

60-SECOND SERMONS

By FRED DODGE

Text: "All human wisdom is found in two words, 'wait' and 'hope'."

An elderly man was complaining to his young wife.

"I tell you, Elsie, I'm going to have to get rid of that chauffeur. He has nearly killed me four times!

"Now, Arthur," cooed the young lady, "do wait a while. Give him another chance."

People, today, do not know how to wait. If other people won't hurry and events are not completed to their satisfaction at once, impatience makes them fretful, ulcerous and brings them weeping despair.

Whose fault is this? We teach our children to "express" them-

SCHOOL AND YOUR CHILD

By John Corey, Appalachian State Teachers College

Many parents once poor but well-heeled today shower on their children cultural advantages they were not fortunate enough to receive during their growing-up periods in less prosperous times.

One father who can't whistle the tune of "Dixie," for instance, has his daughter taking piano, ballet, choir and trying out for band. In addition, the young is a garden club member, Girl Scout and active church member. She also goes to school.

Her tight schedule occasionally allows free time for playing paper dolls.

This parent and others wonder if they're overdoing their children's culture grooming program, especially in the music field. When should they start their kiddies in music? How much should be given to them? How can they tell if their offspring have the necessary abilities?

Words of guidance come from Dr. William G. Spencer, head of the music department at Appalachian State Teachers College, Boone, N. C.

Whether Junior and Jane have great or little music talent, "it is necessary that we teach it to our children . . . since music has so much to do with the molding of character," Dr. Spencer says, quoting a statement made by Aristotle before 300 B.C.

"In fact, it's not a question of having or not having music ability," claims the Appalachian music professor. "Everyone has some. As in all skills and talents, some have more, and some less."

"Parents owe their children help in developing these talents," believes Dr. Spencer. "The best way is to expose them to training. Find out what they can do. Give them trial lessons. Observe their progress and results."

When should Junior start music? "It depends on readiness," says Dr. Spencer.

Actually his music training begins at infancy when "mamma" rocks and sings him to sleep. During his early years, much can be learned about his potential musicality by observing his reactions.

"Does he try to sing with mamma?" asks Dr. Spencer.

Health For All

Hic!

Like pratfalls and pie in the eye, hiccups get a horse laugh from everyone but the victim. Hiccups are embarrassing at best, sometimes painful, and if they continue very long, dangerously weakening.

Hiccups result from a spasm of the diaphragm, the thick sheet of muscle that separates the abdominal cavity from the chest. The diaphragm is part of the breathing mechanism. When you inhale, your diaphragm flattens and air is pulled into the lungs.

When you exhale, the diaphragm resumes its normal dome shape and air is pushed out of the lungs.

The spasm which produces hiccups sometimes comes from over-eating, when the too full stomach presses upward against the diaphragm. Hiccups also result from the irregular explosive breathing which goes with laughing too hard. Sometimes hiccups just happen, with no cause that anyone can pin down.

There are all kinds of remedies for hiccups. Practically everybody has one. Those that work best do so by changing the breathing rhythm. That gives the diaphragm something to think about besides its spasm.

Drink a glass of water from the far side of the rim.

Hold a paper bag tightly around mouth and nose. Breathe out into the paper bag through the mouth and breathe in that same exhaled air through the nose.

Drink a glass of water slowly, without inhaling until you reach bottom.

Hold mouth and nose closed for one minute.

Instruction Welcomed

Irate Parent—I'll teach you to make love to my daughter, sir. Cool Youth—I wish you would, old boy. I don't seem to be making much headway.

Envy is more irreconcilable than hatred.

—La Rochefoucauld.

WISDOM of the Ages



"Knowledge of our duties is the essential part of the philosophy of life."

We consider it an important part of our duties to render thoughtful, considerate assistance.

Williford FUNERAL HOME advertisement with address and phone number.

Let's go to Church Sunday

Sunday School Lesson

BEARING GOOD FRUITS

International Sunday School Lesson for June 19, 1960.

Memory Selection: "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me." (John 15:14-16)

Lesson Text: Matthew 7:15-23; 25:31-46; Luke 13:6-9.

In today's lesson we face the question: How can Christians discriminate between what is true and what is false in ideas concerning the Christian faith?

As we go about our daily chores today we are constantly bombarded with pamphlets, leaflets, texts, and talks from representatives of various sects. Each group appears supremely confident that they have the only true word about God and his kingdom. They are truly zealous in their missionary activities and are really dedicated to their various causes.

Mormons, for example, hold that God has a physical body. They argue that he must have one, because Jesus who is the Son of God had a physical body. This, on the other hand, flatly contradicts the teachings of Jesus

that God is a Spirit. Who is right? How can we tell what is true and what is false? We cannot help but wonder about false prophets, disciples, and teachings.

In the closing chapter of the well-known, well-beloved Sermon on the Mount, Jesus gives us the test of true righteousness: doing the will of God. (Matthew 7:13-27). In these moving passages he points out that there are two ways—the narrow and the broad ways which we studied in last week's lesson—two kinds of prophets, two kinds of disciples, and two kinds of houses. We shall endeavor to study each of these today and observe Jesus' judgment about them.

Jesus adjured us to "Beware of false prophets." Our biggest problem is to recognize them. How does one differentiate between a true and a false teacher? One can be just as dedicated as the other, believing infinitely in his doctrine. The false prophet can be truly sincere, but wrong. The fallacy of a false prophet is not insincerity in itself, but self-deception. And there is nothing quite as dangerous to a community as ignorant and uninformed sincerity. It is, indeed, often worse than deliberate wickedness.

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Chowan County Churches

EDENTON BAPTIST REV. R. N. CARROLL, Pastor Sunday School at 9:45 A. M. Morning worship service, 11 A. M. Training Union at 6:30 P. M. Evening service at 7:30 o'clock. Mid-week prayer service Wednesday at 7:30 P. M.

GREAT HOPE BAPTIST REV. HENRY V. NAPIER, Pastor Sunday School at 10 A. M. Morning worship second and fourth Sundays at 11 o'clock. Evening service at 7:30 o'clock. Prayer service Wednesday at 8 P. M.

ROCKY HOCK BAPTIST THURMAN W. ALLRED, Pastor Sunday School Sunday morning at 10 o'clock. Morning worship at 11 o'clock. Training Union at 7 P. M. Evening worship at 8 o'clock.

EDENTON PRESBYTERIAN REV. JAMES MCKENZIE, Pastor Sunday School Sunday morning at 10 o'clock. Morning worship at 11 o'clock. City Meeting—all teenage girls—Sunday, 6:30 P. M. Christian Service—Brigade—all teenagers—Sunday, 7 P. M. Mid-week Prayer Service—Wednesday night at 8 o'clock.

FIRST CHRISTIAN REV. E. C. ALEXANDER, Pastor Sunday School at 10 A. M. Morning worship at 11 o'clock. Young People's meeting at 6:30 P. M. Evening worship at 7:30 o'clock. Wednesday evening service at 7:30 o'clock.

ST. ANN'S CATHOLIC REV. C. F. HILL, Pastor Sunday Masses 8 and 11 A. M. Confessions before every Sunday. Sunday School 11:45 Sunday A. M. Convert instructions or private consultation by appointment. Phone 2817.

CENTER HILL BAPTIST REV. HENRY V. NAPIER, Pastor Morning worship at 11 o'clock first and third Sundays. Sunday School at 10 A. M. Evening worship at 7:30 o'clock second and fourth Sundays. Prayer service Thursday at 8 P. M.

EDENTON METHODIST REV. RALPH FOWLKES, Pastor Church School Sunday morning at 9:45 o'clock. Preaching service Sunday morning at 11 o'clock.

MACEDONIA BAPTIST REV. GORDON SHAW, Pastor Sunday School at 10 A. M. Preaching every Sunday morning at 11 o'clock and every Sunday night at 7:30 o'clock. Prayer meeting Wednesday night at 7:30 o'clock.

WARWICK BAPTIST REV. R. B. COTTINGHAM, Pastor Sunday School at 10 A. M. Preaching service at 11 A. M. BTU at 7 P. M. Preaching service at 8 P. M. Prayer service Thursday nights at 8 o'clock.

SAINT PAUL'S EPISCOPAL REV. GEORGE B. HOLMES, Rector 8:00 A. M., Holy Communion. 9:30 A. M., Church School Mass. 10:00 A. M., Adult Bible Class. 11:00 A. M., Morning Worship. 7:30 P. M., Young Churchmen. Wednesday, 10:30 A. M., Holy Communion.

BALLARD'S BRIDGE BAPTIST REV. LAMAR SENTELL, Pastor Sunday School Sunday morning at 10 o'clock. Preaching services at 11 A. M. and 8 P. M. Prayer meeting Wednesday night at 8 o'clock.

CHURCH OF GOD REV. JOHN MARTIN, Pastor Sunday School at 10 A. M. Preaching service at 11 A. M. W.E.B. Sunday at 7 P. M. Evening worship at 7:30 o'clock.

JEHOVAH'S WITNESSES R. P. LONG, Congregation Servant Bible study at 3:00 o'clock Sunday afternoon at Kingdom Hall. Service meeting and ministry school Friday nights at 8 o'clock.

ASSEMBLY OF GOD REV. C. L. WILES, Pastor Sunday School, 9:45 A. M. Worship Service, 11:00 A. M. Christ Ambassador Service, 8:30 P. M. Evangelistic Service, 7:30 P. M. Wednesday night prayer service, 7:30 P. M.

WHITE OAK CHAPEL BAPTIST REV. R. M. McNAIR, Pastor

YEOPIM BAPTIST Sunday School Sunday morning at 10 o'clock. Preaching services every first and third Sunday morning at 11 o'clock.

EVANS METHODIST REV. FRANK FORTESQUE, Pastor Preaching service at 11 o'clock every first and third Sundays at 9:30 A. M.

CENTER HILL METHODIST REV. FRANK FORTESQUE, Pastor Preaching services every first and third Sundays at 11 A. M.

COLORED CHURCHES PROVIDENCE BAPTIST REV. F. H. LAGUARDE Sunday School at 9:30 A. M. Morning service at 11 o'clock. Evening service at 7:30 o'clock. Prayer meeting Wednesday night at 7:30 o'clock.

ST. JOHN THE EVANGELIST EPISCOPAL REV. CLAYDE BEATTY, Minister First Sunday at 11 A. M., Holy Communion and sermon. Second Sunday at 9 A. M., Holy Communion. Third Sunday at 9 A. M., Holy Communion. Fourth Sunday at 11 A. M., morning prayer and sermon. Sunday School each Sunday afternoon at 3 o'clock.

CHURCH OF GOD IN CHRIST ELDER J. A. SAWYER, Pastor Every second and fourth Sunday. Pastor's Day. Every first and third Sunday. Church Day. Sunday School at 11 A. M. to 1 P. M. Prayer and Bible Band Tuesday night at 8 o'clock. Wednesday night choir practice at 7:30 o'clock. Thursday night choir practice at 7:30 o'clock. Friday night Pastor's Aid Society at 8 o'clock. Saturday night young people's Bible quiz and recreation.

WARREN GROVE BAPTIST REV. J. E. TILLET, Pastor Sunday School at 10 A. M. Preaching service at 11:30 A. M. every second and fourth Sunday. Women's Educational and Mission Union meets every fourth Sunday after the morning service.

WELCH'S CHAPEL BAPTIST REV. W. H. DAVIS, Pastor Sunday School at 10 A. M. Preaching service first Sunday at 11:30 A. M.

ST. JOHN BAPTIST REV. E. E. MORGAN, Pastor Sunday School at 10 A. M. Services every first and third Sundays at 12 o'clock noon.

PINEY GROVE A. M. E. Z. REV. M. H. EBRON, Pastor UNION GROVE A. M. E. Z. REV. J. E. GORDON, Pastor RYAN GROVE BAPTIST REV. M. A. RIDDICK, Pastor

REV. C. M. HEIDELBERG, Pastor REV. RAYMOND A. MORRIS, Pastor Sunday School at 10 A. M. Services every second and fourth Sunday at 11 A. M. Prayer meeting Thursday evening at 8 o'clock.

ST. LUKE CHRISTIAN REV. KELLY GOLDMAN, Pastor JEHOVAH'S WITNESSES ELDER J. C. HALL, Pastor

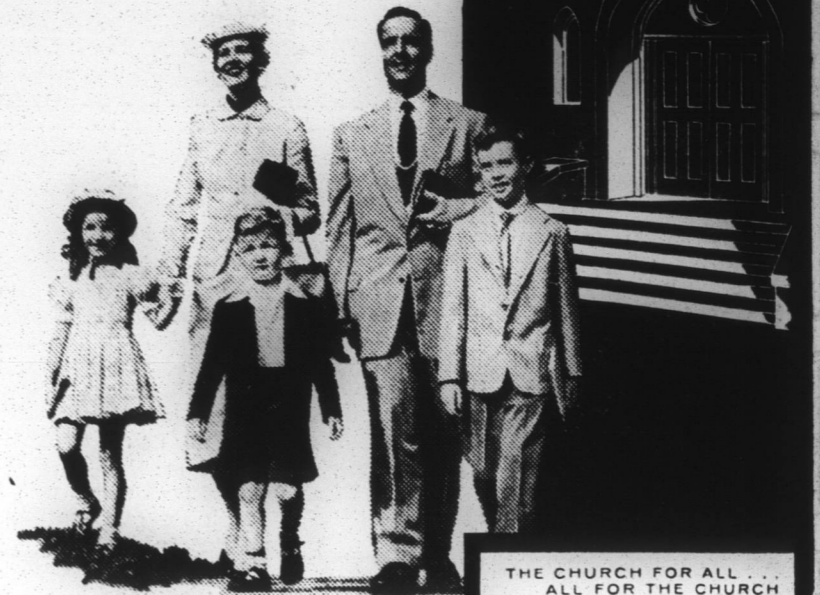
CENTER HILL BAPTIST REV. H. C. SAUNDERS, Pastor KADESH A. M. E. ZION REV. L. A. WILLIAMS, Pastor Sunday School at 9:30 A. M. Morning worship at 11:00 o'clock. Evening service at 7:00 o'clock.

PLEASANT GROVE A. M. E. Z. REV. G. L. SCOTT, Pastor Sunday School at 10 A. M. Morning worship service at 11 o'clock. Choir rehearsal Wednesday night at 8 o'clock.

CANAAN TEMPLE A. M. E. Z. REV. W. H. SESSOM, Pastor Sunday School at 10:15. Morning worship at 11:30 o'clock. Young People's meeting at 2 P. M. Evening service at 7:30 o'clock. Tuesday night first Senior Choir practice at 8 o'clock. Wednesday night second Senior Choir practice at 8 o'clock.

HAWKINS CHAPEL A. M. E. Z. REV. M. H. EBRON, Pastor LOCUST GROVE A. M. E. Z. REV. J. E. GORDON, Pastor

sufficient unto the day



THE CHURCH FOR ALL... ALL FOR THE CHURCH

The Church is the greatest factor on earth for the building of character and good citizenship. It is a storehouse of spiritual values. Without a strong Church, neither democracy nor civilization can survive. There are four sound reasons why every person should attend services regularly and support the Church. They are: (1) For his own sake. (2) For his children's sake. (3) For the sake of his community and nation. (4) For the sake of the Church itself, which needs his moral and material support. Plan to go to church regularly and read your Bible daily.

Are you a worry expert?

Some people gather up all the worries of the past and combine them with the anxieties of the future. These they add to the burdens of the present — a huge bundle indeed.

What a difference it would make in their peace and happiness if they could take each day as it comes.

Jesus said, "Sufficient unto the day is the evil thereof." He not only taught but He lived this lesson. Toil and misunderstanding filled the days of His ministry. Yet He met each one with calm assurance. Forgetting the past, He faced each tomorrow with inward peace.

This peace He willed to His followers through all the ages. Come to church and learn how to make this heritage your own.

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Vegetable and Flower Plants FOR SALE Leary Plant Farm advertisement with phone number.

Why Be Handcuffed to a one telephone home? advertisement for The Norfolk & Carolina Telephone & Telegraph Co.

THE CHRISTIAN SCIENCE MONITOR advertisement with text about Good Reading for the Whole Family.