



Summers of the Soul: An Editorial

Summer 2009

Summer is in full swing. Do you think it could get any hotter? These triple-digit days are enough to make you retreat into your nice, cool home and never come out!

Sisters, and our summer edition of *Eve's Insight* is written to inspire, encourage, and enlighten all of us. This issue was developed around Galatians 5:19-26...the works of the flesh and the fruit of the spirit. Our hope is to motivate all of us to live a Spirit-filled life that is exemplary of a Christian woman living in a modern world. There are so many distractions and disappointments that pull at us and cause us to deviate from the path that God has set before us and we hope that through reading the articles, you will energized to good works in Christ, through love.

So, get an icy glass of lemonade, find a comfortable spot, and relax as you read what your sisters have to say. Enjoy your summer and stay cool!

Spotlight Sister Dionne Blackmon In the Heat of the Battle by Francine Matthews

Every responsible soul encounters great spiritual battles in life. The consequences of these battles are of tremendous weight and import. Spiritual defeat can bring anguish of the soul for all eternity. Have you ever thought of the inevitable consequences of a self-centered life and the loss of your soul throughout eternity?

Our sister Dionne Blackmon was in the heat of the battle and asked these very same questions but with God's grace and mercy she has claimed victory! When I first heard Sister Dionne's story I could not wait to interview her. She loves to share her story in hopes that if she helps one person it will be for good.

So Sister Dionne how long have you been a member of the Church?

"Well I was introduced to the church at a young age by my grandmother Sister McIntosh. I have been a member of East Side since I was 13 so that has been about 27 years."

Sister Dionne did you ever think that you would be in a battle between self-denial and self-love?

"Hmmm, I never believed I would go so far from Christ. Sometimes it is just one choice that makes a difference in our lives. Bad relationships, drugs, chasing the wrong type of love took me farther and farther away from Christ. I did not believe I was worthy of the true love that Christ gives."

A lot of us sit in judgment saying "I would never" not knowing one simple choice could change our lives forever. Would you care to comment?

"Yes, I never thought when I met my husband I would go to the far country. I met my husband when I was in high school and that was the start of everything. I just wanted to be loved and in his own way he did love me. But the relationship turned very abusive. Yes, he became a member of the Church but believe it or not these things happen in the church. That is why I try to share with the young people that we don't always take our time. We are so quick to be grown and on our own we get caught up in some bad things because of relationships. My husband was the one who first introduce me to drugs."



Favorite Songs are "Closer to Thee" and "The Storm is Passing Over"

Favorite Scripture is Joshua 1:9

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How to Beat the Financial Heat by Franklin McKnight, Financial Analyst

Too Much Month Left at the End of the Money--WHY? One word--"DEBT"

Today's society is consumer-driven. We are bombarded with advertisements when we watch TV, listen to the radio or surf the Internet. The only goal of the companies' advertisements is to separate you from your money. We must examine our belief about money and establish a step-by-step plan for achieving our goal.

Here are six steps to take:

1. Take control of your finances (stop unnecessary spending).
2. Pay yourself first (If you had to take a 10 percent pay cut on your job you would still make it—save 10 percent).
3. Eliminate debt (identify, get control of, and eliminate your debt—debt is a cancer).
4. Don't over pay for basic services (auto, home, and life insurance).
5. Defer taxes (use your 401k, 403b(7) plan, Roth or Traditional IRAs).
6. Become an Owner, not a Loaner (when you invest your money you "OWN" it—when you save it in a bank you "LOAN" it). Remember Banks, Credit Unions, and Insurance Companies don't have any money until we LOAN it to them.

Fact: Starting at age 22 if you save \$4000 per year for seven years in a ROTH IRA (you would be 28 years old and would have saved \$28,000). Invest the \$28,000 at 10% until you are 62 (40 years). The \$28,000 would have grown to \$1,256,660. You would have over 1.2 Million Dollars "TAX FREE". Our young adults should learn about money and how to manage it. They can't go through the same learning curve we did about money. They can't afford it.



Your Life, His Body by Bobby Craig

Let's begin our day and the days to follow, if granted, with the mind of 1 Cor. 6:20. First be willing to change your old ways of approaching your health wellness routines. Be willing to plan your days for success regardless of the wiles of that serpent. Satan will encourage your plans to settle for less spiritually as well as physically because he knows you were made in the image of God, and he wants to destroy that! Arm yourself with a commitment to no less than 20 minutes of physical activity a day.

This can look like a plank on hands (holding a pushup with no movement) for 30 seconds. Then on your elbows/forearms without your knees touching, unless you need to, hold this also for 30 seconds.

Next a wall sit, leave your back against a wall with your knees at a 90 degree angle and hold that position for 2 minutes. Take breaks as needed.

Last of the three exercises; lay on the floor head towards the couch or bed, for a reverse crunch. Place your hands under the bed or couch to hold on where ever. Then raise your knees and feet off the floor to hold your legs in a 90 degree angle for 30 seconds for five sets.

For the second level, extend one or both legs away from your body gradually until it becomes challenging, then hold that new angle for 30 seconds.

For the third level, raise your knees up until your lower back is about 2 inches off the floor. Lastly, cardio jog/walk or walk jog for the remainder of the 20 minutes. or jog/walk on high knees in place.

Nutritional awareness begins with a journal to track the foods you eat and at what time you eat it. Track calories/fat on Sparkpeople.com. Attempt to manage your food intake in similar portions during each meal—no big meals, small snacks, etc. Keep portions balanced the same, so that your metabolism remains steady and your blood sugar doesn't peak or dive. Beginning strategies for intake would be to have 40% carbs, 20% fat, when dividing your meals. Include fish at least 3 times a week; avoid hotdogs/sausages, and anything fried. Use whole wheat carbs; and find the carbs with the most fiber (Fiber All or Fiber One cereals). Easy vegetables and fruits on the go would be any V8 product, vegetables, and V8 fusion for fruits coupled with water at each meal.

Thank you for being interested in your health. Remember it's your life, His body; so be fit.



Fire Proof Your Marriage

Which one of us should enroll in this 40-day boot camp? by Sandra K. Hardeman

No it didn't take much thought, contemplation or discussion- **I was the one!** I'm not quite sure what the authors of *The Love Dare* were thinking about but, to me, it seems they have the order of the book wrong--- --"Day 1 Love is Patient." What a set-up for failure. I must admit, after four days trying to master being patient- *all day long*, I decided to start cherry-picking to find something I could do. I had to go over to Day 27 (Love Encourages) and Day 28 (Love Makes Sacrifices) to get my "start." I couldn't deny what the mirror was showing me, all over again...

James 1:22-24 (NLT)

22 But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. 23 For if you listen to the word and don't obey, it is like glancing at your face in a mirror.

24 You see yourself, walk away, and forget what you look like.

So, I've made up my mind to stop *talking* about change and to start being about my transformation--- *I want to be pleasing to Him and my wonderful husband!*

James 1:25 (NLT)

25 But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

OK, I'm going back to Day 1 but with a different mindset. Are **you** ready to start your journey?

Love Is Thoughtful by Gail Ervin

The Love Dare for Day 4 was to contact Tony sometime during the day while he was at work and to have no other agenda than ask how he was doing and if there was anything I could do for him. Now understand this was after Day 3's dare, which was to buy him something that says, "I was thinking of you today". I was very hesitant to do the dare on day four because of the response I received regarding the item that I had purchased for him. I did call Toni and asked how he was and if he needed anything. He said there was nothing in particular that he wanted me to do, but I felt good just asking him.

As facilitators for *Fireproof* and *The Love Dare*, we have gone over the materials together and with a professional to assess ourselves. During one of our sessions, it has brought to my attention that I got upset about Tony's reaction towards the gift I purchased for him on Day 3. I realized that I had actually bought something I liked, (a pair of sexy UT orange boxers), and not what he would like. This showed me that I have to be as attentive to him as I want him to be toward me. Love does require thoughtfulness on both sides.

Incorporating *The Love Dare* into my daily routine will not only show thoughtfulness, but I'm hoping it will foster better communication between us.

The Love Dare: Love Is Patient, But Am I?

by Carol Johnson

Al and I wanted to do *The Love Dare* together...equal time, but it wasn't meant to be. With this said, I decided that I would begin the Love Dare, not that Albert was feeling slighted. Day 1 of the Love Dare states "Love is patient". I asked myself, am I? Sometimes I am, but other times I know that I'm not. Today, my goal was to practice patience. As I was letting these thoughts run through my mind and how I would respond positively to anything that came up during the day, I heard a loud thud, and Al moaning loudly. I ran to the side of the house and found him lying on the ground between our enormous oak tree and the air conditioning box. Yes, you've heard the story; Albert fell off of a branch on the oak tree from about 10 ft high while trying to take off Christmas lights.



Albert was lying very still on the ground and groaning in a low voice when I called 911. I was standing beside him when I stated, "Why didn't you use the ladder? It's in the front of the house." As soon as I said these words, I knew I had work to do on myself; patience. The ambulance arrived quickly and took him to the hospital. When we arrived, many tests were run on him to see if he had any fractured or broken bones. As I waited, I was irritated, but had to check myself! I had plans for the day and so many things to do, but everything would be put on hold.

I took a moment and prayed then told myself to be patient, my husband needed me, and that I am my brother's keeper. If I won't take care of Albert, my brother in Christ, who will? I then thought what does God think of my attitude? If no one else knows what I'm thinking, God knows my heart and if I'm going to be pleasing to him, I must make the change to love unconditionally and to be patient, in any situation.

Young and Restless: Moral Heat

From Father to Daughter

by Larrisha Jackson

Young ladies, here are some words that your Father in heaven made sure he addressed directly to you. Use these in your daily walk with Him!

Titus 2:1-15 – God wants young, married women to learn from the examples of older women. Although our world has adopted new standards for marriage, God still expects Christian women to love and care for their husbands and children, to exercise self-control, to be pure; to take care of the home and household needs, and to be kind and submissive to their husbands.

I Timothy 2:9 – As Christian divas, looking trendy and fashionable are a must! However, keep in mind that God instructs us to be dressed in modest, respectable clothing. Watch what you wear! God expects every aspect of His daughters' lives to reflect Him.



Romans 12:1, Proverbs 7:10, Hebrews 13:4 – My sisters, your body is not your own! Do not damage it by engaging in activities that are contrary to God's word. Instead, sacrifice your body on a daily basis by dedicating yourself to the service of King Jesus. Also, remember that sex outside of a loving marriage damages the body, SOUL, and SPIRIT!

Proverbs 31:11-12, 20 – Women have a special place in society and in God's kingdom. Even though women are not permitted to preach or lead God's worship service, women have been given other beautiful gifts from God. Young women, God has entrusted us with the ability to love and support our husbands in a way that no one else can. In addition, we have been blessed with a spirit of giving and sacrifice. We are gentle, beautiful creatures who have been endowed with numerous virtues. We must use these to build God's kingdom so that he receives all glory and honor.

Proverbs 11:22 – "Like a gold ring in a pig's snout is a beautiful woman without discretion." As young Christian women, there is a way we ought to behave ourselves. We must be kind, gentle, discreet, and feminine. That does not mean you cannot be who you are! It only means that God created you in a very special way to do very special, wonderful things!

Proverbs 7:1-27 – NEVER use your sexiness, femininity, or power for evil. God meant these attributes for good, and He blessed us with them so that we could bless others. Guard your reputation. Take care that others do not see you as the smooth-talking seductress mentioned in this passage of scripture!

Deuteronomy 22:1-30 – Young ladies, we are WOMEN. Women have absolutely NO BUSINESS dressing like men, acting like men, and having romantic, sexual relationships with other women. This is a shame and abomination in the sight of GOD! You are a woman, unique and beautiful. God made you for man. He made you to be an earth-dwelling goddess, made in the image of HIM. He made you, and he loves exactly what he made.

My sisters, our Father loves us, and he wants us to follow his commandments. His Holy Spirit inspired these scriptures especially for us so that we would know just what he expects of us. And these passages only scratch the surface! There is so much more to be gained from studying His word!

It's great to be a daughter of the KING!

Take Heed My Sisters! This is your guide from temptation.

by Leslie Moffett

Does temptation ever come from God? No. God never tempts us; He *allows* us to be tempted by the devil to test our faith and commitment. In reality, our temptation is custom-made, originating from our hearts, inspired by our own lusts or desires. We must be real with ourselves and *take heed* lest we fall. (1 Cor. 1:12)

What makes temptation so alluring? Satan's favorite strategy is to make sin appear desirable and good. Eve saw that the tree was beautiful and its fruit looked delicious. She broke God's covenant and sinned against Him. Ignoring God's will, she allowed the lust of the eye and the pride of life to overtake her. We must *take heed*; all that glitters is not gold! *There is a way that seems right to a sister, but in the end it leads to death.* (Prov. 16:25)

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Midsummer Nights

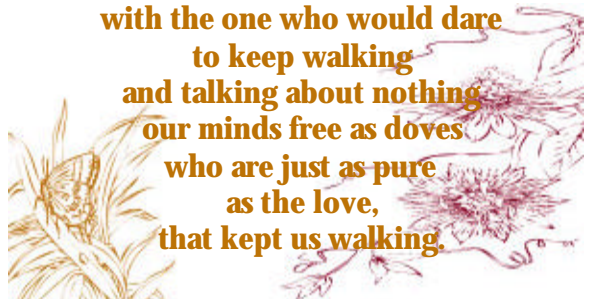
by Tameka Vasquez

**Long walks while having young talks
about absolutely nothing
that matters, but something
kept us walking.**

**Midsummer nights glazed,
while music plays
songs that don't exist
except in our minds,
love melodies of all kinds
kept us walking.**

**Turning right to, oh, what a sight
to see, to feel, to share
with the one who would dare
to keep walking
and talking about nothing
our minds free as doves**

**who are just as pure
as the love,
that kept us walking.**



Living on Purpose: Mind, Body & Soul

The Heat Is On! Are You Walking in the Spirit? by Willie S. Anderson

I refuse to lie to you. The spiritual battle is on, and right now I ain't doing so well. Why? I've still been quenching the Spirit. As I continue my spiritual journey, I must refocus and equip myself with the sword of the Spirit; keeping my eyes on the prize.

The spiritual journey is personal, yet we are called to "be a light for Jesus every day." Recently, Brother George M. Williams presented a series of lessons on the fruit of the Spirit and the works of the flesh. As we focus on the "moral heat," four sisters have graciously allowed *Eve's Insight* to travel along as they "walk in the Spirit." We express sincere gratitude to Sisters Sharon L. Jackson, Andrea Banks, Iris Williams, and Erma J. Moffett. Thank you, Sisters!

EI: How are you cultivating the fruit of the Spirit in your life?

SLJ: My hope and prayer is that every time I go through a situation or storm, I walk away a stronger, more Christ-like person. When God increases my faith, it motivates me to help others. I pray and read/study my Bible, but it is the application of what I read and study that challenges my flesh, helps me grow stronger and increases my faith. I truly believe that God loves me and wants me to be successful in my Christian journey.

AB: By increasing my reading and studying of God's word. I am trying to rely more on the Holy Spirit instead of self. I also try to surround myself with people who are edifying, positive, and encouraging.

IW: I pray and study scripture daily and try to practice Christian love.

EJM: I actively keep the fruit of the Spirit in my mind and take a clear look at what each fruit looks like in my life.

EI: Understandably the fruit of the Spirit "grow" together: Which fruit of the Spirit seems to be the most challenging?

IW: Patience: I'm trying not to judge, but understand different persons' attitudes.

EJM: There are actually two fruit of the Spirit that are most challenging. Not surprisingly, they are longsuffering and temperance. When you suffer long, your body and faith grow weak. In suffering, many times you cannot remain calm and your responses to people and circumstance are not as God would respond. I work on this everyday and even more fervently when I am not enduring well the things I suffer with or when I show I do not have command of an issue or situation.

EI: Describe a time when you were amazed at how the "Spirit" manifested in your life.

IW: The Holy Spirit has allowed me to live longer, to grow wiser, in order to count my blessings.

AB: When my grandmother died, I thought I would fall apart. She was everything to me. When I saw her for a final time, I was not sad. I did not shed one tear. There was a peace that was with me and I knew she was ok then because she died in the Lord. I was totally surprised at myself because I thought I would crumble at that moment. The Comforter was with me.

EJM: The time when I was amazed at how the "Spirit" manifested itself in my life is right now. I am faced with many challenges and difficulties, yet God continues to give me peace that passes all understanding.

EI: Please discuss a time when you "quenched the Spirit" and how you worked to rekindle your spiritual power?

SLJ: I can remember when I thought God had forgotten about me because of all that I was going through. I was off and on with my Bible reading/studying. When I would read/study, it seemed like things would get better, but not fast enough. So, I'd slack up on my reading/studying and things would be worse. I guess God was trying to let me know that I needed to be consistent in my walk. To rekindle that love and commitment, one must return to the first love – God. Oftentimes, I sit and wonder about the awesomeness of God and how He is in control; and there's a time and place for EVERYTHING in each of our lives.

AB: I quenched the Spirit at one moment when I dealt with an issue on the job and reacted hastily instead of responding appropriately. Now, I pray that when these issues arise, that I will allow the Holy Spirit to intervene so that I may say the right things and make the right decisions. When there is nothing that I can do, I will turn it over to God and let it go.

IW: I have not "quenched the Spirit".

EJM: The time when I "quenched the Spirit" is now. I know God will give me wisdom so I pray mostly for an understanding. I meditate on Proverbs 4:7, "Wisdom is the principal thing; therefore get wisdom, and with all thy getting get understanding."

Amen, sisters! AMEN. No doubt, Satan is quite cunning. He's an expert at throwing darts and daggers and dangling various temptations along our paths. Just remember, "If God be for us, who can be against us?" The heat is on! Are you walking in the Spirit?"



Makin' Dough

Works of the Flesh by Francine Matthews

Job Envy—Do You Have It?

Your closest co-worker just got a new job...and it makes you crazy because that could have been you. You're as qualified as she; you have the same background and experience...why weren't you the one who got a new job? Oh yeah, because you actually have to *apply* for a job in order to be offered it.

How many times has this happened to you? You are *technically* job searching but you only casually look through job postings not having any intention to apply for any of them and you haven't really gotten your resume and cover letter in the best shape possible. So what do you really expect to happen? It seems that many people are waiting for God to come and drop the perfect job in their lap. As you may have guessed, it doesn't work that way. So, what can you do? **Repent** and follow the steps below:

Get Out of the 'Wish Mode and Get in the Pray Mode'

Stop wishing for a new job and start actively looking and praying for one. It's a common situation: you look through job postings and picture yourself with that company, doing that job, earning more money. Sound familiar? Or someone close to you got offered their dream job and you're still sitting on the sidelines wishing it was you who was moving onto bigger and brighter career endeavors?

You need to take your job search to God in prayer and be proactive. Don't sit and wish each day away.

Roll away the stone and 'Do It'

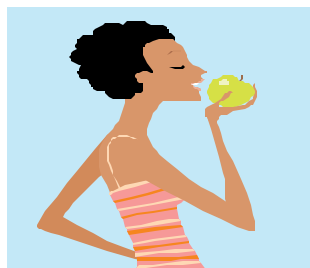
You've been putting off getting your resume and cover letter up to par and that can be a huge force that holds you back. If you're not confident with your job search documents you send out, chances are you're not going to get a whole lot of calls for interviews. If it's a task that you don't want to tackle yourself, don't. There is no law that says you have to write your own resume and cover letter.

Now, It's Time to Get Excited because you have added God to the Plan!

You have rolled away the stone and you have prayed without ceasing. You've got everything in place and you're ready to start applying. Instead of just daydreaming about the jobs you see listings for, apply for them. Today. Don't wait until tomorrow or next week.

Every time you submit your resume, claim it: "This could be it. This could be my new job." Isn't that exciting? Instead of being envious of your co-worker pray that "God's will be done" and wait on your new job to come.

"...the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God." Gal 5: 19-26



Self Control over My Body

I never thought that one of the biggest sins in my life was idolatry—idolatry regarding food. From gluttony to anorexia, food has become the

god of millions, and I in my journey towards healthy eating, have finally realized that.

There are so many illnesses that stem from unhealthy eating habits and a lack of exercise: diabetes, high blood pressure, heart disease, just to name a few. Sisters, we have to have the right attitude about food, eating properly and getting the right amount of physical exercise.

If we seriously want to serve the Lord to the best of our ability, we need bodies that function in the way that God designed for them to function.

Ladies, if you are overweight as a result of overeating—or, if you have been starving yourself or purging in an attempt to meet some unrealistic physical image—seek the Lord for help; He will not fail you. He will give you the strength to overcome gluttony, anorexia, bulimia and poor overall eating habits.

Research what the Word has to say about nutrition and temple maintenance to create a positive self image because God does not make any junk.

Develop discipline and self-control in the areas of diet and exercise. Make the following confession and allow Christ to help you take control of your life.

"In the name of Jesus, I declare that I will subject my mind and body to God's Word. I will cast down every negative thought about my appearance that attempt to rise against the knowledge of God and His will for my life. I will exhibit self-control, diligence, wisdom, and patience regarding my exercise regimen and what I eat. I walk in the Spirit and not in the flesh. I put to death the unhealthy desires of my body. Jesus is Lord over my eating habits. I am more than a conqueror, and I can do all things through Christ who empowers me. ~Amen."

Everyday Living

HOT TOPIC: ON MY OWN by Crystal Robinson

Lately East Side has had an explosion of weddings and graduations. Among us, we now have many young adults learning to balance new challenges and personal freedoms. This can be both exhilarating and scary, and there isn't really a manual to tell you how to mature. Sometimes in facing the practical aspects of growing up and leaving home, we neglect to address the spiritual aspect. Below, Sister Crystal Robinson shares with us about her journey of growth:

Fortunately, my relationship with God had already been established before I went to college. The university I attended had a reputation of being a party school, so I knew that if I didn't go with a focus, it would be easier to become lost. Being heavily involved in the youth group here at East Side while in high school, got me in the habit of making time for God and church activities.

That's where time management and prioritizing come in. There were times I would have to leave a meeting or study group early to go to Bible class or not go so that I could be back to go to evening service on Sundays. Those were some of the decisions I had to make. I know it sounds cliché, but if I put God first, everything else really did fall into place.

It's also good to have people around you that can understand and identify with you on the little things—like how important it is to get up on Sunday mornings, trying not to schedule anything on Wednesday evenings, or not telling someone off when you really, really want to!

When I first got to East Side, I remember having to go wherever my parents went when my dad was in the adult chorus. If I didn't have to go with them, I would have never developed the relationships with the friends I have now, joined the youth group / chorus, or participated in anything else. Sometimes we need that little push. My advice would be to start early, because once you have the momentum, it's easier to continue to keep God as a priority in your life. For the parents, my advice would be to participate in the church activities. Don't just send your children. If they see it's important to you, then it will be important to them.

I would say that the only challenge is that good 'ole peer pressure. Just understand that if you are a good person, friends will come to you; you will not have to do things you aren't comfortable with to become friends with people. Keeping busy helped me. I never had time to get in to too much trouble.

Staycationing with the Family by Felisha Hooks

Summertime has arrived, and the thermometer is not the only thing feeling the heat! This troubled economy can cause your extravagant or exotic vacation plans to go up in smoke. Fear not! Find a shady spot and take a look at these staycation ideas. Staycationing is an affordable way to have a vacation experience, but closer to home and for a lot fewer of your 'hot' dollars.

Sweetberry Farm: Pick your own strawberries, blueberries, potatoes, or tomatoes. Additional features include a hayfield maze in the shape of Texas and homemade ice cream and popsicles. Picnic baskets welcome. Cost is \$.50—\$3.00 per pound of pickings, and \$6.00 for admission to the maze. 1801 FM 1980, Marble Falls, 78654. Website: www.sweetberryfarm.com

The Hill Country Flyer/Austin Steam Train: Take a scenic steam-train ride through the Hill Country. Special events include mock train robberies and other staged events, as well as exploring an historic train depot. Cost varies \$25-\$40. Picnics are welcome. RM 1431/Whitestone Blvd, Cedar Park, 78613. Website: www.austinsteamtrain.org.

Rock'n River Family Aquatic Center: This is a mini-Schlitterbahn, but closer to home. It has waterslides, river floating, and plain ole' swimming. Cost is \$2.00-\$4.00. 3300 E Palm Valley Blvd, Round Rock, 78664. Website: www.sportscapitaloftexas.com/attractions.

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BYTE OF HEAVEN by Felisha Hooks

Ever have trouble coming up with a "smart" password when you need one? We need passwords for so many things—from bank accounts to computer access at work and home. Why not use some spiritually-inspired passwords that meet your security requirements? Inject a bit of heaven into the mundane. Here are some examples:

Emanu3l (Emanuel)
Joyous1 (Joyous one)
God1zluv (God is love)
Evsns1+e (Eve's Insight)

Just plug in your favorite spiritual attributes, Bible verse, or biblical name or place! You can have fun with this idea, and it's highly personalized, making it very difficult for a hacker to crack.

Take Heed My Sisters! continued from page 4

Is being tempted to sin the same as sinning? No. The devil will do anything in his power to separate us from God. Jesus Christ faced all of the same temptations we do, yet he did not sin. My sisters, count it all joy when you fall into divers temptations! *Take heed* and let that temptation work in your life, making you perfect, mature, and complete! (James 1)

How can I avoid falling into temptation?

Flee the situation. Unclothed, Joseph ran from Mrs. Potiphar when she trapped him in the house. Knowledge of God's will and respect and love for His law kept Joseph from sinning against God, even when he was tempted. *Take heed* lest ye get caught up! (Gen. 39)

Good Company. Only Jesus could hang around with a bad crowd and leave victorious. Sometimes our greatest tempters are our friends. We must *take heed* and not be misled: bad company corrupts good character! (1 Cor. 15:32-34) (Prov. 1:8-16)

Make up your mind. Daniel, after being chosen to serve in the king's palace, decided not to defile himself with the royal food and wine. He made a solid commitment before being tempted. *Take heed*; prepare for battle before going to war! (Dan 1)

Pray. We should make our temptations a constant focus of prayer. Prayer is our most powerful tool against Satan. We must allow our spiritual selves to connect with God and use His Word to strengthen and prepare us for this life and the life to come. *Take heed* my sisters! *Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.* (Matt 26: 40-42) (Eph 6:11-13)

In the Heat of the Battle continued from page 1

What made you decide no more?

"First of all it was nothing but God. I was just living the street life and I started just praying and asking God to take me away from this lifestyle. I did not care how, death or jail, I was just tired. The funny thing was I was going out to get a carton of milk and I was stopped by the APD. When they ran my license there was a warrant for my arrest and GOD answered my prayer but he decided to let me live and sent me to jail so that I could be free."

If you wanted to share just one thing you learned in your battle with any of our Sisters young or old what would it be?

"I would tell them that 'No matter where you come from or what you do—don't be ashamed. Remember, with God on your side the battle has already been won.'"

Sisters in every instance, a battle is about a clash of wills. Courage is a key to the outcome of the clash of wills. It takes courage to get up, and courage to put away pride and lean on Christ and Sister Dionne Blackmon has done that. She turned her test, her battle into a victorious testimony to God.

Brighten Your Corner

The work that God assigned to us,
Unimportant as it seems,
Makes our task outstanding
And brings reality to dreams.

So do not sit and idly wish
For wider, new dimensions
Where you can put into practice
Your many good intentions,

But at the spot God placed you
Begin at once to do
Little things to brighten up
The lives surrounding you.

If everybody brightened up
The spot where they're standing
By being more considerate
And a little less demanding,

This dark old world would very soon
Eclipse the evening star.
If everybody brightened up
The corner where they are!

~Author Unknown~

Staycationing with the Family continued from page 7

Airscape Parasail Adventures: Parasailing on Lake Travis here in Austin or on Lake LBJ in Horseshoe Bay. You can buy a 10-minute session or purchase by-the-hour fun. Cost ranges from \$65.00-\$95.00 for 10 minutes; ~\$365 for a full hour. Group discounts are available. Contact: 512-257-9675. Website: www.airscapeparasail.com.

Gruene, TX: Gruene is home to Market Days every 3rd weekend for the arts and crafts lover, a gospel brunch every 2nd Sunday (with a Texas twist) for the music lover, and numerous other arts festivals. There is also the Gruene Mansion Inn, which is a Bed and Breakfast. Gruene is about 50 miles southwest of Austin (1 hour from Eastside). Website: www.gruenetexas.com.



East Side church of Christ
3106 East 14 1/2 Street Austin Texas 78702 (512) 477-1647

Available online at

<http://www.eastsidecoc.com/ministries/fsbs/>

