

P. I. T. W. M



EDITOR'S WORDS BY GLORIA JEAN WOODARD

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HAPPY NEW YEAR!

We have come into another year, **2013**. So glad God has spared our lives for another chance to give Him Praise and Glory! I'm looking continuously for His greatness, His grace, and His glory to be with us. Since January 09's Newsletter began He's still giving me the strength to do this. I thank **God** for the topics, the structure, the donors that have helped with the ink and paper to print, for those that are not able to get their Newsletters on the Internet. I probably would have stopped printing a long time ago, if it were not for some angels that God sends. God has placed within me a great desire to bring truth and encouragement. And I thank you for all of your continued patronage in reading the Newsletters. As the ideas and

thoughts come to me, I have you in mind as I write. Your prayers are still needed to help me hear God's voice in those continued articles for the Power In The Word Newsletter. I pray that they give encouragement at a time you really need it. Every anointed Word teaches and deals with me first. I thank God for being able to bless those that have come across these Newsletters for reasons unknown.

To those who have a computer, I hope you have had a chance to visit the website pitwm.net because God has answered a dream of mine and He has overwhelmed me with more than I had ever thought of.

God has extended my writing to the (weekly) Sunday School Lessons since July 09 that has blessed so many churches that I do not even know how many. It has helped people in

other countries which He has truly blessed me to know. I am all about the Word of God that will meet you where you are and will be broken down, scripture by scripture in a simple manner to read and allow the Holy Spirit to give more understanding. God helps me to help others if they want to be helped, and that's pursuing the truth of His Word.

I guarantee this is not as easy as it looks or seems. There are many hours of searching, and listening to God; re-reading and re-proofing; oh yea, printing hours for the Newsletters to get out in an economically and eye appealing way!

Don't get me wrong, I am very grateful in every capacity He uses me. I applaud the many who are doing the Will of God, doing thankless jobs in the vineyard, doing things you wish someone else would help you do, and having the oppor-

tunity to be where you thought you wouldn't or couldn't be. **I APPLAUD YOU!** I want to reassure you that God has His trimming for everything and everyone. Praise God! Don't give up! I thank Sis. Esther Connors for extending her expertise in the **Health Awareness** articles to inform many readers about many health situations.

My heart's desire again for this New Year is that I'm trusting God to do all that He needs to do in this ministry and in the lives of all the readers that come across the P.I.T.W.M. website, the Newsletters, and Sunday School Lessons; to keep helping hungry souls; to help lost and fallen souls; and to equip you to prosper where you may be

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weak. And also take a look at *IT CAN HAPPEN!* It really can! Those that desire to place encouraging articles or testimonials in the PITWM Newsletter, please contact me through "[contact me](#)" or email directly to gwoodard001@comcast.net (1 page please). I know others that may be going through some circumstances would be refreshed with your Word from the Lord! That has been my desire to allow others to use their God-given talent and anointing for God's glory. I need you to spread this Good News to others and trust God to be in charge of the Word you give forth. Pray that God places on my heart just what you need to read about! Keep in touch and stay close to God in what He wants to do in your life this year. **GOD BLESS!**

SORROW LOOKS BACK— WORRY LOOKS AROUND— BUT FAITH LOOKS UP (PART 1)

A reminder comes to let us know that we are "in this world" but not "of this world." There is a far better place awaiting us. Many young children and adults were killed as 2012 year ended in tragedy at the *Sandy Hook Elementary School*. The school was supposed to be a safe haven for them. The challenges we may go through will be great and devastating in a world full of sin. The country was just trying to recover on the Northeastern coast from the grips of the force of Hurricane Sandy where many people lost everything they owned. Now, to go right into another tragedy of the lost of the senseless killings of the children and teachers at the school is still too much to take in—coming out of one, and going into another. And now as I write, some are even waiting for the next devastation—the end of the world (12-21-2012). The devil is allowed to run havoc upon the just and the unjust! Did you catch the names of both of these devastations? "SANDY": Hurricane Sandy and Sandy Hook Elementary School. I do not know the significance. However, according to a meteorologist with the National Hurricane Center, the name 'Sandy' will probably be retired because of the damage it left behind.

Instead, of looking for the next tragedy, we should be looking up for the answer God wants for the world and His people. There has to be a change that God wants from us before He comes back. This quote from Ralph Waldo Emerson was very interesting—Sorrow look back—Worry looks around—but Faith looks up!

SORROW LOOKS BACK—

In Genesis 18 God appeared to Abraham in

the plains of Mamre. When the Lord appears, it means serious business. The 13th Verse "Then God said to Abraham, Why did Sarah laugh? Why did she say, Can an old woman like me have a baby? ¹⁴Is anything too hard for God?" By next year Sarah would be 90 years old having a baby. That didn't matter with the Lord; God had made a covenant with Abraham. Can you see us looking back because if things we were looking for, hadn't happened yet, we're saying it's not going to happen. Then we say...

- "I'm not looking for it to happen. I haven't gotten pregnant yet in my young years when I wanted to, I'm not going to get pregnant."
- "I had my house paid for and my car paid for and now this devastation comes along. I have to start all over again, I'm too old; don't have the money!" I didn't have a chance to save anything. The car is totaled! The house is gone! Why me?"
- "I didn't have a chance to say goodbye or hug my loved one before they passed. They passed too soon!"

We're constantly looking back at the sorrows we've gone through. We're not ready to move on because it's really knocked the wind out of us. Sorrow keeps looking back causing people to be gripped in a holding pattern. As people of God, we are to earn from our past; this is not the place we stay in. Looking back for a minute is alright, but we can't continue to linger there. We can't continue to dwell there. God has another way of escape; another plan of action! It's called listening to the voice of God for new opportuni-

ties. This is the time for direction and there's no better place to get your direction from is God. You're probably saying, but I didn't need this, for God to show me another plan! Don't forget we're *in this world*" but not "of this world." As we dwell here wickedness is operating to devastate, but God is here to turn it around. There is a scripture in Isaiah 57:1 that says "The good men perish; the godly die before their time and no one seems to care or wonder why. No one seems to realize that God is taking them away from evil days ahead." Verse 2, "For the godly who die shall rest in peace" TLB. He will not allow sin to run rampant as long as there are intercessors crying out to Him.

WHEN GOD SHOWS UP

Is there a cause for God to show up? Yes, God shows up to turn man around to His purpose. Yet, He is patient and longsuffering to a sinful nation. In Genesis 6 wickedness had increased among men and God showed Himself to a man named Noah. Noah means "rest; comfort." There was a problem with the sons of God marrying human women (²*the sons of God saw that the daughters of humans were beautiful, and they married any of them they chose.* ³*Then the Lord said, "My Spirit will not contend with humans forever, for they are mortal; their days will be a hundred and twenty years"* NIV). Noah was 500 years old and had three sons, but after that, our days were shortened. In The Living Bible; ³*My Spirit must not forever be*

CON'T: **SORROW LOOKS BACK—
WORRY LOOKS AROUND—
BUT FAITH LOOKS UP (PART 1)**

disgraced in man... The warning was spoken and the pronouncement delivered. Who is God talking to now? Those who have a listening ear to His voice! Have we been following God or just going through everyday life as it takes us? God wants us following Him; Him dwelling in us, and His Word taking action in us! How many warnings do we need to see or hear, before we know to accept the fact that He's on His way back? When

devastation comes, God always allows us to see miracles in the midst. Yes sorrow has you looking back to what you've lost, and worry will have you trying to find out what happened to those things, but God has us looking up to the miracle of the day ahead.

It will be hard to gain back all we've lost and suffering does come with the territory of devastation. However, hope (looking up to see what God will do) is to be a part of our new vocabulary because He definitely will bring us through. We have to stop worrying, looking for what

used to be, and began to say "*all things are done through Christ which strengthens me; He will bring to me just what I need.*" If you've lost a child or loved one, you'll see them again in glory. Each day brings with it some kind of challenge, where "*Sorrow*" will have me looking back; "*Worrying*" will have me looking around, but if I stay steadfast with the Lord, "*Faith*" will have me looking up to Him! That's the only thing that's important as we desire God to show up for a life that needs replenishing! Yes, a brand new day and year is upon us to look up toward God's plan! God Bless!

MENOPAUSE

Menopause is a normal change in a woman's life when her period stops. Menopause is referred to as the "Change of Life." During Menopause a woman's body slowly produces less of the hormones estrogen and progesterone. This often happens between the ages of 45 and 55 years old. A woman has reached Menopause when she has not had a period for 12 months in a row.

SYMPTOMS OF MENOPAUSE

- A change in your periods like irregular cycles.
- Hot Flashes (getting warm in the face, neck, and chest).
- Night sweats and sleeping problems that may lead to feeling tired, stressed or tensed.

- Loss of bladder control can occur when reduced estrogen levels cause the muscle tone in your urinary tract to decrease.
- Thinning of your bones, may lead to loss of height and bone breaks.

TREATMENT

Hormone Therapy (HT) can be used to help manage some of the symptoms of Menopause. For some women, many of these changes will go away over time without treatment.

RISK OF USING HORMONES

For some women, Hormone Therapy may increase their chances of getting blood clots, heart attacks, strokes, breast cancer, and gall bladder disease. You should talk to your doctor about using Hormone Therapy. Hormone therapy comes

in the form of pills, patches, and creams.

SELF CARE OF MENOPAUSE

- Eat a healthy diet. When your body is changing, a diet that includes a variety of fruits, vegetables, and whole grains is especially important. If you do not drink milk, taking a calcium supplement (1000mg.) with vitamin D (400 IU) each day helps.
- Exercise regularly. Walk whenever you can. Take the stairs instead of the elevators. Make extra trips around your yard or house.
- Over the counter medicines have been helpful, such as, Gingko Biloba, Black Cohosh, red clover, Vitex and St. John's Wort.
- Use alcohol and caffeine in moderation and don't smoke.

Health Awareness Wellness For Life

From The Kelsey Korner by Sis. Esther Conner

- Control your weight.

Genesis 2:18 And the Lord God said, It is not good that the man should be alone; I'll make him an help meet for him. ²¹And the Lord God caused a deep sleep to fall upon Adam and he slept: and he took one of his ribs and closed up the flesh instead thereof. ²²And the rib which the Lord God had taken from man, made he a woman and brought her unto the man.

Happy New Year to you and your family. It has been an Awesome Year; continue to have faith in God! Sis. Esther Conner 2013.

Remembering Newtown: "11 Days Before Christmas" Poem

To remember those lost to the terrible tragedy in violence, there were two poems to honor those lost to violence. "11 Days Before Christmas" was written by Cameo Smith, as a dedication to those who lost their lives at Sandy Hook Elementary School and "The Field Trip" which was anonymously written. This is one of them.

11 Days before Christmas 2012

T'was 11 days before Christmas, around 9:38
 When 20 beautiful children stormed through
 heaven's gate.
 Their smiles were contagious, their laughter filled
 the air,
 They could hardly believe all the beauty they saw
 there.
 They were filled with such joy, they didn't know
 what to say,
 They remembered nothing of what had happened
 earlier that day.
 "Where are we?" asked a little girl, as quiet as a
 mouse.
 "This is heaven." declared a small boy. "We're
 spending Christmas at God's house."
 When what to their wondering eyes did appear,
 But Jesus, their savior, the children gathered near.
 He looked at them and smiled, and they smiled just
 the same,
 Then He opened His arms and He called them by
 name.
 And in that moment was joy that only heaven can
 bring
 Those children all flew into the arms of their King.
 And as they lingered in the warmth of His embrace,

One small girl turned and looked at Jesus' face.
 And as if He could read all the questions she
 had
 He gently whispered to her, "I'll take care of
 mom and dad."
 Then He looked down on earth, the world far
 below,
 He saw all of the hurt, the sorrow, and woe.
 Then He closed His eyes and He outstretched
 His hand,
 "Let My power and presence re-enter this land!"
 "May this country be delivered from the hands
 of fools,"
 "I'm taking back my nation. I'm taking back my
 schools!"
 Then He and the children stood up without a
 sound,
 "Come now my children, let me show you
 around."
 Excitement filled the space, some skipped and
 some ran,
 All displaying enthusiasm that only a small child can.
 And I heard Him proclaim as He walked out of
 sight,
 "In the midst of this darkness,
 I AM STILL THE LIGHT."

Written by Cameo Smith, Mt. Wolf, PA

THE NEW YEAR'S PRAYER

Thanks be to my God,
 Almighty Father, a New
 Year as emerged upon
 us! And there is no doubt
 about it that whatever
 Your plan is, it's going to
 be for our good! We al-
 ready know we can't
 come up with the perfect
 plan on our own, so we
 have to leave it into Your
 hands. Our past, present,
 and future times are in

Your hands. Your hands
 are big enough to hold us,
 protect us, lean on, and
 provide for us. May we not
 allow yesterday's circum-
 stances to set us back or
 get us to lose faith.

Your Light, will light the
 way; Your Wisdom will turn
 us around, Your Power will
 give us strength to develop
 a fruitful life. May we not
 get angry over silly and

foolish things, but learn to
 love like it's our last days!
 Thank You Lord!

I pray for the souls that still
 need saving; the Nation
 that needs to go forward;
 the church that still needs
 to spread the gospel, and I
 come against every hin-
 drance that tries to take us
 backwards. May this year
 take us forward into one-
 ness, asking You for Your
 direction; with our minds
 and thoughts turning to

You daily: daily when we
 leave the house, when
 meeting people, when go-
 ing on errands, when
 viewing or hearing the
 News on TV, and daily be-
 fore we lay down to sleep.
 We need your direction this
 year! We have another
 chance to get it right and
 do better and this New
 Year, I thank You Father in
 Jesus' Name for that
 chance! Be Glorified!

Amen!

POWER IN THE WORD MINISTRY

For the Word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Hebrews 4:12.

MY MISSION: Reach and encourage others in letting you know that God is able to do the impossible.

MY VISION: Articles to be written in a Book to inspire others.

IT CAN HAPPEN

How much more shall your Father which is in heaven, give good things to them that ask him? Matthew 7:11b

MY MISSION: Use this God-given gift for His glory!

MY VISION: Teach others to reach for those God given gifts in them!

Quote
 "An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves."
 BILL VAUGHN



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Scripture
 "And it shall come to pass in day that, the Lord shall give thee rest from thy sorrow, and from thy fear, and from the hard bondage wherein thy wast made to serve" Isaiah 14:3.

DATES TO REMEMBER 2013

Jan. 1	New Year's Day
Jan. 21	Martin Luther King Day
Jan.	Big Brothers and Sisters

BIBLE QUIZ

- Jesus said, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall...
 - do many work in my name
 - be made whiter than snow
 - never thirst
 - never die
- Jesus said, I am the light of the world: he that followeth me shall not walk in darkness, but...
 - shall have the light of life
 - upon them hath the light shined
 - if the blind lead the blind, both shall fall into the ditch
 - shall not see me henceforth, till ye shall say, Blessed is he that cometh in the name of the Lord
- Jesus said, Verily, verily, I say unto you, I am the door of the sheep. All that ever came before me are thieves and robbers but the sheep...
 - hear only their master's voice
 - did not hear them
 - were not afraid of the wolves
- were safe and sound inside the sheepfold
- To whom did Jesus say, I am the resurrection, and the life; he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die. Believest thou this?
 - the woman at the well
 - Mary Magdalene
 - Salome
 - Martha
- Which two of the disciples had the conversation with Jesus where he said, I am the way, the truth, and the life: no man cometh unto the Father but by me.
 - James and John
 - Thomas and Philip
 - Andrew and Peter
 - Nathaniel and Matthew
- Jesus said, For judgment I am come into this world, that they which see not might see; and they which see...
 - might see more
 - might be made blind
 - might have the eyes of their understanding opened
 - might prophesy in My name
- Jesus said, I am not of this world. I said therefore unto you, that ye shall die to your sins: for if ye believe not that _____, ye shall die in your sins.
 - I am He
 - God raiseth the just
 - Jehovah is your provider
 - the light has come into this world
- Jesus said, I am the good shepherd: the good shepherd giveth his life for the sheep. But he that is an hireling, and not the shepherd, whose own the sheep are not, seeth the wolf coming, and leaveth the sheep, and fleeth: and the wolf..
 - devoureth them
 - separates the sheep from the goats
 - catches them, and scatters the sheep
 - becomes owner of the sheepfold
- Jesus said, Verily, verily, I say unto you, Behold Abraham was, I am, What did the Jews do in response to that statement?
 - Fell on their faces and worshiped him
 - They picked up stones to throw at him
 - Called the Scribes and the Pharisees to here him
 - Realizing that he would soon die, they cast lots for his robe
- What did Jesus say was the evidence of His being the Son of God, so that we should believe him?
 - He understood every aspect of the law
 - He did the works of His Father
 - He was born of a virgin
 - He prayed a lot
- Jesus said, I am the living bread which came down from heaven: If any man eat of this bread, he shall ____; and the bread that I will give is my flesh, which I will give for the life of the world.
 - receive an invitation to the marriage supper of the Lamb
 - forever be grateful
 - live for ever
 - all of the above
- In the Book of Revelation, how does Jesus describe Himself?
 - I am Alpha and Omega, the beginning and the end
 - I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death
 - I am the root and the offspring of David, and the bright and morning star
 - All of the above

ANSWERS:

1. c
2. d
3. b
4. d
5. b
6. b
7. a
8. c
9. b
10. b
11. c
12. d