

World Events And The Bible

Do you really want good health? "Who wouldn't want good health?" you may ask. Yes, it is normal for people to want to continue in good health, or to recover from sickness. Physical well being contributes so much to the enjoyment of life.

Many people however overlook the most important health factor. And what is that? It is the role that man's Creator Jehovah God can play in our enjoyment of good health. The words of Proverbs 4:22 especially apply to the wise sayings found in his word, the Bible. It tells us that these are "life to those finding them and health to all their flesh."

Good health is definitely tied in with our having due regard for the Creator's commands. The ancient Israelites, for example, were told that paying attention to God's commandments would lead to their avoiding the maladies that came upon the Egyptians. This assurance was followed up with the words "I am Jehovah who is healing you." (Ex. 15:26) Does this mean that the Israelites were to expect miraculous healing? No, health benefits resulted naturally from obedience to God's commands.

The law that God gave the Israelites set forth a high standard of cleanliness that promoted the preservation of the peoples health. Examples are found at Deut. 23: 12, 13 concerning the burial of human excrement, and Lev. 11: 32-38; and Num. 19: 11-22 concerning contamination with dead humans or animals.

Similarly today, if we respect the principles of the Law given to the Israelites by adhering to a sound standard of personal cleanliness, we can protect our health. But this is not the only way in which our having regard for the Creator can benefit us from the health standpoint. Conforming to God's commands in matters of conduct can also safeguard our physical well-being. The Bible commands: "Do not come to be among heavy drinkers of wine, among those who are gluttonous eaters of flesh." (1 Cor. 6:18) (Pro. 23:20) "Flee from fornication." "Let marriage be honorable among all, and the marriage bed be without defilement." (Heb. 13: 4)

Think of the terrible ailments, including loathsome venereal diseases, cirrhosis of the liver and "jellium tremens," that many persons could have avoided had they obeyed God's Word."

Our having regard for the Creator and his commands can also shield us from emotional stresses. The Bible counsels: "Let all

Silver Anniversary

In honor of their Silver Wedding Anniversary Emmett and Madelyn Long will be feted in their home on Rt. 1, Hertford on Sunday, Feb. 15 from 2:30 to 4:30 p.m. The celebration is being given by their daughter, Miss Ellen Long along with Mr. and Mrs. Edgar Long, Mr. and Mrs. Toss White, and Mr. and Mrs. Charlie Whitely. Friends are invited to call during this time. Please omit gifts.



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malicious bitterness and anger and wrath and screaming and abusive speech be taken away from you along with all badness." (Eph. 4:31) "Let us not become egotistical stirring up competition with one another, envying one another." (Gal. 5: 26) When a person is often subjected to the stresses of envy, hate and selfish ambition, he may find himself suffering physically, perhaps from skin, respiratory or digestive problems. On the other hand, love joy, peace, long-suffering, kindness, goodness, faith mildness and self-control - qualities that the Bible encourages us to cultivate - have a wholesome effect on us, mentally, physically and emotionally. Gal. 5: 22, 23.

Wouldn't you like to know more about the things in the Creator's word the Bible that can help us to have good health. Our next article will give some, and you can use your Bible now to start on the road to good health. Jehovah's Witnesses will be happy to assist you in finding this knowledge.

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Why Me?

Black Americans are more prone to high blood pressure than white Americans.

It can easily be detected by an inexpensive, painless test, and can be treated.

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Announcements From Hertford First Baptist

Sunday School will convene this Sunday at 9:45 a.m. at First Baptist Church in Hertford under the direction of Mrs. R.B. Gibbs, Superintendent. The morning worship service will follow at 11 a.m. The Rev. J.H. London Jr. has chosen for his text: "That Old Serpent, Rev. 12:9" The senior choir will sing accompanied on the organ by Verlon Jones.

The First Baptist Church and Pastor will worship with the Saunder's Grove Baptist Church in the Beach Spring Community with the pastor delivering the message, "The Stormy Voyage of a Christian Life." (Acts 27:31). The Senior Choir will sing.

The Third Sunday Fellowship Union will convene with the New Bethel Baptist Church and the Rev. Willie B. Moore, Congregation Bagley Chapel Baptist Church will be in charge. The public is invited to attend Sunday evening at 7:30 p.m.

Mr. and Mrs. Danny Peede of Belvidere announce the birth of their first child, a daughter, Danielle Lee, born Jan. 23 at Albemarle Hospital. Mrs. Peede is the former Janice Stallings, daughter of Mr. and Mrs. Garland Stallings of Belvidere.

Peedes Have Baby Girl

Card of Thanks

We wish to thank the following organizations, friends and neighbors for their help during our recent time of need when our home was burned.

The Perquimans County Fire Dept., Social Services Bureau, The Red Cross, Employees of George C. Moore, Co. in Edenton, Members of Riddick Grove Baptist Church, the Missionary Circle, Senior Usher Board and Junior Usher Board of Riddick Grove Baptist, To all related auxiliaries, and to members of the Joppa Baptist Church. And to all friends who contributed individually or otherwise. My daughter and I thank each and everyone sincerely and graciously for all donations and services rendered during and after the time of this disaster.


Camilla Whitehurst and daughter Gay.

Dear friends,

Dr. John Brantner, psychologist says, "We should confront not only the eventuality of our own death, but also our own disability - prepare for the disaster when with our impaired eyesight, we cannot read - to anticipate our own paraplegia, our own strokes. We can make this blow less shocking if we have given it some thought beforehand.

Respectfully,

Mason Swindell
SWINDELL FUNERAL HOME
HERTFORD



Sunday School Lesson

FAITH IS THE VICTORY
(Matthew 14: 25-33; 15: 21-28)

When the writer of the book of Hebrews, in our New Testament, wanted to inspire his readers to action and growth, he reminded them of people who had had faith. He wrote of those "Who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of the aliens (Hebrews 11: 33-34.)

Our lesson for this week allows us to see the victory of faith.

Kindness, Matthew 14: 25-27

Jesus had instructed His disciples to go on across the Sea of Galilee while He went into a mountain alone to pray. The people wanted to make Him their King. Even the disciples might have been in favor of this. They too were slow in understanding the nature of His Kingdom.

While they were crossing the Sea between 3:00 and 6:00 a.m. a sudden storm came upon them. They feared for their lives. Then Jesus came unto them, walking on the water. Jesus always comes in time to deliver His children.

This was perplexing sight for His disciples. They tried to explain it by rationalizing away the reality of His presence. They said, "It is a spirit." Then came the reassuring voice of the Son of God over the waves and noise of the wind, "Be of good cheer; it is I; be not afraid." The Son of God comes in mighty power, but He also comes in gentleness and kindness.

Knowledge, Matthew 14: 28-33

Peter was overwhelmed by what he saw. He must "get in" on the act so he requests that he be allowed to walk on the water. This should be sufficient proof that Jesus was not walking beside the water as some insist. They were "in the midst of the sea, and the Sea is from seven to eight miles wide.

Peter became afraid as he saw the magnitude of the storm. But Peter knew Jesus. He knew Jesus would not let him drown. How wonderful it is to have someone to turn to in the storms of life. But in order to be able to turn to Christ during the crisis, we need to become acquainted with Him during the ordinary days of life.

It is good to know that even when we falter in our faith that Jesus never walks away. He always stretches forth His hand and catches us when we cry out to Him. Peter's experience may have left him embarrassed but it also left him with a great lesson in faith and a deeper conviction that Jesus was the Son of God.

Key, Matthew 15: 21-28

Jesus sought rest for Himself and His disciples. Ministers and missionaries need to pull back and rest awhile just as everyone else needs this. Then, as now, there were needs everywhere. A mother came to Him with a heavy burden. She made her daughter's case her own as she cried out, "Have mercy on me."

It is strange that this heathen woman should recognize Jesus as the Son of David while those who read the Scriptures daily rejected Him!

Jesus' treatment of this woman has drawn criticism from many. Some facts should be kept in mind. The Greek term for dogs is not so harsh as it appears in our language. Jesus' mission was primarily to "the Jew first and then to the Gentile." Jesus intended for the Jews to share Him with all other nations. It was necessary for the "great faith" of this woman to be demonstrated. This she did and Jesus commended and rewarded her for it.

All ended well as is true whenever and wherever Jesus is allowed to do His work His way. Why should we question His method of ministry when we know that "He doeth all things well."

BIBLE QUESTION OF THE WEEK

"Why must one believe that God raised Jesus from the dead as required by Romans 10:9?"

ANSWER
It is not sufficient to believe in past or present religious systems. One must place his faith in a living Savior.
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The Sunday School Lesson is sent in by Clear Creek Baptist School, Pineville, Ky. and is written by Professor Earl Clark.

—Obituaries—

GEORGE W. MILLER
HAMPTON, Va. — George West Miller, 67, of Hampton died Saturday. A native of Merry Hill, N.C., he was a retired farmer and had been a resident of Hampton for about a year.

Survivors include two daughters; Nola Jean Cullither of Hampton, and Mrs. Jeannette Cason of Knotts Island; three sons, Carrol S. Miller of Winfall, N.C., George A. Miller of Williamston and Darden Miller of Hampton, Va.; five sisters, Mrs. Dorothy M. White of Elizabeth City, Mrs. Lora M. Hobbs of Ahoskie, Mrs. Mollie Jernigan of Merry Hill, Mrs. Clara M. Boyce of Tyner, and Mrs. Eva Hill of Colrain; two brothers, H.F. Miller of Merry Hill and B. Oval Miller of Chesapeake.

A funeral service was held Monday afternoon at 2 p.m. in the Lawrence B. Wood Funeral Home with burial in Parklawn Cemetery, Hampton, Va.

AUBREY ABNER SAWYER

Aubrey Abner Sawyer, 66, of 610 Penn. Avenue, died Monday morning at 12:20 in the Chowan Hospital following an extended illness. A native of Durants Neck he was the son of the late Abner and Mrs. Geneva Gregory Sawyer.

He retired from the Norfolk-Portsmouth Belt Line Railroad, was a member of the First United Methodist Church, a member of Masonic Lodge No. 339 of South Norfolk and a member of the Knights of Pythias of South Norfolk, Va.

Surviving are his widow, Mrs. Lillie Belle Everett Sawyer; a daughter, Mrs. Betty Jean Turner of Chesapeake, Va. and three grandchildren.

Funeral services were held Wednesday at 1 p.m. in the First United Methodist Church by the Rev. Milton Mann.

"The Old Rugged Cross" was sung by Mrs. Ray Kirby, accompanied by Miss Caroline Wright,

organist. Miss Wright played "Amazing Grace" during the service.

The casket pall was made of white chrysanthemums and red carnations.

Pallbearers were Clyde Thompson, Julian A. White, W.A. "Billy" White, Buddy Tilley, Milton Long and Tommy Miller.

Burial was in Cedarwood Cemetery with Swindell Funeral Home in charge of arrangements.

We have your best interest at heart.

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