

How can you believe when you accept glory from one another and do not seek the glory that comes from the one who alone is God? John 5:44 (NRSV)

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What a Savior Rev. Mack C. McClam, Pastor

Self-awareness

There are three hard things: steel, a diamond, and to know one's self.

The most difficult thing in life is to know yourself.

The easiest person to deceive is yourself.

If you are looking for perfection, don't look in the mirror. Some people think they are in the groove when they are really only in a rut.

The worst of all frauds is to cheat oneself.

The man who goes through life looking for something soft can only find it under his hat. Life would be so simple if our biggest problems came when we were fresh out of high school and knew everything. You don't need to know where you are going provided you know who you are following. Don't spend the last half of your life regretting the first half.

Confidence and respect are things you can't buy—you've got to earn them.

There is one thing for which you can be thankful—only you and God have all the facts about yourself.

Every man carries with him the world in which he lives.

- Complete Book of Zingers, The

The earliest recollections of my spiritual formation presents a picture of my parents, usually seated next to each other, my eight siblings and I completing the circle of mixed dining room and kitchen chairs to around all to be seated, and every one face to be seen. Mama and daddy would begin and we would all join in singing, "Must Jesus Bear the Cross Alone." Following a verse or two of a hymn everyone would stand up from their seats, turn and kneel before the chair as daddy would pray extemporaneously. Following daddy's prayer mama would then lead the family in the Lord's Prayer. When breakfast was over all would get dressed and head for Sunday school at the community's local United Methodist Church. This was the start of every Sunday morning in our home. Weekdays begin with a truncated version of Sunday's devotions. The

place of prayer in the home and the centrality of God in our personal life was an essential.

Those childhood experiences governed my behaviors, determined the places I could or would not go, and the people with whom I connected. The influence of my parent's teachings appeared to have essentially the same effect on both my younger and older siblings. In other words, generally we were involved with others in our community whose values were similar to ours. There are always exceptions but for the most part the foundation laid by my parents continues to guide my choices of today as they did then. I was taught to seek, to serve, and to please God.

I believe that we set ourselves up for the greatest let down when we live for the praise of other people, with no desire to please God. To wait for the stamp of approval of humans can cause one to miss the salvation of God.

Whose approval do we seek?



Birthdays and Anniversaries

Birthdays:

- Arbriana Edwards—1
- Pamela Williams—4
- Terry Mitchell—9
- Paige Barnes—10
- Tawanna Barnes—12
- Paige Roper—13

- Lorraine Ford White—14
- Daisy B. Limehouse—15
- Alicia Fogel—16
- Andrea Campbell—21
- Olivia Fogel—25

- Vanessa Singleton Santos—29
- James Canteen—31

Anniversaries:

- James and Gail Canteen—26
- Travis and DaNine Fleming—30

Blake's Financial Corner—Five Things You Need to Know About Money and Budgeting

Evelyn Blake

Money Management International

[http://](http://www.moneymanagement.org/Budgeting-Tools/Credit-Articles/Money-and-Budgeting/Five-Things-You-Need-to-Know-About-Money-and-Personal-Budgeting.aspx)

www.moneymanagement.org/Budgeting-Tools/Credit-Articles/Money-and-Budgeting/Five-Things-You-Need-to-Know-About-Money-and-Personal-Budgeting.aspx

Answering your top five personal finance questions

1. How should I track my personal spending? The simplest way to track your spending, especially your cash, is the low-tech way, with a notebook and a pen. By carrying around the notebook with you, you can actually track exactly where every dollar is going—from a small coffee on your way to work to a spending splurge at the mall. If you'd prefer, on a daily or weekly basis, you can transfer your handwritten notes to a computer spreadsheet.

2. What financial reports should my family have?

Each family should spend some time tracking their financial progress, and the best way to do that is to develop a few financial reports that you'll update monthly or semi-annually. These reports include a family budget and a balance sheet.

3. When do I create and update my personal budget?

Individuals should start budgeting and tracking expenses as soon as they begin their first full time job. Revisit your budget every few months, and whenever significant life changes occur, such as raises, marriage, the birth of children, and divorce.

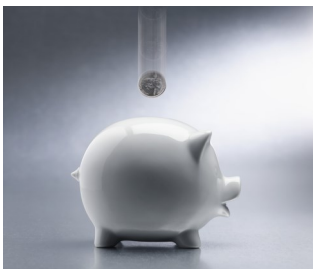
4. What financial professionals should I consider working with to help manage my personal finances?

If you find that you need help with your finances, professionals such as tax advisors, credit counselors, financial planners, and law-

yers can help. Before working with any financial professional, be sure to check their credentials. You may choose to ask your friends and family if they have any trusted financial partners that they recommend. Ask specific questions about their history and areas of expertise. Finally, be sure that you are comfortable with the advisors you choose; ideally, you will be financial partners for life.

5. Why is a personal balance sheet important? A balance sheet calculates your net worth by comparing your financial assets (what you own) with your financial liabilities (what you owe). The difference between the two is your personal net worth. Don't be discouraged if your net worth is negative—keep in mind that this should be an accurate depiction of your financial situation. Setting goals is much easier once you know what your current net worth is.

Pay everyone what you owe him: if you owe taxes, pay taxes; if money, then money; if respect, then respect; if honor, then honor. Romans 13:7

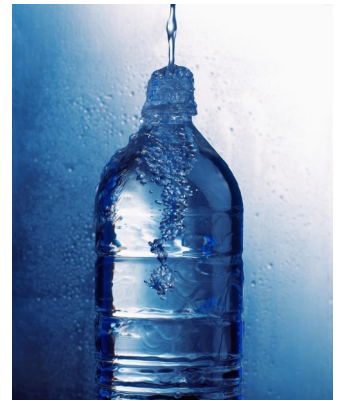


Avoid the Dangers of Dehydration!!!

Dehydration is an abnormal loss of water from the body and can be a serious problem, especially in older adults and children. Some older adults may suffer from poor memory, immobility, or illness which may affect fluid intake. In addition, certain medications can also block the thirst mechanism. Each year, more than 1.5 million children die from dehydration. Most of them are under one year old according to the MayoClinic.com. Parents and caregivers need to be vigilant about liquid intake of children, especially babies and children who are ill, to prevent dehydration. If you're thirsty, common sense tells you to get a drink.

But did you know that dehydration has already begun to set in by the time your brain sends the signal that you need a drink. That's why it's so important to get your fill of clear liquids (preferably water) prior to physical activity. It's also critical to overall good health to drink water regularly during the day (8-10 eight ounce glasses is recommended), even when it's not hot outside. Other sources of water include fruits, vegetables and soup. The signs and symptoms of dehydration often mimic that of general illness, so it's important to pay attention to early warning signs. Thirst, dry mouth, dizziness, headaches and muscle weak-

ness are common for mild to moderate dehydration. Extreme dehydration warrants immediate medical attention. Look for lack of sweating, little or no urination (or urine that is dark in color) and sunken eyes. The subject may be irritable, confused, have low blood pressure, rapid heartbeat or fever. Chronic dehydration constitutes a serious problem and is associated with an increased risk of falls, urinary tract infections, dental disease, bronchopulmonary disorders, kidney stones, constipation, and impaired cognitive function.



"It's also critical to overall good health to drink water regularly during the day (8-10 eight ounce glasses is recommended)..."



The 8th Annual Hazel Williams Gammons Run for Your Mother 5K will be held on Saturday, May 10, at 8:30 a.m.

It will begin at the Saul Alexander Playground.

There are prizes in seven age categories.

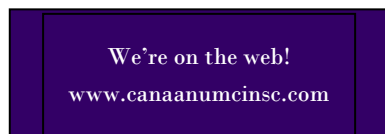
Registration is \$20 for 13 and older and \$15 for 12 and under. Registration on race day is \$25.

Go to www.runforyourmother.com for more information.

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Many of us attend church each Sunday and other functions during the week. It seems as though things are always in place. Well, there are some people who should be thanked for making this possible.

I would like to thank:

- Rev. McClam, First Lady Gwendolyn McClam and Ebony Summers-Fogel for making our Easter sunrise service a beautiful experience
- Easter breakfast went off without a hitch --thanks to Sis. Mary Chisolm, Bro. James Chisolm and the team!
- Our trustees who are willing to set up tables and chairs in the family life center
- Bro. Alex Singleton and the finance committee for staying on top of our financial matters
- Bro. Nathan Geddis for his continued interest in the functioning of Canaan

I am sure there are many others who should be listed. Keep doing what you are doing. Your work is appreciated too. God sees you and your good work!

I pray that each of us will continue to do all we can to make Canaan a **blessed** house by the side of the road.

~ Alice West

Canaan, the Lord is Always There Annette Ancrum, Lay Leader

“.... lo, I am with you
always, even unto the end
of the world. Amen.”

Matthew 28:20 (KJV)

When we read the bible, we will discover that it is full of stories of ordinary people just like you and me who meet with daily difficulties, as well as extraordinary situations. As we look at their lives we will see that in each problem they encountered, they didn't go through it by themselves. The Lord was always there. He never left them, ran out on them or neglected them.

He was there when the disciples were in the boat facing the storm. He was there when Daniel was in the lion's den. He was there when the three Hebrews were thrown into the fiery furnace. He was there with Noah in the ark. He was there with Abraham during his

greatest trial on the mountain. He was there with the children of Israel at the Red Sea.

The Lord is always with us, Canaan Church family; we are his children. He never leaves us nor forsakes us. He doesn't leave us when the “going gets rough.” He doesn't change. He has always been there, so why would we think that he would be any different today than He has always been? Why would we think He would abandon us when He never once abandoned any of His children throughout history?

The promise Jesus has made to always be with us includes it all. It includes everywhere and anything we find ourselves going through--good or bad. **Ephesians 3:20** states, “Now unto him that is able to do ex-

ceeding abundantly above all that we ask or think, according to the power that worketh in us” (KJV)

The Apple Corporation has a new slogan—“You're more powerful than you think.” It is talking about the technological ability we have at our finger tips to do all kinds of extraordinary things in extraordinary ways everyday in order to get the job done. This corporation may have coined the slogan, but in my opinion, we can apply it to Christianity.

Remember, Jesus said He would always be with us....every place we are and every situation we go through.

Yours in Christ,

Annette Ancrum, Lay
Leader

