

from the editor's desk caitlin foreman



Hey, *Whetstone* readers, if you're feeling like I am right about now, you're pretty stressed out with everything you have going on—from papers and projects to exams—and the Lord knows we all have busywork to deal with. But how are you all handling it? I know I'm the type of person to stress out about everything until the last "i" is dotted and "t" crossed, and maybe skip a little of the busywork in between. Maybe you're the type to put it off and pull three all-nighters in a row, or maybe you just don't do it (I

don't recommend this last option). But in the midst of all the end-of-semester craziness, one thing that never fails to allow me to see the bigger picture is spending time in the Word.

No matter how busy you think you are, if you take a little time to really meditate on the Word, God will show you just how much you have really been given. He's really great at calming frazzled nerves if you just give over your stress to him. Let me tell you, stressing out does not help anything; it just causes unwanted jitteri-

ness, headaches, and stomach aches. By the way, I'm really talking as much to myself in this letter as I am to all of you, being the queen of stressing out.

But seriously, just look at some of the amazing promises he gives us in his Word. Check out Philippians 4:6-7: "Be anxious for nothing, but in everything by



prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus." What an awesome God we serve! He tells us that there is nothing to be stressed about and that it is all in his powerful hands. All we need to do is seriously ask him to calm our nerves and help us focus, and he promises us his peace upon

our minds and hearts.

There's also Psalm 55:22: "Cast your burden upon the Lord, and he will sustain you; he will never allow the righteous to be shaken." The Bible is full of these kinds of promises and so many more encouraging words. I'm not going to give them all to you, but I challenge you to go find them for yourself and really open yourself up to let God speak to you.

Okay, fine. I'll give you a few

more to whet your appetite:

- Isaiah 40:31
- Romans 5:3-5
- Romans 12:12
- Ephesians 3:14-21

Now go, and let the Lord not only speak to you, but through you with the grace and compassion that can only come from his son, Jesus Christ.

May the grace of our Lord Jesus Christ be with your spirit.

staff column johnny mcdowell
From the North to the South: The Boon Dock Saint

As some of you are aware, Northern Ireland has had some violence for a number of years. Many political shootings and devastating bombs have shaken the small population of 1.6 million people.

This has affected everyone in the province; over 3,600 people have died due to the pseudo-political violence (more than in 9/11) since the start of "The Troubles."

In a nutshell I will try to explain the complex situation in N. Ireland—basically, years of bitterness derived from hurt, passion, and ignorance. Back in the 1600s, the English came and populated Ireland. The natives were treated like second-class citizens and subjugated under the English "penal laws."

After years of subordination, the Irish rose up against the set-

tlers and demanded their lands back, motivated by the American Revolution. Compromise came from England in the form of a separation of Ireland. They gave three quarters of Ireland back to the Irish to govern, yet kept the north as part of the United Kingdom. This happened in 1922, and basically all the land and power in Northern Ireland belonged to the Protestants (Unionists), while the Catholics (Nationalists) were not given any voting rights or rights in general for over 50 years.

This changed in the 1960s when, fueled by the American civil rights movement, the people wanted change and fairness. From this the violence arose.

To be continued...

Joke Time:

Did you hear about the Irish helicopter crash?
The pilot got cold, so he turned off the fan.

What's the definition of an Irish cocktail?
A pint of Guinness with a potato in it.

What's Irish and bounces off the walls?
Rick O'Shea (if you don't get it, come ask me!)



Slán agus ádh mór ort: goodbye and good luck.

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THE WHEATSTONE

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