



CHURCH OF GOD BANNER



www.onalaskachurchofgod.com

FEBRUARY, 2011

FIRST CHURCH OF GOD: 3RD. AVE. & HWY. 508 ONALASKA, WASHINGTON 98570

OVERCOMING THE SPIRIT OF FEAR

PAUL HAGQUEST

In **2 Timothy 1:7** Paul wrote: **(NKJ)** *"For God has not given us a spirit of fear, but of power and of love and of a sound mind."*

In the **Amplified Bible** it says *"For God did not give us a spirit of timidity, of cowardice, of craven and cringing and fawning fear, but has given us a spirit of power and of love and of a calm and well balanced mind and discipline and self control."*

I've been a truck driver for going on twenty eight years. This is the one time of year I don't like. Winter brings snow and ice, the two driving conditions that are the most dangerous.

If I'm not careful with my thoughts, I can let the "spirit of fear" take over. I'll get all worked up, not sleep good the night before I have to venture out, and so on.

While I was trying to find a devotion to read this week at

the council meeting, this passage in 2 Timothy came to me. I feel what the Lord is saying here is that when we're in a fearful situation, instead of panicking and letting our fearful emotions take over, we need to get our thoughts under control and remember that He is with us and has things under control if we trust Him.

Psalm 27:1 says *"The Lord is my light and my salvation, whom should I fear? The Lord is the strength of my life, of whom should I be afraid?"*

I find that once I get out on the road and start talking to the Lord, the skills and experience He has given me over the years take over and the fear subsides. I also find if I pick a favorite hymn and start

singing, that also helps. By singing and saying a prayer and talking to Him; it's just my way of letting the Lord

know I'm still out there and I do need his help! I sure wouldn't want to take on the bad weather without Him.

We all get in fearful situations and we need to remember that God is there to help us through them. We may not be able to completely con-

quer our fears, but knowing He is there can make it a whole lot easier to get through these situations we have to go through.

I know He's been there to help me out many times on the road. There's just been too many times when things have worked out where there's no other explanation than God's helping hand being there.

The last scripture I have is **Hebrews 13:5-6**. It says: *"For He Himself has said," I will never leave you nor forsake you" So we may boldly say 'The Lord is my helper; I will not fear. What can man do to me?'"*

Jesus had no servants, yet they called Him Master.

JESUS

Had no degree,
yet they called Him Teacher.

Had no medicines,
yet they called Him Healer.

Had no army,
yet kings feared Him.

He won no military battles,
yet He conquered the world.

He committed no crime,
yet they crucified Him.

He was buried in a tomb,
yet He lives today.

Feel honored
to serve such a Leader
who loves us.

◆ Received from Mary Noland



STRENGTH

Sometimes your biggest weakness can become your greatest strength. Take, for example, the story of one 10-year-old boy who decided to study judo despite the fact that he had lost his left arm in a devastating car accident.

The boy began lessons with an old Japanese judo master. The boy was doing well, so he couldn't understand why, after three months of training the master had taught him only one move.

"Sensei," the boy finally said, "Shouldn't I be learning more moves?"

"This is the only move you know, but this is the only move you'll ever need to know," the sensei replied. Not quite understanding, but believing in his teacher, the boy kept training.

Several months later, the sensei took the boy to his first tournament. Surprising himself, the boy easily won his first two matches. The third match proved to be more difficult, but after some time, his opponent became impatient and charged; the boy deftly used his one move to win the match. Still amazed by his success, the boy was now in the finals.

This time, his opponent was bigger, stronger, and more experienced. For a while, the boy appeared to be overmatched. Concerned that the boy might

get hurt, the referee called a time-out. He was about to stop the match when the sensei intervened.

"No," the sensei insisted, "Let him continue."

Soon after the match resumed, his opponent made a critical mistake: he dropped his guard. Instantly, the boy used his move to pin him. The boy had won the match and the tournament. He was the champion.

On the way home, the boy and sensei reviewed every move in each and every match. Then the boy summoned the courage to ask what was really on his mind.

"Sensei, how did I win the tournament with only one move?"

"You won for two reasons," the sensei answered. "First, you've almost mastered one of the most

difficult throws in all of judo. And second, the only known defense for that move is for your opponent to grasp your left arm."

The boy's biggest weakness had become his biggest strength.

◆ Received from Joe Downs

2 Corinthians 12:10 *Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.*



CLEANING HOUSE FOR 2011

Last Week I threw out worrying,
It was getting old and in the way.
It kept me from being me;
I couldn't do things God's way.

I threw out a book on my past
(Didn't have time to read it anyway).
Replaced it with new goals,
Started reading it today.

I threw out hate and bad memories,
(Remember how I treasured them so)?

Got me a new philosophy too,
Threw out the one from long ago.

Brought in some new books too,
Called I CAN, I WILL, and I MUST.
Threw out I might, I think and I ought.

Wow, you should've seen the dust.

I ran across an Old Friend
I hadn't talked to in a while.
His name is GOD the Father,
And I really like His style.

He helped me to do some cleaning
And added some things Himself.
Like PRAYER, HOPE, FAITH and LOVE,

Yes... I placed them right on the top shelf.

I picked up this special thing
And placed it at the front door.
I found it- it's called PEACE.
Nothing gets me down anymore.

Yes, I've got my house looking nice.
Looks good around the place.
For things like Worry and Trouble
There just isn't any space.

It's good to do a little house cleaning,
Get rid of the things on the shelf.
It sure makes things brighter;
maybe you should try it yourself.

◆ Received from Mary Noland

ONALASKA'S HAPPENINGS

SUNDAYS

SUNDAY SCHOOL 9:45 AM
 MORNING WORSHIP 11:00 AM
 EVENING SERVICE 5:00 PM

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MONDAYS

"WOMEN OF THE OLD TESTAMENT"
 LADIES BIBLE STUDY
 IN THE FELLOWSHIP HALL
 2:00 PM

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TUESDAYS

AL-ANON MEETING
 6:00 PM

~
WEDNESDAYS

BIBLE STUDY
 7:00 PM

~
THURSDAYS

"THE BEATITUDES"
 LADIES BIBLE STUDY
 AT THE HOME OF THE MASSEY'S
 7:00 PM

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SATURDAY, FEBRUARY 12th

CHURCH COUNCIL MEETING
 9:00 AM

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 LADIES LUNCHEON
 12:00 NOON

~
SUNDAY, FEBRUARY 13th

REST HOME SERVICE
 @
 COOK'S HILL MANOR
 2:00 PM

~
FRIDAY, FEBRUARY 18th

O. C. Y. C. NIGHT

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MONDAY — SATURDAY

FEBRUARY 21st - FEBRUARY 26th
 PASTOR ON VACATION

COMMUNITY EVENTS

MONDAY, 14th

TEA & PRAISE
 10:00 AM

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WEDNESDAY, 16th

SENIORS ON THE GO
 12:00 NOON

~
THURSDAY, 17th

AMERICAN LEGION
 6:00 PM

~
SATURDAY, 26th

SCRAP BOOKING
 10:00 AM

WHO'S IN HEAVEN?

The story is told that John Wesley, a founder of Methodism, changed his view about church division after a

dream in which he was first transported to the gates of Hell. He asked, "Are there any Presbyterians here?" "Yes," was the reply. "Any Roman Catholics?" "Yes." "Any Congregationalists?" "Yes." He hesitated, then said, "Not any Methodists, I hope!" To his dismay the answer was "Yes."

Suddenly in his dream he stood at the gate of Heaven. Once again he asked, "Are there any Presbyterians here?" "No," was the reply. "Any Roman Catholics?" "No." "Any Congregationalists?" "No." Then he asked the question which most interested him: "Are there any Methodists here?" He was shocked to receive the same stern reply, "No!"

"Well then," he asked in surprise, "please tell me who is in Heaven?"

"CHRISTIANS!" was the jubilant answer.

From that dream Wesley determined that unity was essential to the church's success in her mission.

MEN - TEA & PRAISE - WOMEN



As many of you are aware, we have a community event called Tea & Praise. In the past the ladies of our community met one Monday morning a month at one of the participating churches to celebrate a time of worship and fellowship. There has been some concern that because the attendance has dropped off that some changes are needed. One of the changes that has been suggested is to have Tea & Praise open to both men and women. Starting on Monday, February 14, Valentine's Day, Tea & Praise will be opened to both men and women at the Onalaska First Church of God at 10:00 am. Please plan on joining with others to celebrate our unity in Christ.

AND THEN IT IS WINTER.

You know ... time has a way of moving quickly and catching you unaware of the passing years.

It seems just yesterday that I was young, just married and embarking on my new life with my mate. And yet in a way, it seems like eons ago, and I wonder

where all the years went. I know that I lived them all ... And I have glimpses of how it was back then

and of all my hopes and dreams ... But, here it is ... the winter of my life and it catches me by surprise ... How did I get here so fast?

Where did the years go and where did my youth go?

I remember well ... seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like ... But, here it is ... my friends are retired and getting gray ... they move slower and I see an older person now. Some are in better and some worse shape than me ... but, I see the great change ... Not like the ones that I remember who were young and vibrant ... but, like me, their age is beginning to show and we are now those older folks that we used



to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore ... it's mandatory! Cause if I don't on my own free will ... I just fall asleep where I sit!

And so ... now I enter into this new season of my life unprepared for all the aches

and pains and the loss of strength and ability to go and do things that I wish I had done but

never did!! But, at least I know, that though the winter has come, and I'm not sure how long it will last ... this I know, that when it's over ... its over ... Yes, I have regrets. There are things I wish I hadn't done ... things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet ... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long! Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not! You have no promise that you will see all the seasons of your life ... so, live for today and

say all the things that you want your loved ones to remember ... and hope that they appreciate and love you for all the things that you have done for them in all the years past!

"Life is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one".

♦ *Received from Mary Noland*

WORDS TO GROW ON

If you want your dreams to come true, you mustn't oversleep.

Of all the things you wear, your expression is the most important.

The best vitamin for making friends: B-1

The quality of your life depends on the quality of your thoughts.

The heaviest thing you can carry is a grudge.

You should keep your words soft and sweet in case you have to eat them.

One thing you can give and still keep: is your word.

One thing we can't recycle is wasted time.

We lie the loudest when we lie to ourselves.

Ideas won't work unless 'we' do.

Our mind is like a parachute ... it functions only when open.

The 10 commandments are not multiple choices.

It is never too late to become all God can make you to be.

"Don't tell God how big your troubles are; tell your troubles how big your God is."

Q
U
I
Z



As I prepare this month's Newsletter no one has come up with the correct answer to last month's quiz. I'm not sure whether no one knew the answer or if they just felt they would not be the first. But regardless no one answered the quiz. One person from Paonia, Colorado called and thought the answer was Ahab and his wife Jezebel. I do not remember Ahab having many killed but Jezebel sure did and so my friend, Ray Rhodes, from Paonia was half right. But when I made up the quiz I was not thinking of Jezebel. The answers I was looking for were two who were not related and lived many years apart.

The story of the queen I was thinking of is found in the 22nd chapter of 2nd Chronicles, her name was Athaliah. She killed all the royal seed of Judah except one, verse 10.

The king I was thinking of is found in the New Testament in the 2nd chapter of Matthew. King Herod had all the boys of Bethlehem who were two years old and younger killed.

Because there was more than one correct answer I disqualify myself and will eat the candy bars I was to give to those who would have known the correct answer.

Here is this month's quiz and I hope there is only one correct answer this time.

*If you count upon your fingers
You'll only have to count to
three
Our names are there within the
Book
For everyone to see.*

*These men were righteous
As righteous as can be
But when God would send His
judgment
They would be the only ones set
free.*

*God's judgment that He named
Were all wrapped up in four,
Famine, sickness, wild animals
And the awful days of war.*

*Now tell me the names of these
three
It's their names that you must
know
And if you're right within your
hands
A candy bar will go.*

WHAT DID YOU SAY?

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%

The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!'

IT'S THE RULES YOU KNOW

Hospital regulations require a wheel chair for patients being discharged.

However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the



bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

IT'S NOT ALWAYS ABOUT LOVE

A senior citizen said to his eighty-year old buddy: 'So I hear you're getting married?'

'Yep!'

'Do I know her?'

'Nope!'

'This woman, is she good looking?'

'Not really.'

'Is she a good cook?'

'Naw, she can't cook too well.'

'Does she have lots of money?'

'Nope! Poor as a church mouse.'

'Why in the world do you want to marry her then?'

'Because she can still drive!'