

Pattillo Library Book Review

Reviewed by Charlotte Walker

THE SPIRIT OF FOOD

Edited by Leslie Leyland Fields

Subtitled "Thirty-four Writers on Feasting and Fasting Toward God" this volume will satisfy our interest in the taste and pleasure of fruits, vegetables, sauces, and an assortment of exotic flavors. Not only does each of the writers provide a fascinating account of their delight in foods, they also record a recipe for us as well.

Try "Mac and Cheese for Grown-Ups", "Swedish Pancakes", "Tuscan Pizza", "Piragi" (Latvian Ham Rolls), or "Uuraq" (salmon).

Mrs. Fields, the editor of this remarkable book, is a cherished friend of the Presbyterian Women of Peachtree Church. As the visiting speaker in one of their Spiritual Retreats, she shared accounts as an Alaskan wild salmon fisherman. She is also a talented author, lecturer, and academician. Quoting from her latest publication, "Food is nothing less than sacrament. All food is given by God and is given as a means to sustain not just our bodies, but also our minds and spirits." Reading her description of her own spiritual relationship with food in the Introduction is like enjoying a delicious "treat".

Don't overlook this inspiring book among the selections in Section 7 of the Pattillo.

Every Friday Bible Study

Every Friday, 12:00 Noon -2:00 pm, Room 2203,

Bring your own lunch for fellowship from 12:00pm to 12:30pm

Bible study is from 12:30pm – 2:00 pm.

Tuesday Bible Study, Fourth Tuesday Of Each Month,

10:30 am Room 2301.

This group provides a setting in which current events can be evaluated in a Christian, Biblical and Theological context.

Lifespan's Day Club

Submitted by Katrina Mabon, Chairman of the Day Club Advisory Committee

Lifespan's Day Club meets Monday, Tuesday and Wednesday 9:30 to 4:30. The cost is \$45.00/day which includes snacks and a hot lunch. Trained personnel offer an educational and fun program for our fragile seniors.

It is located at Trinity Presbyterian Church which also houses our main office for Lifespan's other educational activities for seniors: These adult classes include computer, current events, economics, etc.

Sand and Stone

Author unknown

This story tells of two friends who were walking through the desert. At some point in the journey they had an argument, and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand: "TODAY MY BEST FRIEND SLAPPED ME IN THE FACE."

They kept on walking until they found an oasis, where they decided to take a bath. The one, who had been slapped, got stuck in the mire and started drowning, but the friend saved him. After the friend recovered from nearly drowning, he wrote on a stone: "TODAY MY BEST FRIEND SAVED MY LIFE."

The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand, but now you write on a stone... why?" The other friend replied: "When someone hurts us, we should write it in sand... where the winds of forgiveness can erase it from view. But, when someone does something good for us, we should engrave it in stone... where no wind can ever remove it."

SO, WRITE YOUR HURTS IN THE SAND, AND FORGET THEM.
BUT CARVE YOUR BENEFITS IN STONE,
TO BE REMEMBERED.



**"If you're thinking of wishing me
a happy birthday, it was LAST WEEK!"**

What a Wonderful World Lyrics

Remember Louis Armstrong

I see trees of green, red roses too
I see them bloom for me and you
And I think to myself, what a wonderful world

I see skies of blue and clouds of white
The bright blessed day and the dark sacred night
And I think to myself, what a wonderful world

The colours of the rainbow, so pretty in the sky
Are also on the faces of people going by
I see friends shakin' hands, sayin' "How do you do?"
They're really saying "I love you"

I hear babies cryin', I watch them grow
They'll learn much more than I'll ever know
And I think to myself, what a wonderful world

The colours of the rainbow, so pretty in the sky
Are also on the faces of people going by
I see friends shakin' hands, sayin' "How do you do?"
They're really saying "I love you"

I hear my babies cryin', I watch them grow
They'll learn much more than I'll ever know
And I think to myself, it's a wonderful world
I think to myself, what a wonderful world



Flowers For Home-Bound Friends

Each Monday, The Flower Guild re-makes the flowers from Sunday's Service into smaller assortments for you to deliver to home bound friends and neighbors, not able to attend Sunday's service.

These flowers are available, Mondays, on the second floor near The Fellowship Hall.



THE TREE

Peachtree Presbyterian Church

The roots run deep...The limbs outward reach...All the fruit we bear...Is from GOD'S loving care!

Staff

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Charlotte Walker

Devotional Moment and
Book Review

Dr. John Gamwell

Health, Fitness and Safety

Rev. Don Jordan

Prayer Moment

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Devotional Moment

By Charlotte Walker

LONGINGS OF THE HEART

After all this, there is only one thing to say: Have reverence for God, and obey his commands, because this is all that man was created for. Ecclesiastes 12:13

Through the year we anticipate one celebration or observance after the other. After the New Year festivities with its whistles and horns, we quickly accustom ourselves to red hearts and purple flowers to remind us that Valentine's Day is next on the calendar. The joy of showing love to a special someone or even to express a generic wish of good will to total strangers is a valued experience in life.

The business of the "heart" is to find a home in the "heart" of another. There is a wonderful children's song that says, "Once I had a heart; it was good and true, but now it has gone from me to you. Take care of it as I have done, for now you have two and I have none." We lose our hearts so to speak to someone or something without a predetermined wish to do so. Rarely, would we decide to make the effort to fall in love and lose our heart to another. The object of our devotion may be unaware of it, and we even may realize suddenly we have given our heart away. Oddly, we are augmented rather than diminished by the loss.

Cynics and nihilistic secularist may deny the above, but those of us who thrive on empathy and benevolence in the Christian ethic can quickly acclaim the joy that comes from love that is returned as well as love toward the unlovable who intentionally obviates our expressions of good will. However, a secular song-writer did observe several years ago, that the greatest experience that anyone may have is to love and be loved in return. Sceptics are in denial of the fact that Christ's message involved God's love for His Creation. The Preacher in Ecclesiastes instructs the youth that God made us for Himself, and we know deep in our soul's core that Scripture is right: God has set Eternity in our hearts.

What an awesome idea to know that in our lonely desperation to find love and connection that our Heavenly Father is waiting to be the source of all happiness and companionship. As Christians, we know the longings of the heart. There is an emptiness in our greatest pleasure if we fail to confess that all life without the Source of Life itself is Life lived in vain.

Continual assault on the Divine Love given freely to all creation is to remove the central reason for existence. Our generation is faced with a cognitive challenge that insists on removing the concept of a loving God as well as the reality of God Himself. The void which is the result of the negation of a loving Father for His children is the fulcrum in the current despair in our world.

St. Augustine has wisely said that our hearts are restless until they rest in God. The chaos in our world cannot be solved by pious declarations of Christian Love, but we can begin the slow steady progress by acknowledging that restless search. St. Paul said that he was not ashamed of the Gospel of Jesus Christ. If, like Paul, we cloak our words and deeds with boldness of charity centered in our Savior's Love, we will initiate a path toward a more righteous world full of hope. Our Holy God gave His Heart away to us in the Incarnation of His beloved Son. If Christians do not exhibit the power of God's Love for us and our love for others, then the embers of altruism and beneficence will wane ever more dimly, and the fires of self-interest and doubt will become the mightiest flames on earth.

Driving In The Rain -- This May Save Your Life

GOOD VISION IN A DOWNPOUR

How to achieve good vision while driving during a heavy downpour.

We are not sure why it is so effective; just try this method when it rains heavily. This method was given me by a Police friend who had experienced and confirmed it. It is useful...even driving at night. One method used by Canadian Military Drivers for years.

Most of the motorists would turn on HIGH or FASTEST SPEED of the wipers during heavy downpour, yet the visibility in front of the windshield is still bad.

In the event you face such a situation, just try your SUN GLASSES (any model will do), and miracle! All of a sudden, your visibility in front of your windshield is perfectly clear, as if there is no rain.

Make sure you always have a pair of SUN GLASSES in your car, as you are not only helping yourself to drive safely with good vision, but also might save your friend's life by giving him this idea..

Try it yourself and share it with your friends! Amazing, you still see the drops on the windshield, but not the sheet of rain falling.

You can see where the rain bounces off the road. It works to eliminate the "blindness" from passing semi's spraying you too.

Or the "kickup" if you are following a semi or car in the rain. They ought to teach that little tip in driver's training. It really does work...

This next warning is a another good one! I wonder how many people know about this:

A 36 year old female had an accident several weeks ago and totaled her car. A resident of Kinburn , Ontario was traveling between Kinburn & Ottawa. It was raining, though not excessively, when her car suddenly began to hydro-plane and literally flew through the air.. She was not seriously injured but very stunned at the sudden occurrence!

When she explained to the OPP Officer what had happened he told her something that every driver should know - NEVER DRIVE IN THE RAIN WITH YOUR CRUISE CONTROL ON . She thought she was being cautious by setting the cruise control and maintaining a safe consistent speed in the rain. But the Officer told her that if the cruise control is on when your car begins to hydro-plane and your tires lose contact with the pavement, your car will accelerate to a higher rate of speed making you take off like an airplane. She told the OPP Officer that was exactly what had occurred.

The Officer said this warning should be listed, on the driver's seat sun-visor - NEVER USE THE CRUISE CONTROL WHEN THE PAVEMENT IS WET OR ICY, along with the airbag warning. We tell our teenagers to set the cruise control and drive a safe speed - but we don't tell them to use the cruise control only when the pavement is dry.

The only person the accident victim found, who knew this (besides the officer), was a man who had a similar accident, totaled his car and sustained severe injuries.

NOTE: Some vehicles (like the Toyota Sienna Limited XLE) will not allow you to set the cruise control when the windshield wipers are on.

If you would like to contribute to **The Tree** with a quote, poem or an inspirational article please write to:
Dr. Steve Huntley, Peachtree Presbyterian Church
3434 Roswell Rd. Atlanta, Georgia 30305
email, Shuntley@peachtreepres.org
or Phil Cox 370 Thornwood Dr. Atlanta, Georgia 30328
Email, pkcox@bellsouth.net

Since our space is limited, please limit articles to a typed page



The Knitting Ministry of Peachtree Presbyterian Church
Submitted by Rosie Brannon, 770-579-8557
pictured, left to right:

Seated: Rosie Brannon, Elaine Caughman, Dorothy Farmer
Standing: Wendy Moore, Teena Everhart, Marianne Lassiter

Known as "The Knit-Wits", this effective ministry of Presbyterian Women was organized in 2007. By Christmas, 2011, the Knit-Wits had made and distributed more than 1300 handmade gifts, for people of all ages, to The Salvation Army Women's Auxiliary and six other local charities. Literally speaking, miles of yarn have been worked into Individual examples of God's love.

Currently, we have 22 volunteers and would like for you to join us
If you knit or crochet, or would like to learn, please join the Knit-Wits.
Regular attendance is encouraged, but not mandatory.
Meetings are held at 1:00, Room 2301
Second Tuesdays, following the Presbyterian Women's luncheon.

Lyrics to "Here's to the Heroes"

Here's to the heroes,
Those few who dare,
Heading for glory,
Living a prayer.

Here's to the heroes
Who never rest.
They are the chosen,
We are the blessed.

Here's to the heroes
Who change our lives.
Thanks to the heroes,
Freedom survives.

Here's to the heroes
Who aim so high.
Here's to the heroes
Who do or die.

Pray For world Peace



"The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of his country; But, he that stands by it now deserves The love and thanks of man and woman." -- Thomas Paine 1776

Fresh Bread

You can tell which day a loaf of bread was baked by the color of its plastic twist tag.

I thought this was interesting. I looked in the grocery store and the bread wrappers do have different colored twist ties, and even the ones with the plastic clips have different colors. You learn something new everyday!!

When you go to buy bread in the grocery store, have you ever wondered which is the freshest, so you "squeeze" for freshness or softness. Did you know that bread is delivered fresh to the stores five days a week? Monday, Tuesday, Thursday, Friday and Saturday. And each day has a different color twist tie. They are:

Monday - Blue
Tuesday - Green
Thursday - Red
Friday - White
Saturday - Yellow

So, today being Thursday, I wanted a red twist tie - not white which is Friday (almost a week old?)

The colors go alphabetically by color Blue - Green - Red - White - Yellow, Monday thru Saturday. Very easy to remember. But I put a "post-it" note in my wallet when I first found out about this so I would not forget.

Enjoy fresh bread when you buy bread with the right Color on the day you are shopping.

Christianity is a love relationship

You cannot love someone that you do not know, and you cannot know someone that you don't spend quality time with.

To know Jesus is to love Him. To love Him is to trust Him. To trust Him is to obey Him. To obey Him is to be blessed. It begins with a daily, quality communication with the Lord.

Why is it best to spend time with the Lord in the morning? Because you are getting ready to go on a road trip through life. You don't take the trip and then read the map, do you?

How are you starting your mornings? With a cup of coffee and the paper? Or with the pure milk of the Word and the light of His presence?

*Give ear to my words, O LORD, consider my sighing.
Listen to my cry for help, my King and my God, for to you I pray.
In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation. Psalm 5:1-3*

Can't Argue With Kids

The Sunday School lesson for the first graders was on the plan of salvation.

The teacher asked, "If I sold my house and my car, had a big garage sale, and gave all my money to the church, would I get into heaven?"

"No!" all the children answered.

If I cleaned the church every day, mowed the yard, and kept everything neat and tidy, would I get into heaven?"
Again, the answer was, "No!"

"Well," she continued, "then how can I get to heaven?"
One boy confidently answered, "You've gotta be dead!"

Health, Fitness and Safety

Source Webmd.com

Atrial Fibrillation and Stroke Tips for Living With Atrial Fibrillation

Don't Ignore the Warning Signs

Atrial fibrillation is an irregular heartbeat. For some, AFib never causes a problem. For others, it can lead to strokes and heart attacks or heart failure. Symptoms of AFib include dizziness, fatigue, weakness, shortness of breath, and chest pain, especially in people with underlying heart disease. If you feel your heart "skipping a beat" often, or you have other AFib symptoms that concern you, see your doctor.

Control Cholesterol and Blood Pressure

High cholesterol and high blood pressure raise your risk of stroke when you have atrial fibrillation. In fact, stroke occurs about five times more often in people with AFib. By eating foods low in saturated fats and salt -- and controlling your weight -- you can help lower your cholesterol and blood pressure, and reduce your risk of AFib complications.

Eat a Heart-Healthy Diet

A diet low in saturated fats, trans fats, and sodium is essential to controlling your cholesterol and blood pressure. At least half your plate should come from plants, such as leafy greens and colorful fruits. Add heart-healthy fats, like salmon, which is high in omega-3 fatty acids. Go for other healthy sources of protein, such as legumes. And eat whole grains for the heart-healthy fiber.

Studies show that current and former smokers have an increased risk of developing atrial fibrillation. Plus, smoking increases your risk of stroke. Put the cigarettes down for good to boost your odds of living a normal life. There are many smoking cessation aids -- such as the nicotine patch, gum, or lozenges -- that may help.

Take Care With Blood Thinners

After being diagnosed with AFib, your doctor may prescribe several medications, including blood thinners to reduce your risk of stroke. These anticoagulant drugs can interact with some foods, supplements, or even other medications. Be sure to ask your doctor what you can eat -- and what foods to avoid -- while taking your medications.

Limit Alcohol and Stimulants

A glass of wine at dinner is probably OK for someone with atrial fibrillation. But moderate to heavy drinking and binge drinking are linked to heart rhythm disturbances, even in people with healthy hearts. This is something you want to avoid with AFib. Stimulants -- like decongestants with pseudoephedrine -- can also aggravate your condition.

Don't Overdo the Coffee

Some doctors tell people with atrial fibrillation never to drink coffee. In recent studies, however, caffeine doesn't appear to be linked to AFib episodes. Still, drinking too much caffeine can raise your blood pressure, which you want to avoid. Keep your caffeine intake moderate to help keep your heart rhythm on an even keel.

Get Your Body Moving

Regular physical activity can help you manage heart disease. But very vigorous exercise can aggravate your AFib arrhythmia. Talk with your doctor about what kind of exercise program is best for you. Be sure to start slowly. Brisk walking at least half an hour every day is always a good place to begin.

Don't Skip Your Shots

Studies show that people who get regular flu and pneumonia vaccines have a lower risk of heart attack. When you're living with atrial fibrillation, it's wise to do whatever you can to stay healthy. Get your shots before flu season arrives.

Cut Down on Stress

Acute stress can reduce blood flow to the heart, which may trigger episodes of arrhythmia when you have AFib. And chronic stress often leads to unhealthy habits, such as smoking and heavy drinking -- both bad for your heart. Instead, try yoga to relax. At least one study has found that it can reduce the frequency of AFib episodes.

Friendship

"It is my joy in life to find at every turning of the road strong arms of a comrade kind to help me onward with my load; and since I have no gold to give, and love alone must make amends, my prayer is, while I live, please God, make me worthy of my friends." -- Unknown