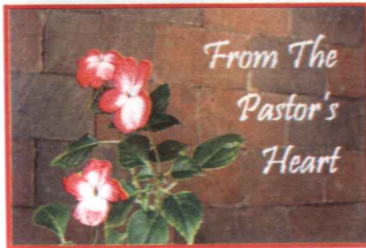


Faith Talk

The Shield of Faith Church
Hanahan, SC

Volume 3, Issue 19
May 2013



If I Only Knew!

If I knew it would be the last time that I'd see you
fall asleep,
I would tuck you in more tightly and prayer the
Lord, your soul to keep.

If I knew it would be the last time that I see you walk out the door,
I would give you a hug and kiss and call you back for one more,

If I knew it would be the last time I'd hear your voice lifted in praise,
I would video tape each action and word, so I could play them back day after day.

If I knew it would be the last time, I could spare an extra minute or two
To stop and say, "I love you," instead of assuming, you would KNOW I do.

If I knew it would be the last time I would be there to share your day,
Well I'm sure you'll have so many more, so I wouldn't let just this one slip away.

For surely there's always tomorrow to make up for an oversight,
And certainly there's another chance to say our, "Anything I can do's?"

But just in case I might be wrong, and today is all I get,
I'd like to say how much I love you and I hope we never forget,

Tomorrow is not promised to any one, young or old alike,
And today may be the last chance you get to hold your loved one tight.

So if you're waiting for tomorrow, why not do it today?
For if tomorrow never comes, you'll surely regret the day,

That you didn't take that extra time for a smile, a hug, or a kiss, and
You were too busy to grant someone, what turned out to be their one last wish.

So hold your loved ones close today, whisper in their ear,
Tell them how much you love them and that you'll always hold them dear,
Take time to say, "I'm sorry," "Please forgive me," "Thank you," or "It's okay."

And if tomorrow never comes, you'll have no regrets about today.

-In the Wonderful Name of Jesus, Pastor Bob and Susan Tilton

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Youth Talk

This is THE Day That The Lord Has Made

Psalm 118:24 "This is the day which the LORD hath made; we will rejoice and be glad in it."

We as Christians may have heard this scripture at one time or another in our lives and made a conscience decision to rejoice or sing to Him that day. This scripture stays in the forefront of my mind so frequently that I had to look it up. What I found is not only does this chapter say five times that, "His mercy endureth for ever," but it has many other well known verses in it as well.

- Verse 5 I called upon the LORD in distress: the LORD answered me, and set me in a large place.
- Verse 6 The LORD is on my side; I will not fear: what can man do unto me?
- Verse 8 It is better to trust in the LORD than to put confidence in man.
- Verse 14 The LORD is my strength and song, and is become my salvation.
- Verse 17 I shall not die, but live, and declare the works of the LORD.
- Verse 22 The stone which the builders refused is become the head stone of the corner.
- Verse 26:a Blessed be he that cometh in the name of the LORD:
- Verse 28 Thou art my God, and I will praise thee: thou art my God, I will exalt thee.
- Verse 29 O give thanks unto the LORD; for he is good: for his mercy endureth for ever.

When you look at the root words of each word used in the 24th verse, this is what it says:

"Right here, this day, from sunrise to sunset, the Eternal Existing One, Jehovah, God, has made it; because of this I will spin around as if under the influence of strong emotion and brighten up, being cheerful because He has done so."

We are to rejoice in the fact that He MADE the day! Not just today, but the day in general as it states in the book of Genesis. It is because He made the day that we are able to call upon Him, trust in Him, live for Him, declare His works, go forth in the Name of the Lord, praise Him, exalt Him, give thanks to Him, and enjoy His mercy! If He didn't make day, we wouldn't have the opportunity to serve Him! Thank you Lord for creating the day!

Everyday we are to rejoice in the fact that He created the day. We are to use each day wisely to further the kingdom of God. We are to stay alert and aware of what's going on around us so that we can better communicate with the Lord about His schedule for the day (and we thought it was about OUR schedule...)

It is imperative, important, urgent, central, significant, crucial, and vital that we acknowledge the Lord in all that we do and say. We cannot stay focused on His plan when we don't even take time to pray before we get out of bed in the morning because we are racing to get 'our' stuff accomplished.

Let's challenge ourselves to thank Him each morning for the day, BEFORE we even get out of bed. Let's cheerfully spin around and get excited about the day and about His exciting plan and mission for us!

OUR attitude will affect our Youth. They will get excited and will look at the day in the same way that you do... Let's train them what to do before the world teaches them to hate that sunlight pouring into their bedroom window on a Monday morning... Selah.

-Michele Dotter

Prayer Works!



My brother, Bernie Bowling, was diagnosed with cancer last year and the doctor's removed a large tumor from the inside of my brother's neck. He had to recover from the surgery and endure months and months of chemotherapy and radiation treatments which came close to killing him due to over radiation. He made it through all of this...

Bernie had his last P.E.T. scan on April 1st and I was fortunate enough to be there when the results came in as **CANCER FREE!** The doctor's were amazed at how clear the test was and told him that he didn't have to do his remaining nine treatments! By the grace of God he was healed.

My brother's faith never waned and he praised God through this whole ordeal. Many, many prayer requests were put out by myself and Michele Dotter and passed on to many, many other people, so there were thousands of people praying for him. My brother would like to thank everyone who prayed for him. "The victory belongs to God!" he says.

He hadn't cranked up his motorcycle since he was diagnosed with cancer, but on April 1st we were fortunate enough to ride together. It was awesome and I thank God for healing my brother so we could continue praising God and sharing special moments together. Thank you all!

- Roy Bowling

Recipe of the Month

Nachos

Ingredients:

- 1 Pound Ground Beef
- 1 Pound Velveeta Cheese
- 1 Medium Onion, Chopped
- 1 Large Bag of Tostitos Corn Chips
- 1 Can Ro-Tel Tomatoes



Directions:

Brown meat and onion; drain. In double broiler, melt cheese and tomatoes together. In individual bowls, put nacho chips, then meat and onion. Top with cheese mix.

- Jean Heppner, Shreveport Works Council, Shreveport, LA

Chillie's Corner

"Hole In One"

One day Jesus and Moses were playing a game of golf at Pebble Beach. Moses hit the ball, the ball goes flying and it is about to land in the water when all of a sudden a bird snatches it, flies to the green, and drops it 5 feet from the hole.

Jesus says, "Nice shot," and Moses replies, "Thank you."

So Jesus hits the ball and it is about to land in the water when the waters part and the ball rolls all the way to the green 2 feet from the hole.

Moses says, "Good shot," and Jesus said, "Thank you."

All of a sudden, a ball falls from the sky, a squirrel runs up to the ball and picks it up, takes it to the water where a turtle was waiting, the turtle takes the ball to the other side where another squirrel was waiting, and takes it and drops it in the hole.

All of a sudden a mysterious voice says, "Hole in one".

Meanwhile, Moses is in awe and Jesus looks up into the sky then turns to Moses and says, "I don't like it when my Dad plays golf with us."



Bible Trivia—I Didn't Know That!



- A) What is the name of Samuel's father?
- B) In what god's house did the Philistines store the ark of God?
- C) After their god was decapitated, the Philistines sent away the ark of the Lord, filled with five golden *what*?
- D) Samuel was a circuit judge, traveling to different places but always returning to his home in *where*?

- E) Samuel's sons did not walk in their father's footsteps. What were their names?
- F) When he first met Samuel, Saul was in search of *what*?
- G) Following a victorious battle, Samuel set up an earthy memorial called Ebenezer, which means *what*?
- H) To King Agag of the Amalekites, Samuel did *what*?
- I) Samuel's final meeting with Saul was at the home of a medium *where*?

(See page 8 for answers)

Life's a Beach

As I gaze and watch the ocean breathe,
I see the need I have for Thee.
I cannot live nor have my being,
Without you directing my coming and going.

Dark lines as waves crawl closer to shore,
Some combine with others to make them more.
Where they start is a mystery,
And then they end suddenly.

Our lives begin much the same,
Some end quickly and in great pain.
Crashing violently upon life's beach,
Grasping for everything in its reach.

Our lives are a shadowy wave moving across this vast land,
Some are strong and carry others to the dry sand.
Some leave behind an array of brokenness,
A long line, strewn pieces of loneliness.



<http://captainkimo.com/juno-beach-pier-hdr-sunrise-set/>

Lord, I need You to help me let go,
Of the ground I feel a part of when I should go with the flow.
May I deposit needed items for others to use,
On their life's shore so they may choose.

What's left behind when we pass away,
Should bring life to others and brighten their days.
The ripple effect of our lives should continue,
To help change others, their path, and their venue.

Without You, Lord, I have nothing to give,
Nothing but You can help us truly live.
As I gaze and watch the ocean breathe,
I see the need we all have for Thee.

-Michele Dotter

Commentary

When public events are unfolding, we are accustomed to having them reported and reviewed by newspaper editors or TV news anchors. But Christian historian David Barton tells us, that in the 1700's most of the news analysis came from the pulpits on Sunday mornings. In the early 1800's John Adams was asked for the names of those most influential in preparing the colonies for the American Revolution, and mostly he named preachers.

How times have changed!



Former British Prime Minister Margaret Thatcher died on April 8, 2013. A wide range of views has been expressed regarding her legacy, and here's my two cents. Without going into much detail, I could argue that she was the best Prime Minister of England in the 1900's, even outshining Winston Churchill.

What few commentators will say is that Thatcher was a Christian. During the time she was a rising star in British politics, an army officer led her to the Lord. Given that only a small percentage of people in England are really committed to Jesus, that took courage on his part. While she did not broadcast her faith while in office, she did often indicate that her decisions were made on principle, and that without principle, you have nothing. This definitely contrasts with many politicians who seem to be led around by expediency.

At the time that she became Prime Minister, shortly before the election of Reagan, Britain was called the "sick man of Europe." Uncollected trash was piling up on the streets, and dead bodies were accumulating because even the funeral directors were not burying them. Her policies over 11 years in office turned the nation around on multiple fronts.

What surprised me is that her memory is still being reviled and slandered by some in her home country. It reminds me of King Joash, who narrowly escaped being murdered as an infant (2 Chron. 22:10-12), and who was placed on the throne at the age of seven, thanks to the faithfulness and courage of Jehoiada the priest. Yet years later, Joash commanded the stoning of Zechariah, the son of Jehoiada (2 Chron. 24:20-22), one of a long line of persecuted prophets (Matt. 23:34).

Manifesting in England today are reprobate minds (Rom. 1:28), and the politics of envy (Gen. 4:8, Mark 15:10). As Prov. 27:4 says, "Wrath is cruel, and anger is outrageous, but who is able to stand before envy?" The achievements of the best rulers will be only temporary if they are not undergirded by continued recognition from the people.

- Phil Rust

A Personal Prayer

Father God- we have come such a long way, You and I, in this relationship - so many things have come to pass and some still remain. There are still some anxieties that cripple my spirit - I get so caught up in trying to lose myself in Your word, but the mind flows and the spirit subsides. The devil tries getting me to believe, "How could He ever forgive you of that?" and then the anxiety stops and the spirit comes to life because it remembers Your word, "Come now, let us settle the matter," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool." You assure me nothing is too dark or too bad to have forgiven and I should, "...humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on him because he cares for you." Thank you Lord for such an amazing gift - an amazing life and a clear path and purpose. Nothing can separate us, not even death. Your promises hold me, Your love sustains me, and Your spirit encourages me to stand up, pray up, and armor up because, "The peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus." So I am prepared for battle and the war has been waged. We will storm the gates of hell and set the captives free - even when sometimes that captive is me- Amen.

-Rick Reed

All About Me **“Melanie Colson”**



Melanie Colson came from a single parent household with a mother (whom she is very proud of ;) who did her best to instill good, godly values into her and her brother's lives. That foundation has carried them to where they are now in their relationship with God.

Early on, Melanie was familiar with the “party lifestyle” and experienced different types of drugs and abusive relationships. At age eighteen, Melanie married and had two daughters, Alicia and Miranda. She also has a granddaughter named Kynzie.

Melanie made it through a life of co-dependency and being married and divorced three times to those having similar characteristics. She shares that she knows she pursued the relationships in the wrong order, not God's way. She has learned that the only ‘male’ she needs to pursue with all of her heart is God. She has a stronger faith through it all and knows that God will provide all of her needs. If it is His desire, a suitable godly, stable, respectable man who will follow the laws of God, will pursue her and propose the way that God designed it!

As Melanie looks back over her life she can honestly say, through all she went through, that she held tightly to her foundation. She made it through those tough years and has done (as her mother did) the best she could to instill godly qualities in her children who are both active members of their churches.

One of her favorite scriptures is 2 Timothy 1:7 “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” Every situation she has experienced, no matter what it was, how big or how small the problem, that scripture has helped her to walk through and conquer the situation.

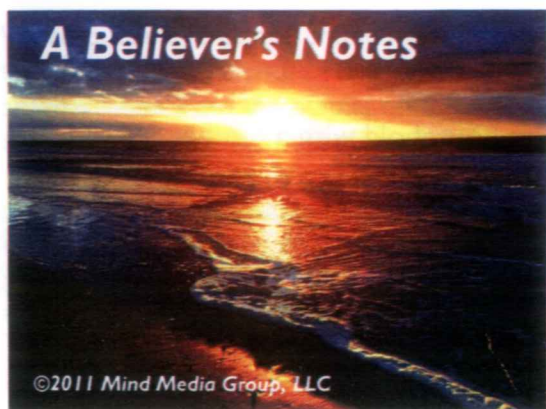
Melanie is a current employee of Coastal Canteen as a route driver as well as becoming a recent Owner/ President of her own company, Pronto Photo, LLC as a photographer. Her history of employment as a teacher's aide at Abundant Life Christian, a teacher at Charleston Academy, and a daycare facilitator in her home has helped prepared her for working with our Youth. Choreographing skits, singing, cooking and entertaining family and friends in her home are at the top of her ‘love to do’ list. You might find her under the hood of a car ‘digging in.’ No challenge is too great and she loves putting her skills to the test!

One day Melanie would love to go to Israel and visit her friend, Bakt, that she grew up with. She would love to travel the roads of Jerusalem, Galilee, Capernaum, and see first hand as much as she can about the travels and life of her Lord and Savior, Jesus Christ. No mission would be complete without her mom (who would probably NEVER leave).

Melanie continues to learn new areas of her life that need ministry from the hurt she suffered in the past, but as a result of all that she has been through, she has the testimony and ability to share with others who are dealing with and have dealt with similar situations and issues. She ministers His love, healing, compassion, and grace to those around her. She loves to teach and enjoys sharing with other single mothers who are learning to survive on their own.

We are so proud of you Melanie! You are a blessing to us and we appreciate your willingness to open your life as a teaching tool so that others can truly live the overcomer's life! We love you!!

Count It All Joy!



Count it ALL joy???? Usually, when you're in the midst of a trial, the last thing you feel like doing is counting it all joy. You're not in the mood to jump up and sing and rejoice over this opportunity to develop patience... BUT, IF you will LET patience have her perfect work, you will obtain perfect health.

If you are in financial trouble, you will have your needs met. It means you will receive whatever the Word of God has promised you. If you want to enjoy the health, deliverance, and prosperity that God has promised you, you'll have to let patience work.

You will have to believe God when it is hard to do. You will have to keep working in faith when your flesh just wants to quit. That's not negative, it's just the truth. And if you know that truth, you can prepare yourself in advance for those hard times by deciding that when they come, you won't give up. You can train yourself for victory by developing the force of patience that you will need to make it through when the going gets tough. In the end, you might just surprise yourself! You will be counting it ALL joy without giving it a second thought!

James 1:2-4 "My brethren, count it all joy when ye fall into divers temptations; knowing this, that the trying of your faith worketh patience. But LET patience have her perfect work, that ye may be perfect and entire, wanting nothing."

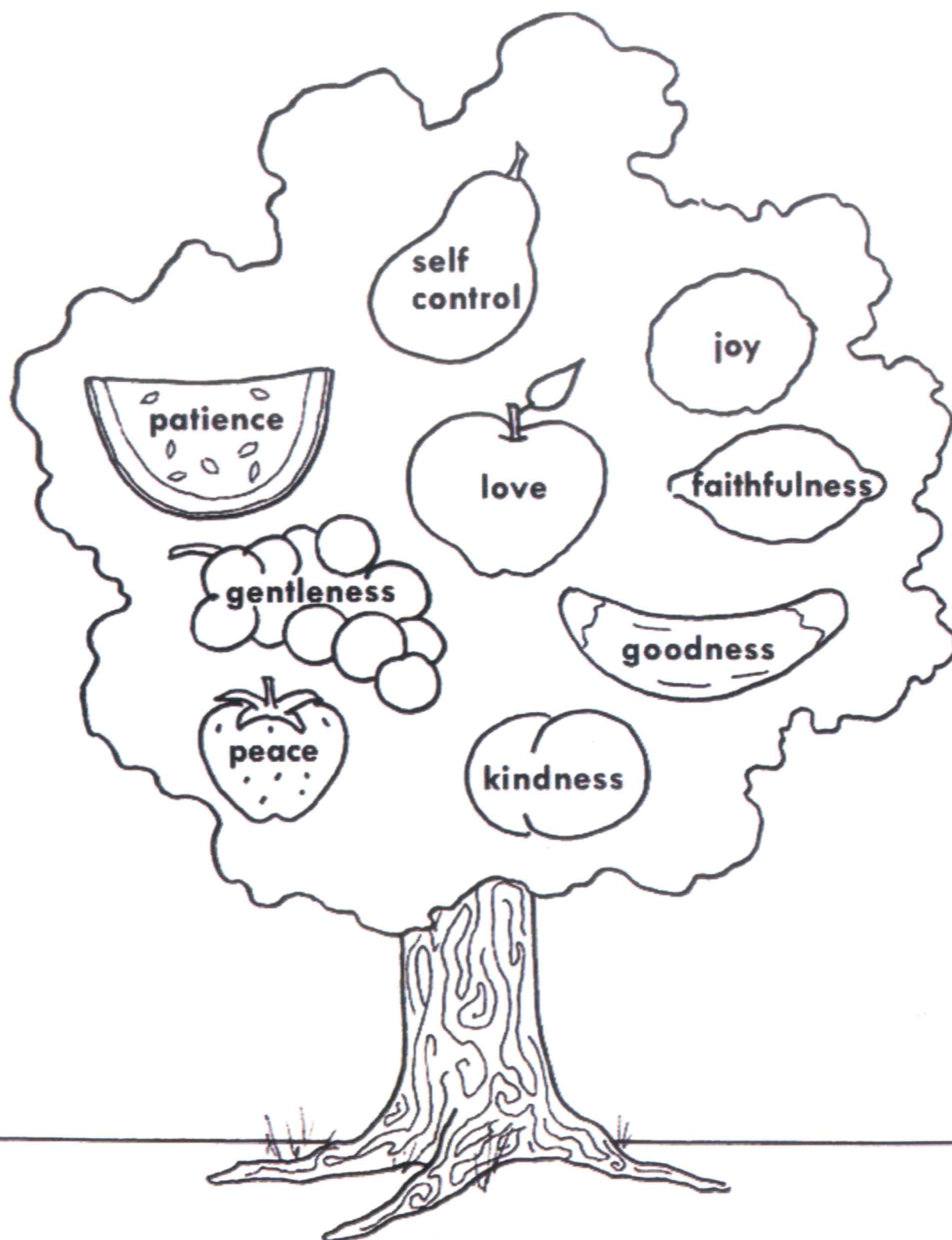
Talk to your mountain, whatever it is, be cast into the sea.

Mark 11:23 "For verily I say unto you, that whosoever shall say unto this mountain, be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith."

Bible Trivia **-I Didn't Know That!** **(From Page 4)**

- | | | |
|------------------------------------|--------------------------------------|------------------------------------|
| A) Elkanah
I Samuel 19:20 | D) Ramah
I Samuel 7:15-17 | G) Stone of Help
I Samuel 7:12 |
| B) Dagon
I Samuel 5:1-2 | E) Joel and Abijah
I Samuel 8:1-3 | H) Hacked him up
I Samuel 15:33 |
| C) Tumors and Rats
I Samuel 6:4 | F) Donkeys
I Samuel 9:3 | I) Endor
I Samuel 28:7 |

Kids Corner
(We are ALL His kids!)
"The Fruit of the Spirit"





Kids Corner

"Forgiveness"

Psalm 86:4-5 Gladden the soul of your servant, for to you, O Lord, do I lift up my soul. For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you.

Psalm 103:8-12 The LORD is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will he keep his anger forever. He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us.

Isaiah 1:18 "Come now, let us reason together, says the LORD: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.

Matthew 5:22-24 But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire. So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

Matthew 6:14 For if you forgive others their trespasses, your heavenly Father will also forgive you (attitude: forgive because you love the Lord)

Luke 7:47-48 "...Therefore I tell you, her sins, which are many, are forgiven—for she loved much. But he who is forgiven little, loves little." And he said to her, "Your sins are forgiven." (Jesus speaking to the accusers and the woman caught in adultery)

Acts 10:42-43 "...And he commanded us to preach to the people and to testify that he is the one appointed by God to be judge of the living and the dead. To him all the prophets bear witness that everyone who believes in him receives forgiveness of sins through his name." (Peter speaking of what Jesus commanded the Apostles to do)

1 Corinthians 13:4-7 Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. (attitude: can love cover it?)

2 Corinthians 2:5-8 Now if anyone has caused pain, he has caused it not to me, but in some measure—not to put it too severely—to all of you. For such a one, this punishment by the majority is enough, so you should rather turn to forgive and comfort him, or he may be overwhelmed by excessive sorrow. So I beg you to reaffirm your love for him. (attitude: stand ready to forgive)

2 Corinthians 5:18-19 All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation.

Ephesians 1:7-10 In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

Colossians 1:13-14 He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

Ephesians 4:31-32 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (attitude: loving and forgiving just like God forgave you)

Kids Corner
"Forgiveness"





Kids Corner

“Live to Benefit Others”

R	G	R	E	C	E	I	V	E	S	K	N	A	H	T
E	E	E	E	L	P	I	C	S	I	D	G	H	N	O
T	V	H	N	L	U	F	I	C	R	E	M	S	W	M
H	R	T	T	U	A	D	E	R	U	O	P	I	O	E
I	E	E	N	O	I	T	A	D	N	U	O	F	D	A
C	S	G	V	S	R	N	I	U	N	D	H	L	D	S
A	A	O	E	I	U	B	E	O	I	O	L	E	E	U
L	C	T	N	E	T	S	I	S	N	O	C	S	S	R
T	R	N	C	R	P	I	E	E	G	S	R	N	S	E
I	I	E	O	E	E	N	S	J	O	G	H	U	E	V
M	F	K	U	W	C	T	E	N	V	N	R	I	R	E
M	I	A	R	A	C	O	N	C	E	R	N	A	P	I
O	C	H	A	R	A	C	T	E	R	S	L	L	C	L
C	E	S	G	D	R	E	D	F	O	R	G	I	V	E
Y	O	J	E	V	E	R	Y	O	N	E	V	O	L	B

Accept
Believe
Brother
Care
Character
Commit
Concern
Consistent
Disciple
Encourage
Ethical
Everyone

Forgive
Foundation
Genuine
Grace
Honest
Jesus
Joy
Log
Love
Measure
Merciful
Need

Poured
Pressed down
Receive
Relationship
Reward
Running over
Sacrifice
Sensitive
Serve
Shaken together
Thanks
Unselfish



Health Check

*"Open my eyes so that I may see
wonderful things in your law."
Psalm 119:18 NIV*

<http://blog.opdocs.com/wp-content/uploads/2012/05/healthy-vision-month.jpg>

Millions of people living in the United States have undetected vision problems, eye diseases, and conditions. Healthy Vision Month is designed to elevate vision as a health priority for the Nation by promoting the importance of early detection and treatment, as well as the use of proper eye safety practices, in preventing vision loss and blindness.

Your eyes are an important part of your health. There are many things you can do to keep them healthy and make sure you are seeing your best. Follow these simple steps for maintaining healthy eyes well into your golden years.

- 1) **Have a comprehensive dilated eye exam.** You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure. When it comes to common vision problems, some people don't realize they could see better with glasses or contact lenses. In addition, many common eye diseases such as glaucoma, diabetic eye disease, and age-related macular degeneration often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.
- 2) **Know your family's eye health history.** Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with a disease or condition since many are hereditary. This information will help to determine if you are at higher risk for developing an eye disease or condition.
- 3) **Eat right to protect your sight.** You've heard carrots are good for your eyes. But eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens, is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.
- 4) **Maintain a healthy weight.** Being overweight or obese increases your risk of developing diabetes and other conditions. If you are having trouble maintaining a healthy weight, talk to your doctor.
- 5) **Wear protective eyewear.** Wear protective eyewear when playing sports or doing activities around the home. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.

- Continued on Page 14

Justice and Mercy Together

Many of our fifty states have passed laws banning the use of the death penalty even for the most serious crimes. In states where capital punishment remains legal, it is seldom applied. But the reasons behind this state of affairs are seldom examined.

Some people will say that the application of the death penalty is "barbaric." But when is the label of barbarism being applied to the serious crimes committed? Others might cite the example of the woman taken in adultery in John 8. I trust that a few months ago, my article dealing with this event is seen to show that is not the real issue addressed.

God prescribed capital punishment in the Law of Moses many times, and repeatedly adds this reason: "So shalt thou put the evil away from the midst of thee." The Lord wants to see a nation filled with righteousness. Have our current policies, being extended in the age of grace, led us into more effectiveness in restraining evil? It sure doesn't look that way to me! In fact, Paul reaffirmed the validity of the principle of the death penalty (Acts 25:11). Also in Acts, the Lord Himself executed some people!

God can extend mercy to us because Jesus paid the penalty for our sins. That penalty was death. The Father was not being "barbaric" by sending the Son to the cross; it was a matter of justice. Yet His mercy toward us is not automatic; we must still receive it personally. For those who reject Christ, the justice issue remains stark.

If the death penalty is inherently wrong, then it was wrong for the Father to assign to Jesus the job of submitting to crucifixion. Our salvation depends on the validity of capital punishment. Some people may say, "How can you be a Christian and at the same time support capital punishment?" My reply is, "How can you be a blood bought Christian and NOT support capital punishment?" How many church people who oppose the death penalty are willing to repudiate their own salvation?!!

- Phil Rust

Health Check

-Continued from Page 13

- 6) **Quit smoking or never start.** Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.
- 7) **Be cool and wear your shades.** Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.
- 8) **Give your eyes a rest.** If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.
- 9) **Clean your hands and your contact lenses—properly.** To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.
- 10) **Practice workplace eye safety.** Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all times and encourage your coworkers to do the same.

This information is intended to supplement, not replace, your health care sources.

References:

<http://www.biblegateway.com/passage/?search=Psalm+119%3A18&version=NIV>

<http://www.nei.nih.gov/hvm/>

- Alisa Wetzig

Special Notes

Can you answer all seven of the following questions with the same word?

1. The word has seven letters....
 2. Preceded God...
 3. Greater than God...
 4. More evil than the devil...
 5. All poor people have it...
 6. Wealthy people need it....
 7. If you eat it, you will die...
- (Answer bottom of Page 17)

What God Has Promised

(Hymn)

God has not promised
 Skies always blue,
 Flower-strewn pathways
 All our lives thro';
 God has not promised
 Sun without rain,
 Joy without sorrow,
 Peace without pain.
 God has not promised
 We shall not know
 Toil and temptation,
 Trouble and woe;
 He has not told us
 We shall not bear
 Many a burden,
 Many a care.
 But God has promised
 Strength for the day,
 Rest for the laborer,
 Light for the way,
 Grace for the trials,
 Help from above,
 Unfailing sympathy,
 Undying love.

-Annie Johnson Flint



Congrats to
 Tim and Joy
 Olson
 on their
 pregnancy!
 It's going
 to be a girl
 this time!
 Whoo Hoo!

**WHEN YOU
 BASE YOUR LIFE
 ON PRINCIPLE,
 99% OF YOUR
 DECISIONS
 ARE ALREADY
 MADE.**

The Starfish Story

A well known author was vacationing on a beautiful coast. One morning, very early, he was walking along the beach.

In the distance, he saw a lone figure dancing. Fascinated by this celebration of the dawn, he moved closer.

It was then that he realized that a young man was not dancing, but was picking objects up from the beach and tossing them out into the sea with a graceful movement.

As he approached the young man, he saw that he was throwing starfish. "Why in the world are you throwing starfish into the water," he asked.

"If the starfish are still on the beach when the tide goes out and the sun rises higher in the sky, they will die," replied the young man as he continued tossing them out to sea.

"That's ridiculous! There are thousands of miles of beach and millions of starfish. You can't really believe that what you are doing could possibly make a difference?"

The young man picked up another starfish, paused thoughtfully, and remarked as he tossed it out into the waves,

"It makes a difference to this one."

- Loren Eiseley



Upcoming Events



Baseball all-star Cory Brand knows what it takes to win in the big leagues. But off the field, with memories of his past haunting him, his life is spiraling out of control.

Hoping to save her client's career and reputation after a DUI and a team suspension, Cory's agent sends him back to the small town where he grew up. Forced to coach the local youth baseball team and spend eight weeks in the only recovery program in town, Cory can't wait to return to his old life as quickly as possible.

As his young players help him experience the joy of the game, Cory discovers his need to find freedom from his past and hope for his future... and win back the love he left behind. With this unexpected second chance, Cory finds himself on a powerful journey of transformation and redemption.

Based on thousands of true stories, HOME RUN is a powerful reminder that with God, it's never too late... because freedom is possible.

Rated PG-13 for some mature thematic material and is playing at:

[Regal Azalea Square Stadium 16](#)

215 Azalea Square Blvd.

Summerville, SC

Show times:

[12:40](#) - [4:00](#) - [7:10](#) - [9:35pm](#)



"Stop fear, Conquer the disease."

Strong, powerful Lowcountry women coming together to defeat the threat of breast cancer with knowledge, fellowship, and grace.

Saturday, May 11, 2013 Noon to 2pm

1505 West 5th North Street (Hwy 78)

Summerville, SC 29483

B and H Banquet Hall

Cost: \$10.00 per person

Free for breast cancer survivors

\$30.00 for Reserved Table of 6

RSVP by May 6, 2013

Email: ThePinkLadies@thebreastplacesc.com

Upcoming Events—Continued



Tickets And More Information: 1 (800) 965-9324

Online: www.VisitMyrtleBeach.com



Spoleto Festival

May 24th until June 9th

For information call:

(843) 579-3100

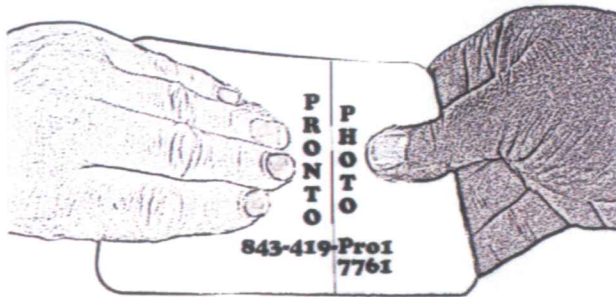
To order Tickets:

<http://spoletousa.org/events/boxoffice.php>

-Answer from Page 15 is 'NOTHING.'

Business Advertisements

(Please let us know if you would like to advertise your business here!)



You will receive convenient and cost-effective memories by receiving a high quality photograph, USB, and/or low-cost photo package taken by a professional whose greatest desire is to exceed a customer's highest expectations. Photos for all special occasions and functions are received by the customer same day.

Contact Melanie Colson at 843-419-7761.

Sunday School Events

Children's Sunday School

Ages 6-11

For the month of May, the Children's Sunday school class will be nailing down the books of the Bible. The kids are working for a grand prize being awarded to the first person who can say all of them in order without making a single mistake. We have also been doing some speed drills to see who can find Scripture references the fastest. So, please, have your kids bring their swords (Bibles) every Sunday!

Our lesson focus this month will be forgiveness. We will be learning the fruit of the Spirit and learning to apply them to our lives. Galatians 5:22-23 tells us, "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

I will be stressing to them the power of forgiveness and why we should forgive. We must forgive each other, just as the Lord has forgiven us. Colossians 3:13. Forgiving others not only releases the offender from the stronghold of justice and unforgiveness, but it releases the forgiver, granting them many benefits. Let's be ready to forgive, so our lives can readily accept the blessings God has in store for us. We need to do everything "just as Jesus would do." He is the greatest model for our lives.

Hope to see your kids every Sunday! They are a blessing to me and to the Father.

- Rachel Ferguson

Men's Sunday School

Join us for Men's Sunday School and let us dive into the word of God together!

Sunday School Events—Continued

Ladies Sunday School

The month of May begins with Lesson 10: A Living Hope. The scripture for Lesson 10 is 1 Peter 1:3-12. The lesson focus is: "Despite the present trials, we look forward to our inheritance." In Step 1 we will discuss the sacrifices made to provide an inheritance. Step 2 will show us how to study the Scripture to understand the Christian's present hope and future inheritance. Step 3 wants us to separate real hope from the false hopes offered by the world. Step 4 will show us how to celebrate our inheritance in this life and in the future.

Christians today have a Living Hope through Jesus Christ just like the saints of the Bible. Jesus' resurrection entitles us to a heavenly inheritance that never fades or perishes. When we accept Jesus Christ as our Lord and Savior, we became a part of His family and joint heirs with Him. So, whatever Jesus inherits, we will share the same inheritance.

According to J. Cook:

"In the New Testament concept of a spiritual inheritance for Christians benefits are shared equally by all legitimate heirs, regardless of gender, social status or legal standing. This spiritual inheritance rests solely on the believer's relationship with Christ. It is sealed and guaranteed by the Holy Spirit's indwelling power and declared to be a reward for the work Christ has done in our lives, which calls us to faithfulness to Him despite the trials faced in this life." We should thank the Holy Spirit for the help He has given us in the past and the strength He gives us to keep on keeping on until tomorrow. **"God has no grandchildren."** -Unknown

—Yolanda Wilson



*We look forward to
seeing you on
Sunday at 9:45am!*

December

Romans 3:23 (KJV)

For all have sinned, and come short of the glory of God;

January

Romans 5:8 (KJV)

But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

February

Romans 6:23 (KJV)

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

March

Romans 10:13 (KJV)

For whosoever shall call upon the name of the Lord shall be saved.

April

Romans 5:12 (KJV)

Wherefore, as by one man sin entered into the world and death by sin; and so death passed upon all men, for all have sinned:

May

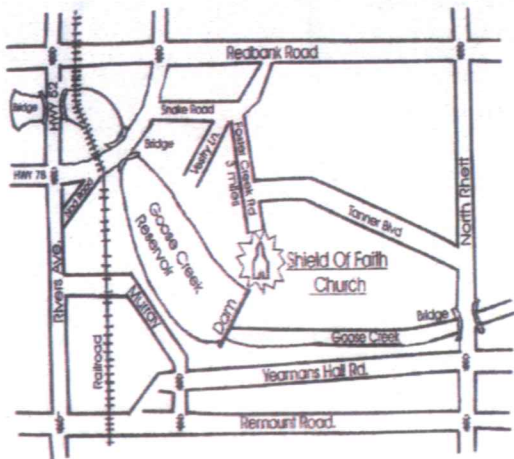
2 Peter 3:9 (KJV)

The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.

**The Shield of Faith Church
Hanahan, SC**

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

Deepening our Relationship with Him...



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

Next deadline to submit articles is:
Wednesday, May 22nd

May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 National Day of Prayer	3	4
5	6	7 National Teacher Day	8	9	10	11
		PASS TESTING—Please pray for our students & teachers				
12 Mother's Day	13	14 Praise Team Meeting 7-8pm	15	16	17 Creative Arts Meeting 7-8:30pm	18 Armed Forces Day
19	20	21	22 Article Deadline	23	24 Spoleto Festival Begins	25
26	27 Memorial Day	28	29	30	31	