

# MOVING SPIRIT

September, 2005

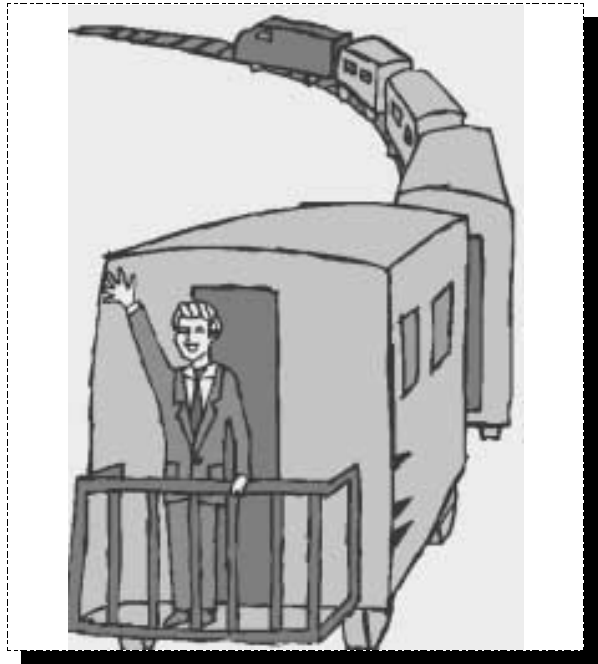
## Eskaton Village Community Church

### Pastor's Parcel

Remember the song "This Train"? This verse from it may help you recall it: This train is bound for glory, this train (x2)  
This train is bound for glory  
Nobody rides it but the righteous and the holy  
This train is bound for glory, this train

Another that comes to mind is "Life Is like a Mountain Railroad," which I've included in the Poetry section. Both talk about traveling in life toward eternity. Recently I was pondering how we all get tickets to take the Train of Life. Our initial thrill of riding may wear off in time. Parts of our trip can become rough. We've seen family and friends suddenly dropped off at various depots, leaving us to travel on in lonely grief. As we near our own final destination, the physical difficulties of our train ride can increase. Our willingness to serve may have turned full circle into a necessity of being served. But the train keeps on chugging along!

As a pastoral attendant on the Train, I also undergo trials on the trip, watch beloved passengers disembark, feel how railway time adversely affects my body. But I know and love the Engineer, and trust His skill in keeping these cars connected and rolling on the right track. The happiest way to travel is still to keep



on singing, keep on praying, and keep on looking forward to Christ's "Well done, good and faithful servant," at the end of the line.

-- Pastor David

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### Parish Proclamations

#### **WEEKDAY OPPORTUNITIES**

All of us know that God and His angelic host is on duty 24 hours a day, 7 days a week. Going to church is just one brief window of opportunity for spiritual enrichment. At Eskaton the little chapel across from the library is always open for meditation and prayer. There is a Bible Study each Wednesday night at 7:00 pm in

the Music Room. On Mondays at 7:00 pm in the TV Room a religious video is shown each week. You may already be taking advantage of these opportunities. But remember, try to get outside in God's fresh air and sunshine daily to enjoy and join in with all creation as the beautiful world God has created gives glory to Him!

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## Personal Pulpit

*(printed previously but contributed again and re-printed... ANYWAY)*

People are unreasonable, illogical and self-centered;

**FORGIVE THEM ANYWAY**

If you are kind, people may accuse you of selfish, ulterior motives;

**BE KIND ANYWAY**

If you are successful, you will win some false and some true enemies;

**SUCCEED ANYWAY**

If you are honest and frank, people may cheat you;

**BE HONEST ANYWAY**

The good you do today, people will often forget tomorrow;

**DO GOOD ANYWAY**

Give the world the best you have, and it may never be enough;

**GIVE YOUR BEST ANYWAY**

You see, in the final analysis, it's between you and God;

It was never between you and them  
**ANYWAY.**

-- *(attributed to Mother Teresa)*

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## Pithy Pieces

A Cherokee Indian elder was teaching his grandchildren about life. He said to them, "A fight is going on inside of me. it is a terrible fight and it is between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other wolf represents joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith. This same fight is going on inside of you, and inside every other person too." The children thought about it for a minute and then one child asked his grandfather, "Which wolf will win?" The old Cherokee elder replied simply, "The one you feed."

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"I will permit no man to narrow and degrade my soul by making me hate him."

-- *Booker T. Washington*

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### **WHAT KIND OF BONE ARE YOU?**

It's been said that the "body" of any group of people has four kinds of bones:

1. The **WISH**bones -- those who wish someone else would do all the work.
2. The **JAW**bones -- who do all the talking and very little else.
3. The **KNUCKLE**bones -- who knock everything anyone else tries to do.
4. The **BACK**bones -- who get under the load and get the work done.

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## *Praise's Portion*

A sacrifice of praise will always cost you something. It will be a difficult thing to do. It requires trading in our pride, our anger, and most valued of all, our human logic. We will be compelled to voice our words of praise firmly and precisely, even as our logic screams that God has no idea what he's doing. Most of the verses written about praise in God's Word were penned by men and women who faced crushing heartaches, injustice, treachery, slander, and scores of other intolerable situations.

-- *Joni Eareckson Tada* (a paraplegic since a diving accident in her teen years)

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## *Prayer's Priority*

I asked God for strength, that I might achieve;

I was made weak, that I might learn humbly to obey.

I asked for health, that I might do greater things;

I was given infirmity, that I might do better things.

I asked for riches, that I might be happy;

I was given poverty, that I might be wise.

I asked for power, that I might have the praise of men;

I was given weakness, that I might feel the need of God.

I asked for all things, that I might enjoy life;

I was given life, that I might enjoy all things.

-- unknown

## **The Prayer of St. Francis of Assisi**

Lord, make me an instrument

of Thy peace;

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.

O Divine Master,

grant that I may not so much seek

to be consoled as to console;

to be understood, as to understand;

to be loved, as to love;

for it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born

to eternal life. Amen.

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## *Poetry's Place*

### **LIFE IS LIKE A MOUNTAIN RAILROAD**

Life is like a mountain railroad,

with an engineer that's brave;

We must make the run successful,

from the cradle to the grave;

Watch the curves, the fills, the tunnels;

never falter, never quail;

Keep your hand upon the throttle,

and your eye upon the rail.

*Refrain:*

Blessèd Savior, Thou wilt guide us,

Till we reach that blissful shore;

Where the angels wait to join us

In Thy praise forevermore.

You will roll up grades of trial;

you will cross the bridge of strife;

See that Christ is your Conductor  
on this lightning train of life;  
Always mindful of obstruction,  
do your duty, never fail;  
Keep your hand upon the throttle,  
and your eye upon the rail.

*(Refrain)*

You will often find obstructions;  
look for storms of wind and rain;  
On a fill, or curve, or trestle,  
they will almost ditch your train;  
Put your trust alone in Jesus;  
never falter, never fail;  
Keep your hand upon the throttle,  
and your eye upon the rail.

*(Refrain)*

As you roll across the trestle,  
spanning Jordan's swelling tide,  
You behold the Union Depot  
into which your train will glide;  
There you'll meet the Superintendent,  
God the Father, God the Son,  
With the hearty, joyous, greeting,  
"Weary pilgrim, welcome home!"

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## *Pearls of Prudence*

### **A Priceless Gift List**

The gift of listening--  
One of the greatest things we can do  
for another person is to listen without  
interrupting, day dreaming or thinking  
about our next leap into the  
conversation.

The gift of compliment--  
Help people reach their full potential --  
catch them doing something right.  
Compliment children for listening, for

their smile, for giving a hug, for  
sharing.

The gift of showing affection--  
Demonstrate the love you feel deep  
inside with hugs, kisses, and squeeze  
of the hand, pats on the back, smiles.  
The gift of laughter--  
Everyone loves to laugh. Try to see the  
humor in day-to-day living. Develop  
the ability to laugh at ourselves.

The gift of cheerfulness--  
This means no complaining, no feeling  
sorry for ourselves, no screaming. Our  
gift of cheerfulness will be precious for  
everyone including ourselves.

The gift of doing a favor--  
Help with the dishes, type a letter, run  
an-errand.

The gift of a game--  
Most people have at least one game  
they like to play. We're all winners  
when we share the experience.

The gift of contact--  
Write notes as simple as "thinking of  
you today." Make phone calls if  
someone is having an especially trying  
time. Reach out with your support.

The gift of acceptance--  
Accept with fortitude the things we  
can't change. This gift makes a  
difference in the lives of your friends,  
family, colleagues.

The gift of prayer--  
The hidden gift.

# *Pleasurable Pastime*

## "EXPLAIN GOD"--

### A writing assignment from a third grade classroom

Danny Dutton, age 8 writes, "One of God's main jobs is making people. He doesn't do grown ups, just babies. I think because they are smaller and easier to make. That way He doesn't have to take up his valuable time teaching them to talk and walk. He can just leave that up to the fathers and mothers.

God's second most important job is listening to prayers. An awful lot of this goes on, as some people, like preachers and things, pray other times besides bedtime.

God sees everything and hears everything and is everywhere. Which keeps him pretty busy. So you shouldn't go wasting His time by going over your parents' head and ask him for something they said you couldn't have.

Jesus is God's son. He used to do all the hard work like walking on water and doing miracles and trying to teach people about God who didn't want to learn. They finally got tired of Him preaching to them and crucified Him. But he was good and kind like His father and he told His Father that they didn't know what they were doing and to forgive them, and God said, "O.K." His Dad (God) appreciated everything He had done - so He told Him He didn't have to go out on the road any more. He could stay in Heaven. So he did.

You can pray any time you want and they are sure to hear you because they've got it worked out so one of them is on duty all the time.

You should always go to Sunday School because it makes God happy, and if there's anyone you want to make happy, it's God.

Don't skip Sunday School to do something you think will be more fun, like going to the beach. This is wrong! And besides the sun doesn't come out at the beach until noon anyway.

If you don't believe in God, besides being an atheist, you will be very lonely because your parents can't go everywhere with you like to camp, but God can. It's good to know He's around when your scared of the dark or when you can't swim very good and get thrown in the deep water by the big kids.

You shouldn't just think of what God can do for you. I figure God put me here and He can take me back anytime he pleases. And that's why I believe in God.

--*Danny Dutton, Chula Vista, CA*

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## *Precious Principles*

You never get a second chance to  
make a good first impression.

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Even if you are on the right track,  
you'll get run over if you just sit there.

We first make our habits, then our  
habits make us.

\* \* \* \* \*

You never get ahead trying to get even.

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## *Past Pathways*

### **GOOD ATTITUDE AT AGE 100**

by *Dr. Lotfy R. Hanna, M.D., FACP*

One day when I was working in my office in Portland, Oregon in 1975, I received a call from a general surgeon, a colleague in the hospital requesting I see a patient for pre-op surgery, he related she had colon cancer and to notify him when she is ready for surgery, he added by chance she is 100 years old today, that was her birthday. I answered immediately without thinking, you must be crazy, you are going to perform major surgery on her at age 100, to remove big portion of her colon; why don't you give her only supportive care?? He answered quietly, go and see her first, then call me back.

I went to the hospital and saw this beautiful lady and to my amazement I found that she knows everything about her condition, the surgery, the prognosis, the complications and the only question she had was, when are you going to remove this thing so I can go fishing? She was an avid fisherwoman. I examined her and reviewed the lab work and chest X-ray, ordered an EKG. I answered her: you are going to have your surgery in 48 hours and you will do very well, God willing. I called back my friend the surgeon; I told him you are right she is very young 100 year old lady, with wonderful attitude, but give me 48 hours to correct high blood pressure and some abnormality in the lab. This lady had her surgery done on time and she left the hospital walking in 4 days, resumed her

fishing in 10 days without any problem as if she had little bronchitis.

She came to my office for follow up and every time she tells me about her wonderful trips, fishing adventures, until she reached 103 years, when she started to complain of diminished hearing, diminished visual ability and one day was found dead at her home in her bed peacefully.