WEEKLY MEDITATION

BY COLIN DOUGLAS

"The truth shall make you free."—John 8:32.

It seems that everyone of us has habits from which he would like to be free. When a person is the prisoner of some habit that is not conducive to his health, happiness, or peace of mind, he is unhappy and dissatisfied with himself. And more often than not, he will say, "I wish I had more will power!" With these words, he is acknowledging that the habit is his master and that he does not know how to dethrone this undesirable tyrant

The truth is that God has made each one of us a master in his own right . . . with power and dominion over every habit and whim. We know that God created us and gave each one of us as an individual the power and dominion over our thoughts, over our emotions, over our lives. It is up to us to acknowledge and assert this dominion. It is not a dominion of will power, but one of a God-given spirit. This God-given dominion eliminates desires that are not conducive to happy, healthy living. And when we allow God's will to work in and through us, the struggle between habit and will ceases, for both become harmonized with that which is constructive and soul-satisfying.

Anyone can take spiritual dominion and learn to steer his mental, emotional and physical energies into healthful and happy outlets Meditate during your daily prayer periods on God and His mighty power, which has established the world you live in, which supplies the air you breathe, which controls the orderly movements of the planets and the tides, which has created every complex and delicate living thing. As you become increasingly aware of His great power, which is constantly behind you, you will know through-and-through that nothing human or material can hold sway over you

"In quietness and in confidence shall be your strength." Isa. 30:15.

TWO MINUTES WITH THE BIBLE

BY CORNELIUS R. STAM PRES.
BEREAN BIBLE SOCIETY
CHICAGO 34, ILLINOIS

HELP IN TIME OF NEED

Our Chicago papers, recently, carried two interesting front page items; one about Timothy Nolan, a Chicago policeman who pleaded in vain for help while he battled two toughs. Sixty people stood about, watching him fight for his life, but not one of them helped him or even bothered to call another policeman. They just stood and watched.

The other item was about a twelve-year-old girl, named Susan Benedict, who had come from Clinton, Wisconsin, to visit Chicago. As Susan sat in the Greyhound Bus Station at Clark and Randolph, a thief grabbed her purse and ran.

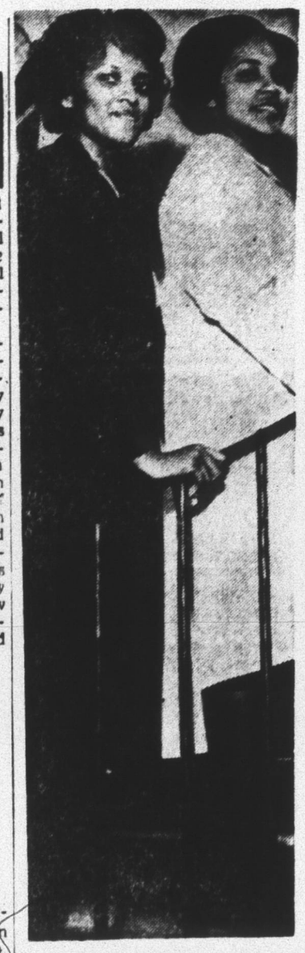
Perhaps it was because she was a sweet, defenseless twelve-year-old, but in any case, about a dozen people who witnessed the incident, followed the thief until one got a policeman, who caught the thief and returned the purse to the little girl.

It is a very frightening thing not to be able to find help when it is desperately needed—and just as wonderful to have help when it is needed.

Thank God, He is always ready to help us in our deepest need—the salvation of our souls. Are you afraid that your many sins placed you in a position beyond help—that you have sinned too greatly for God to forgive you? Then listen to Eph. 1:7, where the Apostle Paul says, by divine inspiration: "We have redemption through Christ's blood, THE FORGIVENESS OF SINS ACCORDING TO THE RICHES OF HIS GRACE," and Rom. 5:20, where he declares: "WHERE SIN ABOUNDED, GRACE DID MUCH MORE ABOUND."

Paul knew this by experience, for he was the leader of the leader of the world's rebellion agianst Christ, but he was saved in one moment by the grace of God. This is why he says: "This is a faithful saying, and worthy of all acceptation, that Christ Jesus came into the world to save sinners, of whom I am chief" (I Tim. 1:15).

If God saved the "chief of sinners," He surely is willing to save you too, "for whosoever shall call upon the name of the Lord shall be saved" (Rom. 10:13).



TO PEACE CORPS — Two of the four June graduates of Bennett College who have been accepted for Peace Corps training are shown above. Left to right, Misses Barbara Lynn of Youngstown, Ohio, whose appointment is to Caracas, Venezuela, and Sheila Brinkley, of Richmond, Va., whose destination will be Ethiopia.

Red Cross Gives Water Safety Tips

Water accidents can be avoided if you observe simple safety rules. Your Red Cross advises:

—Gain swimming and life saving skills where Red Cross methods are taught by qualified instructors. Practice your skills each time you are in the water. Heed safety instructions taught in your courses.

—Swim only where qualified life guards are on duty in sufficient numbers to look after the crowd.

—Swim only where admittance is limited to the number that can be safely accommodated in the pool.

—Be sure life guards hold a currently valid Senior Life Saving or Water Safety Instructor certificate. Be sure life guard's duty is limited to time and space he can efficiently oversee. Ask questions. Your own safety is at stake.

—Don't overload a boat. Be sure all weak and non-swimmers wear a life jacket; not just the children.

—Leave water during electric storms.

—Farm pond owners should construct rescue stations containing simple rescue devices such as rope, reaching pole, an inflated inner tube or other flotation device and simple instructions for artificial resperation.

—Every family should have at least one member trained in First Aid.

—Observe good manners in the water, whether swimming or boating.

—Water is a good friend, when used wisely; a deadly enemy when not. Call your Red Cross for information on courses and classes available in your community and for instructions on constructing a rescue station.

JAILED FOR "NOISY CHURCH SERVICE"

MACON, Ga. (ANP)—The Rev. Wilburn M. Simmons believes that the best way to get his messages across is to inject a bit of showmanship into his services, but he went too far. He was arrested recently on complaints of neighbors that he was "making too much noise while worshipping." Witnesses testified that he played drums, piano and other instruments and sang till late in the night, making enough noise to be heard "six or seven doors away from his church." The court found him guilty of creating a public disturbance, and sentenced him to two months in jail.

Telephone: TE 3-9395
JAMES SANDERS TILE CO.
License No. 1939
Ceramic, Asphalt, Rubber and Vinyl Tile
819 ELLINGTON STREET RALEIGH, N. C.

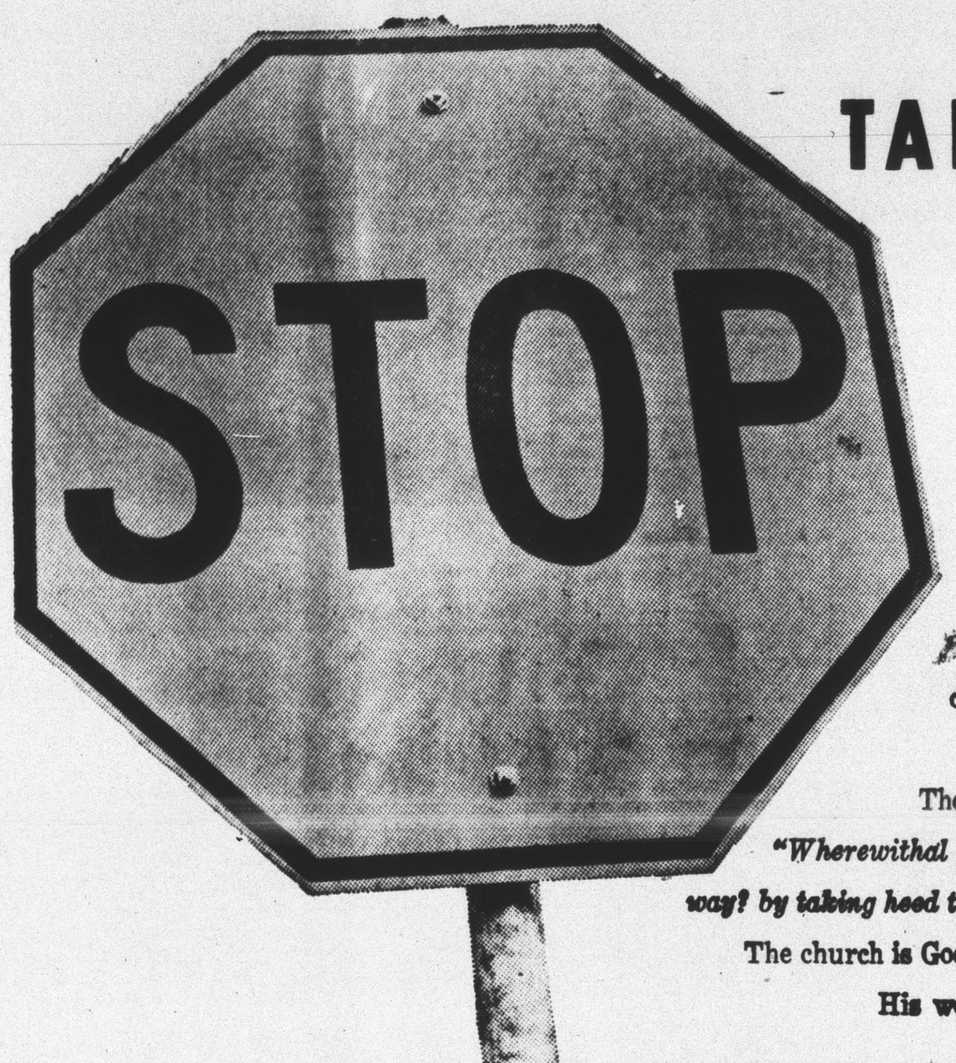
FOR RENT
Apartments and 4 and 5 Room Houses
ALL WITH HOT AND COLD WATER AND BATHS
Live in either a first-class apartment or house. We can offer you at reasonable rental either 1 or 4 room apartments or 4 and 5 room houses. All these dwellings are located in nice neighborhoods and in first-class repair.
See Us Today For Better Living!
ACME REALTY CO.
129 E. HARGETT ST. DIAL TE 2-0956

CHURCH FURNITURE DESIGNERS AND MANUFACTURERS
Buy Direct From The Factory---
Pews, Chancel Chairs, Pulpits
Communion Tables, Etc.
Bluefield Church Furniture Co.
Shaw Avenue Galax, Va.

FAITH...
★
Faith is to believe,
on the word of God, what
we do not see, and its
reward is to see and enjoy
what we believe.
Augustine
★
DAY AND NIGHT
Ambulance Service
Raleigh Funeral Home
322 E. CABARRUS ST. DIAL TE 2-2835

GO TO CHURCH SUNDAY

With Faith... You Are Never Alone
Attend Church Regularly



TAKE HEED!

Warning signs are placed at intersections to protect the individual. A cross road with heavy traffic or a blind corner may be the reason for the sign. Disobey this sign and the penalty will vary. It might be a small fine, a wrecked car, or you may take a life or lose your own.

The bible is God's warning sign. *"Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word."*

The church is God's appointed agency to preach His word. Attend church regularly.

EVERYONE IN THE CHURCH ... THE CHURCH IN EVERYONE

The Church is God's appointed agency in this world for spreading the knowledge of His love for man and of His demand for man to respond to that love by loving his neighbor. Without this grounding in the love of God, no government or society or way of life will long persevere and the freedoms which we hold so dear will inevitably perish. Therefore, even from a selfish point of view, one should support the Church for the sake of the welfare of himself and his family. Beyond that, however, every person should uphold and participate in the Church because it tells the truth about man's life, death and destiny; the truth which alone will set him free to live as a child of God.

© 1961, Coleman Adv. Serv., P. O. Box 4887, Dallas, Texas

THIS INSPIRATIONAL MESSAGE APPEARS EACH WEEK TO HELP MAKE THIS INCREASINGLY A CHURCH-MINDED AREA. IT IS OFFERED FOR YOUR CONSIDERATION BY THE GENEROSITY OF PUBLIC-SPIRITED INDIVIDUALS AND BUSINESS FIRMS.

PEPSI-COLA BOTTLING CO.
Raleigh, North Carolina

JESSE JONES SAUSAGE
For A Special Breakfast With Pan Cakes and N. C. Eggs

BILTMORE HILLS
JOHN W. WINTERS & CO.

McLAURIN PARKING COMPANY
Raleigh and Other North Carolina Cities

MEDLIN-DAVIS
"Cleaners of Distinction"

DIXIE DRY CLEANERS - LAUNDRY
228 E. Martin Street
Cor. Bloodworth & Davie Streets
515 West Morgan St.
2-Hour Shirt Service

BETTER BRAKE SHOP OF RALEIGH, INC.
500 West Morgan Street
See Herbert Rancer

AMBURN PONTIAC, INC.
3623 Hillsboro St. — TE 832-3907

BRANCH BANKING & TRUST CO.
4 Convenient Locations in Raleigh
"You Have Friends at Branch Banking and Trust Company"

HUDSON-BELK—EFIRD'S OF RALEIGH

RALEIGH SAVINGS & LOAN ASSOCIATION
"Raleigh's Oldest Financial Institution"