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Kathie's Korner

The warrior sighed as he bent to unlatch the greaves needlessly protecting his legs. Here between the tents, where soldiers polished swords that hadn't been used, laid out breastplates that showed no wear, tightened lacings on sandals dusty from nothing but camp-life, the tired guard dipped his hand into his canteen and drank thirstily. Wiping his mouth with the back of his hand, he looked up just as a fully dressed soldier picked his way across the clearing with a smirk pulling his lips.

"Little brother's in camp, Eliab."

"Yeh? You seen him?"

Huffing in amusement, "Yeh. Dad sent him with supplies, but he's entertaining the troops. You'd think he was a seasoned warrior just because he won that skirmish with the bear. Got quite a crowd around him. He's got it in his head that somebody should go fight Goliath."

Sighing deeply, Eliab twisted his neck to relieve the tension, stretched and said, "Okay. I guess I better go talk to him. You know what he's like when he's all wound up. He'll never stop until he's got everyone upset. Where is he?"

The two strikingly handsome men turned toward the cliffs where Abinidab had last seen David. By now, the group surrounding David listening to his confident assertion that he would happily take on the *uncircumcised heathen defying the armies of the living God* had grown to about thirty men or so. Hearing David's excited declaration, Eliab slowed and closed his eyes for a moment, shaking his head in annoyance, "Would David never learn any discretion?"

Tall as he was, Eliab easily looked over the heads of those gathered, catching the eye of the ruddy youngster talking so excitedly in the center of the crowd. David's flushed face revealed his sincerity – but his chocolate eyes quickly locked on the elder brother he so respected. "Why hadn't Eliab taken on the giant? He's tall enough. He knows what God can do!"

But in the way of elder siblings since time began, Eliab was unable to hear the truth in David's confident words. He could only see the toddler learning to walk, the snaggle-toothed youngster practicing with his sling-shot. The young man

David had become was invisible to his elder brother. "David, what're you doing here?"

Words dripping with sarcasm, Eliab pulled no punches. "Who is looking after those sheep you're supposed to be watching? You forget that I know how proud and devious you really are. Admit it, you just manipulated Dad into sending that stuff so you could get in on the action!"

Somewhat uncomfortable, the crowd slowly backed away as the older brother confronted the younger.

"What did I do?" David protested. "I was only asking a question. Anyway, there's a good reason to ask, isn't there?"

A slightly mutinous look on his face, David shut the frowning faces of his brothers from his mind and quickly turned to a couple of men just arriving to see what the fuss was all about. "What will be done for the man who kills Goliath?" he asked.

As Abinidab and Eliab skeptically watched, David charmed the crowd once again, and word quickly spread. It wasn't long before the King heard there was a young man in camp willing to wage a lopsided "war" against a giant.

To be continued...

This 'N' That - Guest Writer - Darlene Saunders

Spending Time With God

(This is a page out of my Psalms for Caregivers manuscript – which I hope to be able to publish soon.

If you are not a caregiver, please read it anyway. It applies to everyday life as well.)

Psalm 1

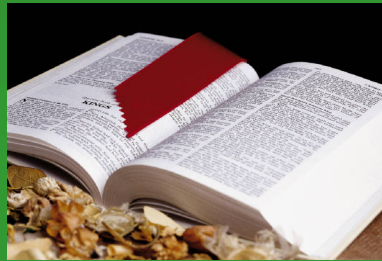
¹ Blessed is the man
Who walks not in the counsel
of the ungodly,
Nor stands in the path
of sinners,
Nor sits in the seat
of the scornful;
² But his delight
is in the law of the Lord;
And in His law
he meditates day and night.

Early in the care of my mother, I was introduced to the classic caregivers' book: *The Thirty-six-Hour Day*. What a revelation! I thought I was the only one who felt like a caregiver's day was at least half again as long and difficult as the "normal" person's.

We are often drained at the end of these long days of giving on top of giving. We encounter spiritually dry seasons

because we don't have time to replenish at the springs of living water. Where do we get the time to refill our spiritual tanks?

You have probably made life-style changes since you began your caregiver's journey. I gave up most of my writing time and, for a year, all of my service in a local church. Some parts of my life were put on temporary "hold" but my physical and spiritual health remained important enough to nurture.



I hope it's not too late to remind us that in John 4 Jesus said His word would be in us, living water springing up to life eternal. Now is the time to meditate on God's word, whatever we have read and memorized in the past. However short the passages, when we feel overwhelmed

thinking about Scripture brings calm and refreshment. If all you remember are parts of Psalm 23, meditate on those words and think about what they mean to you in your present situation.

Beyond that, take time for yourself to add to that storehouse of living water. We may feel we don't have enough time to read God's word. We may think we need large blocks of time to do it. It's more important to establish a habit of reading just a few verses a day than to try to read whole chapters. A page in a short devotional book may be all you have time for but meditating on those verses throughout the day will refresh and strengthen you.

Father, refresh me now with Your words, however long ago I read them. Bring the right ones to mind to calm or give me wisdom. Help me use Your words to calm my loved one too. Thank You for the storehouse of Scripture already in my mind. Help me add to it and use it. In Jesus' name, amen.

Women of Faith

WOMEN of FAITH will be in Sacramento October 14 & 15! We have 50 tickets available. Women of Faith ALWAYS has amazing speakers, singers, resources, skits... In fact, after two days, you will be so full & encouraged in your walk with Jesus... you just may sparkle! This year, for the first time, the registration may be done online and partial payment can be made as you can afford it. Make plans now to attend this wonderful event with your ALCC sisters!

Directions for registering online: URL: <http://gps.womenoffaith.com/>

- o On the GPS home page click on FIND A GROUP
- o Enter the group name (Wendy) and SEARCH

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Schedules for March

Noah's Ark

	Early Service		Late Service	
March 6 Lesson 1	Teacher- Jerry Snapp Floater Karen Snapp Baby Jessica Mayfield	Teacher- Jerry Snapp Floater Karen Snapp Baby Madeline Iriarte		
March 13 Lesson 2	Teacher- Erin Maddock Floater Naomi Hayward Baby Judy Burch	Teacher- Joyce Smethers Floater Bhret Patterson Baby Laura Heeschen		
March 20 Lesson 3	Teacher- Conni Fowler Floater Markus Moore Baby Lyn Aufdenkamp	Teacher- Debbie Ghiringhelli Floater Laura Heeschen Baby		
March 27 Lesson 4	Teacher- Sandra Lundin Floater Clara Watkins Baby Connie Strawser	Teacher- Marni MacDonnell Floater Betty Lloyd		

Ushers

	Both Services	
March 6	Door 1 Wayne Badding, & Marge Sapp Door 2 Doug Johnson, Vic Giles Door 3 Randy & Patti Cassel	
March 13	Door 1 Phil Gemmill & Frank Goodwill Door 2 Doug Johnson, Vic Giles Door 3 Joe & Joe Ramus	
March 20	Door 1 Mark & Connie Lagerwey Door 2 Doug Johnson, Vic Giles Door 3 Hazel Lace & Bernice	
March 27	Door 1 Bev Carlson & Josie Nicholls Door 2 Doug Johnson, Vic Giles Door 3 Jerry & Karen Snapp	

Elementary Classes

	Early Service		Late Service	
March 6 Lesson 2	Linda Cosick Teresa Goodwin	4-7 Linda Cosick 8-11 Teresa Goodwin		
March 13 Lesson 3	Katherine Goodwin Tim & Rebecca Floyd	4-7 Katherine Goodwin 8-11 Tim & Rebecca Floyd		
March 20 Lesson 4	Mike Lundin Mark & Connie Lagerwey	4-7 Mike Lundin 8-11 Mark & Connie Lagerwey		
March 27 Lesson 5	Jessica & Mary Johanson Papa & Dee Murphy	4-7 Jessica & Mary Johanson 8-11 Papa & Dee Murphy		

Worship Ministries

	Both Services	
March 6	Worship Tim F., Amy, Linda Sound Cissy Murphy Media Darlene Saunders	
March 13	Worship Greg, Amy, Linda Sound Cissy, Rich Media Scott Maddock	
March 20	Worship Tim F, Jessica M. Chris B., Deb Sound Bhret Patterson Media Darek Watson	
March 27	Worship Greg, Jessica M. Chris B., Deb Sound Chris Frank Media Darlene Saunders	

Parking Lot

	Both Services
March 6	Tim Smethers
March 13	George Riley
March 20	Wayne Badding
March 27	Tim Smethers



The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.” John 3:8

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- o At the bottom of the page click on the group name (underlined in blue) Click on JOIN GROUP on the right

When you have registered, your group leader will approve your name. The next time you go into the site, you may make your first payment. If you would like to stay in Sacramento on the night of the 14th, please contact the office. We are going to be making arrangements for a block of motel rooms.

Men's Breakfast & Workday

There will be a men's breakfast meeting and workday on **Saturday, March 5**, starting at **8:00 a.m.** Come see how you can make a difference, and help.

Golden Empire Communion

The second Friday of every month, Abundant Life Community Church provides a service and communion for the residents of Golden Empire Convalescent Hospital. The next service is **Friday, March 11, at 1:30.** You are welcome to attend and bring

encouragement to those who are homebound at Golden Empire.

Senior's Breakfast

Abundant Life provides a complimentary breakfast for our Seniors, 55 or older, once per month. This month it will be held on **March 26, at 9:00 a.m.** See you there!

Youth-Led Worship

The congregation will be led in worship by our Youth Department (assisted by some of the children) on **March 27 - both services.** Plan now to attend these awesome services!

A publication of
**ABUNDANT LIFE
COMMUNITY CHURCH**

Senior Pastor
SAMUEL D. FLOYD

Our Elders

Samuel Floyd 273-4665
Dan Watson 273-8165
Greg Fowler 478-1976
Chris Bierwagen 477-5992
Tim Floyd 272-9074

Our Deacons

Larry Van Cleave 268-7314
Vic Giles 268-0457
Chris Frank 432-3946
Randy Cassel 432-3396
Wayne Badding 432-0588

Schedule of Services

Wednesday

Ladies' Bible Study 10:30 a.m.
Family Night 7:00 p.m.

Friday

Men's Bible Study 7:30 a.m.
Golden Empire Communion 1:30 p.m.
(2nd week)

Sunday

Early Worship 8:45 a.m.
Late Worship 10:30 a.m.

Phone: 530-273-1139
E-mail: abundantlife1139@yahoo.com

**Classes Available on Family Night
Wednesdays - 7:00 p.m.**

Adults

Bible History Downstairs
Dan Watson (Larry Van Cleave)
Band of Brothers Downstairs
Chris Bierwagen & Tim Floyd
Marriage Class Downstairs
Markus & Kimberly Moore
Women's Support Library
Teresa Goodwin
I Corinthians Downstairs
Greg Fowler

Youth (Middle School & High School)

»crossover» Sanctuary
Chris Navo & the Youth Team

Kid's Klub

Evangelism Explosion Fellowship Hall
Kathee Baerresen & Team

*These classes remain open to new members at all times.
For more specific information, call the church office, 273-1139.*

**Look for Abundant Life Community Church
@ alconline.org & on facebook**

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