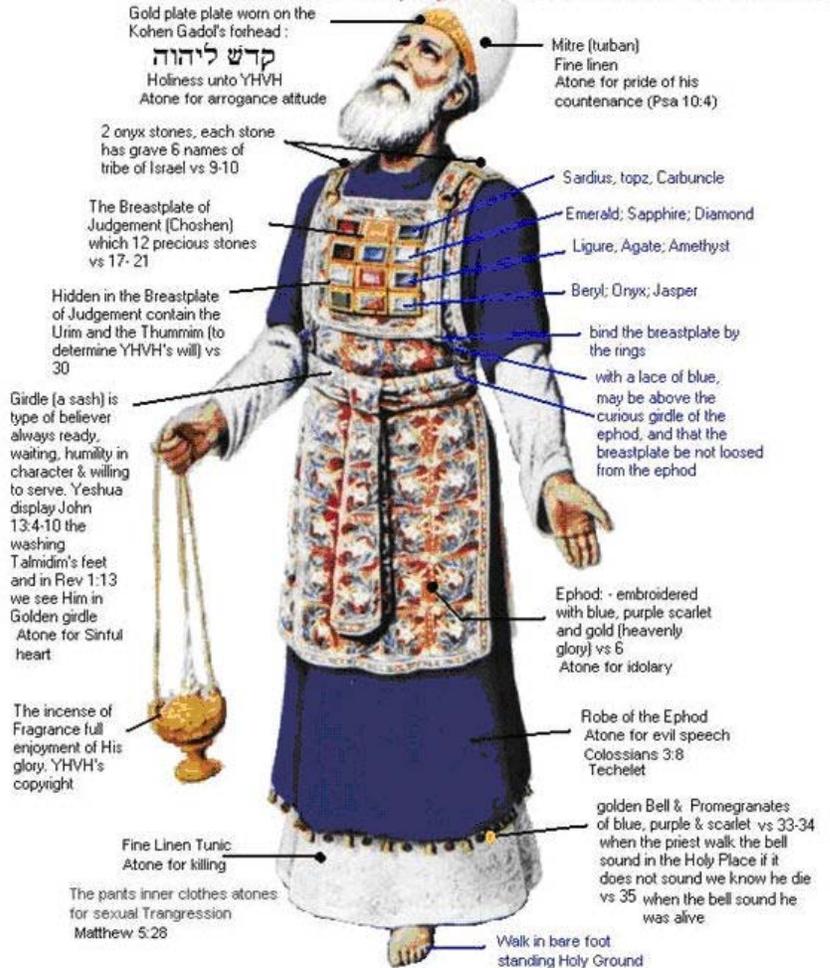




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The Golden Garments (8th) of the Kohen Gadol Shemot 28:4:42



THE LINEN EPHOD

by Richard Whitt

Then David said to Abiathar the priest, Abimelech's son, "Please bring the ephod here to me." And Abiathar bought the ephod to David. (1Samuel 30:7) So David inquired of the Lord, saying, "Shall I pursue this troop? Shall I overtake them?" (V8). And He answered him, "Pursue, for you shall surely overtake them and without fail recover all."

On several occasions King David sent for the priest, and the linen ephod. Have you ever wondered how King David knew God's will when he inquired of Him?

First what was the Ephod?

We find the instructions for the ephod (ornamented vest) in the twenty-eighth chapter of Exodus

starting in verse two. "And you shall make holy garments for Aaron your brother, for glory and for beauty."

"And they shall make the ephod of gold, blue, purple, and scarlet thread, and fine

(see "Linen" page 2)

“Linen” continued from page 1

woven linen, artistically worked.” Verse 8

Now we come to the focal point of our question.

“Then you shall take two onyx stones and engrave on them the names of the sons of Israel. Six of their names on one stone and six names on the other stone, in order of their birth.” (verse 9)

“With the work of an engraver in stone, like the engravings of a signet, you shall engrave the two stones with the names of the sons of Israel. You shall set them in settings of gold. And you shall put the two stones on the shoulders of the ephod as memorial stones for the sons of Israel.” Verse 11 & 12



A picture of the entire ephod including colors of stones is included in this article.

The ephod and breastplate were of the greatest quality and craftsmanship, and designed by God Himself. But we will focus on the onyx stones on the shoulders of the ephod.

The historian Josephus had some interesting things to say about these memorial stones on the shoulders of the ephod.

“For as to those stones, which we told you before, the high priest bare on his shoulders, which were sardonyxes, the one of them shined out when God was present at their sacrifices: I mean that which was in the nature of a button on his right shoulder, bright rays darting out thence, and being seen even by those that were most remote; which splendor yet was not before natural to the stone.”

So perhaps God revealed His will to King David through the stones on the shoulder of the linen ephod.

Breastplate

Each stone on the breastplate represented one of the tribes of Israel and all the different colors had very deep meaning.

1. Reuben Ruby (Red)
2. Simeon Jade (Green)

3. Levi Agate (Red, White and Black Striped)
4. Judah Carbuncle (Bluish-Green)
5. Issachar Lapis-Lazuli (Blue)
6. Zebulun Quartz Crystal (Clear)
7. Dan Turquoise (Blue)
8. Naphtali Amethyst (Purple)
9. Gad Agate (Grey)
10. Asher Aquamarine (Blue-Green)
11. Joseph Onyx (Black)
12. Benjamin Opal (Multi-colors)

We also find in the works of Josephus, “Now this breastplate and this sardonyx, left off shining two hundred years before I composed this book. God having been displeased at the transgressions of His laws.”

I have often wondered how King David knew God’s will when he inquired of Him when the priest (Abiathar) and the ephod were present. I still do not know how God made His will known to our King David, but the important thing was that the king always wanted to know God’s will before he acted. A quality in character I hope to learn.

Beef and Boards Dinner Theater

By Julie Shew

November 17, 2004 was our outing to the Beef & Boards Dinner Theatre to see *Fiddler on the Roof*. There were 9 in attendance. The event was started with a dinner buffet followed by the musical.

The musical *Fiddler on the Roof* is based on the short story “Tevye and His Daughters” by Sholom Aleichem. Set in 1905, *Fiddler on the Roof* takes place in Anatevka, a small Jewish village in Russia. The story revolves around the dairyman Tevye and his attempts to preserve his family’s traditions in the face of a changing world. When his eldest daughter, Tzeitel, begs him to let her marry a poor tailor rather than the middle-aged butcher that he has already chosen for her, Tevye must choose be-



Garden Spot

A Mini Greenhouse

By Beverly Kubik

Consider using PLASTIC sweater boxes as mini-greenhouses to germinate seed for planting in the garden. Turn the lids upside down and place the flats of seeds or pots on the lid. Water the soil and place the bottom of the box on top of the lid. You should not need to water the flats again. Keep the boxes closed until the seeds germinate. An advantage to using sweater boxes is that they can be stacked to conserve space.

A mini-greenhouse
This simple plastic sweater box with flaps made down and made into a useful seed starter.

Tips for Better Health

By Grace Arnold

We all need to have better health. Here are two things you can do to help achieve this goal.

1. Increase your level of physical activity. People who are active have less risk for a heart attack. As little as 30 minutes a day spent doing some kind of physical activity, such as walking or mowing the



lawn can make a big difference in decreasing your risk of having a heart attack.

2. Eat more fiber each day. It is recommended that individuals eat 25-30 grams of fiber each day. This can be achieved by eating at least five servings of fruits and vegetables a day. I personally think more would be better. You also need to include two to three servings of whole grain cereal or bread in your diet each day.

I hope today’s tips will help you achieve better health.

tween his own daughter’s happiness and those beloved traditions that keep the outside world at bay. Meanwhile there are other forces at work in Anatevka which threaten to destroy the very life he is trying to preserve. This was a play well worth seeing and one we can all relate to.

MORE THAN A PRETTY FACE

The 2004 Women's Conference

by Beverly Kubik

"Great!" "Really enjoyed it."

These were some of the comments I heard following the 2004 Women's Conference in

Hammond, Indiana. DeLee Hargrove hosted the event with 79 ladies in attendance. We were all encouraged to wear the hats that we never dare to wear. This was not required, but many did wear hats and this added to the fun of the day.

Amy Wood, Caroline Whitt and I arrived Saturday evening just in time for a pitch-in dinner. Following the dinner was a short program of music and crafts presentation. Corrine Kriswell displayed some beautiful quilts that she had made.

The next morning the conference began with registration and a continental breakfast. After breakfast, DeLee welcomed all of us and provided us with the following food for thought. "If you treat all ideas royally, one might just be a king".

Our first speaker was Janel Johnson. The topic was "Femininity or Sexuality -- Which?" We were asked if we would rather be sexy or feminine. Then we were asked to name several women who we thought were sexy. Names such as Madonna, J. Lo, Brittany Spears, and Cher came up. On the feminine side was Laura Bush, Barbara Bush, and Nancy Reagan and so on. We discussed the differences and agreed that dressing provocatively draws attention but it also shows insecurity and a lack of awareness of the influence that it has on males. Mothers fail to recognize the inherent dangers of dressing as such. Can we teach standards? The home should be a haven for open dialog. Sexuality is good in mar-

riage, why push it beyond? We have a commitment to something much greater than ourselves. True femininity is a part of Christianity. Janel admonished us to "grow in grace and in knowledge and to practice true religion"

Our second speaker was Marion Sargent. Her topic was "To Your Health". Marion admonished us to eat well balanced meals. She reminded us that eating properly is important to God or He would not have provided us with written information on which foods are clean and which are unclean. Mothers, she said, are responsible for their family's health. Two out of three people suffer from dietary problems because of the things we eat. Cancer and cardiovascular diseases are on the rise. Deficiencies, excesses or imbalances in fats are involved in 70% or more of all U. S. deaths. This was quoted from the book "Fats That Heal, Fats That Kill" on page 8. Another book she recommended was the "Makers Diet"

At noon we had a beautiful lunch followed by a Victorian Tea. During Tea, we were treated to a presentation of "The Lifestyles and Customs of the Victorian Women". This was a very lively discussion by Carman Heitz of The Etiquette School. Very interesting, but I think we



all decided that we would rather be living today.

Following the tea and then a short break, we ended the afternoon with three short topics.

Part 1 "The Source For the Success of Our Legacy" by DeLee Hargrove.

Proverbs 31, she said, was a eulogy of an entire life. One's success is one's profession. God's Word gives us the optimum ability to live at our best.

Part 2 "Founding Mothers... The Legacy Begins" by Judy Servidio

Our children express what they have learned. Kindness, love, discipline, and respect are all things that we can pass on. We do not only give what we have, we give what we are. We are the founding mothers of the coming Kingdom of God.

Part 3 "The Legacy Continues — Mothering and Mentoring Your Grown Children" by Melania Nutzman

Late teens is a time of great patience. Take the initiative as a parent to stay in contact. Share what God is doing in your life. Ask about your children's daily lives and who they interact with. Be a consistent example to them. Be quick to praise and never criticize. Whatever God allows in their lives can be for their benefit. Mentor your adult children by modeling. Teach without preaching.

At the end of the day we had enjoyed the friendships and we were ready to remove our hats.

Hurricane Season Far From Over For the Carrell's

by Joan Carrell

I guess you would call me the roving reporter, since I am reporting from Florida.

"December 1 marks the official end of the hurricane season. But for the residents of Okeechobee, the hurricane season is far from over." says the Okeechobee News. "Many are still without homes and are living with friends, in hotels or in trailers supplied by the Federal Emergency Management Agency (FEMA). Others are fighting to stay in their storm-ravaged homes as they wait for repairs to be made."

On our way down here, we traveled the interstate highways, and you couldn't see much damage from the hurricanes. We were about 50 miles north on the Florida Turnpike before we started to see wind damage to the trees and water in the ditches. Many of

the big trees were completely uprooted and some of the fir trees were snapped in half. As we got closer to Okeechobee there were more areas of tree damage. In Okeechobee and surrounding areas there were barns, houses, sheds, businesses and street signs showing evidence of damage by the wind.



After Jeane

In the mobile home park where we live about 6 months out of the year, there was considerable damage. There were 6 mobile homes condemned and almost every home had some kind of damage. Most of the damage was to roofs, carports, Florida rooms, trees and utility sheds. We lost one section of our roof-over, 22 feet of our carport, and our utility shed will have to be replaced. We have settled with the insurance company, but getting the repair work done will take time. Our name is on a list for a contractor to come and do repairs, but there are many names on the list. We are not sure how long it will be before our repairs can be done.

Many people lost everything, due to their roofs blowing off. They suffered great water damage. Some are living in trailers, supplied by FEMA. Others are still in motels and living with relatives.

We have been on the east coast and the same conditions apply over there. There is a shortage of roofing and other building materials. I have talked to other church members in the area and they are having the same problems.

The Okeechobee News stated, "The Realtors had people come in to place their homes on the market. They just wanted to leave the area. However, a few weeks later as their lives got back on track, they took their properties off the market. They also had some Northerners come down to survey the damage to their winter homes and have decided to sell them as they stand." Anyone in the market for damaged winter homes?

Local effects of Hurricane Frances and Jeane (FEMA)

- 500 homes and businesses have been condemned
- 916 buildings totally destroyed
- 11,200 buildings have major damage
- 2,000 buildings have minor damage
- Frances caused \$200,000 in damages to schools
- Jeane caused \$1,219,781 in damages to schools
- 10,843 people have been through FEMA's DRC
- 14,500,000 in grants have been approved
- 231 trailers being used by local displaced storm victims
- Hurricane Frances had sustained winds of 90mph
- Hurricane Jeane had sustained winds of 110mph, with gusts up to 120mph



After Frances and Jeane

From Our Kitchen to Yours

by Joan Carrell

Homemade Turtles - Caroline Whitt

63 small pretzels
1 package (13 ounces) Rolo candies
63 pecan halves



Line baking sheet with foil. Place pretzels on foil; top each pretzel with a candy. Bake at 250 degrees for 4 minutes or until candies are softened. Candies will retain

their shape. Immediately place a pecan half on each candy and press down so candy fills pretzel. Cool. Refrigerate for 10 minutes or until set.

Beef-N-Onion Cheese Ball – Amy Wood

3 packages of Budding Beef
1 bunch of green onions (8)
2 packages of cream cheese
Let the cream cheese soften. Cut the dark green part of the onion off and put onions in a food processor or chop them fine. Put in a bowl. Chop beef and put in the bowl. Mix. Add cream cheese, mix well and form into ball.

Cookout at the Shews

by Amy Wood

On Oct. 30th, Julie Shew invited the whole church to her home for a wiener roast. There were 27 people who attended. For those who didn't get to go, you missed out on a really fun time. We enjoyed the fellowship as we gathered around the fire to stay warm. There were hotdogs to roast, chili to eat, hot chocolate and hot cider to drink. Of course, there were the Smores to eat. After the feasting was done, we sat around the fire while Rick Whitt played on his guitar and we all sang along. It was really

enjoyable. We hope we can have more wiener roasts in the future.



In the Workplace — Drug Problems?

by JoAnn Shappard

I have been in the workplace for a long time both in teaching and in the clinical setting. As everyone knows there are good examples of employees and there are the not so good examples. We see that all levels are plagued with poor attendance, and poor work habits and of course, drug problems. I would like to share one good example. Her name is Donna. She is 60 plus years old and a widow. She is a certified nursing assistant (CNA) and proud of it. She is always on time and arrives cheerful. At the end of the day she is still cheerful, but tired. Donna takes the same load of patients as the younger CNA's and never complains. That means giving baths to 7-8 patients, feeding 2-3 patients for 2 meals and turning and lifting all of them every 2 hours! This unusual person has to answer call lights and answer the many questions from student nurses and myself. She happily does it all.

Something that really upsets Donna is when people call in after having the weekend off. She says she feels sorry for people that don't like to work. A second thing that upsets her is the drug problem in our community. All too often we see the dealer or the victim in the hospital. After a recent admission of a victim of an alcohol related auto accident, I asked Donna if there was a drug problem in the community when she was a child. She answered "Yes there was, but it was a different kind of drug problem. When I was on the farm there was a "drug" problem. I was drug to church every Sabbath. I was drug to church for weddings and funerals. I was drug to family reunions and community fund raisers no matter what the weather was or what my friends were doing. When I was disrespectful to adults or when I disobeyed I was drug back to the woodshed. I was also drug to the kitchen sink for using a four-letter word. I know what soap tastes like! I was drug to the neighbors to help chop wood or mow their grass when they were ill and not allowed to accept a dime or I would be drug back to the woodshed. So yes, there was a "drug" problem for me and it has shaped my thoughts and behavior wherever I go. I just wish that today's children would have this kind of "drug" problem, as it would be a better America."

This story is not unique to just Donna. I have heard it before from many people of her generation. When we work hard for a day's pay there are two benefits we get out of it. One benefit, is the psychological paycheck of worthiness and satisfaction of helping someone else. A second benefit is the monetary paycheck we receive. We need to start our children out very young on learning the value of work, dependability and service to others so that we won't have to worry about a real drug problem.



A Little Bit of Humor

Compiled by Mike Wood

**Life in these
United States**

**My friend
Connie
was very
suppor-
tive of
her husbands
campaign to be
elected vice
president of
his local un-
ion, but missed
seeing him off
for work the
day of the
election. Since
she
would
be late
arriv-
ing
home,
she left a spe-
cial message
for him in**



The Computer Corner

by Denny Shappard



Thanks to all the brethren that participated in *THE COMPUTER CORNER* questionnaire! The results reflect the overall experience that the UCG/IA Terre Haute membership has. Interest ranged from a strong desire to learn more about using the Internet to using your computer for productivity. This first article is devoted to computer maintenance -- the first steps in making your computer operate at maximum efficiency and in protecting your personal information.

MAINTAINING THE COMPUTER'S HARD DRIVE

The best way to protect your computer is to minimize the possibility of losing personal files. If you have ever lost a file (especially one that was very valuable) from a "computer crash" (hard drive failure), then you know how frustrating using a computer can be. It used to be that all personal files were just that, paper files stored in a manila folder tucked away in your file cabinet. Today most if not all of your personal files are stored in an electronic folder tucked away on your computer's hard drive. If the hard drive crashes, then you may have lost information that is necessary for your business, personal correspondence, etc.

It is impractical to think that a hard drive will last forever. Eventually a hard drive will "give up the ghost" because it is a mechanical device. The purpose of the first portion of the article is how to maintain a hard drive that is functioning properly.

A computer crash can come from two sources, a hard drive that is nearing the end of its mechanical life or a poorly maintained hard drive. If your computer's hard drive is making

a lot of clicking noises coupled with intermittent operation, then it is time to replace the hard drive before it crashes (transferring files from an old hard drive to a new hard drive is a future topic). If the hard drive is functioning properly mechanically (no clicking noises or intermittent operation), but is getting progressively slower (more time to save files or it takes "forever" for the computer to startup), then software maintenance is required. All of these instructions on hard drive maintenance refer to a computer using Windows XP. This procedure is similar for anyone using Windows 95, 98, NT, 2000, or ME. Optionally, each procedure listed here can be found on the Internet -- just use Google to search for the topics in bold. For example, search Google for **Using the Clear Function**, or **Using Disk Cleanup**, etc.

A CLEAN HARD DRIVE IS A HAPPY HARD DRIVE

There are 3 steps in maintaining the hard drive: getting rid of extraneous files, Disk Cleanup, and Disk Defragmenter (Defrag). Extraneous files come from:

- 1) Records of recently accessed documents, plus programs and web sites (removed by the Clear function),
- 2) Cookies -- required by most Internet URL's (Universal Resource Locator, a fancy way to say Internet address), and
- 3) Temporary (Temp) directories.

Disk Cleanup has many functions but we will only use it to remove temporary Internet files and empty the Recycle Bin. Disk Defragmenter is used to consolidate fragmented files. Your computer files become fragmented (parts of the file are saved in different locations on the hard drive) with constant use of that file causing the hard drive to slow

down trying to find all the parts of the file. Defrag puts all the parts of the file together (consolidate), speeding up hard Removing Extraneous Files

1. **Using The Clear Function** -- Right Click on Start, then Left Click on Properties. Left Click on Customize, then Left Click on Clear. Finally, exit the function.

2. **Removing Cookies** -- Open My Computer, then open Drive C:. Next, open Documents and Settings, then choose your Logon Name (Administrator, etc.). Finally, open Cookies and delete all URL's present.

3. **Cleaning Temp Directories** -- After opening Drive C:, open the Windows directory. Locate the Temp file, then open it and delete all the files. If there are other Temp files on your hard drive (open the Start Menu, then Search For Files and Folders), you will want to Explore them and delete unwanted files.

Using Disk Cleanup

Open Start then select Programs. Next, open Accessories, then System Tools. Finally, open Disk Cleanup and choose Drive C: to cleanup.

Using Disk Defragmenter

Open Start then select Programs. Next, open Accessories, then System Tools. Finally, open Disk Defragmenter and choose Drive C: to Defrag.

(To be continued next issue)

Guess Who?





Hello! This is Me

by Amy Wood

My maiden name was Amy Laurence. I was born in Beechgrove, Indiana on Sept.6, 1957. I am the only child of Clarence & Marjorie Laurence.

My Mom worked at Bemis Bag, a factory where they made bags for different things, such as flour, sugar etc. She worked there until she became pregnant with me and then she became a full time housewife and mother. My Dad

worked at Scherer Electric where he repaired electric motors.

I grew up in Indianapolis, Indiana and lived there until nine years ago. I attended school at Fredrick Douglas School #19 for grades kindergarten through 6th and Adonis Brown School #20 for grades 7th and 8th. I attended Emmerich Manual High School for grades 9th through 12th. I graduated in 1976, the Bicentennial year. Then two days after I graduated High School, Mike and I got married.

Mike and I both grew up in the church. When we meet, he was 17years old and I was 12. We have been married 28 years. We have two children who were born and raised in the church, but when the church split in 1994 they both decided to leave. Our oldest daughter Melissa Elmore, age 26, has been married six years. Our other daughter Amanda Mishler, age 23, has been

married one year and five months. We don't have any grandchildren yet, but we hope to have some someday.

I am a full time housewife. I have been in the church for 41 years. My Dad came in the church in 1965. I was eight years old. I got baptized March 16, 1975 when I was 17 years old. The only family member that I have in the church is my husband. Both of my parents stayed with the Worldwide Church of God.

When I am in the mood, I like to crochet, sew and embroidery.

My favorite scripture would have to be Mat.6:33. It is my favorite because it reminds me of what it is all about.



Words of Wisdom by Nelson Arnold

Good money habits take years to learn. Bad money habits can lead to painful and costly mistakes. I have certainly made my share of mistakes. It is our responsibility to teach our children while they are young about how to use money wisely.

I read a story about a man who used a dramatic way to impress upon his children the value of money. His income was being sapped by high electric bills because his children constantly left unneeded lights burning. His children were fairly young, but his simple method could be adapted for older children. He gathered his children around the kitchen table one evening. On the table were several stacks of coins. Each stack was labeled to represent different expenses: tithes and offerings, the mortgage, food, electricity, clothing and entertainment. He explained that the coins represented the money he brought home from his job and that the stacks showed where the money he made went each month. "Now each of the bills we make has to be paid," he said. "And, if one bill is larger than we expect, we have to take money from one of the



other areas to help pay for it." His children nodded, keeping their eyes on the coins. "One of the things we like to do most is going out and having a good time, isn't it?" His children nodded again, still keeping their eyes on the coins. "Yes," his small son answered. "We like to buy ice cream!"

"And we like to go to the movies," said his daughter. "Right," said the Father. "But this month our electricity bill is bigger than we expected, because we leave lights on all over the house when we don't need them." His children could

see the inevitable coming. "So you know what we have to do don't you? We have to take money from somewhere else to pay the electric bill. The only place we have extra money is in our entertainment stack." The Father moved the coins' one at a time from the entertainment stack to the electricity stack until there weren't any left in the entertainment stack. His children's expressions deepened each time he moved another coin. "Now," the Father announced, "Our budget for this month is balanced. Maybe next month we'll have

enough money to go out and have fun." His kids could tell he was on their side and was just as sad as they were. After the family meeting was over, his children immediately began running all through the house shutting off lights. From then on, they made sure no money was wasted on unneeded electricity. His electricity bills went down and his children learned an important lesson.

Children learn by watching what we do. When we go out shopping, we should explain why we buy one product instead of another. We should teach them the difference between necessity and luxury, quality and economy. Our young teenagers should be taught the importance of setting up a budget, how to balance a checkbook and open a savings account. Mothers could teach their daughters how to shop for a week's groceries. I have known some families who go to the store nearly every day to buy food. It is important for us to be teaching them the importance of tithes and offerings. Teaching them to obey God's financial laws will always help them have money for their own needs. Teaching your children sound, financial principals now will pay big dividends in the future for them and their children.



Calendar of Events

Anniversaries

Harold and Joan Carrell January 29
Victor and Beverly Kubik January 29

Social

We are planning a game night to be held on February 5th. Church will be held at 3:00 PM on this date. We will have a pot luck after services followed by games of your choice. Please bring any game you would like to play |

LIBRARY NEWS

by Richard Whitt

Changes and upgrades are underway at your local church library. Beginning in February 2005, tapes will no longer be provided from the Home Office. Instead, a single CD will have all eight sermons on it in MP3 format. We will still receive the videotapes in their usual form.

For the time being we will continue recording the local sermons on tape. Past sermons currently in the library that are on tape will remain in the library.



Pastor's Corner — check out www.kubik.org

By Victor Kubik

Since January 1996 I have been operating a website at <http://www.kubik.org>. I didn't realize how easy it was to start one until I saw a newspaper article that explained how easy it was to set up and maintain a place on the Internet that gave access to anyone who simply typed in my address **www.kubik.org** on any Internet browser. I found this a wonderful way to communicate my thoughts publicly and be instrumental in serving people who I knew from brethren in my congregations to those far away.

It started with only less than 10 people coming to visit my site each day. It has now grown to where more than 250 distinct visitors come every day to find information about what is happening in the Church, prayer requests, news about the Home Office and the Council of Elders. Running my own website made me realize how much influence a person can have in pointing people to what is good and wholesome.

NEW RELEASES

2004-55 "Understanding the Book of Galatians" by Tom Kirkpatrick

2004-56 "The Story of Christmas" by Roy Holladay

2004-57 "How to Recognize the Language of Evangelism" by David Register

2004-58 "What I Wish I Knew When I Was 21" by Richard Pinelli

Ambassador Bible Center Classes. They are on MP3 CD's "General Epistles" and "Daniel/Revelation"

By operating my own website I found an inexpensive way to inform people about the work that has been done in Eastern Europe with others who kept the Sabbath. I also found a way to share photographs of special events in peoples lives, especially weddings. People like to see photos of other people and sometimes themselves! I have also have an excellent way to tell the story about how we help poor people in the world through the LifeNets charity. I welcome you to stop by and visit if haven't done so yet.

	
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<small>2-7-05</small>	