

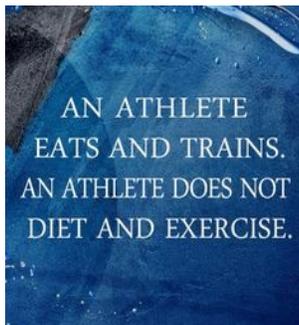


P. I. T. W. M.



Editor: Gloria Jean Woodard

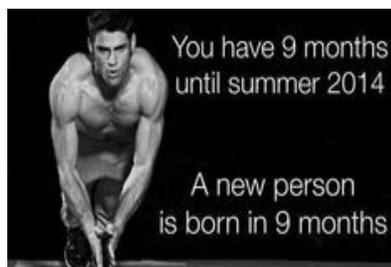
I'm looking at the 2014 Opening Ceremonies of the Winter Olympics in Sochi, Russia; watching with a smile on my face at the joy of all the athletes that are parading into the arena. This is their reigning moment; the moment they have trained for all their lives. They have given up so much for this moment to win a metal or to influence someone that's thinking about ever coming one day to participate in the Olympics. What are we going to give up to display who we stand for? Do we give up our time to read God's Word? Do we give up our food to fast to hear from God? Do we give up our sleep to pray for others? What, as soldiers do we give up to train for the war that's raging in our homes, in our schools, on our jobs, in our churches? You know there is work to do, but it can't be done without training.



In the Opening Ceremonies they put together a great visual and spectacular array of telling the story of Russia. The people that put this all together had such creative visualizations. Could you imagine the story told of the USA in the USA? Or could you imagine the story that's already told in the Bible coming to life that we Christians win? God is the most spectacular Creator of all times, in all the world, having our

lives all laid out for us to follow, if we only ask Him, and then follow? Even the people that were in the show, had to follow to a tee all the instructions, and then train for just this one night. They didn't just start yesterday. It took 7 years. They trained for a whole seven years. Could you imagine? They have become apart of history that was only for this one night, that showcased their country, and many other countries. And they did a fantastic job of it. The technology used was something I've never seen before, and that you would pay to see.

It was awesome! Just think what a believer could do if trained for seven years. Seven means completion. What if we showcased for our Lord and Savior Jesus Christ in such a way, not for show but for His glory? The Olympic Games united all nationalities who spoke in different lan-



guages. Well, the power of the Holy Spirit unites all Christians and all nationalities and languages! One day that's what we'll see as believers of our Lord Jesus Christ! Are we satisfied with the standard we have displayed to say that we will receive a crown to lay at His feet? It is never too late, as long as we have breath to breathe and the Spirit of God leading us! It's easy to do nothing, but liberating to start something. An athlete eats and trains, so be encouraged to start right where you are to do what the athlete in you would do.

A show like this will always put things in perspective when you look at it spiritually. At the beginning of the show, everyone wanted to talk about the one blooper that happened, but there was much more that was excellent in the show that brought about a spectacular awe! All were determined to do their best. Let us do likewise!

God Bless!

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GROWING THINGS ARE A PAIN!

I had been asking God to help me to write something for this month's Newsletter for a couple of weeks; nothing came. Here it is two days before publication and God lays it in my lap yesterday. I told some people about a message I heard August of 2013. I know I wrote notes but couldn't find them. The preacher came all the way from Cape Town, South Africa by the name of Rev. Jerome Campher to allow me to hear about—"FORCED UPGRADE."

In the bible He came from John 5, talking about the man who had been sitting by the pool but couldn't seem to get in because he was crippled; because he didn't have anyone else to put him in the water when the angel came down to trouble the water for his healing.

And the question was asked, *"Have you stayed in one place too long?"* You've been in this familiar place where you know everybody; where they know what illness you have; where they know your name; where they really connect with you well and all you talk about is your illness and your situation and no one can help you get to a whole place; an improved place; or get you closer to the Healer; to bring you out of your situation! Well, as the preacher broke it down, the man was content were he was because when Jesus asked him *"Wilt thou be made whole?"* Of course the man didn't right away say yes to Jesus. You know we have our "but this" or "but that" responses.

There was plenty more to the message of the crippled man but I don't have my notes. I'm giving just what God wants me to put in this.

The caption of his message summed up about him trying to put a program onto his computer but could not find a connection that would enable it to download until he arrived at the airport to go home. He kept trying to put it onto the computer but it kept saying—**you need to upgrade**. He did not want to upgrade. He was content with the status of his computer. He kept pushing No! However, in the end after so many tries, the computer itself upgraded itself by displaying the message, **we will now upgrade you!** He couldn't believe it and I couldn't believe it when it happened to me the other day.

My computer would display, **you're using an old browser—upgrade**. I liked it as it was; I was content in how it worked; I was familiar with its technique, until...! Yesterday, Feb. 26, 2014 a lady called me from an area code of 334. I answered it because it had their church's name on it. Now that area code is from Montgomery, Alabama, my birth place. I really laughed when I found that out!

She said is your website still working. I have been trying to open it and it wouldn't open so I could get the Sunday School Lesson. Well, I tried it and lo and behold, it wouldn't open. I thanked her and emailed her the lesson; called the website people and they said, yes I know what the problem is. From time to time they will email you to see if the

site is still good, and they have been emailing you from an old email address from which you started your domain name in. Well I had changed my email address and when I didn't respond to the old one, they shut the website down. That triggered a lot of other things for me to look at. I couldn't open some of the PDF Sunday School Lessons that were already on the Internet, and found out that Internet Explorer does not open a lot of PDFs now.

What once worked is not working now! The old browser had quit working on its own, and now I had to do something! I got my title for this article from the website representative I spoke to on the phone —**Growing Things Are A Pain!** I told him I have to use that because when he checked my computer, he said you have an XP? I said yes, I have a dinosaur; that means old compared to what is out now! What's out now is hard to figure out, that's why I was content with what I had; staying in one area, one arena too long; not even trying to see what an upgrade could do. Don't even talk about the phone! It reminded me of the sermon of Forced Upgrade; of the man sitting too long by the pool. The representative said you will have to upgrade your browser in order to open up those Sunday School Lessons. Do you know what, they opened in Google Chrome! The technology today has forced me to grow even when I didn't want to. If we don't go through the pain we will never receive the gain! Growing things expand us and we have to expand even in pain. This can be applied in all areas of our lives!. God did it again!

God Bless!

20 Little Changes for a Healthier Life—Men's Health

It's hard to make big changes in life. The energy and time commitment is often too great. That's why so many Americans still struggle with their health. **The problem isn't knowing what to do; it's doing it.** So why not take the opposite approach? Forget about such grand, amorphous goals as losing weight or getting in shape. Instead, aim to drink the leftover milk in your cereal bowl each morning to get more vitamins, or hold your fork in your non-dominant hand to slow your eating, or "forget" your glasses the next time you're at the gym so you won't get distracted. **Little tips** like these can make a big difference over time.

1. **Decorate Your Plate**

14-year study found that men whose diets were highest in fruits and vegetables had a 70 percent lower risk of digestive-tract cancers. How to reach your quota: Never eat a meal that doesn't contain a vegetable or fruit. And no, fries don't count.

2. **Dry-Brush Your Teeth**

It cuts tartar by 60 percent and also reduces the risk of bleeding gums by half. Use a dry, soft brush to scrub the insides of your top and bottom teeth, then buff the outer surfaces. Rinse, spit, and brush briefly with toothpaste

3. **Never Skip Breakfast**

A survey of more than 2,000 people who lost an average of 67 pounds and kept the weight off for more than 5 years found that 78 percent ate breakfast 7 days a week.

4. **Eat More Pasta**

Two to four servings of tomato sauce a week can cut your prostate-cancer risk by 34 percent.

5. **Judge Cholesterol with Contact Lenses**

A diet full of fat, protein, or alcohol weakens your tears' ability to block cholesterol from adhering to the lenses. This results in cloudy deposits. If your diet is destroying your contacts, just imagine what it's doing to your arteries.

6. **Go Fishing Once a Week**

Eating one serving of fish per week can halve your risk of a sudden fatal heart attack. The secret ingredient in fish is omega-3 fatty acids. Salmon is especially high in them.

7. **Protect Your Erection with Blueberries**

They contain compounds that improve circulation, and they're loaded with artery-scrubbing soluble fiber. Eat your berries fresh or in a smoothie three times a week.

8. **Request the Chilean Red**

To reduce your risk of cancer, drink red wine from

Chile. Chilean cabernet sauvignon is 38 percent higher than French wine in flavonols, which are antioxidants that plunder cancer-causing free radicals.

9. **Lend a Hand**

Men who do volunteer work at least once a week have half the death rate of those who don't.

10. **Crunch Away Back Pain**

Seventy-five percent of all lower-back problems can be prevented by building your abdominal muscles. Aim for a dozen crunches every day.

11. **Order Thin-Crust Pizza**

It has a third fewer calories than thick-crust pie. Blot the cheese with a napkin to cut even more fat.

12. **Skip That Second Cup**

The caffeine in 2 cups of coffee adds 16 beats per minute to your heart rate.

13. **Save Your Marriage**

An unhappy one increases your chance of getting sick by 35 percent and shortens your life expectancy by 4 years.

14. **Exercise Depression Away**

Exercising for 40 minutes can reduce stress. In fact, studies show that working out on a regular basis can be as effective as taking antidepressants like Prozac.

15. **Fall Asleep with Cherries**

Cherries and cherry juice are concentrated sources of melatonin, a popular over-the-counter sleep aid

16. **Put a Shoe on Your Pillow**

It'll determine whether your pillow supports your head and neck adequately. Fold the pillow in half and put a shoe on top; if the pillow springs back, it's okay.

17. **"Kur" Your Fatigue**

If you wake unusually early, dampen a towel with cool water and lightly wipe your arms, legs, and torso, then go back to bed. The body is very warm when it comes out of REM sleep. Back in bed, the body heats up even more. The result is a deep, restful sleep and more dreams. Called kur, this technique is standard at European spas.

18. **Raise Your Rearview**

To prevent slouching (and the resultant lower-back pain) on long drives, tilt your rearview mirror up a bit. That way, you'll have to sit up to see the cars behind.

19. **Take Vitamin E and Aspirin Daily**

Researchers have found that this antioxidant-and-blood-thinner combination can reduce arterial plaque by 80 percent. The benefit of the two treatments together is so great that it may help men prevent atherosclerosis even if they can't lower their cholesterol levels.

20. **Have a Banana**

The potassium it contains can lower blood pressure. One per day is all it takes.

http://www.menshealth.com/mhlists/how_to_live_better/

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!

[On The Web—pitwm.net](http://OnTheWeb-pitwm.net)



“People underestimate their capacity for change. There is never a right time to do a difficult thing.” *John Porter*

Scripture For The Month

"Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah." Psalm 68:19

DATES TO REMEMBER 2014

March is Red Cross Month

Friday, Mar.7 Employee Appreciation Day

Advanced by one hour

Sunday, Mar.9 Daylight Savings Begins

Monday, Mar.17 St. Patrick Day

Thursday, Mar.20 Spring Begins

Mar.17-21 Spring Break (HISD)



Father, I love You because You first loved me. When Your touch comes upon our lives to show us just how much You care it is overwhelming! You know us inside and out, and You know what it will take to get us into the right position for change. You allow

the right things to happen to truly get the right picture across to us. You already know how stubborn we can get; You already know what mistakes we will make, but You will always get us to the right place in spite of our stubbornness and our mistakes. Thank You Father, in the Name of Jesus for Your persistent care of us. I need You! I need Your

WORD SEARCH

When Jesus saw him lying there and knew that he had been there a long time, he said to him, "Do you want to be made well?" (7) The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me." (8) Jesus said to him, "Stand up, take your mat and walk." (9) At once the man was made well, and he took up his mat and began to walk. Now that day was a sabbath. (John 5:6-9) (NRSV)

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

WORD LIST

JESUS	STAND	SABBATH	DOWN	WHEN	SICK	KNEW	POOL	AM
YOUR	ELSE	MAKING	TOOK	HAVE	WANT	DAY	WAS	MY
TIME	WHILE	SOMEONE	BEEN	BEGAN	AHEAD	PUT	SAW	INTO
WALK	THERE	ANSWERED	MADE	WATER	TAKE	WAY	SIR	OF
WELL	STEPS	LYING	JOHN	ONCE	HAD	MAN	HIS	MAT
THAT	NRSV	STIRRED	LONG	SAID	NOW	HIM	UP	

counsel and guidance; Your upgrade and growing pains to mature me. You are my very help in the time of trouble; You are my refuge and strong tower!

When change comes into my life help me to accept with a willing heart and not open my mouth too quickly saying what my flesh wants to say. I learn from my stubbornness; I

learn from my mistakes for You will always adjust me to receive what I need, and that is humbleness and self-control! Those are the fruit that You have been growing in me with Love. Praise God for the fruit of the Spirit! May we not be afraid to learn new things. If we don't go through the pain we will never receive the gain! Hallelujah, in Jesus' Name I pray, Amen!