



“A merry heart maketh a cheerful countenance...”
Proverbs 15:13a

Hymns to Sing Driving Down the Highway

At 45 MPH God Will Take Care of Me

At 55 MPH Guide me, O Great Jehovah

At 65 MPH Nearer My God to Thee

At 75 MPH Nearer Still Nearer

At 85 MPH This World is not my Home

At 95 MPH Lord, I'm Coming Home

At 100 MPH Precious Memories

Dear God,
So far, today, I've done all right. I haven't gossiped or lost my temper. I haven't been greedy, grumpy, nasty, or self centered. I'm really happy about that so far. But in a few minutes I'm going to be getting out of bed and then I'm going to need a lot of help. Thank you! Amen



Lilies of the Valley Newsletter

Luke 12:27-28 "Consider the lilies how they grow"

A Ministry of Blackstone Valley Baptist Church

Spring is Coming!!!



*Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. **Are ye not much better than they?** Matthew 6:26*

March 2014



When it comes to spending time together, fruits and vegetables are surprisingly human-like. It seems the real secret to keeping them at their freshest for as long as possible is simply knowing where they like to spend their time and which fruits and veggies get along best.

Fruits and vegetables give off an odorless, harmless and tasteless gas called ethylene after they're picked. All fruits and vegetables produce it, but some foods produce it in greater quantities. When ethylene-producing foods are kept in close proximity with ethylene-sensitive foods, especially in a confined space (like a bag or drawer), the gas will speed up the ripening process of the other produce. Put spinach or kale in the same bin as peaches or apples, and the greens will turn yellow and limp in just a couple of days.

You can take advantage of this if you want to speed up the ripening process. Put an apple in a bag with an unripe avocado, or a peach in a closed paper bag with a ripe banana. But if you want your already-ripe foods to last longer, keep them away from ethylene-producing foods.

Store cold-sensitive fruits and veggies on the counter, not in the fridge since they lose flavor and moisture at low temperatures. Once they're fully ripe, you can refrigerate them to help them last, but for best flavor, return them to room temp. Never refrigerate potatoes, onions, winter squash or garlic. Keep them in a cool, dark, dry cabinet, and they can last up to a month or more. But separate them so their flavors and smells don't migrate.

And remember: One bad apple really can spoil the whole bunch. Mold spreads rapidly and contaminates everything nearby, so toss any spoiled produce immediately. For longer life, keep your produce whole --don't even rip the stem out of an apple until you eat it. We love how this quick-reference chart from sparkpeople.com puts it all in order.

Upcoming Gatherings:

- April - Preparing for Emergencies
- May - Mother-Daughter Banquet

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. Psalm 139:14



Ladies Prayer Time.
Tuesday Mornings
at 10:00a.m.

How to properly store FRUITS & VEGETABLES

Refrigerator	Countertop
<ul style="list-style-type: none"> Apples (>7 days) Apricots Cantaloupe 	<ul style="list-style-type: none"> Apples (<7 days) Bananas Basil Cucumbers Eggplant Garlic Ginger Grapefruit Jicama Lemons Limes
<ul style="list-style-type: none"> Figs Honeydew 	<ul style="list-style-type: none"> Tomatoes Mangoes Oranges Papaya Peppers Persimmons Pineapple Plantains Pomegranates Watermelon
<p>(Unwashed in a Single Layer)</p> <ul style="list-style-type: none"> Blackberries Blueberries 	<p>(Unwashed in a Plastic Bag)</p> <ul style="list-style-type: none"> Broccoli Carrots Cauliflower Corn
<p>(Unwashed in a Plastic Bag)</p> <ul style="list-style-type: none"> Green Onions Lettuce Peas Radishes 	<p>(Store in a Paper Bag)</p> <ul style="list-style-type: none"> Mushrooms Okra
<ul style="list-style-type: none"> Artichokes Asparagus Beets Brussels Sprouts Cabbage Celery Cherries Grapes Green Beans Herbs (not Basil) 	<ul style="list-style-type: none"> Kale Lima Beans Leafy Vegetables Leeks Plums Spinach Sprouts Summer Squash Yellow Squash Zucchini
<ul style="list-style-type: none"> Acorn Squash Butternut Squash Onions* Potatoes* 	<ul style="list-style-type: none"> Pumpkins Spaghetti Squash Sweet Potatoes Winter Squash <p>*Keep away from each other</p>
<ul style="list-style-type: none"> Avocados Nectarines Peaches 	<ul style="list-style-type: none"> Pears Plums
<p>High Ethylene Producers: Keep away from other fresh produce to slow down ripening/spoilage.</p>	

WHO WERE THEY???

ESTHER

We treasure security, even though we know that security in this life carries no guarantees—possessions can be destroyed, beauty fades, relationships can be broken, death is inevitable. Real security, then, must be found beyond this life. Only when our security rests on God and his unchanging nature can we face the challenges that this life is sure to bring our way.

Esther's beauty and character won Ahasuerus's heart. And he made her his queen. Even in her favored position, however, she would risk her life by attempting to see the king when he had not requested her presence. There was no guarantee that the king would even see her. Although she was queen, she was still not secure. But, cautiously and courageously, Esther decided to risk her life by approaching the king on behalf of her people.

She made plans carefully. The Jews were asked to fast and pray with her before she went to the king. You can read the rest of Esther's story in the book of Esther.

Esther's risk confirmed that God was the source of her security. How much of your security lies in your possessions, position, or reputation? God has not placed you in your present position for your own benefit. He put you there to serve Him. As in Esther's case, this may involve risking your security. Are you willing to let God be your ultimate security?

Strengths and Accomplishments	<ul style="list-style-type: none"> *Her beauty and character won the heart of Persia's king * She combined courage with careful planning * She was open to advice and willing to act * She was more concerned for others than for her own security
Lessons from her life	<ul style="list-style-type: none"> *Serving God often demands that we risk our own security * God has a purpose for the situations in which he places us * Courage, while often vital, does not replace careful planning
Key Verse	<p><i>"Go, gather together all the Jews that are in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish."</i> Esther 4:16</p>

Taken from the KJV Life Application Study Bible

Two Hour Christianity

by: Glenn A. Hascall

Seven days hath every week, With 56 hours spent in sleep

For 112 we spend awaking, While 21 with food partaking

Now were left with 91, Down goes 40 - there's work to be done

51 hours in our week remain, I stand in church and sing a refrain

But the sermons run late, I look at my watch and I hesitate

I've spent one hour in spiritual fare, The big game is on and I must get there

51 hours to do as I please, Very few minutes spent on my knees

But wait, I'm heard to say, I read a devotional every day

I'm yours, dear Savior, so do what You will,
But please, do hurry, There's no time to kill



If you saw my schedule and the work that I do
If you knew the stress I've been going through

Two hours a week I spend with my Lord
If more than that - I might get bored.

Just two short hours in 168? I finally realize an appointment awaits

I weep as I take intentional time, To spend with my Savior - Jesus - Divine

O how I've missed my time with You, And I plan to stay - as long as I need to.

You gave your life to rescue mine, And all I can think is, I have no time.

I say, You are my lifes foundation, As shifting sands lead to temptation

You gave Your life because You love me
While the hours I give are two, sometimes three

But Your grace extends to my lack of minutes
While Your attention to me remains without limits.

So today is the day I invite You along, I've been time-stingy,
I admit I was wrong



OPEN MY EYES LORD

We live in a world that is hard to believe. For example, look what we see on TV. There are actors portraying fiction, reality TV that is far from real, and computer editing in every possible

fashion. There are many distortions of truth that we see on a daily basis that can make it difficult to discern truth from lies. There is truth that we can trust and rely on that never changes!! It is the Word of God!! In the Bible, God tells us in 2Co 4:4 *“In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.”* There is a great plan by the deceiver to distort truth and blind this world from hearing the truth as the LORD would want us to hear.

But not only the lost can be deceived. Many Christians are believing distorted views of who God is, what we have in Him, and who He wants us to be!! Pro 21:2 *“Every way of a man is right in his own eyes: but the LORD pondereth the hearts!!”* How easy it is to think we are right in our own eyes!! God’s word says so!! But to really know the truth the LORD must “open” our eyes to what He says is truth! Psa 119:18 *“Open thou mine eyes, that I may behold wondrous things out of thy law.”* God is the only one that can show us truth!!

Many times Christians are on a path that they think is right, only to find out it was a slippery slope to destruction!!! God’s people can become hardened by pride, envy, selfishness, anger, complaining, etc. It is through walking in our own flesh that we become deceived about the things of God. Sin blinds us to truth!! Rom 8:5 *“For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.”* Rom 8:8 *“So then they that are in the flesh cannot please God.”*

The way to stay in the truth is to walk in the Spirit of God. That means to deny our flesh and walk in His ways!! Pro 3:7 *“Be not wise in thine own eyes: fear the LORD, and depart from evil.”*

There are so many excuses that we can make to “deceive” ourselves!!! The devil wants you away from church, away from God’s people, and away from the Bible. Then you become alone and vulnerable and start believing his lies. Mat 13:15 *“For this people’s heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed; lest at any time they should see with their eyes, and hear with their ears, and should understand with their heart, and should be converted, and I should heal them.”*

One of the biggest blessings of the Lord is that he reveals himself to us! He is a treasure of truth that can keep us close to him if we put our excuses, our flesh, our emotions, aside and seek the one who is TRUTH! Psa 19:8 *“The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes.”* If you want to know if you’re not right in the Lord’s eyes, ask Him. He reveals to us the ways that are not pleasing to Him. 1Co 2:10 *“But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.”*

But, your part is to listen! Really hear and “see” the things that Jesus wants to tell you! It will keep you from the path of the deceiver, and no-one wants to be deceived! The LORD wants to give you ALL of His benefits today! Psa 31:5 *“Into thine hand I commit my spirit: thou hast redeemed me, O LORD God of truth.”* Psa 86:11 *“Teach me thy way, O LORD; I will walk in thy truth: unite my heart to fear thy name.”* Joh 4:24 *“God is a Spirit: and they that worship him must worship him in spirit and in truth.”*

May the Lord open your eyes!

Written By: Mrs. Kathy Lewis

