



**July Greetings From Your Neighbors at
Fairfax Baptist Church**

"Minds are like parachutes—they only function when open."
Thomas Dewar



Today's Joke



A man named Jack was walking along a steep cliff one day when he accidentally got too close to the edge and fell. On the way down he grabbed a branch, which temporarily stopped his fall. He looked down and to his horror saw the drop below him was more than a thousand feet, and he couldn't hang on to the branch forever.

So Jack began to yelling for help, hoping that someone passing by would hear and lower a rope or do something.

"Help! Help! Is anyone up there?" Jack yelled. No one heard him. He was about to give up when he heard a voice, "Jack, Jack. Can you hear me?"

"Yes, yes! I can hear you. I'm down here!"

"I can see you, Jack. Are you all right?"

"No! Yes! But, who are you, and where are you?"

"I am the Lord, Jack. I'm everywhere."

"The Lord? You mean GOD?"

"That's me."

(continued on other side)

**WHAT DOES THE BIBLE SAY
ABOUT OVERCOMING STRESS?**

In today's world it is virtually impossible to avoid stress. Many find it increasingly difficult to simply survive in the world we live in. In desperation, people are seeking relief for their problems through any remedy they can find. Our culture is inundated with self-help books, therapists, time-management workshops, massage parlors, and recovery programs (to name just the tip of the iceberg).

The first thing we must do to be free from our stress and our worry is to come unto Jesus. Without Him, our life has no real purpose or depth. Jesus says, "Come to me all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light." (Mt. 11:28-30).

Saving Face

Saving Face is a phrase dating back from the 1700's when people used to put on make up instead of washing their faces. To make themselves look right, they just added another layer. Sitting around the fire to get warm, however, could do damage to the face. The heat of the fire could melt away a layer or two of one's face. A housekeeper might put up a shield in front of the fire to **SAVE FACE.**

God Can Change Your Attitude

We live in an angry world, surrounded by angry people. We can give all kinds of excuses for being an angry person, but none of explanations call for us only to be angry. The same situation could provoke a different attitude.

Paul went out to visit Bruce one Thursday. Bruce had had surgery for a brain tumor a while ago, and the doctors couldn't get it all. They gave him three days to three weeks to live. Bruce said, "I'm not going to feel sorry for myself, and I don't want anyone else to either. If you are going to come out to feel sorry for me, don't come. I'm going to be here until the Good Lord says it's time, and then I'll be gone. If I can help someone else going through this, I'll be glad to. I've shared in church, and I'll probably share again before it's all over."

Bruce is living with uncertainty. He admitted he didn't have this attitude in the beginning, and Paul knows—he was there. At first, Bruce was angry at God for not letting him die quickly. But he allowed God to change his attitude. That is the good news for us today. No matter how bad our attitude was when we started today, we and God can change it.

Adapted from Paul Wallace



Today's Joke



(part 2)

"Oh, God, please help me! I promise that if You get me down from here, I'll really be a good person. I'll go back to church and serve you for the rest of my life."

"Easy on the promises, Jack. Now, here's what I want you to do. Listen carefully."

"I'll do anything, Lord. Just tell me."

"Okay. Let go of the branch."

"What?"

"I said, let go of the branch. Trust Me. Let go."

There was a long silence.

Finally Jack yelled, "Help! Help! Help! Is there anyone else up there?"

There's Such a Thing as Vitamin U??

I have never heard of such a thing! Yet Layne Lowery writes in the Spring 2011 edition of *Health News*, "Cabbage was originally called 'vitamin U' because of its ability to help soothe ulcers and cuts in the stomach." Cabbage feeds tissues at the cell level in the digestive pathway. In doing so, it builds really strong immune support.

Lowery also wrote that only about 14% of American adults eat healthy. The rest do not get the bare minimum of the five servings of fruits and vegetables the food pyramids call for. Vitamin U or cabbage can make a good-tasting, cheap down payment on minimum requirements for fruits and veggies each day our bodies bill us for. Sooner or later, we have to pay – sickness or health.

Worship Service
Sundays @ 11:00 am
Look for us on the
FairfaxCityPatch
www.fairfaxcity.patch.com



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Feel free to contact us if there is an item about your neighborhood you would like included in this newsletter.