



Abundant Living Ministries

Encouraging Christian Living since 1978

August 2020

JUST A NAME AND A SMILE!

Sharon came to me, in a dilemma. “John,” she began. “I’m beginning to feel like a drill sergeant around the house, barking out orders and correction to the boys all the time. I don’t like being this way.” (This story is about 30 years old, since our *youngest* is now 36.) “They are presenting quite a challenge and I find myself losing patience with them. Please give me some advice... what can I do?”

I don’t remember exactly but I probably responded with something profound, like, “Well, maybe you can just be a little *sweeter* with them.” But then added, “Certainly we can pray.”

A couple days later, Sharon approached me with a smile, “John... I sense the Lord has given me a strategy.”

Before telling you the strategy, I will first report that, within two weeks, our house felt different!

Her strategy was pretty basic and simple, and it didn’t cost a dime.

“Each time I speak to one of the children, I will begin by saying their name.” (Who doesn’t like hearing their own name?)

“And, each time I say the name of a family member, I will ***smile!***”

She still needed to instruct and correct the boys but, I’m telling you that the tone around our household was different. And the results were pretty amazing. No, the boys didn’t turn, overnight, into little angels... but they responded so much better when addressed by name, and with a smile. (And Sharon remained controlled.)

So... what’s the point of my story? I’m not really sure, **except...** we’re hearing reports of exasperated parents who say they have been stretched to their limits, during this COVID-19 time. They love their children but they just weren’t prepared for all the “quality family time” that got thrust upon them. And now, they’re thinking they may have their children at home during at least the start of this next school year. They’re not sure how they will handle the days ahead!

Perhaps a story as simple as this one will inspire a smile and help you remain “in control” ...in *pleasant* control!

Sending lots of smiles!

John (plus Sharon and the rest at ALM)

P.S. Sharon and I want to thank you for your continued financial support and for your prayer, during this COVID-19 time. Although finances have been lagging behind what is needed, we are so pleased that all six of us counselors continue to offer ALM’s services, whether through telephone conversations, video meetings, or in-person sessions.

As I mentioned in the last letter, please keep passing along the word... that **ALM’s normal ministry continues**. Just call the office number (717) 626-9575 (Monday through Friday, 8:15 to 4:15) to make an appointment. Counseling is available daytime and evenings.





SONG TIME

Song is one of God's most-wonderful creations. Song has an amazing ability to benefit individuals physically, emotionally, and spiritually. Let's consider **stress** as an illustration. When stressed, a person's breathing becomes more rapid and shallow. But **singing** counteracts this, as it necessitates slower, deeper breaths. This brings *physical* relief and strength to the singer. Further, if the melody and harmonies are pleasant, the *emotions* are impacted positively. And, very importantly, if the lyrics are truthful and God-honoring, the individual will be built up in their *spirit*.

In scripture, we learn that Solomon appointed singers to sing *day and night* at the Tabernacle and, later, in the temple. In Acts 16, we read that Paul and Silas, while imprisoned, sang praises at midnight!

God instructs his children, many times, to sing. Just one example is Psalm 47:6... *Sing praises to God, sing praises! Sing praises to our King, sing praises!* This can help explain why the largest book in the Bible, Psalms, is a collection of *songs*.

Here's a short list of hymns, listed in order of age. Notice the oldest one was written in the 4th century... and is still with us today. For each of these hymns, you can search on the computer, **lyrics for hymn "name of hymn."** You will access not only the words of that hymn, but also be provided videos of it being sung. Enjoy singing along!

O Splendor of God's Glory Bright
by Ambrose of Milan, ca. 337-397



Of the Father's Love Begotten
by Aurelius Prudentius, 5th century

Be Thou My Vision
by Dallan Forgaill, 8th century

All Glory Laud and Honor
by Theodulph of Orleans, 820



Jesus The Very Thought of Thee
by Bernard of Clairvaux, 12th century

All Creatures of Our God and King
by Francis of Assisi, ca. 1225



A Mighty Fortress Is Our God
by Martin Luther, 1529

Now Thank We All Our God
by Martin Rinkart, ca. 1636

Be Still, My Soul
by Katharina A. von Schlegel, 1752

Yesterday, Today, Forever
by Albert B. Simpson, 1890



Joyful, Joyful, We Adore Thee
by Henry J. van Dyke, 1907



Yet Not I But Christ in Me
by Jonny Robinson, Michael Farren, Rich Thompson, 2018

On your next stay-at-home-again evening, why not gather your family together for a time of singing? Rediscover some hymns from the past while also enjoying current ones. Your song will be beautiful music to the ears of God!



Sharon Charles

Lay Christian Counselor Training

For those who wish to be more-effective people-helpers.

6 Monday evenings:

Oct 5 - Nov 9, 2020 7:00-9:00 PM

**\$120 per person or \$150 per couple
(cost includes textbooks)**

Call the ALM office or email Chris at
info@AbundantLivingMinistries.org

Open Arms Childbirth Class

Five Consecutive Thursdays

Oct. 8 - Nov. 5, 2020 7:00 pm

Covering the important information offered in a hospital course, *Open Arms* adds a distinctively-Christian perspective. You will enjoy meeting other expectant couples as you gain practical help in preparing for a great labor and delivery. There is no cost for this course.

Register by contacting the ALM office.

Contact Information

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