

Canaan Times

Canaan United Methodist Church
Rev. Mack C. McClam, Pastor

Can't You See Me? By Richard Causey

Psalms 46:10

Be still, and know that I am God: I will be exalted among the nations, I will be exalted in the earth.

As I got up this morning I went about my morning routine. After finishing I made a cup of coffee and went into the office to post the stories for the day. But God had something different in mind. I started the computer up and as I waited for it to load I looked out upon the Big Timber Creek. The Sun was just coming over the trees and a foggy mist was rolling across the open creek. What I saw was a White Egret walking up the creek hunting for minnows. Within a minute or so a King Fisher flew over the egret screaming. This is its way of saying move on, this is my territory. The Egret paid it no attention and kept on hunt-

ing.

Next a flock of geese came flying in and they started feeding. The Egret moved on upstream and now the geese were owners of the creek in front of me. The sun crest over the top of the trees and sunlight streamed into my window because it was shining off the water. Now I couldn't see the computer screen and decided to sit back and enjoy the sunrise. As I watched it made me think of a passage in the Bible:

Here I sat day after day looking at all that God had created and never taking the time to really see it for what it was, Gods' work, first hand. It caused me to sit back and take in all the beauty God had placed before me to enjoy. Since then I've spent a lot of time looking out on the creek

and watching for what God wants to show me next.

Then in the silent of the early morning it hit me. I was starting to see more and more wildlife moving back into the creek. So, take the time and slow down to see what God has done for you. And remember this, "What God has done for me He'll do for you."

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 Richard Causey

Read more: <http://www.inspirationalarchive.com/828/cant-you-see-me/#ixzz3WQe6DJ1Z>



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Happy Birthday!



April Birthdays and Anniversaries

Birthdays:

- Tiana Nkanata—1
- Mark Roper—1
- Marion Jenkins—1
- Dorothy Shuler—1
- Russell Mayo—3
- Jacqueline Rice—7
- JaRayon Ancrum—8
- Mabell Williams—9
- Terrence Smith—14
- Kenneth Alston—15
- Elmer Thompson, Jr.—15
- Devon Scott—15

- Adrienne Martin—17
- Peighton Smith—19
- Nekedra Lumar—22
- Jacquelyn Sailor—22
- Annie Mae Flood—23
- Armani Shae Canty—24
- Christopher Myers—24
- Irene Perry—24
- Donald Middleton—26
- Ida Mae Geddis—27
- Rochester Ford—28
- Dr. DaNine J. Fleming—29
- Shelly Duberry—30
- Cheryl Benson—30

Anniversaries:

- Marvin and Pearl Edwards—9

April is Child Abuse Prevention Month

Protecting children is Everyone's job. Children are a blessed heritage from God. They are important to God. Jesus taught to receive children is to receive Him (Mark 9:37). To give to children is to give to Him (Matt. 10:42), and

to be like a child is the key to conversion (Mark 10:15). To build meaningful relationships with children, we should provide a living environment that is filled with encouragement and spoken love. We need

to introduce our children to Christ and set good examples. Our children will then build strong, godly sons and daughters into the generations.

"We need to introduce our children to Christ and set good examples."



Words to Live By

People are often unreasonable, illogical, and self-centered ; forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives ; be kind anyway. If you are successful you will win some false friends and true enemies ; succeed anyway. If you are

honest and frank, people may cheat you ; be honest and frank anyway. What you spend years building, someone may destroy overnight; build anyway. If you find serenity and happiness, they may be jealous ; be happy anyway. The good you do today, people will

often forget tomorrow ; do good anyway. Give the world the best you have, and it may never be enough ; give the world the best you've got anyway. You see, in the final analysis, it is between you and God ; it was never between you and them anyway.

Thank you to everyone that assisted with the Lunch and Learn for middle and high school students. A special thank you to the presenters, attendees, planners, and those who assisted in serving the lunch. ~ Higher Education Committee

Blake's Financial Corner

Get Out, and Stay Out, of Debt!

Evelyn Blake

Proverbs 17:18

"A man who lacks sense co-signs a loan, becoming a guarantor for his neighbor."

<http://www.finweb.com/financial-planning/get-out-of-debt.html#axzz3VJE55a3h>

Being in debt is more than just a financial condition; it has become a way of life. Many people have been in debt for so long that they do not even consider that there are other ways in which to operate financially. For them, making ends meet involves the use of credit, which creates, needless to say, more debt. In actuality, all that may really be necessary would be to practice a bit of self-discipline where their spending habits are concerned.

Debt reduction (or as it should be called, debt *extinction*) should be a major component of every prudent financial planning program. You want to enter your retirement years free of all encumbrances, not worried about how you're going to continue to make your payments. And debt freedom will, needless to say, make any planning or investment program more efficient. That is why it makes financial sense to pay off your debt (certainly you high-interest credit cards, at least) first. You will be saving dollars that you would have to pay for servicing the debt later on. And in this case, saving money is the same as making money. You can use all or part of what would have gone to paying off the debt in another more profitable invest-

ment vehicle.

There are numerous debt management strategies available, depending upon the severity of your own situation. Closely examine your financial condition. Do you have money left over after all of your debt servicing is done, or are you just barely making the minimum payments necessary? If you have additional money, put more of it toward your debt. If you don't, find ways to possibly cut your expenses, or ways to raise more money. Use your income tax refund to pay down your debt. Get a part-time job for more income. Sell some used items. You'll be surprised at the options that are available once you begin to think about them. Of course, if you are truly in debt over your head, you may want to consider a debt management counselor or company.

Of course, any debt-reduction strategy that is not based on a solid, realistic **budget** is not worth the paper that it's printed on. This is the step that many people neglect. A well thought-out budget is itself a strong defense against the creation of more debt, especially with credit cards. **It forces you to live below your means**, which is a completely opposite mindset from the one that many people have. Living below your means will free up additional money to pay off your debts sooner. And once you get used to living below and not beyond your means, you'll be surprised at the amount of money that you didn't even know that you had.

Getting out of debt should be one of your highest priorities. Make a firm decision to gain control of your daily financial circumstances. Analyze your situation; tailor a budget and debt reduction plan to meet your needs. Remember, it must be doable. You didn't get into debt overnight; give yourself time to get out of it. But develop a strategy for eliminating it, and implement it. Then you'll be much farther along on your road to financial freedom.

****Brain Teaser****

(Your brain needs exercise too. Use it or Lose it!)

WORD SQUARE: The answers are the same in both the across and down directions

- AROMATIC HERB
- SUGGESTION
- TAX
- PUTS DOWN

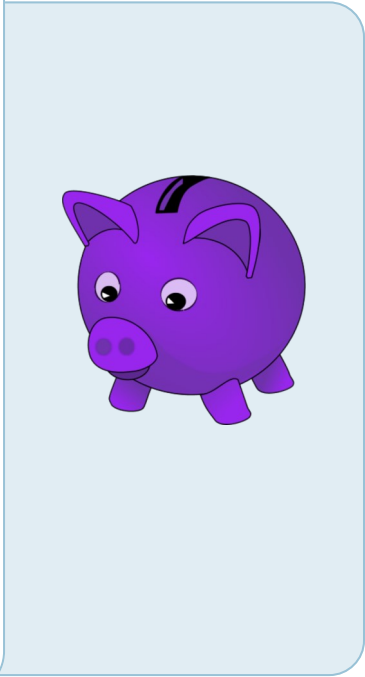
Answer to March's brain teaser: Square feet = L x W

$15.5 \times 18.5 = 286.75 \text{ sq. ft}$
 $286.75 \text{ divided by } 25 = 11.47$

(Round up to 12 boxes)



"You didn't get into debt overnight; give yourself time to get out of it."





Prayer Submitted by Rev. Nathaniel Evans

I asked God for strength, that I might achieve,

I was made weak, that I might learn humbly to obey.

I asked for health, that I might do greater things,

I was given infirmity, that I might do better things

I asked for riches, that I might be happy,

I was given poverty, that I might be wise.

I asked for power, that I might have the praise of men,

I was given weakness, that I might feel that need of God.

I asked for all things, that I might enjoy life,

I was given life, that I might enjoy all things.

I got nothing that I asked for

But everything that I had hoped for

Almost despite myself, my unspoken prayers were answered.

I am, among all men, most richly blessed.

“Slow me down, Lord, and inspire me to send my roots deep into the soil of life’s enduring values...”

Slow Me Down, Lord Submitted by Rev. Nathaniel Evans

Ease the pounding of my heart by the quieting of my mind.

Steady my hurried pace with a vision of the eternal reach of time.

Give me, amid the confusion of the day, the calmness of the everlasting hills.

Break the tensions of my

nerves an muscles with the soothing music of the singing streams that live in my memory. Help me to know the magical, restorative power of sleep.

Teach me the art of taking minute vacations—of slowing down to look at a flower, to chat with a friend, to pat a dog, to read a few lines from a

good book.

Slow me down, Lord, and inspire me to send my roots deep into the soil of life’s enduring values that I may grow toward the stars of my greater destiny.

~ Wilferd A. Peterson



9th Annual Hazel W. Gammons Run for Your Mother 5K

9th Annual Hazel W. Gammons

Run for Your Mother 5k

Saturday, May 9, 2015

8:30 a.m.

Saul Alexander Playground

615 S Laurel Street

Summerville, SC

Cash prizes to the top 3 Finishers!!

Register online at runsignup.com

Contact Debra Gammons (debrajgammons@msn.com) or Evelyn Blake

(e_blake2@yahoo.com) for more information.

<http://www.runforyourmother.com>

See you there!

Rain or Shine!

The Parable of the Glass Jar

One day at school a teacher began his class by placing a large glass jar on the lab bench in the front of the classroom and announced that "This is the jar of life, and today we will be filling it."

After the obligatory moaning had ceased, the teacher reached behind the lab bench and brought out a tray of softball sized rocks. He carefully placed one rock in the jar, then another, then a third, and then a fourth. When he tried to add a fifth rock, there was not enough room, so he removed it.

He asked the class if the jar was full. Without hesitation, there was a resounding "YES".

The teacher reached behind the lab bench again, and brought out a tray of golf ball sized stones. He added a few to the jar. Gently shook the jar and was able to fit a few more. Once again, he had reached the top of the jar and asked if the jar was full now. Once again, the class responded in the affirmative.

Again, the teacher reached behind the lab bench, and this time brought out a tray with pea sized stones. He added a handful, shook the jar gently, added another

handful, shook the jar, added another and shook, until no more pea sized stones could fit. He asked the class if the jar was full now. The response was slow and not a very convincing "I guess so".

The teacher reached behind the lab bench again, and brought out a plastic pail and a plastic shovel. He began adding sand to the jar, stopping every now and then to shake the jar, forcing the sand into all the tiny crevasses. Finally, when no more sand would fit, he asked that fateful question again.

There was no answer, but a girl in the front row sprung up and went behind the lab bench. She proclaimed that there was nothing left back there, and so the class agreed the jar was now full.

The teacher walked over to the glassware cabinet, took out a 500ml beaker and filled it with water. He went back to the glass jar and poured the water into the jar, until it could hold no more.

With that he sat down and asked the class what they had learned from the jar of life.

One student in the back shouted out "You can always get more into it than you thought."

The teacher laughed and said "That was a good answer, and there is a lot to be said for that, but that's only half of the story."

As time was winding down in the class, and it looked like the answer the teacher was looking for would not come without some prompting, he posed another question "What can be said about the order in which we filled our jar of life?"

There was silence for a few seconds before a voice squeaked out "We put the big rocks in first".

The teacher asked "Why?"

The reply came from the other side of the room this time "Because if we put sand in first, there wouldn't be any room for the big rocks".

We all have big rocks in life. We **MAKE** time for those things. My big rocks have always been family and friends and to a lesser extent work and working out.

We all have small rocks in life. We **FIND** time for those things like hobbies, projects, volunteering, traveling, etc.

The pebbles, sand, and water is the stuff that we just do and the life that goes on around us.



"You can always get more out of [life] than you thought."



Canaan United Methodist Church

171 Highway 61
Ridgeville, SC 29472

Phone: 843-873-8596
E-mail: canaannewsletter@mail.com

Open hearts. Open minds. Open doors.

WWW.CANAANUMCINSC.COM



Coming Soon!!!

There will be a grief counseling group and a stress management group coming soon. Contact Alice West for more information!

Palmetto Community Action Partnership Project Pride department is excited to announce that we are accepting applications for Summer Youth Works! 2015. This initiative provides summer employment for teens and young adults. In order to participate you must meet the following criteria:

- Reside in Berkeley, Charleston, or Dorchester County
- Be an 11th grader taking College Preparation classes; or a 12th grader planning to attend college in August 2015; or a current college student of any accredited college (community, junior, or four-year) who will be living in the Tri-county area between mid-May and early August.

Please contact ext. 230 or 212 if you have any questions.

Nekedra Lumar
Employment and Education Development Assistant
Palmetto Community Action Partnership
843-724-6760 ext. 230 office
843-619-1088 mobile
nlumar@palmettocap.org
www.cchsc.com

Potholes—A Devotional By Faithe Thomas

While driving along the African road, I focus my attention about 100 yards ahead. This allows me to watch for major obstacles such as dead cars, cows, or fallen trees. However, it also causes me from time to time to hit some small potholes.

As I discussed this with my traveling companion, she pointed out that different types of roads dictate how far into the future we can see. The smoother the road, the farther down it we can look. A rough road demands that we focus our attention immediately in front of the vehicle. To be a good driver, I must train

myself to be aware of both the near and the distant.

So, too, in my life I am on a road whose surface changes with the circumstances around me. Some days go along smoothly. The road is wide, flat, and clear. I am able to focus on both my earthly responsibilities as well as my time with the Lord.

Other days are filled with the potential potholes of rough relationships, difficulties at the office, or overwhelming temptations. I swerve around trying to avoid them. I focus on the potholes and my eternal perspective suffers.

I take encouragement and instruction from the writer of Proverbs: "Let your eyes look directly ahead, and let your gaze be fixed straight in front of you. Watch the path of your feet, and all your ways will be established. Do not turn to the right nor to the left; turn your foot from evil." (Proverbs 4:25-27)

On those days filled with potholes, I find it all the more necessary to start with an eternal perspective. How can I keep my foot from turning if I don't know where I am going?

