything. That is something that will make our marriage better. Is that true? Maybe, perhaps, sometimes – is probably the best answer.

First, there are times when we don't share things with our spouses and it results in some really major difficulties. This hits us particularly hard, because it is not something we were expecting. When it is a problem, it usually sneaks up on us. This is when there is a minor irritant or concern. Instead of talking about it, we brush it off. We're pretty sure that it will probably never happen again. When it does, we are more aggravated than ever. We still do not take time to talk about it or even mention it to our spouses. By the time it takes place for the eighth or ninth time, we have a major difficulty. It is going to exhibit itself as an explosion of one type or another. This is usually a "get out of the house, spend the night with a friend, call a marriage counselor" type of problem. Believe it or not, it is this type of problem that divides marriages. This is at the heart of many irreconcilable marital differences.

While the problem is not impossible to solve, it is just going to take some major energy. But it could have been solved a long time ago, if we had only taken time to talk to our spouse. Talk about the issue while it is small. That is when you can talk about it unemotionally and probably solve the problem with some adequate negotiation.

On the other hand, there are times when you do not need to tell your spouse things. There is a verse in **Philippians** we conveniently choose to ignore. After all, it is not about the Second Coming, and it has nothing to do with heaven. It simply says this:

"Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves."

Philippians 2:3

To put this in practice, you need to think before you speak. If your conversation is hurtful or bitter, then we probably need to remain quiet. We should always put others needs first. It doesn't mean you cannot talk about any subject; however, you may need to calm down, or to rethink how

you are going to express yourself before you speak.

We usually use words as a means to control the other person. After years of marriage, we discover that technique does not work. Harsh words rarely work as a method of control, even though we may think otherwise at the time. Words are often spoken that are never forgiven. We say we are more willing to forgive than we really are. The Greek word for forgive means "to let go." In other words, if you can't let it go, it hasn't been forgiven. If we never said it to begin with, it doesn't have to be forgiven.

It is much better to not say anything until we have had time to pray about it and think about it. Then, perhaps, we can state things in a way that respects the other person and puts their needs above your own.



*Dr. Randy Spaugh is the Pastor of Faith Fellowship Church in Kinston, N.C.
www.faithkinston.org*



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February, 2018
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The Perfect Valentine

It's February and you know what that means. Valentine's Day is coming! Chocolates in heart-shaped boxes, bouquets of roses, images of cupid with his little bow and arrow, and jewelry advertisements are everywhere you turn. Similar to Christmas, the commercialization of Valentine's Day is just about impossible to escape in today's modern world. Yes, love can be a wonderful and exciting thing when it's in the right place! And although we really shouldn't need to set aside a special day to tell or show someone we love them, a subtle reminder from time to time never hurts. The gift of love is worthy of a little celebration now and then.

Think for a moment of all the love you have in your life right now. Think about your spouse, children, or grandchildren. Is there anything you wouldn't do for them if they had a legitimate need? If they were hurting,

would you trade places with them if it meant you could take away their pain? If they were hungry or cold, would you sacrifice a meal or give them your coat so they could survive? If you love them, then you probably answered "yes" to those questions. Love is a powerful thing that can make mighty warriors out of 80 year old grandmothers or bring tears and defeat to the strongest, richest, most powerful men in the world.

In this fallen, sin-cursed world, we are not perfect. Although the love we have for friends and family can be strong and seem unconditional, it is also imperfect. As we think of the sacrifices we would make for others, even with our imperfect love, how much more so should we be amazed at what our Heavenly Father has done and will do for us, His children?

"Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?"

Matthew 7:9-11

After all, God Himself is the very definition of love and where our love originates (**I John 4:7, 8, 10, 16, 19**).

This Valentine's Day as you think of those special people in your life who mean the most to you, don't forget where love began. As you think of the sacrifices you would be willing to make for those you love, try to think of just how much more our Lord loves and cares for you! You are never alone. You are never unloved. He's your Perfect Valentine!

"For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."

Romans 8:38-39



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Artist Spotlight: Curtis Hyler & Jubilation Still Writing The Songs...

Gospel wherever we go. One special opportunity we have is to be the ministers in song at the Holiday Trav-L-Park Resort in Emerald Isle, N.C. Here we meet wonderful people from all across the U.S. and Canada. We are there on Easter Sunday and then every Sunday from Mother's Day through the end of September. The staff and management are so very gracious to continue to give us this opportunity! In conclusion, we are thankful for all of you, our friends, who have loved us, prayed for us, and continue to support our Ministry! God Bless all of you."

Curtis Hyler & Jubilation is now celebrating their 16th year of spreading the Gospel of Jesus Christ in song. Although the group is celebrating this wonderful milestone, founding member, Curtis, has been traveling for 33 years using his gifts and talents for the Lord Jesus Christ. With a family heritage of singing since the age of 3, Curtis says, "God has truly been with me all these years. I am truly a blessed man. I remember as a child listening to all the greats like the Rambos and one of my favorites, The Happy Goodman Family..."

God has blessed me with a wonderful family and the most precious grand-baby. I know the Lord has been with me through it all. Not only with the talent to sing, but with the gift of songwriting as well. Blessed with wonderful men of God to share the stage with night after night, we sing original songs that the Lord has inspired me to write. Songs like the # 1 song made popular by Gold City, 'Get Up, Get Ready' and our current single, 'When God's All You've Got'. My prayer is that the songs will bless the hearts of the people who hear them.

We also are very humbled and honored at every open door of opportunity we have to share the great

If you would like to contact **Curtis Hyler & Jubilation** or see their upcoming schedule, you may do so by visiting their website at www.curtishyler.org.

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Spring!

Dr. T. D. Worthington

Although the frosty winter winds are still howling, just like most everyone else I am beginning to think of spring. We think of a new season because we are ready for a change. Winter has its virtues, but it is time to shed the heavy coats and gloves. We are weary of scraping the frost from our windshields and slipping on the ice. Most of us have already made plans to welcome the arrival of our new season. And regardless of the groundhogs prediction, nobody likes for spring to be late.

The gardener readies his implements for work, but if spring is late the tools go back into the shed. The farmer assures his ploughs are in working order, but if spring is late there will be no need to till the cold soil. The merchant displays his seed and bedding plants, but he will have few customers if spring tarries. We all have personal and individual pictures of spring. Perhaps it is the dogwood in the front yard, or perhaps it is the daffodils that grow along your drive. Each

home displays spring just a little differently.

Here in North Carolina we are blessed that we have a spring to look forward to. Think about it! There are many human beings who have never seen spring at all. There are men and women in the polar regions who have never known what spring is. With minor variations, they have winter all the time. They have nothing but ice and snow every day of the year. They may live their entire life without



seeing the beauty of spring. Likewise, there are people in the tropics who have never known anything but summer. They have never seen the trees shed their leaves or snow cover the ground. We are blessed to enjoy four wonderful seasons, each displaying their own glory.

Spring is a Miracle

When you go to the dictionary in search of a definition of a miracle, you are told that it is an event which cannot be accounted for by the known forces of nature. Well, that's exactly what spring is. I know you can explain the seasons by the varying of the inclination of the earth's axis of rotation to the position of the sun. But, does that really explain the miracle of spring? Just because the angles which the sunbeams strike the earth may alter, does that explain why the earth suddenly comes to life? How can the same sunbeams make one tree green and another blossom in pink or white? Let the same sun rays, at the same angle, fall upon a bush, and the bush blossoms in red. Let the same rays fall upon another bush and the bush glows in purple or yellow. How can this be if it is not a miracle? Only God could do something like that. Rare would be the miracle, even as recorded in the Bible, which would be as amazing as the miracle of spring.

Spring is a Miracle of Beauty

All seasons of the year are beautiful, but spring has a beauty which is unique. She has a different beauty from that of winter or summer. The beauty of spring is often gentle and delicate. Where does all this beauty come from? It comes from God. Spring is like an enchanted palace filled with beautiful flowers and luscious fragrance. Yet, it is a palace that only God could build.



Spring is a Miracle of Power

Man now has weapons capable of destroying the earth, but they pale when compared to the tremendous forces exhibited by the birth of spring. The earth dies every winter. Who has the power to bring it back to life again? We might possess the power to destroy the beauty of spring, but could we create it? Of course not.

There is not heat enough in all the furnaces of the world to melt all of winter's ice and warm the earth again. When Lazarus lay within the tomb he made no response to the weeping and cries of his sisters, but when the Master spoke, the dead man came back to life. Spring is like the trump of God that causes the dead earth to stand upon its feet and live.

Spring is a revelation of God's love.

One day, Jesus explained God's universal love in a discourse to a group of poor peasants. He explained it like this:

“That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.” **Matthew 5:45**

This statement speaks of the breadth of God's mercy. Spring reminds us that God is no respecter of persons. When you take a springtime drive and pass the mansion of the wealthy, you can tell spring has arrived in his manicured gardens. But then you pass the humble home of the

poor, and you find spring visits the rich and poor alike.

Spring also demonstrates that God never changes

Leonardo da Vinci's Last Supper is a faded and fragile reminder of its former glory. The masterpieces of the great masters all are faded. The bright reds are becoming dark, and the yellows are becoming white. The skies are no longer blue, and the earth no longer glows in green. God is the only Master whose masterpieces are fadeless. Just as sure as the blood of Christ is still fresh and fadeless, the colors of spring this year will be as fresh and beautiful as were the colors in the first spring that ever greeted the eye of man. God is God, He is the same yesterday, today, and forever.

We cannot stop the winter, or make it something different than what it is. We may be tired of the cold, but each season has its own glory. We may have grown weary of the burnt winter colors, and we long for the rich and lush greens of spring. But, if you look closely, the signs of spring are beginning to arrive, even in the slightest little ways. There are birds chirping and pecking for bugs in the backyard. The sun is warmer on your face than it has been in recent days. You can feel it coming. The earth is soon coming back to life.

I'm so grateful to live in an area with seasons. The shifting, inevitable change. I am also grateful to see His hand over it all. Knowing with certainty that the miracle of rebirth we shall soon see can only be explained by the power of an Almighty God.



Dr. Worthington has been in the ministry over forty years and serves as President of Pathway Ministries.



Dr. Glenn Mills

I really love the time of year when the weather is cool. It provides many opportunities to walk and commune with the Lord. That is exactly what I was doing when God gave me this message to share with you.

Kim and I live about a quarter of a mile off the main road back up in the woods. A rock path leads you in and out. God spoke gently to me and invited me to walk with Him in the cool of the day. It is times like these I know how Adam felt and how exciting it can be fellowshiping one on one with God. I felt His presence as close as my breath as we fellowshiped together. It was a time of praise, worship, and thanksgiving to my heavenly Father who I completely adore.

I made my way to the road where I briefly spoke with a neighbor who was out walking also. I retrieved my

Father-in-law's Sunday morning paper and started back down the driveway. As I was walking along, I suddenly noticed a small rock had gotten in my shoe and under my foot. It was not painful, but it was distracting. I really didn't want to stop, untie my shoe, shake out the rock, put the shoe back on, and retie it. I figured I would just do all that when I got back to the house. So I walked on and tried to continue communing with God while adjusting to the rock in my shoe.

When I reached the house, I was not only glad to get that irritating rock out of my shoe, but also glad God used it to teach me a very valuable lesson I feel may help us all. God, through His Holy Spirit, had me ponder the moments we spent together walking up the driveway to the road and back. Believe me, there was a greater difference in going and returning than I had first thought.

As my mind recounted the steps, I realized that on the way from the house to the road God had my undivided attention. On the way back to the house, once I picked up the rock in my shoe, there was divided fellowship. While I was still walking with God, I was also dealing with the rock.

The Holy Spirit then began to show me how that early morning walk is much like the daily walk many believers have with God. While we all desire full fellowship with God, we often have little things distracting us. The Bible plainly states in Song of Solomon that it's the little foxes that spoil the vines. Those little things my friend can be a multitude of things. They are mainly anything that distracts us from our time with God and the things of God.

“Take us the foxes, the little foxes, that spoil the vines: for our vines have tender grapes.”

Song of Solomon 2:15

The amazing part is how we often tolerate those little things instead of confronting and dealing with them. I was reminded of a children's movie I enjoyed watching with my children a few years ago. The movie was Toy Story. The part that came back to me was when one of the main characters, Woody, said there was a snake in his boot. In light of this subject, the snake would be a big sin in the life of a believer. These sins are not hard to see and are usually not tolerated. Whereas, the little pebble is considered a much smaller sin that many do not feel is a problem. No one would put on a boot with a snake in it, but many will tolerate and even walk a distance with those little pebbles under their foot.

Pebbles can represent attitudes, addictions, negative emotions, past hurts, grudges, racism, mind sets, pride, rebellion, jealousy, and many other distractions. Regardless of what the pebble is, the effects are still the same; distraction and broken fellowship. They have a way of coming into our lives when we least expect them. We have all been down this road at some time and will most likely face it again.

So what do we do? We can do what I should have done as soon as I noticed the rock in my shoe. I should have taken the time to remove the rock



regardless of the inconvenience it may have caused. It would no longer have been an issue, and I could have continued in undivided fellowship with my Lord. While removing the rock might not be convenient, it is very necessary.

Is there a rock (*distraction or hindrance*) in your shoe (*life*)? If so, how long will you continue walking in broken fellowship with God? How long will you miss out on the full blessings of faithfully doing the things of God? Stop whatever you are doing for a moment and get the rock out of your shoe. The Holy Spirit will help you identify any and all rocks that may be distracting you.

Quickly confront the issues and distractions of life and be prepared to deal with others as they try to slip into your life. God so desires to fellowship with you today. Take time for Him. Be faithful in whatever He has called you to do. The more you deal with the issues the less they will be able to distract you and your walk with God. In time, you'll be wearing high top shoes in the Spirit, and the rocks will have little chance of getting in at all.



Dr. Glenn Mills is a full-time Evangelist with the Open Arms Evangelistic Ministry. He can be heard each weekday on GoMix Christian Radio.

And Finally...



Canned Food/American Pie...

One of my favorite canning recipes is for Southern Spiced Peaches. So much tastier than any canned peaches you can buy from the store! Here's what you need: 24 medium-sized peaches, 4 sticks of cinnamon, a couple of tablespoons of whole cloves, 5 cups of sugar, and 3 cups of white vinegar. Follow these simple steps and you'll enjoy some yummy peaches too!

- Wrap cinnamon and cloves up in a cheesecloth bag.*
- Heat vinegar and sugar until dissolved, add spice bag, and boil for 10 minutes.*
- Add peaches (skinned, pitted, and sliced into wedges) and bring to slow boil for about 1-2 minutes.*
- Using strainer spoon, spoon the peaches into canning jars until there is about 1 inch headspace left, then fill with liquid to 1/2 inch headspace, removing all air pockets.*
- Water bath can for 20 minutes.*

J. M.

I've made this apple pie several times and every time it's a winner! Try adding cinnamon and a bit of ground clove to taste. I do think the lattice top crust is non-negotiable! When you pour the glaze over the pie, have a pastry brush ready to spread the thick syrup evenly over the top of the crust to make sure the top has a uniform look after baking. The final product is a very good tasting and incredibly attractive pie. Ingredients include: 1/2 cup of unsalted butter, 3 tablespoons of all-purpose flour, 1/2 cup of white sugar, 1/2 cup of packed brown sugar, 1/4 cup of water, 6-7

Granny Smith apples, and 1 recipe for a 9 inch double crust pastry pie.

-Melt butter in a sauce pan. Stir in flour to form a paste. Add white sugar, brown sugar, and water; bring to a boil. Reduce temperature and let simmer for 5 minutes.

-Fill your bottom pie crust with peeled, cored, and sliced apples, mounded slightly. Cover top with lattice crust work, then gently pour the sugar and butter liquid over the crust slowly so that it does not run off.

-Bake 15 minutes at 425 degrees. Reduce temperature to 350 degrees and continue baking for 35-45 minutes.

U. B.

“Husband Appreciation Day”

We'd like your help for an upcoming edition of “And Finally...”

Ladies, April 21st is Husband Appreciation Day! Write to us in 150 words or less and tell us why you appreciate your husband. The deadline for submission is February 20th, 2018.

You can send an email to: Attn: PathPointe
wago@gomixradio.org
Or write to: Pathway Ministries
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