



*Tryon
Church
Chatter*



January 2024

Bob Grant, Pastor

Lorna Dever, Editor

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If

Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

Ring Out, Wild Bells

Alfred, Lord Tennyson

Ring out, wild bells, to the wild sky,
The flying cloud, the frosty light:
The year is dying in the night;
Ring out, wild bells, and let him die.

Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.

Ring out the grief that saps the mind
For those that here we see no more;
Ring out the feud of rich and poor,
Ring in redress to all mankind.

Ring out a slowly dying cause,
And ancient forms of party strife;
Ring in the nobler modes of life,
With sweeter manners, purer laws.

Ring out the want, the care, the sin,
The faithless coldness of the times;
Ring out, ring out my mournful rhymes
But ring the fuller minstrel in.

Ring out false pride in place and blood,
The civic slander and the spite;
Ring in the love of truth and right,
Ring in the common love of good.

Ring out old shapes of foul disease;
Ring out the narrowing lust of gold;
Ring out the thousand wars of old,
Ring in the thousand years of peace.

Ring in the valiant man and free,
The larger heart, the kindlier hand;
Ring out the darkness of the land,
Ring in the Christ that is to be.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
School Christmas Break	Church Office Closed	MC: STB using gym for boating 9am - Thrift Store Open	MC: STB using gym for boating 9am - Thrift Store Open 6pm - Bible Study 7pm - A/V and Bulletin Deadline	9am - Thrift Store Open 10am - Morgan Center (Closed)	9am - Thrift Store Open	Offering: STB Local Budget 9-15am - SS & Church
Thrift Store Closed	MC: STB using gym for boating Thrift Store Closed	MC: STB using gym for boating 9am - Thrift Store Open	Church Office Closed MC: STB using gym for boating 9am - Thrift Store Open 6pm - Bible Study 6pm - MC: 7pm - A/V and Bulletin Deadline	9am - Church Office Open 9am - Thrift Store Open 10am - Morgan Center (Closed)	9am - Church Office Open 9am - Thrift Store Open	9-15am - SS & Church 12-15pm - Fellowship Lunch @
7	8	9	10	11	12	13
School Christmas Break	MC: STB using gym for boating 9am - Church Office Open 9am - Thrift Store Open	MC: STB using gym for boating 9am - Church Office Open 9am - Thrift Store Open 6pm - Finance Committee 7pm - Church Board Meeting	Church Office Closed MC: STB using gym for boating 9am - Thrift Store Open 6pm - Bible Study 6pm - MC: 7pm - A/V and Bulletin Deadline	9am - Church Office Open 9am - Thrift Store Open 10am - Morgan Center (Closed)	9am - Church Office Open 9am - Thrift Store Open	9-15am - SS & Church 12-15pm - Fellowship Lunch @
Thrift Store Closed	MC: STB using gym for boating 9am - Church Office Open 9am - Thrift Store Open 5pm - MC: Cooking class with Bev	MC: STB using gym for boating 9am - Church Office Open 9am - Thrift Store Open	Church Office Closed MC: STB using gym for boating 9am - Thrift Store Open 6pm - Bible Study 7pm - A/V and Bulletin Deadline	9am - Church Office Open 9am - Thrift Store Open 10am - Morgan Center (Closed)	9am - Church Office Open 9am - Thrift Store Open	Offering: Local Budget 9-15am - SS & Church
14	15	16	17	18	19	20
Thrift Store Closed	MC: STB using gym for boating 9am - Church Office Open 9am - Thrift Store Open	MC: STB using gym for boating 9am - Church Office Open 9am - Thrift Store Open	Church Office Closed MC: STB using gym for boating 9am - Thrift Store Open 6pm - Bible Study 7pm - A/V and Bulletin Deadline	9am - Church Office Open 9am - Thrift Store Open 10am - Morgan Center (Closed)	9am - Church Office Open 9am - Thrift Store Open	Offering: Local Budget 9-15am - SS & Church
12pm - Voice of Prophecy (1160)	MC: STB using gym for boating 9am - Church Office Open 9am - Thrift Store Open	MC: STB using gym for boating 9am - Church Office Open 9am - Thrift Store Open	Church Office Closed MC: STB using gym for boating 9am - Thrift Store Open 6pm - Bible Study 6pm - MC: 7pm - A/V and Bulletin Deadline	9am - Church Office Open 9am - Thrift Store Open 10am - Morgan Center (Closed)	9am - Church Office Open 9am - Thrift Store Open	Offering: Carolina Youth 9-15am - SS & Church 12-15pm - Fellowship Lunch
21	22	23	24	25	26	27
Thrift Store Closed	MC: STB using gym for boating 9am - Church Office Open 9am - Thrift Store Open	MC: STB using gym for boating 9am - Church Office Open 9am - Thrift Store Open	Church Office Closed MC: STB using gym for boating 9am - Thrift Store Open 6pm - Bible Study 6pm - MC: 7pm - A/V and Bulletin Deadline	9am - Church Office Open 9am - Thrift Store Open 10am - Morgan Center (Closed)	9am - Church Office Open 9am - Thrift Store Open	Offering: Carolina Youth 9-15am - SS & Church 12-15pm - Fellowship Lunch
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28	29	30	31	1	2	3
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- 2 Donna Painter
- 3 Sarah Painter
- 4 Nadia Milks
- 8 Michael H. Owens
- 11 Mary Webb
- 18 Candy Justice
- 19 Leigh Ann Uribe
Grayson Rowe
- 20 Deb Grant
Katerina Zjaci
- 23 Sonja Meadows
Chrisy Witt
- 26 Alberto Alvarez
- 27 Delvin Hornbeck
- 29 Judy Kyzer
Marnie Sanders



2024

New

Year's

Resolutions

Is one of your resolutions is to have better health?
Join Dr. David de Rose to get a good foundation
to reach your goals!



*Start your journey today that can help you in many ways ~
More than just Diabetes and Blood Pressure improvements!*

www.timelesshalinginsights.org/30days/tryon



Wanangwa Hartwell

Happy New Year! What are your reading goals for next year? I try to read through the Bible each January and read something new from the Spirit of Prophecy each year that I haven't done before. Joining prayer meeting and the reading of Selected Messages on Wednesday nights is a good start. So is the Sabbath School lesson, which is always uplifting.

We added some new study helps to the church library this month -- the brand new Andrews Bible Commentary from Andrews University Press and a couple of books on Revelation from the same, by Ranko Stefanovic. There are also some new books on healing from depression and suicidal thoughts. We added several good DVDs and CDs as well.

When you read or watch anything from the church library, please share with me how it blessed you and consider writing a short review that we can share with others. You can email it to me at wrbraves@gmail.com. Thank you and God bless!



Bev Cook

Although I was not raised in an Adventist home (nor ever heard of one until my late twenties), my upbringing was a solid, happy one. We four children (of which I was the oldest) had loving parents and their lives were dedicated to us. They made so many long-lasting memories for us from across-the-country camping trips to over-the-top holidays to making clothes & toys for us, etc. The only thing missing was practical Christianity in the home – no prayers, Bible readings, and only sporadic church attendance at a Baptist Church. When I was nine, my grandmother took me up the church isle to be saved – saved from what, I had no idea but people were congratulating me and I was wondering what was going on.

Fast forward to my twenties, I had 3 1/2 years of state college under my belt and became bored so dropped out to start making money and started working downtown St. Louis, MO. At this time my best girlfriend and I moved into a singles apartment complex. I had a boyfriend who was in the Navy in San Diego so after a few years, at his request I moved there but our relationship wasn't strong enough to keep us together and when he went out to sea, I became totally immersed into the party atmosphere with new friends in San Diego.

Here I made “professional” friends by day through my office job, a sub-contractor in the aerospace industry. My co-workers and I met often at happy hours and there was no shortage of alcohol. However, in the evenings I lived in a complex of 12 cottages – all laid-back, hippy-type folk and along with these friends came the earthy vices like weed and other drugs. Most every day, people here left their doors open and you could drop in anytime for a “smoke” or a “toke.”

I thought I had it made – money coming in, a variety of friends and activities. At the bars with a circle of professional friends I rationalized that I had a stressful day at work and needed to unwind. Later I read “All want to be thought brilliant and give themselves up to hilarity, foolish jesting, cheap, course flattery and uproarious laughter – the eyes sparkle, the cheeks are flushed and the conscience sleeps.” That was me and besides that, “With eating, drinking & merry-making, they do their best to forget God.” Yes, that was me.

Circle of friends #2 weren't into alcohol much other than a little wine. Here it seemed to be competitive as to who could secure the highest grade of marijuana it being Columbian, Mohican, domestic, etc. Pot smokers are a sub-culture in and of themselves with their own lingo, own interests and own music and I was a part of it all. Looking back, I was hypnotized especially through the music – Zeppelin, Arrowsmith, Fleet Wood Mac, Grand Central station, Santana – I was their fan; I was satan's fan. For years in San Diego during the '70s I lived parties, disco's, one-night stands and I kept going down, down, down. Now I had been indulging in some heavier things – toked hashish, downed reds, snorted cocaine and had an entire summer scratched off the calendar due to using LSD.

Through all of this, I still had an inquisitive mind. Why am I here? What is the purpose to life? Just 70 years or so and

quit? God was knocking. No one had satisfactory answers but I sensed my dusty Bible may help me. I opened it and it made no sense to me so I said forget this and shelved it.

More months passed and my parents came out to visit me. While visiting, my dad pulled a muscle on a Sunday morning and we had to get him to a doctor's office quick due to pain. Nothing open on Sunday, but a referral service secured a doctor who would look at him. While in the waiting room, I found a card stating “free gift Bible and study guides.” The guides somewhat interested me thinking if I looked at the Bible systematically, maybe I could get my answers. I needed answers. I filled out the card & dropped it in the mail.

One October in '77 as I was high on pot, there were two little old people wandering around our courtyard with Bibles under their arms. I thought they were lost (needless to say, I was the one lost). They came to my door stating they had my Bible study guides. My friends who were with me became silent and I told the couple they must have the wrong address. The gentleman took out the card I had mailed in with my signature. What could I say? “Okay, I'll take your guides but I'm not going to church, door-to-door or any such thing.” All I wanted was an independent study. They said, “fine.” The Holy Spirit was drawing me.

My conversion didn't happen overnight. The Bible workers started coming over once a week and I had my lessons ready. Over a matter of months, the picture of who Jesus was and what He did for me became very meaningful. He became real to me. As I studied His pure, perfect life, my own life loomed up in front of me in densest blackness. Every area of my life needed changed including my thoughts. I decided to change but found it was not in me to do so. I was too steeped in bad habits, the groove of sin. I wrote on the back of one guide, “Help, I'm imprisoned by my own life!” The Bible workers kept coming and shared with me how to take hold of faith in Jesus with Bible promises and had me write them down and refer to them often especially when I was tempted. Long story short – they worked and I started overcoming.

After six months, I was baptized into the SDA Church. My faith continued to grow (not without challenges & set-backs) but continually forward even stumbling along the way. I can't pinpoint the exact turning point in my life, wasn't struck with lightning, but things were changing – and continue to do so for God's glory.

What is faith? To me it is believing in God and that He will do what His word says. His Word includes enabling us to be victorious over vices, habits, and any sin that plagues us. His Word gives us hope of a future that motivates us to move forward. We receive the righteousness of Christ.

Eventually I found myself finishing my education at PUC and God leading me into health education. So many blessings started coming my way not the least of which was a God-fearing husband who is now sleeping in Christ. There's no other fulfilling life; only God can fit in that God-shaped hole in everyone's hearts. I'm so glad I'm part of the Tryon Church where we can share on a meaningful, spiritual level. I'm satisfied – no more searching for the meaning of life. He is mine and I am His!



January: Surviving Winter

Do I stay or do I go? And if I stay, do I just sleep through it all? The Southern Appalachians are home to a large and diverse fauna, and as winter sets in, that fauna gets to work surviving.

Groundhogs' heart rates may drop from between 80 and 100 beats per minute to five. Their body temperature, normally around 98 degrees Fahrenheit may drop to as low as 40 degrees Fahrenheit. Painted turtles generally hatch in September or October but the babies don't head for open water. "They will stay in their nests all winter, and they produce a natural kind of antifreeze that prevents their cells from freezing," said Landon Ward, an instructor at UNC-Asheville. Honeybees cluster together in the hive using their collective body heat and food stored in the hive to make it through.

Perhaps the most obvious creatures to coalesce to the cold, are the birds—like kindly grandparents from Florida, they head south when the temperatures start to fall. The forests and fields across the Southern Appalachians empty and become quieter and more still.

Simon Thompson, owner of Ventures Birding Tours and co-owner of Asheville Wild Birds Unlimited, said "a full 70 percent of the birds that nest in the forests of the Blue Ridge migrate." These birds, known as neotropical migrants, nest in North America but spend their winters in Central and South America. That means that each fall, within a few short weeks, millions of birds vacate the Southern Blue Ridge.

There are at least 50 species of birds that stay with us year-round. Some of these are Carolina chickadee, tufted titmouse,

song sparrow, northern cardinal, eastern towhee, eastern bluebird, northern mockingbird and at least five species of woodpeckers. But even these residents show wintertime adaptations. Some add extra down-feathers during their fall molt to increase insulation. Others like robins and eastern bluebirds shift from an animal diet (insects and/or worms) to more berries and seeds. Groups of eastern bluebirds will roost together in the same cavity if it gets especially cold. Some birds like Carolina chickadees can slip into torpor—a state where their metabolism rate is greatly lowered and body temperatures are dropped—to conserve energy.

Hibernation is a fascinating winter-coping tool. Most warm-blooded animals that hibernate, like groundhogs and chipmunks, are able to slow their metabolism and lower their body temperature to just a fraction of what it was while they were last active. One conundrum regarding hibernators in the Southern Appalachians is the black bear. Whereas critters like chipmunks (true hibernators) almost always have a stash of food in their den and have to awaken periodically to go to the bathroom and have a midnight snack—black bears generally never do.

Jumping mice join chipmunks and groundhogs and bats as hibernators in the Southern Appalachians while skunks, raccoons, possums, rabbits, squirrels (flying squirrels too,) river otter, mink, bobcats, coyotes, white-tailed deer and elk join those creatures that carry on through the winter months.

Just because they carry on doesn't mean they don't make allowances for winter. Dr. Muller points out that while white-tailed deer don't hibernate their metabolism slows down and they don't have to forage as actively as they do in warmer months.

Excerpted from an article by Don Hendershot
<https://www.smliv.com/outdoors/surviving-winter/>



Iceland—Volcanoes and Jólábókaflód

Dick Bayley

Last Dec. 22 the residents of Grindavik, Iceland (3,800) were allowed to return to their homes after being evacuated on Nov. 10, due to the latest threatening eruption of a volcano, known as Fagradalsfjall. The town is located 31 miles SW of the capital city of Reykjavik.

This evacuation might even be called routine because of the frequency of eruptions in Iceland, which happens to be one of the most active volcanic regions in the world. Besides smaller disturbances, there was the Holuhraun eruption of 2014-15 and of course most will remember the Eyjafjallajökull event of 2010, well, no one will remember that name, when airports around the world were shut down for a week to safeguard the engines of jetliners from ash in the air. 100,000 flights were grounded.

An article just a few years ago described the long series of national calamities that have beset Iceland for hundreds of years, the plague in 1402 for example killed a third of the population. Then there was smallpox in 1707. Later 10% of the population died during the famine of 1751-58, and so on. Add to that the long, cold, dark winters they must endure. One writer in the Wall Street Journal* expressed some amazement that Iceland has survived as a nation at all because of the disasters the people have experienced, not to mention the rigors of simply living there, especially in the early days. (1) I like to think of it as partially due to the Viking heritage of the people.

But, there is a factor at work in Iceland that is a major influence, an unexpected one, that sets Iceland apart among the countries of the world. And that is an inbred (so to speak) love of writing and reading, going way back to the sagas, histories more or less, in the 1100's. One observer commented that Icelanders seem to have a compulsion to record events. (2). Sociologist and Iceland scholar Richard Tomasson writes in his article, "The Literacy of the Icelanders" (3), that the people of this isolated nation survived several hundred years of misery thanks to the sustenance of their [written] history, poetry and literature.

The climate had something to do with it as well. During the grueling winters, the family would all gather together in their homes for warmth, but not without someone designated to read to the others while they were mending clothes, fixing tools, etc. This practice is known as the kvöldvaka, which author Alda Sigmundsdottir, describes as "an essential part of keeping people spiritually alive."

The fact is, Iceland has the highest literacy rate in the world, with an educational tradition going way back at least to the 18th century, when tutors were sent out for one month to every farm in the country. And today, more books are published per capita in Iceland than in any other country. Not long ago, statistics revealed that 10% of the citizens will not only write, but publish a book in their lifetimes.

Thordur Tómasson was curator of the Skógar museum where a copy of the first complete Icelandic Bible is kept, printed on the first printing press in the country. When the

museum was threatened by a volcano and he could save only one item, it was the 1584 Bible that he rescued.

And very recently Iceland experienced the Jólábókaflód, which translates as "The Christmas book flood", when practically every Icelander can expect to receive at least one book for Christmas. There is so much interest in new books, that the publishing association sends a catalog of all the new books to every household in Iceland before Christmas. That's when 80% of the revenue from book sales comes in.

Countless Icelanders look forward to crawling in bed with their new gift books at Christmastime, followed by endless conversations later about every aspect of those books with friends and family. No wonder that reading in Iceland has even been referred to as a "national sport".

Principal sources, 1. Wall Street Journal, 7-10-20, 2. "Books and Reading", by Alda Sigmundsdottir, on line, 3. Lauren Oster, "Iceland's Christmas Book Flood Is a Force of Nature," Travel, 12/15/22

*In these little articles I frequently refer to the Wall Street Journal. That's because my neighbor gives me his copies when he is through with them.



There is a huge, national book sale in Iceland every February



One in ten Icelanders will publish a book in their lifetime.



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How Cleansing Can Help Weight Loss

Bev Cook

Do you believe we're part of something bigger than ourselves? Do you have any idea how important that is? We want to say thank you for all your help and support during 2023. We participate in so many things bigger than what we could do alone. For instance, we partner with Food Lion and were part of them providing 4,855,000 meals to help families in need over the holidays.

We're all part of something bigger than ourselves and that's the great controversy between Christ and Satan. Our part is to trust in Jesus and in faith do everything we can to bring the message of hope to His children, even (or perhaps especially) the ones who don't know they're His children. One way we can do that is by meeting people where they are and ministering to their needs. As you make your plans for 2024, we hope you will consider giving of your time, money or other resources to help in the community. Consider volunteering at the thrift store or at Share Thy Bread. Consider giving to pay off the thrift store mortgage or to help Share Thy Bread expand into the new building. Above all, consider giving of yourself to carry the gospel message and work beyond our church walls -- a sermon in shoes. God bless you in the coming year.

Feel like you've tried every exercise regime and diet plan under the sun and still can't shift the weight? It's likely that even if you have tried strict diet plans and counting calories, you end up back to eating foods that may not be serving your body and are potentially causing it harm. Modern society has convinced us that losing weight is simply about calories in, calories out. It's told us that only by exercising more and eating less will you start to see that waistline shrink.

There's just one problem with this concept.... not all calories are created equal. Science has proven that calories from sugar and flour are used completely differently in our body than the equal amount of calories from leafy greens or nuts. Continued consumption of food laden with sugar and flour contribute to addictions and overeating through the hormonal triggers from these foods. For example, they spike insulin and cause inflammation in the body which leads to insulin resistance and thus the dreaded belly fat and inability to feel full.

If you follow a holistic and natural approach to cleansing like a safe cleanse (ask Bev), you will be eliminating toxic foods such as processed sugar and flour from your diet. In turn, you will give your body the chance to excrete toxins, balance hormones, and brain chemicals that make you hungry and crave nutrient-empty junk foods. Instead of being in a state of nutrient starvation where your body feels the need to store fat, a cleanse with nourishing soups, juices, and smoothies will help your hormones reactivate, thus speeding up your metabolism and turning you into a fat burning machine.

Here are just a few reasons why doing a cleanse generally contributes to natural weight loss: 1) speeds up your metabolism, 2) lose stored belly fat, 3) balances hormones and brain chemicals, 4) stops sugar cravings, and 5) restores energy.

(To be continued next month...)

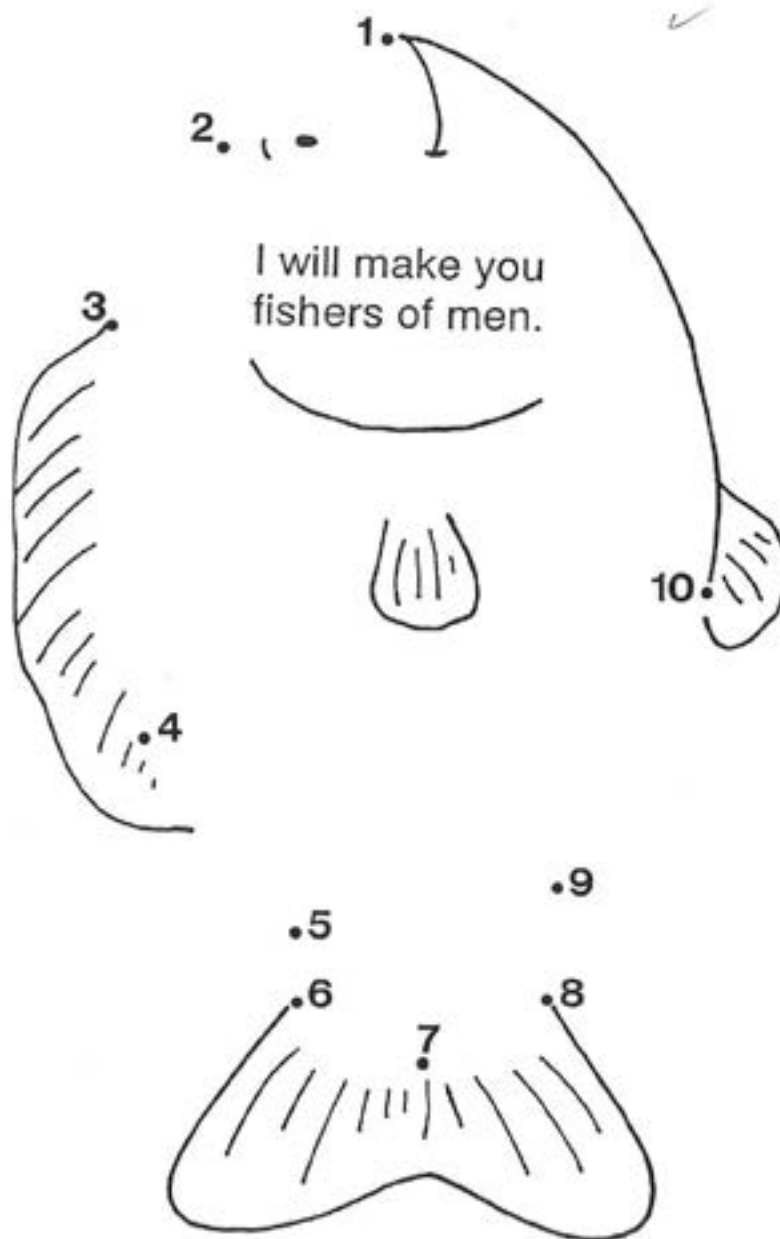
Taken from FoodMatters on Juices, Smoothies & Soups





CHILDREN'S CORNER

Ages 3-6

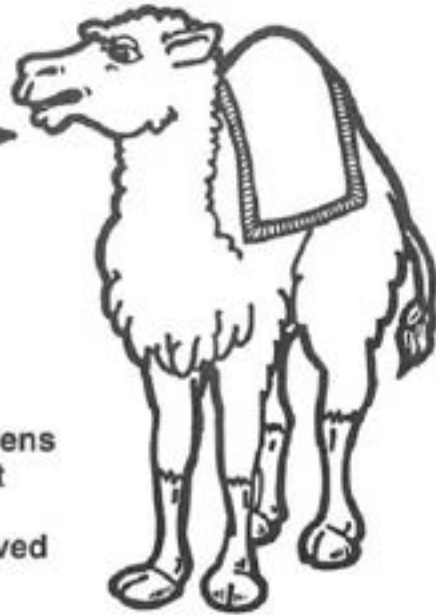


Connect the dots to finish this picture.

CHILDREN'S CORNER

Ages 7-12

Find these words from the story of the baptism of Jesus. Draw a circle around each one that you find. They are across, backward, and up and down.



Jesus
Galilee
Jordan
Dove

John
Baptize
Water
Son

Heavens
Spirit
God
Beloved

B E S S P I R I T G
J E S U S B R G P A
O R O N N E R R S L
R N N E E L E S T I
D A D N V O T O P L
A H J S A V A B V E
N H O J E E W B D E
D O G G H D D O V E
S G D E Z I T P A B
X Q R Z Y P M S X W