





April, 2024

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Pastor Bob's Blog

The Story of the Folded Napkin.

For more than fifteen years there have been postings on different social media platforms referencing the significance of Jesus folding the burial cloth that was covering His face.

The detail of the folded napkin is found in the account of Jesus' resurrection in John 20:7, "And the napkin, that was about his head, not lying with the linen clothes, but wrapped together in a place by itself" (KJV). Let's look at a few of the details.

Different respected translations of the Bible handle this verse differently. Three of them translate the verse with the word "napkin" (KJV, AS, RSV). Others translate it with "burial cloth" (NIV), "handkerchief" (NKJV), or "face-cloth" (NASB). The Greek word is *saudarion*, It can refer to a towel for wiping sweat from one's face and/or a towel or cloth used about the head of a corpse, but not a table napkin.

Another key word is folded. Was the burial cloth or napkin left folded in the tomb? Two of the translations use the word folded (NIV, NKJV). Others translate the word as "rolled up" (NASB, ASV, RSV) or "wrapped together" (KJV). The Greek word is *entulisso*, which is from words that may mean "to twist" or "to entwine."

The bottom line is that there is no agreement that it was a table napkin or that it was neatly folded in any meaningful way. The primary meaning of John 20:7 is that the cloth, which was placed over Jesus' head or face at burial, was separate from the rest of His grave clothes. The significance of that, if there is any, is unknown.

Continuing with an understanding, it has been rumored that folding the napkin at the table is a Jewish custom that means the person folding the napkin intends to return. Numerous Bible study sources have been checked, but there is nothing about this alleged Jewish custom of the folded napkins.

Many Bible commentators and authors have used this creative illustration to make specific application to the resurrection and return of Jesus Christ. Table napkins, such as we use today, were not used in Jesus' day. The folding of the napkin as a sign that a dinner guest is not finished may be good European custom, but it appears this custom was unknown in the land of Israel in the time of Jesus.

Good news is that Jesus said He would rise again in three days (Mark 8:31), and that He would come again to gather His followers and take them to the place He has prepared for them (John 14:3, 1 Thessalonians 4:16,17).

Revelation 22:20, "Surely I come quickly. Amen. Even so, come, Lord Jesus."

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Support Our Kids!

Wanangwa Hartwell

Get out your calendars! We're going to give you some events to come out to and support our (your) kids!

April 13, Church Sanctuary, 10:45 a.m. -- Choir, bells and chimes providing the worship service. (We have reason to believe there will be some other great music too!)

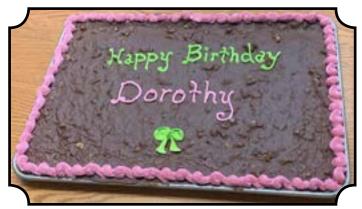
April 21, Morgan Center, 4:00 p.m. -- We have the privilege of hosting area churches at the first ever Tryon Bell Festival; 6-8 grade bells among others performing.

April 28, FENCE, 12-4 p.m. -- The school has a table at FENCE's 40th anniversary celebration; come join us!

Also, if you know anyone who is interested in attending our school next year, have them contact Lori Busch (lbusch@ carolinasda.org; 828-817-1823) now as we would love to give them a tour and talk to them about availability.

March Birthdays





Dorothy Hornbeck's 92nd Birthday!



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

www.timelesshealinginsights.org/30days/tryon



- 1 William Alford Donna Cantrell Ed Powell
- 4 Jeffrey Tary, II Mattie Painter
- 5 Sarah Rowe
- 8 Doria Harms
- 15 Kari Owens
- 16 Paul Witt, Jr. Bob Sengele
- 18 Pastor Bob Grant Earlene Gregory Brooke Witt
- 19 Cody Heyer
- 20 Dee Vaughn
- 21 Cecil Baker Alexa Kim
- 23 Carol Peden
- 28 Katie Queen



You may have your advertising here by sending email to lornanewsinfo@gmail.com or texting to 828-817-1544.

Deb's Sewing and Alterations, 828-817-7015.

For Sale – Raw Honey, ('23 harvest) Quart, 44 oz net weight, \$18; or Pint, 21.2 oz - \$10. Call Wally at 828-863-4154. Could use your used vegenaise and mayonnaise jars with caps.

Be a Missionary Where the Lord has Placed You. Any age. Any skill. Any level of mobility. We have something for anyone interested in donating 30 minutes, three hours, or whatever fits your schedule in a ministry that helps you mingle with the community and meet their needs, which will give you a chance to show compassion. (*Ministry of Healing* 143). Currently we have a special need for volunteers to cover two Thursday shifts 9:30-12 and 12-2:30. For more information about how you can help *Share Thy Bread*, contact Lorna, 828-817-1544.



I was born and raised in Norristown, PA and raised in Spring City, PA. My family were country folk in that we grew our own vegetables and fruit and nut trees. There were corn fields on either sides of our home. I graduated in 1973 and lived in Spring City until 1979 when I moved to California. I got a house in Riverside and was there until 1989.

In Riverside I worked for Boeing Aircraft as a supervisor for final assembly. Then McDonnell-Douglas built the C-17 and MD-11 aircraft. In 1989 I moved from Riverside to San Bernardino, CA with my parents. I was with Neil Aircraft for a while until I was laid off. I asked the Lord, "What would you have me do?" Then an opening with TSA came up at the Los Angeles Airport. I was the Behavior-Detection Officer Supervisor. If we saw any sign of something going on in the airport security, we would pull them over and check them. We did pull over a terrorist once.

I worked with TSA until 2015. Then I worked a year at New York Airport and could not wait to get away from there as they were so unprofessional and extremely corrupt. I left in 2015. I was in New York for one year and then back to Los Angeles.

My family went to church off and on but our home would not be considered a place of solid Christian upbringing until 1989. I went to Calvary Chapel in Chino Hills, CA. There I became more committed. I was very involved with the church. When my mom died, I did not want to live and considered taking my life. I said, "Lord, if you are real, please help me; I need proof." Then I met a lady (SDA) who helped fix my computer and I kept quoting the verse, "absent from the body, present with the Lord." She had the "Tribe of Judah" on her computer home page and she asked me if I would like Bible studies. I said, "yes, I will do Bible studies." During this time, I was on a 30-day water fast and God showed me great things. Every day, every night I was up sometimes until 3:30 a.m. hungry for spiritual food. I was never fed through the Calvary Chapel and never learned anything from the Word. I asked about the Sabbath and the pastor said, "That's for the Jews."

When the study on the Sabbath came up, I took Sabbath tracts and started handing them out to the Sunday people but the elders attempted to stop me. I put 3,000 Sunday Law books on the cars at Calvary Chapel.

I retired on February 22, 2015 because the Lord said "Rise and get up and walk." I asked, "Where do You want me to go and what do I do?" "Go to OR to learn more of the Seventh-day Adventist message." I met up there with medical missionaries, learned about prophecies, etc. I was sent to Las Vegas to help a lady with adrenal failure. I took care of her and her whole household so she could rest. I learned more about our message there.

I've been in many states: OK, AR, PA, KY, etc. Belinda Fries moved to this area to be with her daughter and I was praying to get away from the town that was growing up around me into a city in KY. "Lord, please get me out of here. I need a place in the country." Belinda was talking and heard Terry Bantz had a rental. She told Terry about me, took some pictures of the mobile home, the country, and told me about the surrounding SDAs. I texted Belinda to tell Terry, "I'll take it." I knew it was right because I was praying.

My main interest is reading the Bible and Spirit of Prophecy. I've read the Conflict Series and now am reading the Testimonies. I eat a plant-based diet, mostly raw and nothing else. I eat fruit in the mornings and veggies in the afternoon. It's been a major transformation becoming an Adventist. Before my conversion, I drank 12 cups of coffee prior to going to work, then more coffee at work with six Expressos in the large cups plus energy drinks throughout the day. After the 30-day water fast, all the cravings went away and I've never had a desire to touch coffee again. Also before my conversion, I had Stage 4 cancer and the Lord comforted me with complete peace. I did do chemo and it went into remission for 12 years. Then when my mom died, I became very stressed and it came back as Stage 3 but I had no fear. I felt God wanted me to be healed and then He led me to our health message and did heal me. He said, "Pick up your bed and walk."

My favorite Bible verse is Isaiah 41:10, "Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand."

I was also with the military as a epidemiologist for 12 years. I never intended to retire but did in 2015. That is the year I was baptized – February 22, 2015 into the Hamburg, PA SDA Church.

I believe we need to be more mindful of doing the Lord's work. I have had dreams and visions. I know He is coming very soon.





The Power of the Mind

Bev Cook

Proverbs 23:7(a), For as he thinks in his heart, so is he. Philippians 4:8, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

There is a reason God admonishes us to think positively and on good things and this includes thinking about ourselves. God didn't make anything defective. The more we think on the positive, the more positive we, ourselves, become. We must turn lemons into lemonade and God gives us that power. Our words have a major impact on our health including the image (made in God's likeness) of ourselves. Often I say, "I'm the happiest girl in the world." Guess what. It has come to pass.

Yes, we need to say it even if it seemingly isn't true and it surely will happen. Arnold Schwargenegger had posters of Mr. Universe all over his barracks when he was in the military. He dreamed so much of this goal and pictured himself fulfilling that role day after day that yes, he actually became Mr. Universe one day. There's a reason EGW encourages us to spend a thoughtful hour with Jesus each day and that is so we will become more like Him.

Unfortunately, the mind can work in reverse if we dwell on the negative, how unfair life is, and have a bad (or fat) image of one's self in our mind. But we can change that. Any day can be our first day of positive images in our mind. Lock them there and eventually you will become that happy, positive person. It works in the spiritual, mental, and even in the physical realm. Go for it!

Nothing Gold Can Stay Robert Frost

Nature's first green is gold, Her hardest hue to hold. Her early leaf's a flower; But only so an hour. Then leaf subsides to leaf, So Eden sank to grief, So dawn goes down to day Nothing gold can stay.



God's Kitchen Korner Wendy Logue

This article will provide information about the fellowship lunch ministry in God's kitchen. If you have any kitchen questions, please contact Wendy Logue at 704-418-0253.

We would like to thank Sonjia Bennett and Kelley Edney for coordinating our March fellowship lunches. Thank you very much to everyone who helped with the lunches. It is very much appreciated. Our host and hostess ask people to help them, and we sincerely appreciate all of the help.

April:

April 13 and 27: The hostess and host for the second and fourth Sabbath fellowship lunches will be Rene and Bud Jackson. A big thank you to everyone who is helping them.

The fourth sabbath of every month we celebrate all of the birthdays for that month. Happy Birthday to all our April people with birthdays!!!

Did you know?

There are now table decorations in several plastic containers in the cabinets under the front dessert counter. The contents are listed on the outside. Please feel free to use them when decorating the tables.

If you would like a sign placed beside your dish saying "Vegan", "Gluten Free" or whatever you want people to know about your dish they are located in the upper cabinet that is next to the refrigerator. There are sign stands, signs, and pens. Please feel free to use them!

If you would like to use the kitchen and gymnasium for a Sabbath lunch on the first, third, or fifth Sabbath of the month please reach out to Marty Logue (704-418-4846), the church secretary, to reserve the day you want to use it.

Thank you to everyone who helps keep God's kitchen clean.

COME VISIT THE CHURCH LIBRARY Wanangwa Hartwell

Happy April! Spring is here and there is more time and sunshine for being out of doors. You should always still make a little time for reading, though, especially for devotions. We have some good new devotional books in the church library: *Conviction* by Troy Fitzgerald and *God's Got a Plan and You're It* by James L. Black, Sr.

There is a new book on servant leadership, some insights into the end times and Bible prophecy, and some deep discussions on Jesus and the Holy Spirit. If you're interested in health and wellness (and who shouldn't be?!) there is a book by Ernestine Finley (Mark Finley's wife) entitled *Secrets to Wellness*. And we got a copy of *Your Story Hour* with Uncle Dan and Aunt Sue that you can read just like *Uncle Arthur's Bedtime Stories*.

Make time to read to your kids. Take time to learn our church history. Be uplifted by the Spirit of Prophecy. Dig deeper into God's Word. And be blessed.

A Book Emily Dickinson

There is no frigate like a book To take us lands away, Nor any coursers like a page Of prancing poetry. This traverse may the poorest take Without oppress of toll; How frugal is the chariot That bears a human soul!

Literature Room

Wanangwa Hartwell

You may have heard the quote. "Spread the literature like autumn leaves." We have copies of *The Great Controversy* that you can share with anyone you know. Hopefully you've also seen the literature cart and Glow tract displays. Feel free to take things to share.

You can also support the church by using our church code (81155) when you order online through the ACBC. If enough orders are made using the code, we get money back to use for local ministry.

I want to share a story from a recent Pacific Press email. A woman received a book from a literature evangelist in her small town in Mexico. She read that book and subsequent others that were provided by the missionary. From that starting point, her study of the Bible eventually led all of her thirteen children to be baptized! Eight of her children went on to be teachers at local church schools, one became an academy principal, and another is currently an Adventist university president. This families' missional impact would not have happened without the Holy Spirit's influence through literature.

Let me know if there's anything you'd like to share that we don't have and I'll look into it. ~ Wanangwa Hartwell, wrbraves@gmail.com, 828-817-0251 (call/text)

SASSY (Spunky Adventist Seniors Serving You)

A wonderful cooking demonstration was given on Sunday, February 25, by Thai and Dr. Daniel King. They teamed up to explain and show in detail all the ingredients, including spices, that were cooked together to provide a vegetable broth to make Pho soup, a Vietnamese favorite. Rice vermicelli was topped with fresh produce and tofu, then broth was added. It was delicious and a meal by itself!

They demonstrated how to make spring rolls. First, we were shown how to handle the wrap and given tips for the success of handling this wrap. Tips were shared on how to cook rice noodles and arrange the many fresh options that were topped with a peanut butter sauce (who doesn't just love peanut butter?) were provided. Each participant made at least one of these spring rolls and some had a dab of extra sauce on the side. It was a delightful meal and everyone was commenting on how delicious and how stuffed they were. A huge thank you to the entire King family, and especially to Thai, for all the hard work and the hours spent to make this demonstration a success!

The Game Afternoon has been canceled for April.

Coming Events: All church Cowboy Town Picnic Sunday, April 21 beginning at 4 p.m. 2600 Hwy 11, Travelers Rest, SC. Please bring a picnic food to share and your own lawn chair. Contact Linda Michel at 941-264-7572 for more information.









Making a difference in people's lives and impacting them for eternity

Food Available Onsite on Tables and Carts Monday - Thursday 10 a.m. - 2:30 p.m. Friday 10 a.m. - 12:30 p.m. First Sunday 10 a.m. - 2:30 p.m.

> Food Deliveries Available To Shut-ins Call/Text 828-817-1544 To Register

As Adventists, we have long had a health message. What a blessing now to have our communities "catching up" and "catching on" to the message. Partnering with MANNA Food Bank and other organizations has been a study in how we can best provide these healthy choices to our neighbors in need.

MANNA recently included a timeline in their e-newsletter showing the steps they've taken over the years as they grow toward providing healthy foods. In 2015, soon after Share Thy Bread began (and began working with MANNA), they launched MANNA Express -- a delivery method for perishables and fresh food. In 2016, they launched the Nutrition Works program to provide nutrition training to their partners. In 2017, they launched the "Pop-Up Markets" pilot -- which we are still using to increase fresh food access to some of our clients.

Covid brought new challenges but also a new focus on healthy food distribution. Over 67% of the food MANNA distributed (some of that was through STB) was "healthy staples." And in 2023, MANNA's 40th year of operation, they hit a record of fresh produce distribution -- 34% of their entire inventory delivered was fresh produce. We get large quantities of that at STB, as well as what we purchase through the local farms and grocery stores.

Please continue to keep us in your prayer and consider giving to the STB building fund. More space just expands the possibilities for sharing healthy food and the health and gospel messages.

From the desk of the church secretary, Marty Logue

In the Great Commission of the gospel, we read "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit." Matthew 28:19. I want to discuss the third member of the triune of God - the Holy Spirit. In Genesis we start to learn a bit about the nature of God. In Genesis 1:26 we read "Let us make man in our image, after our likeness." He did not say in my image, he said "our image." Each member of the Triune of God has a major part in the salvation of man and woman.

Satan understands the role of the Holy Spirit and it is his plan to do as much as he can to confuse people about the Holy Spirit. In the Great Controversy Ellen White says "Since the ministry of the Holy Spirit is of vital importance to the church of Christ, it is one of the devices of Satan, through the errors of extremists and fanatics, to cast contempt upon the work of the Spirit and cause the people of God to neglect this source of strength which our Lord Himself has provided." (p.viii).

It is the Holy Spirit that helps bring about changes in our lives. The Holy Spirit applies the work of Jesus to our lives as we grow as Christians. Ellen White puts it this way "The work of the Holy Spirit is immeasurably great. It is from this source that power and efficiency come to the worker for God; and the Holy Spirit is the Comforter, as the personal presence of Christ to the soul." (Advent Review and Sabbath Herald, November 29, 1892). So, the Holy Spirit is the one that brings the personal presence of Jesus into our lives each day.

Paul wrote "But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord. 2 Corinthians 3:18. It is the Spirit that day by day helps convict and convert us into the image of God.

In Christ Object Lessons p. 69. "Christ is waiting with longing desire for the manifestation of Himself in His Church. When the character of Christ shall be perfectly reproduced in His people, then He will come to claim them as His own." Let me finish with my favorite scripture Galatians 5:22,23. "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law." My prayer is that we each develop the fruit of the Spirit in our lives.

Daydreaming is OK

Dick Bayley

Interesting anecdotes are told about famous people. Albert Einstein (1879-1955) was the subject of at least one, when, it is said, he and his wife attended a fancy dinner, where big orchid corsages were placed by the ladies' plates. Professor-doctor Einstein mistook his wife's green orchid corsage for a salad... and ate it! Perhaps he was an inspiration for some of those absent-minded professor jokes many years ago.

Yet, this man whose theories had set the world of physics on a new path, had some trouble finding a job early on, considered dealing in insurance and finally accepted a position in the Swiss patent office. There, people who knew him observed that he was quite a daydreamer. They say he created his epochal theory of relativity by daydreaming about travelling on light beams.(1)

For many years teachers have had to deal with students gazing out the window, their minds far away from the classroom. A lot has changed though. Now, daydreaming has a new name—"mind wandering", and furthermore, is considered a valuable part of the work day since it spurs creativity, as well as healthy decision-making, and promotes organization. (2)

How many of us have looked at celebrities, or highly successful people, and unconsciously compared ourselves to them, in achievements, physical appearance, talents, personality or other qualities? This is something humans are prone to do. Young people in particular are likely to obsess over celebrities because they are "establishing their identities." (3)

Daydreaming can lead to evil as well. J. K. Rowling, author of the highly popular Harry Potter witchcraft novels, (seven in the original series, spanning over 3,400 pages, dealing with Potter the wizard, and other dark persons), spoke about how that series started. She says she was daydreaming one day when the inspiration for Harry Potter came to her; "My characters come to me in this sort of mysterious process that no one really understands. They just pop up." (4)

Actually, celebrities can have a problem with daydreaming, people like Britney Spears, Shakira, Selena Gomez, Miley Cyrus, Rihanna, Justin Timberlake, and others. Several, when asked, said their daydreams are "incredibly vivid", so much so it's hard to focus on what they're doing. (5)

Let's turn to one of the biggest names of the 20th century, J. Robert Oppenheimer, the man who was director of the Los Alamos Laboratory during World War II, the place where much of the work on the atomic bomb took place, appointed by General Leslie Groves, who received nothing but opposition to this appointment. Negative comments about Oppenheimer included statements like, "absolutely the most unlikely choice"; "[he had] a knack for breaking every piece of equipment he walked past;" "He couldn't run a hamburger stand." He had "complete inexperience" running complex organizations. (6) He was a chain smoker, and when he wasn't smoking a cigarette, he was smoking a pipe. One writer said he smoked 100 cigarettes a day, and then... died in 1967 of throat cancer. I should also mention that he was extremely accomplished with foreign languages as well.

I have read, and right now can't locate the source, that Oppenheimer loved his retreat on St. Thomas Island, where he enjoyed looking out at the water and the palm trees, undoubtedly experiencing that peaceful reverie that's characteristic of daydreaming. In that "mode", so to speak, our thoughts can flow in any direction. The Medical School Health Blog of Harvard University tells us there are several benefits to day dreaming (a.k.a. mind wandering), such as developing new ideas, solving problems (when focusing on the issue doesn't work), and managing anxiety, to name a few. (7)

I have learned too that Ellen White had a few things to say about day dreaming, advising that unguided thoughts allow our imagination to run in forbidden channels. "Daydreaming and romantic castle-building" render a person "unfit for usefulness", she says. Instead, in order to be a success, we should not dwell on unimportant matters, or "idle musings". Whether our talents are few or many, we have a responsibility before God to use them properly. (8)

So what is the bottom line, to daydream or not to daydream? I don't think it would be possible to avoid it entirely. I, for example, can lapse into daydreaming unconsciously. How about you? After reading about it, I have decided there are legitimate pros and cons about daydreaming. Even scientific studies by prestigious institutions support it. At the same time, there are important spiritual issues involved that we must sort out for ourselves.

Sources:

1. history.com/topics/inventions/einstein

2. "The Mind-Wandering of Oppenheimer", Matthew Morgan, 8-19-23; The Art of Conversation [net/post/ oppenheimer]

3. psychologs.com

4. daydreamplace.com/are-many-novelists-immersive-daydreamers/

5. Reference lost

6. "Management Secrets From the Man Who Built the Bomb", Ben Cohen, Wall Street Journal, March 9-10, 2014

7.verywellmind.com/positives-about-daydreaming, Harvard Medical School Health Blog, "Mind Wandering can help manage anxiety," Barbara Field

8. Testimonies for the Church, Ellen White, 2t 251, 429

Daydreaming is OK Picture

Trees



April is perhaps best known for Arbor Day. This holiday, set aside for planting trees, was first observed in the 1870s in Nebraska and is now celebrated all over the world. Trees give us much needed oxygen as well as providing many supplies we use every day. We are blessed to have many trees in our part of the world. How many are you familiar with?

North Carolina has 5 species of hickory trees, 13 species of pine trees and many kinds of maple trees. Trying to identify trees can be tricky when they are so tall you can only reach the bark and so many are near to each other, you can't be sure which leaves are falling from which trees. We had a tree on our property that we thought was an oak -- until a large branch fell from it....it was a mockernut hickory! Even something as simple as "pointy leaves" can become complicated. We thought we had lots of maple trees, until an app showed us that we had a few maple trees....and a lot of American sweetgum!

Trees are also vital to the wildlife in our region. Oak trees, for instance, can support thousands of species, including birds, fungi, invertebrates, and mammals. What would we do without our trees?

Ellen White encourages us: "Look at the wonderful and beautiful things of nature. Think of their marvelous adaptation to the needs and happiness, not only of man, but of all living creatures. The sunshine and the rain, that gladden and refresh the earth, the hills and seas and plains, all speak to us of the Creator's love" (SC 9.1).

Spend some time in nature this spring. If possible, plant a tree (or two or more). As the oft-quoted and oft-paraphrased proverb (likely Chinese in origin) goes: "The best time to plant a tree was 20 years ago. The second best time is now."



This person could be daydreaming, and at the same time doing important work!

Photo credit: verywellmind.com

Trees By Joyce Kilmer

I think that I shall never see A poem lovely as a tree.

A tree whose hungry mouth is prest Against the earth's sweet flowing breast;

> A tree that looks at God all day, And lifts her leafy arms to pray;

A tree that may in Summer wear A nest of robins in her hair;

Upon whose bosom snow has lain; Who intimately lives with rain.

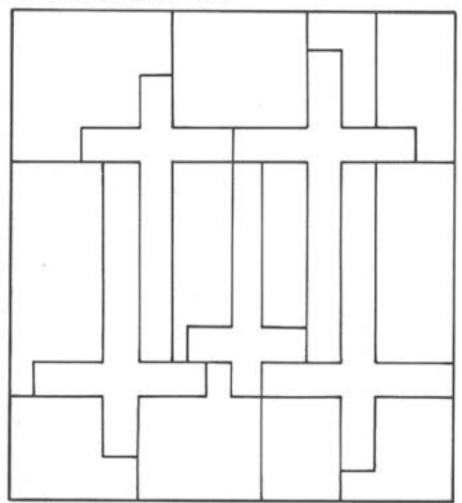
Poems are made by fools like me, But only God can make a tree.

Joyce Kilmer Memorial Forest Robinsville, NC

CHILDREN'S CORNER Ages 3-6

The cross was part of God's plan!

How many crosses can you find below? Put an X on each one.



Circle the number of crosses you found:

1 5 8 10

CHILOREN'S CORNER Ages 7+

Jesus had been talking to a group of people about what was going to happen to Him soon. He was feeling a little nervous about God's plan for Him. So He began to talk to God. Something happened! The crowd standing by heard it and said that it had thundered!

Write the letter that is missing from each line below.

