

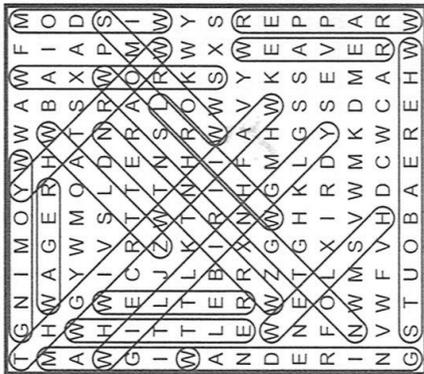
**SUDOKU SOLUTION**

3	2	5	9	6	7	4	1	8
4	9	1	5	3	8	6	7	2
6	7	8	4	1	2	5	3	9
8	5	2	7	9	1	3	6	4
1	4	3	6	2	5	9	8	7
9	6	7	8	4	3	1	2	5
2	8	6	1	5	4	7	9	3
5	3	9	2	7	6	8	4	1
7	1	4	3	8	9	2	5	6

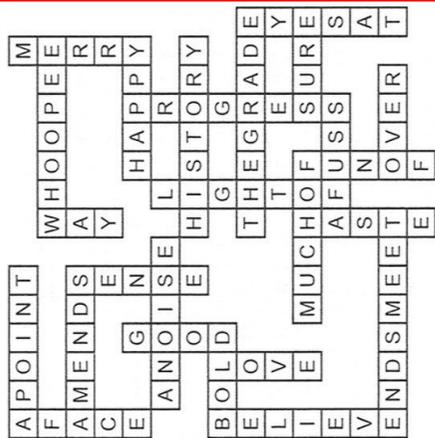
**Food and Drink Quiz**

1. Haricot Beans
2. Cos (in USA—Roman)
3. Cheese Rolling
4. A Soup
5. Cheese
6. Fish heads
7. Raising Agent (Yeast)
8. Devils Drenchers  
(Invented by Roald Dahl)
9. The Red Lion
10. Deer
11. Scottish Whiskey
12. Chicken
13. Curry
14. Jam and Cream

**WORDSEARCH**



**CRISS CROSS**



**Crossword Answers**

- ACROSS:** 1 Bevel 4 Baldwin 8 Nuclear winter 9 Exonerate  
 11 Lee 12 Unison 13 Attack 16 Tic 17 Man Friday 18 Progress chart  
 20 Suspend 21 Robin
- DOWN:** 1 Bandeau 2 Victoria Cross 3 Lye 4 Boreal 5 Leicester  
 6 Wattle and daub 7 Nurse 10 E-Commerce 14 Krypton 15 Unused  
 16 Tapas 19 Car

# Connected



**July 2021 Issue 19**



In the last edition of Connected there were reference to the Euro 2020 tournament that was taking place. If you watched the games, I'm sure that you like me felt concern when we saw Christian Erikson, Denmark's star midfielder collapse. The relief when we later heard that due to the prompt medical treatment he received is now out of hospital and gaining his strength again.

England won their game against Denmark and progressed to the final to be held at Wembley against Italy. I'm sure you could see and feel the excitement, and certainly here in Bedford with a large Italian community, the excitement was intense. You know the final score, being a draw, it went to penalties and Italy won. Five players were chosen to take the penalties and three of them were the youngest players in the squad, and YES, all three missed.



What impressed me about these three young men, one of them only 19 years old, is that they were prepared to try, and for that I salute them. Tragically not everybody feels the same. All three of these young English players have received horrendous racial abuse that has caused them unspeakable pain and suffering. On Sunday, whilst watching Songs of Praise, one of the hymns sung, was the Prayer of St Francis, adapted by Sebastian Temple in 1967 : "Make Me a Channel of Your Peace". The words are printed on the next page. What a difference our world would be if we could try to live out these words in our lives and show this respect to each other.

# A Prayer for Peace

In 1986, Pope John Paul II recited the prayer in bidding farewell to the global religious leaders he hosted for the first "World Day of Prayer for Peace", in Assisi at the Basilica of St. Francis. Indeed, the prayer "over the years has gained a worldwide popularity with people of all faiths", and in 2013, Pope Francis chose his papal name as a tribute to St. Francis, "the man who gives us this spirit of peace".

Mother Teresa of Calcutta made it part of the morning prayers of the Missionaries of Charity. She attributed importance to the prayer when receiving the Nobel Peace Prize in Oslo in 1979 and asked that it be recited. South Africa's Anglican archbishop Desmond Tutu, winner of the 1984 Nobel Peace Prize for his non-violent leadership against apartheid, declared that the prayer was "an integral part" of his devotions.

Make me a channel of your peace  
Where there is hatred let me your love  
Where there is injury,  
your pardon Lord  
And where there is doubt true  
faith in You

Make me a channel of your peace  
Where there is despair in life let me  
bring hope  
Where there is darkness only light  
And where there's sadness ever joy

Oh, Master grant that I may never seek  
So much to be consoled as to console  
To be understood as to understand  
To be loved as to love with all my soul

Make me a channel of your peace  
It is in pardoning that we are pardoned  
It is in giving to all man that we receive  
And in dying that we are born to  
eternal life

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A huge "Thank You" to those who have given items for Connected. These are always welcome. If you have any feedback or would like to discuss any of the content  
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se.grant@btinternet.com

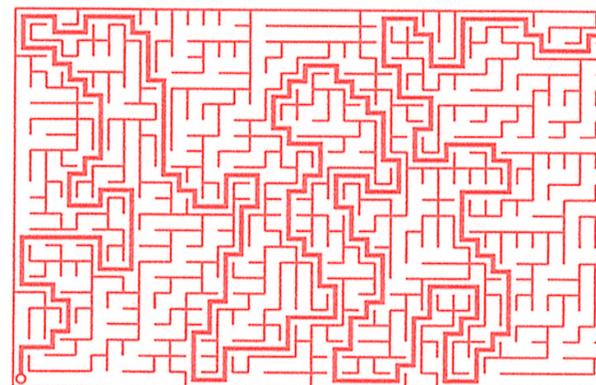
*Stuart*

## Generous God thank You for:

- The taxes I pay - because it means that I work or have a pension.
- The mess after the party - because it means that I have been surrounded by friends
- The clothes that fit too snugly - because it means that I have enough to eat.
- My shadow who watches me work - because it means that I am out in the sunshine.
- A lawn that needs mowing, windows that need cleaning and gutters that need fixing - because it means that I have a home.
- All the complaining I hear about the Government - because it means that we have freedom of speech.
- The space that I find at the far end of the car park - because it means that I am capable of walking.
- The person behind me in church who sings off key - because it means I can hear.
- The piles of laundry and ironing - because it means that I have clothes to wear.
- Weariness and aching muscles at the end of the day - because it means that I have been busy.
- The alarm that goes off in the early morning hour - because it means that I am alive.



**For all your many blessings, especially those that come to us in disguise, we thank You God.**



**MAZE  
SOLUTION**

# Chilling

# Recipe

Recipe reprinted,  
with permission, from the  
Public Health England website,  
[nhs.uk/change4life](https://www.nhs.uk/change4life)

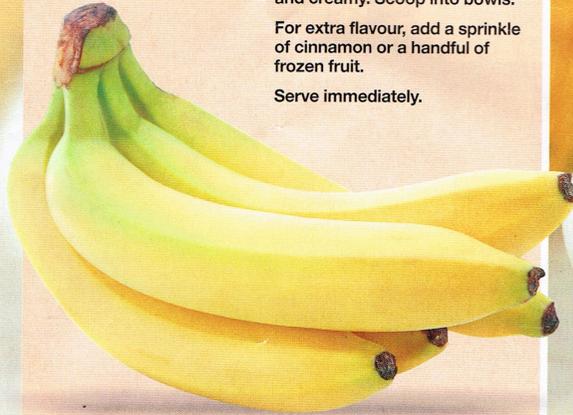
## Easy banana ice cream

### Ingredients

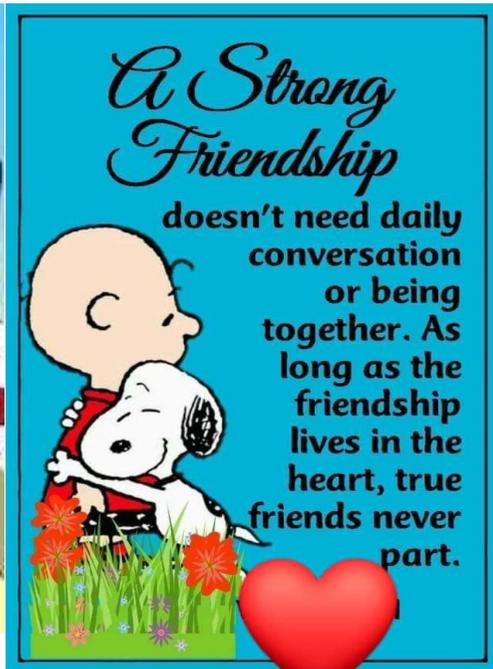
- 4 very ripe bananas
- Cinnamon (optional)
- Frozen fruit (optional)

### Method

- Peel and slice the bananas. Freeze for 2 hours or overnight.
- Add to a food processor or blender and blend until smooth and creamy. Scoop into bowls.
- For extra flavour, add a sprinkle of cinnamon or a handful of frozen fruit.
- Serve immediately.



SERVES  
4



# DINNER DATE



After 21 years of marriage, my wife wanted me to take another woman out to dinner and a film at the local cinema. She said, "I love you, but I know this other woman loves you and would love to spend some time with you."

The other woman that my wife wanted me to visit was my mother, who had been a widow for 19 years, but the demands of my work and our three children had made it possible to visit her only occasionally.

That night I called to invite her to go out for dinner and also go to the cinema.

"What's wrong, are you feeling ok?" she asked.

"I thought that it would be pleasant to spend some time with you," I replied. "Just the two of us."

She thought about it for a moment, and then said, "I would like that very much."

That Friday after work, as I drove over to pick her up, I was a bit nervous. She had curled her hair and was wearing the dress that she had worn to celebrate her last wedding anniversary. She smiled from a face that was as radiant as an Angel's. "I told my friends that I was going to go out with my son, and they were impressed," she said, as she got into the car. "They can't wait to hear about our meeting."

We went to a restaurant that, although not elegant, was very nice and cosy. My mother took my arm as if she were the First Lady.



## DINNER DATE (cont'd)

After we sat down, I had to read the menu. Her eyes could only read large print. Halfway through reading the menu, I lifted my eyes and saw Mum sitting there staring at me. A nostalgic smile was on her lips and then she said “It was I who used to have to read the menu when you were small.” I replied, “Then it’s time that you relax and let me return the favour,”

During the dinner, we had an agreeable conversation — nothing extraordinary but catching up on recent events of each other’s life. We talked so much that we missed the movie. As we arrived at Mum’s house later, she said, “I’ll go out with you again, but only if you let me invite you.” I agreed.

“How was your dinner date?” Asked my wife when I got home. “Very nice. Much more so than I could have imagined,”

A few days later, my mother died of a massive heart attack. It happened so suddenly that I didn’t have a chance to do anything for her. Sometime later, I received an envelope with a copy of a restaurant receipt from the same place where mother and I had dined. An attached note said:

“I paid this bill in advance. I wasn’t sure that I could be there; but nevertheless, I paid for two plates — one for you and the other for your wife.

You will never know what that night meant for me.”

“I love you, son.”

It was then that I understood the importance of saying in time: “I love you,” and to give our loved ones the time that they deserve.

Nothing in life is more important than your family.

In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony.

Friedrich Nietzsche



## Rolling in the Aisles

Two men were discussing religion. One man said, “I don’t have anything to do with things I don’t understand.” “Have you had your breakfast this morning,?” asked the other.

“Yes,” said the first, “But what’s that got to do with religion?” Did you have butter on your toast?” persisted the friend. “Yes”, replied the man, increasingly bewildered. “Well, can you tell me how a black and white cow eating green grass can make white milk that makes yellow butter?” “No I can’t,” admitted the sceptic. “Well,” his friend advised, “I wouldn't have anything to do with breakfast then.”



Members of the Salvation Army were getting carried away in worship. The tambourines were going, the band playing and the drums were banging, the choruses were flowing in an everlasting stream and the prayers mounted to heaven like a thousand arrows loosed from the quiver. Amidst the sighs and shouts of joy, one old man was overcome with emotion. “Oh dear Lord!” he called out. “Thou canst see we’re having a blessed time here tonight, Lord, but this nothing, Lord. Thou shouldst have been at the meeting last Sunday, Lord!”

Did you hear about the religious family that took Sundays more seriously than anybody else? They took the swing out of the budgie’s cage in case he enjoyed himself.



Several years ago, a Presbyterian minister was puzzled by the laughter which grated his speech at a meeting of clergymen in Belfast. He stood up to voice the strongest protest against emotionalism in some churches. “I object,” he shouted, “to all these feelings. All this playing on our feelings, stirring up our feelings, expressing our feelings. We hear for too much about feelings. Let me say,” he concluded, “that I feel very strongly about this!”

*All recorded by Murray Watts in his book “Rolling in the Aisles”*

## 'It's the Way you Walk" (cont'd)

with our heavenly companion. Hurt feelings can be discussed, misunderstandings laid on the table and when we walk with God, it may not make things easy, but it makes them possible. We won't always feel like it, but we show up because He meets us there.

I'd like to suggest that like the well-known scientific and health benefits then our faith is strengthened as we find the rhythm of walking with Him, no matter what's going on in the world around us. Walking with him gives us assurance of his presence and power in our lives.

When we are not walking with God, we are going to struggle even more because we are completely on our own. We have to figure things out for ourselves and it will be much more difficult than it should be. God is the light to our path. He will show us the way, but without him, we have to find our own way through the darkness.

"When Jesus spoke again to the people, he said,  
*"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."* - John 8:12

The very first record (45rpm) I bought, when I just 12, was The Student Prince, with Mario Lanza singing. Still a favourite of mine, now for the experience

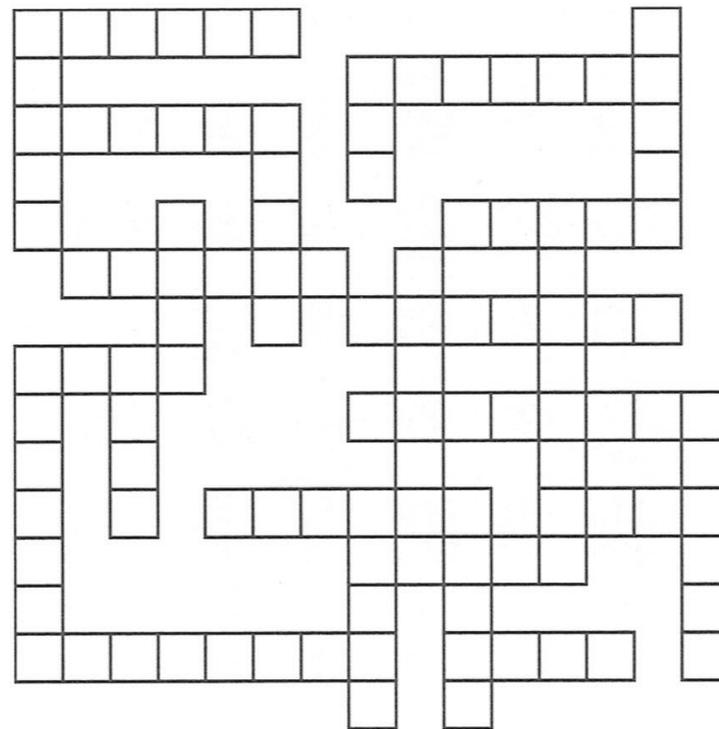
"I'll walk with God from this day on  
 His helping hand I'll lean upon  
 This is my prayer my humble plea  
 May the lord be ever with me"

Maybe if you have time today, have a walk with Jesus, and tell Him all about your problems. He walks with you slowly through the valleys and supports you up the mountains. He is our His guide to greater heights.

**He can tell a lot about you by the way you walk!**

## CRISS CROSS

The words are provided, but can you fit them all into the grid?



**3 letters**

WAY

**4 letters**

BOLD  
 GOOD  
 LOVE  
 OVER  
 SURE

**5 letters**

A FACE  
 A FUSS  
 FUN OF  
 HAPPY  
 HASTE  
 MERRY  
 SENSE

**6 letters**

A NOISE  
 A POINT  
 AMENDS  
 EYES AT  
 MUCH OF

**7 letters**

BELIEVE  
 HISTORY  
 LIGHT OF  
 WHOOPEE

**8 letters**

ENDS MEET  
 PROGRESS  
 THE GRADE

# Lord's Prayer Dialogue

## God answering (BLUE TEXT)

Our Father who art in heaven **Yes.**  
Don't interrupt me. I'm praying. **But you called me.**  
Called you? I didn't call you. I'm praying, 'Our Father who art in heaven'. **There, you did it again.**  
Did what? **Called. You said 'Our Father who art in heaven. Here I am. What's on your mind?'**  
But I didn't mean anything by it. I was, you know, just saying my prayers for the day. I always say the Lord's Prayer. It makes me feel good, sort of like getting a job done. **All right. Go on.**  
Hallowed be Thy Name..... **Hold. it. What do you mean by that?**  
By what?. **By 'Hallowed be Thy Name'?**  
It means..., it means..., good grief, I don't know what it means. How should I know. It's just part of the prayer. By the way, what does it mean? **It means, honoured, Holy, Wonderful.**  
Ah, that makes sense. I never thought about what 'Hallowed' meant before. 'Thy Kingdom come, Thy will be done, on earth as it is in heaven'. **Do you really mean that?**  
Of course, why not? **What are you going to do about it?**  
Do? Nothing I suppose. I just think it would be rather good if you got control of everything down here as you have up there. **Have I got control of you?**  
Well, I go to Church. **That isn't what I asked you. What about the habit of lust you have? And your bad temper? You've got a problem there you know. And then there's the way you spend your money - all on yourself. And what about the kind of books you read?**  
Stop picking on me. I'm just as good as the rest of those hypocrites down at the Church. **Excuse me. - I thought you were praying for my will to be done. If this is to happen it will have to start with the ones who are praying for it, like you for example.**  
Oh, all right. I guess I do have some hang-ups now that you mention it. I could probably name some others. **So could I.**  
I hadn't thought about it very much until now, but I really would like to cut out some things. I would like to, you know, be really free.



## 'It's the Way you Walk'

My wife both have watches that records the number of steps we take when walking. I aim to do 6,500 steps a day, however if walking together Isabel always seems to record approx. 20% more. The only answer is "It's the way she walks" Her legs are shorter than mine, so yes so takes more steps on the same journey.

Scientists have analysed walking and this is what they say:  
"Every time you take a step you almost fall. You allow your body to go off balance, and then you catch yourself with your other leg. Then you shift to that one and you almost fall again, only to catch yourself".



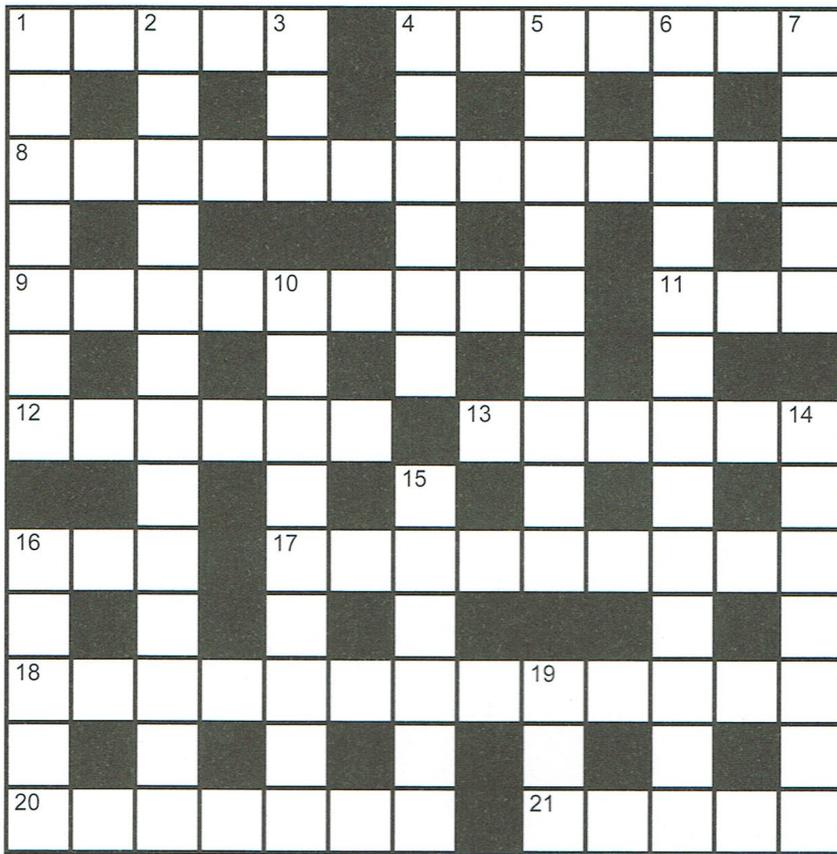
If we are fellow travellers and we walk with God we are constantly men and women who live on the verge of a fall. An adventure..., however, who likes falling over? Of course, that means if God is not there to support and strengthen us, we are constantly needing to be picked up from the floor.

Enoch from the Old Testament, He was distinctive in that he is the first person recorded in the Bible to have 'walked with God'  
*"Enoch walked with God; then he was no more, because God took him away."* Genesis 5:24

I love the story of the little girl who was telling her mother the story of Enoch. She said, Enoch used to take long walks with God. One day he walked so far God said, 'It's too far to go back; come on home with me.' That is what happened to Enoch.

Walking with God speaks of a commonality, an easy, conversational "walk" with our Creator on the road of life. It involves being honest

# CROSSWORD



## ACROSS

- 1 Chamfer (5)
- 4 Stanley \_\_\_, former UK Prime Minister (7)
- 8 Long period of darkness and extreme cold that scientists predict would follow a full-scale atomic war (7,6)
- 9 Acquit (9)
- 11 Robert E. \_\_\_\_, general in the US Civil War (1807-70) (3)
- 12 Coincidence, accord (6)
- 13 Offensive move in sport (6)
- 16 Nervous twitch (3)
- 17 Robinson Crusoe's helpful assistant (3,6)
- 18 Graph showing the rate of improvement or advance (8,5)
- 20 Hand freely (7)
- 21 Common songbird of thrush family (5)

## DOWN

- 1 Undergarment worn by women (7)
- 2 British Military decoration for gallantry (8,5)
- 3 Caustic washing solution (3)
- 4 Toward or located in the north (6)
- 5 English city on the River Soar (9)
- 6 Mixture of sticks, twigs, earth and mud, used as a building material (6,3,4)
- 7 Hospital worker (5)
- 10 Business conducted over the internet (1-8)
- 14 Superman's home planet (7)
- 15 Not yet put in service (6)
- 16 Small, savoury Spanish snacks (5)
- 19 Automobile (3)

## Lord's Prayer Dialogue (cont'd)

**Good. Now we 're getting somewhere. We'll work together, you and I. Some victories can truly be won. I'm proud of you.,**

Look Lord, I need to finish up here. This is taking a lot longer than it usually does. 'Give us this day our daily bread.' **You need to cut out the bread. You're over-weight as it is.**

Hey, wait a minute. What is this, 'criticise me day'. Here I was doing my religious duty, and all of a sudden you break-in and remind me of all my hang ups. **Praying is a dangerous thing. You can wind up changed, you know. That's what I'm trying to get across to you. You called me, and here I am. It's too late to stop now. Keep on praying. I'm interested in the next part of your prayer.'** (pause) **Well, go on.**

I'm scared to. **Scared? Of what?**

I know what you'll say. **Try me and see,**

'Forgive our debts, as we also forgive our debtors.' **What about Bill?**

See. I knew it. I knew you would bring him up. Why Lord, he's told lies about me, cheated me out of some money. He never paid back that debt he owes me. I've sworn to get even with him. **But your prayer. What about your prayer?**

I didn't mean it. **Well at least your honest. But it's not much fun carrying that load of bitterness around inside, is it?**

No. But I'll feel better as soon as I get even. Boy, have I got some plans for old Bill. He'll wish he never did me any harm. **You won't feel any better, you'll feel worse. Revenge isn't sweet. Think of how unhappy you are already. But I can change all that.**

You can. How? **Forgive Bill, then I'll forgive you, Then the hate and sin will be Bill's problem, and not yours, You may lose money but you will have settled your heart.**

But Lord, I can't forgive Bill. **Then I can't forgive you.**

Oh, you're right. You always are. And more than I want revenge on Bill I want to be right with you. All right, alright, I forgive him. Help him to find the right road in life. Now that I come to think of it, he's bound to be awfully miserable. Anybody who goes around doing things he does has to be mixed up inside. Someway, somehow, show him the right way. **There now, wonderful. How do you feel?**

Hmm. Well, not bad at all. In fact, quite tremendous. You know, I don't think I'll have to go to bed tense tonight. That will be the first time since I can remember.

# Lord's Prayer Dialogue (cont'd)

Perhaps I won't be so tired from now on because I'm not getting enough rest. **You're not through with your prayers. Go on,** Oh alright. 'Lead us not into temptation but deliver us from evil.' **Good, good, I'll do just that. Just don't put yourself in a place where you can be tempted.**

What do you mean by that? **Stop hanging around the magazine stands. Change some of your friendships, some of your so-called friends are beginning to get to you. They'll have you completely involved in wrong things before long. Don't be fooled. They advertise that they are having fun, but for you, it would be ruin. Don't use me for an escape hatch.**

I don't understand. **Yes, you do, you've done it a lot of times. You get caught in a bad situation. You get into trouble and then you come running to me, 'Lord, help me out of this mess and I promise you I'll never do it again. You remember those bargains you tried to make with me?**

Yes, and I'm ashamed Lord. I really am. **Which bargain, are you remembering?**

Well, when the woman next door saw me coming out of the local pub. I'd told my mother I was going to the shop. I remember telling you, 'Oh God, don't let her tell my mother where I've been. I promise I'll be in Church every Sunday.' **She didn't tell your mother, but you didn't keep your promise did you?**

I'm sorry Lord, I really am. Up until now, thought that praying was enough. Didn't expect you to answer me like this. **Go ahead, finish your prayer.**

For thine is the kingdom, the power and the glory forever and ever, Amen. **Do you know what would bring me glory? What would really make me happy?**

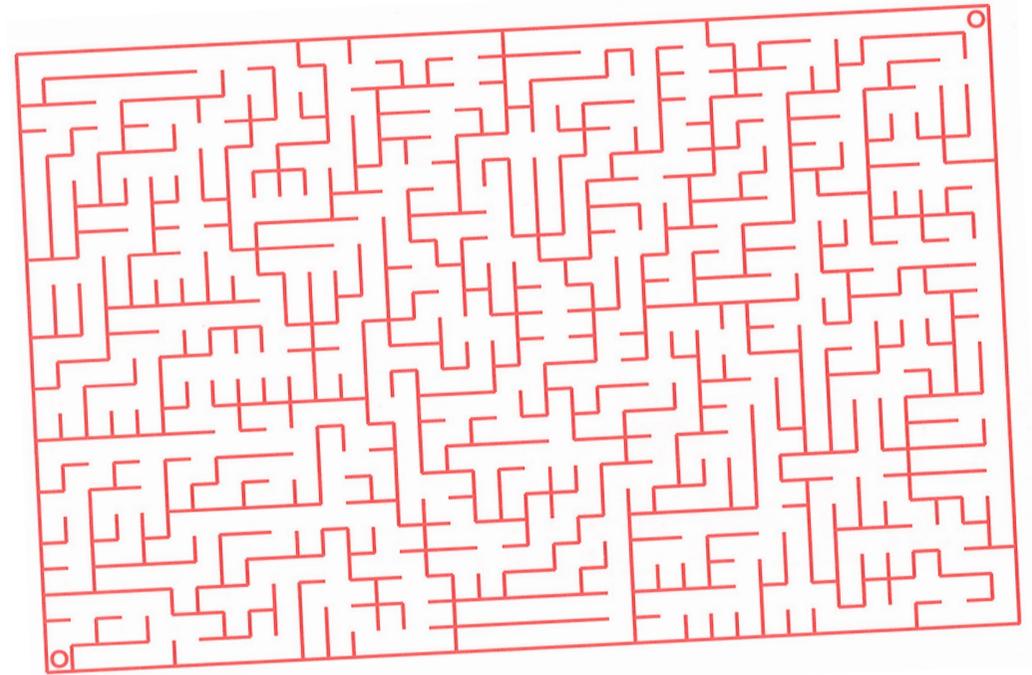
No, but I'd like to know. I want now to please you. Now I see how good it would be to be a real follower of you. **You just answered the question.**

I did. **Yes, the thing that would bring me glory is to have people like you truly loving and following Me, and I see that happening between us. Now that some of these old sins are exposed and out of the way, well, there's no telling what we can do together.**

Lord, let's see what we can make of me, O.K.? **Yes, let's see,**

# MAZE

Find a path from one circle to the other through this maze



**Just came across this story, and have to share it with you**

"He is 85 and insists on taking his wife's hand everywhere they go. When asked why his wife kept looking away, he replied, "because she has Alzheimer's". When then asking him, will your wife worry if you let her go? He then replied, "she doesn't remember anything, she doesn't know who I am anymore, she hasn't recognized me for years." Surprised, I said, "and yet you have continued to guide her every single day even though she doesn't recognize you?"

The elderly man smiled and looked into my eyes and said,  
"she may not know who I am, but I know who she is,  
and she is the love of my life"

God knows us and loves us even when we forget

# WORDSEARCH "W" WORDS

T	G	N	I	M	O	Y	W	W	A	W	F	M
M	H	W	A	G	E	R	H	W	B	A	I	O
A	W	G	Y	W	M	O	A	T	S	X	A	D
W	H	W	I	V	S	L	D	N	R	W	P	S
G	I	E	C	R	T	T	E	R	A	O	M	I
I	T	L	J	Z	W	T	N	S	L	R	W	W
W	T	T	L	K	T	N	H	R	O	K	W	Y
A	L	E	B	I	R	I	I	W	W	S	X	S
N	E	R	R	X	N	H	F	A	V	Y	W	R
D	W	W	Z	G	W	G	M	H	W	K	E	E
E	N	E	T	G	H	K	L	G	S	S	A	P
R	F	O	L	X	I	R	D	Y	S	E	V	P
I	N	W	M	S	V	W	M	K	D	M	E	A
N	V	W	F	V	H	D	C	W	C	A	R	R
G	S	T	U	O	B	A	E	R	E	H	W	W

- |            |             |         |
|------------|-------------|---------|
| WAGER      | WELSH       | WISDOM  |
| WAINWRIGHT | WELTER      | WORMS   |
| WALTZ      | WHEREABOUTS | WORTHY  |
| WANDERING  | WHIRL       | WRAPPER |
| WASHINGTON | WHITTLE     | WRITTEN |
| WAXWORKS   | WIGWAM      | WYOMING |
| WEAVER     | WILLINGLY   |         |

# FOOD AND DRINK QUIZ

## SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9

		5		6		4		
	9	1	5			6	7	
6		8			2	5		9
8	5		7	9				
1								7
				4	3		2	5
2		6	1			7		3
	3	9			6	8	4	
		4		8		2		

- 1) Most tinned Baked Beans are made from which bean?
- 2) What type of lettuce is used in a Caesar Salad?
- 3) What is Cooper's Hill in Gloucestershire famous for?
- 4) What is Cullen Skunk?
- 5) Cornish Yarg is a type of what?
- 6) What will you find poking out of the top of the Cornish Stargazy Pie?
- 7) What does Leavened Bread contain that unleavened bread does not?
- 8) Which one of these is not a Traditional British Sweet: Devil's Drenchers, Berwick Cockles, or, Rosey Apples?
- 9) According to the British Beer and Pub Association, what is the most common Pub Name in the UK?
- 10) Venison refers to the meat of which animal?
- 11) Speyside and Islay Regions are best known for producing what type of drink?
- 12) Colonel Saunders is most associated with which type of food?
- 13) The name of wick type of food comes from the Tamil word for Spiced Sauce?
- 14) What is the traditional filling of a Victoria Sponge?

# HEATWAVE AND FLOODING



These last few days we are experiencing extremely high temperatures. Yesterday 31%, and then the realisation came to me when watching news on the television, how fortunate we are in Bedford, especially when seeing the

images like this one of the terrible flooding that is being experienced across Europe.

I cannot image what this must be like, when families have lost all their possessions and their homes.

Just recently my wife and I were fortunate in spending a few days away in Scarborough and sharing with my brother, whom we hadn't seen for almost two years. We had a lovely time and the weather was very kind to us, that is until we were travelling back home. The 'heavens opened' as we say and the rain fell. It turned out to be a thunderstorm and certainly the worse rain I had driven in.

We started to sing a little chorus that we used to sing in Primary. *"The rains came down and the flood came up. And the foolish man built his house upon the sand".* Days of singing as small children came flooding back into our minds as we sang and laughed.

However, my laughter soon subsided as the rain became heavier and heavier and I could not see more than two meters in-front of my car. I slowed to a crawling speed and then my wife seated next to me asked are we just going to keep going'.

This lasted for what felt longer than it probably was in reality, but I had no way out of the rain, I had to just simply slow my pace, grit my teeth and drive as though our lives depended upon it.

The storm hits, we have no other option than to slow our pace, grit our teeth and hold onto the one thing that holds us safe and secure, our faith in God.

*'When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord your God, the Holy One of Israel, your Saviour.'* (Isaiah 43:2,3)

Storms come in many varieties as we journey through life. Some storms bring family heartbreak, some loneliness, some grief, some sickness, some loss, some stress, some depression, some so big that we struggle to understand, some take us to a point where we feel we can't take anymore. But storms do eventually pass.

So when the storms in life come, may we remember to hold onto the One who can save us, Jesus Christ. The One who himself stilled the storm, calmed the waves and brought the disciples back to a place of peace.

He can do that for each one of us too. Just read these words taken from a beautiful song, "Part The Waters" that a favourite singer of mine, Evie recorded..

*When I think I'm goin' under  
Part the waters, Lord  
When I feel the waves around me  
Calm the sea  
Now when I cry for help,  
oh, hear me Lord  
And hold out Your hand  
Touch my life  
Still the ragin' storms in me*

*Knowin' You love me  
Through the burdens I must bear  
Hearin' Your footsteps  
Lets me know I'm in Your care  
And in the night of my life  
You bring the promise of day  
Here is my hand, Show me the way*

