

MEDITATION



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One of my favorite episodes of The Andy Griffin Show was the episode entitled "The Loaded Goat." What do you do with a goat full of dynamite? The construction engineer told Andy if the goat fell over he would explode. Therefore, everyone in

the town, especially Barney, became overly anxious trying to keep the goat calm.

How would you respond with a load of dynamite ready to explode? I assure you we would not stand around marveling over it. Christians have something within them like dynamite but much more powerful. "But you shall receive power when the Holy Spirit has come upon you." Acts 1:8 NKJV.

The disciples were overly anxious about political concerns of Israel. They wanted to know when Jesus would restore the kingdom to Israel. Jesus responded to them by saying it was not for them to know times or seasons. Their main concern was to continue the mission Jesus began on earth.

Today, we are to fulfill that same mission. We fulfill this mission by witnessing to our faith in Jesus Christ. We often feel inadequate to serve in ministry. I sometimes hear people exclaim, "I am not gifted enough to serve or talk to others about my faith."

When we receive Jesus as our Lord and Savior we are sealed with the Holy Spirit. He brings with Him everything we need to live into God's mission. The fullness of the Spirit is essential for our Christian life and ministry. There are times we grieve Him by not being obedient.

Our disobedience is often caused by fear. What if the Holy Spirit has me looking foolish? What if He awakens me at 2:00 a.m. to write a devotion? What if people reject my witness? I challenge you to submit to the leading of the Holy Spirit. He brings with Him power which is ability and strength we need to fulfill God's mission. "But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you." Romans 8:11 NKJV.

The same power that raised Jesus from the dead resides within every believer. Cultivate a Spirit-filled, Spirit-led heart and mind and watch the TNT results of your life unfold.

LETTER

from page 4A

guest speaker. The speaker will share information on other Relay events, the programs offered, how the money is spent, of the things offered by the American Cancer Society and of the many ways to battle a terrible disease. To name just a few.

Relay offers the fighter/survivor a chance to meet some of the people who are fighting for them. It offers them the chance to meet other survivors and know that when it may feel as if they are alone- in truth they are not.

Relay through the year has teams that put on fund-raising events that allow fighter, caregiver, and others a chance to come together, to have some fun and to support Relay but participating in whatever the event at that time may be. Whether it is a barbecue, hot dog or candy sale. Whether it is a car show, a motorcycle run or golf game.

Relay offers the community at large a chance to come together in an event that goes through the night. An event filled with fun and laughter, where more than a few tears are shared. It offers music, song and dance. It offers demonstrations. It offers challenges. It offers those attending a chance to donate, to purchase items in various ways with the money going to Relay, to purchase raffle tickets on some interesting items where all are winners. Relay, the winning ticket purchaser and those who were able to donate even that one dollar.

Relay for Life is not just a fundraiser.

The people that join together to form teams, to form an event become much more than that. They become family. They know the survivors, they know the caregivers. A bond is formed and strengthened by the caring hearts that attend and work toward a common goal. They work together, they share, they fight for the life of those affected. They laugh, they cry and they pray together. They work together to raise money for the ACS in the hope of finding that cure, of finding the ways to prevent, of creating more birthdays and celebrating lives and hope.

Relay is not just a cancer thing-- it is a community thing. Because cancer touches us all.

On May 9-10, 2014 the East Gaston Stanley- Belmont Relay for Life event will take place at the Methodist Church of Stanley's Walking track known as Common Grounds. This is at 5481 Hickory Grove Road, Stanley, NC. The Second Annual 5K run will take place on the grounds. Early sign ups are now taking place online at www.racingtoes.com. Find the 'events' link, the scroll down to 5K for Relay at common Grounds and sign up there. We will also have sign ups early that morning at the event. The Survivor Dinner registration will begin at 4:30pm with the meal beginning at 5. The Survivor Lap will begin on the track at 7pm. Through the night there will be live bands, food and activities for the entire family. New teams are still being accepted.

South Point UMC bake sale

The South Point United Methodist Women of Belmont will sponsor their Bi-Annual Hotdog and Bake Sale, Saturday, April 12, 9am-2pm. Dine-In or Carry-Out. The church is located off South Point

Rd, Hwy 273, just past the Belle Meade Subdivision. Church will deliver locally for orders of 8 or more. Call 704-825-4019 before 10AM for deliveries. Proceeds to be used for mission projects.

COLOMB: 'Death Race' not for faint of heart

From page 1A

person had his hand tied to another's leg. This odd-looking, and no doubt odd-feeling arrangement of men then had to hop ½ mile to a tree where a school schedule was attached. They had to memorize the schedule as best they could and hop back to the start when they have to recite the info. Woe to those whose memory failed them...they had to do it all over again.

Then there are the "burpees". This type of calisthenics is similar to the squat-thrust, except Death Race folks must do them-hundreds of them- wearing 50-pound packs.

Sleep is hard to come by

in the Death Races with challenges going on until the wee hours of the morning. One challenge lasted until 2am and had Death Racers roped together and trekking in the dark and rain.

"It's an exercise in agony," Colomb said with a smile.

This summer's Death Race will be another set of surprises and pain.

"The organizers try to get you to quit," Colomb said. "They test you to the limits."

So, how does a person prepare for a Death Race?

For Colomb, his routine involves Crowders Mountain. State Park.

"I go to the park three or four times a week," Colomb

said. "I run up the mountain with a 50-pound pack."

Other methods Colomb uses to tune and tone his body and brain includes Crossfit workouts and chopping wood.

"You don't need a gym membership to stay in shape," he says. "You can get a great workout in your backyard."

Even though he knows it will be tough, Colomb is rarin' to go back to Pittsfield in a few months for another Death Race episode.

"It's great fun," he said. "But it's not for the faint of heart."

To find out more about the Death Race, and to sign up if you dare, visit www.youmaydie.com.

VICTORY GARDEN: making a comeback

From page 1A

bland and unhealthy diets of pork, cornmeal, and molasses.

"Many, if not most, mill houses had kitchen gardens in the back yard," said Page. These mill workers were not many years away from their farms in the mountains, or from farms all across western North Carolina. They already knew how to farm and garden. They already had wheel hoes, garden spades, rakes, and other tools. They just kept up what they had been doing. Neighbors helped each other, because many husbands had been drafted."

Affluent folks in Belmont wanted to get on the Victory Garden bandwagon as well.

"Up town, patriotic fervor induced some families to plant a Victory Garden in their backyard," Page said. "For some it became a social status symbol. A June 30, 1943 Belmont Banner Society column stated, 'Mrs. Ralph Abernethy has a very pretty Victory Garden'. There seemed to be some element of competition involved. What was planted? Favorites seemed to be lettuce, green beans, peas, okra, squash, peppers, onions, tomatoes, and cucumbers. Most plots were too small for corn, but if space was available, it was a popular item. Belk-Matthews Store in downtown Belmont on June 30, 1943, ran a large advertisement in The Banner announcing a special sale of quart fruit jars, rubbers, and lids all for 74 cents a dozen. The Gaston County Extension Agency provided a canning service. All a person needed to do was to prepare the vegetables or fruits ready for preserving and they were placed in tin cans at a minimum cost."

As the war continued, the enthusiasm waned and the victory garden efforts became a thing of the past, however, many families continued to plant their gardens for years afterward.

These days, with rising food costs as well as concerns over what chemicals are being sprayed on or added to vegetables, folks are revisiting the Victory Garden concept. Steve Alsop who lives near Mount Holly has founded an organization called Victory Garden Connection that's designed to be a source for stories and information about Victory Gardens past and present.

"History has provided us with an excellent business model for local food production," Alsop says. "A simple 1940s concept of identifying 'slacker' land and matching it with neighbors and families to learn and work the soil. Today we have a mass of talent with the education, tools of the trade, and love of the soil who are willing to share with land owners to provide an unhealthy country with better food resources and options."

The stories that folks can share who had Victory Gardens in WWII are part of the plan.

"The compilation of Victory Garden and War Garden stories is very important to us," Alsop said. "The individuals who lived and worked the gardens are now in their late 70s and older. It's critical that this history be captured and recorded for future generations."

A link to the past and present, Alsop's Victory Garden Connection is bringing the generations together in a way that's good for mind, body, and soul.

For more information, go to www.VictoryGardenConnection.org.