

Amwell Echoes

REACHING OUT WITH LOVE AND COMPASSION SO OTHERS MAY KNOW CHRIST

February/March 2004

**Amwell Church of the
Brethren
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*We're on the Web!
See us at:*

www.amwell.org

Leadership at Amwell

• **Pastor Robert DiSalvio**
(609) 397-4842

• **Deacon Chairman George Hettman**
(609) 466-3554

• **Deacon Robert Hughes**
(732) 780-3398

• **Deacon Jeff Kiskurno**
(215) 968-5584

From The Pastor's Pen . . .

by Robert DiSalvio, Pastor at Amwell COB



The Deep Freeze

Ever since we moved to Hunterdon County 20+ years ago, I've heard 'Old Timers' say "We just don't have winters like we did years ago. It used to get cold and snowy!" Well they can't say that anymore! (Florida anyone?)

Cold weather and cold winters are one thing but what about a Spiritual 'Deep Freeze'?

Proverbs 20:4 "The sluggard will not plow by reason of the cold therefore shall he beg in harvest and have nothing Christ has told us the work of the Church is planting Seeds of Faith i.e. Evangelism.

The Church never has permission from God to avoid telling others about Christ.

How do we do that?

1) Pray for a Divine Appointment: You don't have to 'shove' your faith in Christ down someone's throat - ask God to allow contacts with family, friends, neighbors, and co-workers to naturally lead to Jesus.

2) Share Your Testimony: People will be drawn to Christ by seeing Him in you! They have seen organized religion and are probably turned off to it. They will not be turned off, to what Christ is doing in your life = They're going to want to know why you're different = Tell them!

3) Bring Them to Church: We reach our friends for Christ and bring them to Amwell to experience the many elements of our Worship Service as we direct our attention to God by Joining in Prayer, with hymns and praise songs, scripture reading and the proclamation of His word. Our Church has the reputation of being a Bible teaching, welcoming place to all. People drawn to that expression of Christ's Truth and Love.

(Continued page 8)

At Day's End - John Hall

Is anybody happier because you passed his way?

Does anyone remember that you spoke to him today?

The day is almost over, and its toiling time is through;

Is there anyone to utter now a kindly word of you?

Can you say tonight, in parting with the day that's slipping fast,

That you helped a single brother of the many that you passed?

Is a single heart rejoicing over what you did or said;

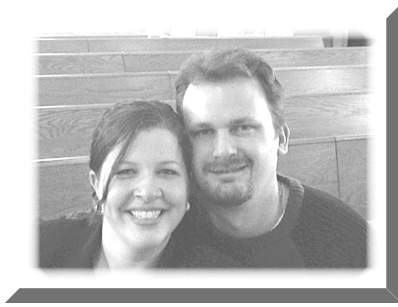
Does the man whose hopes for fading now with courage look
ahead?

Did you waste the day, or lose it? Was it well or sorely spent?

Did you leave a trail of kindness, or a scar of discontent?

As you close your eyes in slumber, do you think that God will say,

"You have earned one more tomorrow by the work you did
today"?



HAVE YOU MET

Erik & Lauren Frankovich

Nothing can brighten a dreary day more than coming to Amwell Church of the Brethren and being greeted by Erik and Lauren. Erik has a quiet and reserved personality that bursts with humor at the most unexpected time! Lauren can be counted on for a firm hug and a glowing smile! This young couple can brighten any room they enter or cheer up the darkest corner in just a moment!

Lauren was born in Brooklyn and lived in Staten Island until she was 5. She moved with her family to Hunterdon County and has remained in the area ever since. She went to high school at Hunterdon Central and majored in voice at Liberty University and at Pensacola Christian College. Lauren has worked at a variety of jobs and presently is enjoying being a stay-at-home influence on their 2 dogs Bailey and Tucker.

Erik grew up in the Flemington/High Bridge area and attended school in Voorhees. His post-high school education resulted in a degree from Somerset Technical Institute. Erik's day is spent working at CHUBB Insurance. Their home in High Bridge reflects one of their passionate hobbies: Classic Video Games!

They met on the job in 1994 at the Hunterdon Democrat Newspaper. They became best friends before they fell in love and have been inseparable ever since!

With her love of music and a true gift from God, Lauren is busy in Amwell's Music Ministry. She sings solos, is a member of the Praise Team and is song leader. She co-ordinates the Children's Chorale and supervises most music programs. Erik has a special spot in the Adult Choir and is a willing substitute for the Church's technical team.

Lauren came to Christ as a young girl and acknowledges her mother in leading the way to The Cross. Erik came to know Christ as an adult. He was influenced by Pastor Bob and was touched by his mother's illness. The Holy Spirit can speak in quiet moments.

They leave us with favorite Scripture. Lauren is fond of Matthew 5:16 "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven". Erik is inspired by Philippians 4:13 "I can do all things through Christ which strengtheneth me."

Turkmenistan Religion Law Targets Unregistered Christians

(CNS) -- Authorities recently passed a new religion law that makes unregistered Christian activities illegal. Breaking the law -- which targets Baptists and Pentecostals, among other groups -- would be considered criminal, not administrative, Forum 18 News Service reported.

The statute also reportedly requires religious groups to "coordinate" contacts with foreigners with the government. Additionally, the groups must gain permission before receiving foreign support such as funding and religious literature. The law went into effect in November.

According to Open Doors, an international ministry that supports the persecuted believers, Turkmenistan is among the world's harshest countries for Christians. "The government has incorporated some aspects of the majority religion, the Islamic tradition, into its effort to redefine a national identity," Open Doors said. "... [President Saparmurat Niyazov] does not accept the fact that Christians give higher authority to God than to him. Ethnic Turkmen who have converted to Christianity are considered to be a threat to the national identity, and have been subjected to official harassment and mistreatment."

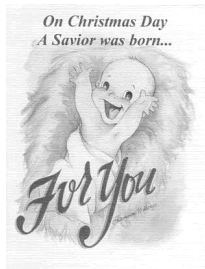
Human-rights groups say Turkmenistan has the harshest religious policy of all the former Soviet republics, Forum 18 reported. Churches have been demolished and police routinely break up religious meetings, often beating, threatening and fining believers.

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From Your Friends

You may not realize, but some of your Church family chose to donate money to our Mission Projects instead of giving or mailing cards.



Some of the participants include: The Ferrellos, Tanya Drake, Ruth Schneider, Shirley Kiskurno, Caroline Lucas, and The Slingers.

“THIS IS THE HOUR TO DO GOOD”

Read Romans 12:10-20

There is a clock in a city in Argentina that keeps the correct time. The residents set their watches by it. Printed on the tower above each face of that four-sided clock is this reminder: “This is the hour to do good.”

He was going to do good—tomorrow. None would be braver, nor kinder than he—tomorrow.

A friend who was troubled and weary, he knew, would be glad for a lift, and he needed it, too. On him he would call and see what he could do—tomorrow.

But tomorrow never came.

Remember the sign on that clock: “This is the hour to do good.”

Prayer: *Help us, heavenly Father, to be sympathetic to those in distress, to be helpful to those in trouble, and to be kind to those in need. Inspire us to go about doing good: in Christ’s name. Amen.*

From The Kitchen of ... Jan Boulton

Biscotti Di Latti

1. Mix

1/2c Sugar
1 egg

2. Then and mix,

1/2 c vegetable oil

3. Add

1 teaspoon baking powder
Touch of Vanilla extract
1/2 c milk

4. Last, add

1 1/2 c flour

5. Drop by teaspoon

Bake in preheated 375 degree oven
for 15-20 minutes.

6. Glaze

Citrus Glaze

1 1/4 cups sifted powdered sugar
1 teaspoon grated orange or lemon rind
1/4 cup orange or lemon juice
1 teaspoon vanilla extract

or

Chocolate Glaze

2 tablespoons reduced-calorie margarine
2 tablespoons unsweetened cocoa
2 tablespoons water

1 cup sifted powdered sugar

Melt margarine in small saucepan. Add cocoa and water; stir until smooth. Cook over low heat until mixture begins to thicken (do not boil). Remove from heat; add vanilla, powdered sugar and stir until mixture is smooth. Yield 1/2 cup.



Your Deacons desire to communicate more directly with each member of the congregation. We have therefore assigned our Deacons to the congregation by alphabetical blocks as follows. Do feel free to contact **ANY** Deacon however!

A-H	George Hettman Sr	609-466-3554
I-Q	Jeff Kiskurno	215-968-5584
R-Z	Robert Hughes	732-780-3398



**MUSIC MINISTRY GROWING ...and LOOKING FOR
YOU!!!!**

2004 promises to be a year of growth and change in our Music Ministry. Lauren Frankevich is taking the helm and is working with the talent of our congregation to broaden our approach to honoring The Lord in song. Lauren is always looking for vocalists to bring special music Sunday mornings. If you play an instrument then please let her know; she wants to be the catalyst for your talent. She is tapping our eager young people for a Youth Chorale. The idea of a Bell Choir is not out of reach; with proper coordination and some willing participants we can look forward to a chorus of volunteers willing to bring songs and joy to shut ins and the sick throughout the year.

Lauren is looking for anyone who feels the Spirit's call in this special line of service. She is more than happy to speak with you about YOUR role in a truly wonderful ministry in Praising the Lord.

PLEASE SHARE!

Our web site recently celebrated its 10,000 web visit. Our web site not only has the weekly sermons preserved, but there are plenty of pictures of our changing and growing congregation! This is a great and easy way to show off YOUR children to grandparents, uncles and aunts and family friends!

www.amwell.org



Please support our church's effort to aid the FLEMINGTON FOOD PANTRY. They are in desperate need of non-perishable household staples. See any Busy Bee with your contribution.

DON'T FORGET OUR CHILD OF COMPASSION HELEN

YOUR DONATIONS WILL ALLOW THIS CHILD TO BE THE CONTINUING RECIPIENT OF QUALITY MEDICAL CARE AND THE SUPPLIES SHE NEEDS TO GROW HEALTHY AND STRONG IN THE LORD.

February, 2004

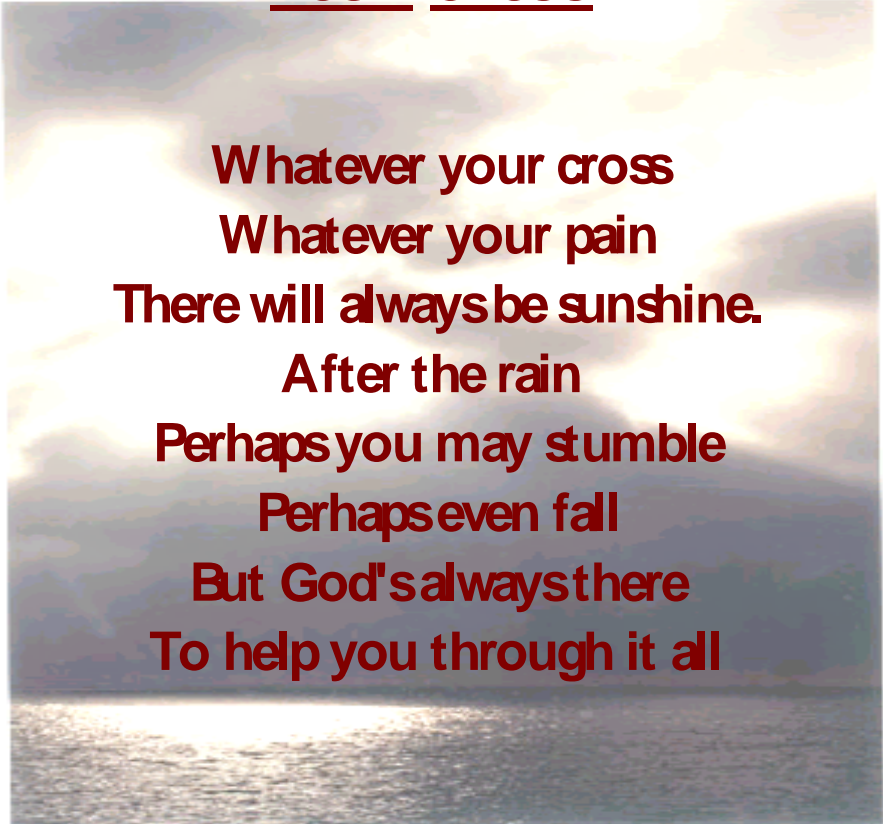
- Morning Star Craft Group Meets Every Tuesday @ 9:30 AM
- Olympians and Teen Youth Group Friday Evenings
- Wednesday Bible Study every Wednesday at 7:15 PM
- 5 Busy Bees @ 7:30 PM In The Annex
- 19 Thursday Noon Group @ 11 AM
- 15 Mission Sunday Scheduled



March, 2004

- Morning Star Craft Group Meets Every Tuesday @ 9:30 AM
- Olympians and Teen Youth Group Friday Evening
- Wednesday Bible Study every Wednesday at 7:15 PM
- TO BE ANNOUNCED Busy Bees @ 7:30
- 18 Thursday Noon Group @ 11AM
- 21 Mission Sunday

YOUR CROSS



**Whatever your cross
Whatever your pain
There will always be sunshine.
After the rain
Perhaps you may stumble
Perhaps even fall
But God's always there
To help you through it all**

From The Pastor's Pen

(Continued from Pg 1)



4) Get Involved: We have ministries to all ages - Sunday School, Bible Study, Youth Groups. We have opportunities to Serve: Busy Bees, Hagedorn, Angel Tree, Peter Becker Home. The more you get involved, the greater the Ministry.

So don't let the deep freeze get you down! Spring is on the way. And don't let a Spiritual deep freeze keep you from sharing, bringing and getting involved.

---Pastor Bob

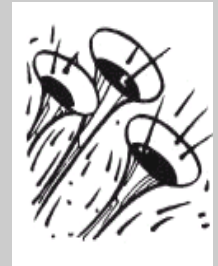


Thanks to Shirley Ostrander

01-15-2004

HOW COME THE WAITRESS GETS 15% AND GOD ONLY GETS 10%?

AMWELL CHURCH OF THE BRETHREN COMMUNICATION SERVICES



Carrying the Gospel
as far as the World
can Receive It

We are on the Internet at:
www.amwell.org

The Church of the Brethren
Website:

<http://www.brethren.org/>

We also broadcast sermons on:

WDVR 89.7
Each Sunday at 7:30 A.M.

We Sponsor the Ravi Zacharias
radio programs:

"Let My People Think"

and

"Adventures in Odyssey "

OBSCURE COMMERCIAL HOLIDAYS

FEBRUARY

National Dental Month
Chocolate Lover's Month
National Cherry Month
American Heart Month
Canned Food Month
American History Month
Creative Romance Month
Human Relations Month
**National Boost Your
Self-Esteem Month**
National Snack Food Month
National Pencil Week
International Friendship Week
Boy Scout Week
National Youth Fitness Week
**National Crime Prevention
Week**

1 - National Freedom Day
5 - National Weatherman's Day
11 - National Inventor's Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MARCH

National Nutrition Month
National Peanut Month
Music in Our Schools Month
Youth Art Month
American Red Cross Month
Foot Health Month
Mental Retardation Month
National Women's History Month
National Feminine Improvement Month
National Physical Education Week
Woman's History Week
Foreign Language Week
Save Your Vision Week
Procrastination Week
Girl Scout Week
Daffodil Week, American Cancer Society
National Wildlife Week
National Poison Prevention Week
Mathematical Education Week
Drug and Alcohol Awareness Week
Newspaper in Education Week
National Bubble Gum Week

8 - International Women's Day
17 - St. Patrick's Day
20 - Rotten Sneaker Day
21 - National Energy Education Day
21 - National Agriculture Day
22 - National Goof-Off Day
23 - Liberty Day, World Meteorological Day
26 - Global Understanding Day
29 - Vietnam Veteran's Day

Money Saving Ideas and Hints

Suggestions and Submissions are requested!

Taken from Ron & Debbie's Penny Pinchin ' Kids Page

Save on Toys

YARD SALES. People frequently sell Fisher Price, Playschool and other name brand toys for extremely low prices. These toys are practically indestructible so you may even end up getting your money back when you resell them in 10 years or so.

Scratch n sniff watercolors can be made by mixing 1 tablespoon of Koolaid (the kind with no sugar in it!) with 1 teaspoon of water. Use as you would regular watercolor paints. After the pictures dry you can scratch and sniff

A tall, skinny box (like from a water heater) can be converted into a townhouse condo for Barbie. Glue in a couple of pieces of cardboard for floors, cut out some windows and cover the walls with wallpaper scraps (home decorating stores will frequently give you their expired sample books). Curtains can be made from fabric scraps or even paper towels and furniture from small boxes.

"While shopping at Target I checked out their after Easter sale. I purchased some broken up chocolate easter bunnies for 9 cents a package (to use in cookies) and I also bought 4 plastic Easter pails (fairly large size) for 9 cents each. For 9 cents a piece they are great sand buckets. I just stacked them in the garage with our outside toys."

Save on Clothing

Resale stores are OK but a lot of them can be expensive. Yard sales are better, and lots of people put ads in the paper selling baby clothes for like \$0.50 an outfit (around here anyway). Also if you have friends and relatives with older kids, hand-me-downs are great

I make large paper bibs for my boys to wear at the dinner table. I purchase paper tablecloths and cut them into paper bibs. I even get my husband to wear one when I serve spaghetti. We save time and money on laundry and dry cleaning while keeping those expensive clothes clean.

Save on Snacks

Water, milk and juice are perfectly acceptable drinks but if your kids insist on sweet stuff Koolaid is much cheaper than soda pop. Buy the kind in little envelopes that allow you to add your own sugar. Not only are they cheaper but you can cut the sugar by 1/3 to 1/2. Also on the subject of drinks, use the thermos bottle that came with your child's lunchbox. Filling it is much more economical than buying drink boxes.

If you like to put chips, pretzels, etc. in your kids' lunches avoid the ones packaged in little bags. Buy large bags of chips and cheap, store brand sandwich bags and package them yourself. You can do them all at once if you don't want to be bothered in the morning and then just grab a bagful for each lunchbox

Popsicles:

- 1 sm pkg jello
- 1 cup sugar
- 2 cups hot water
- 2 cups cold water

Add hot water to dry ingredients. Stir to dissolve. Add cold water and pour into molds. Freeze.

Fudgesicles:

- 1 pkg instant chocolate pudding mix
- 2 1/2 cups milk.

Mix. Pour. Freeze

News of the Church of the Brethren

Taken from the Brethren website at brethren.org

BRETHREN BITS

Responding to the immediate need for medical supplies in earthquake-ravaged Bam, Iran, Church World Service (CWS) announced this week that it will airlift medical supplies to serve 1,000 people for three months, as well as 5,000 hygiene kits. The 20-foot container shipment is expected to leave for Iran on Jan. 6.

The shipment launches a long-range response commitment for CWS, which announced on Monday a \$500,000 appeal for survivors of the devastating Dec. 26 earthquake, estimated to have killed more than 30,000 people according to news reports. Some 200,000 people live in and around Bam and about 70 percent of the houses in Bam were destroyed by the 6.6-magnitude quake, Iranian State Television reported.

CWS also issued an emergency grant immediately following the earthquake for the purchase and distribution of emergency shelter materials for Bam's survivors. CWS is responding to a direct request from the Iranian Red Crescent through the Middle East Council of Churches.

"Medical and hygiene supplies are vitally needed now by the thousands of survivors still struggling and unprotected in what is essentially a demolished city," CWS Emergency Response Program director Rick Augsburger said. "We are acting immediately."

The airlift's shipment contains 100 Interchurch Medical Assistance medicine boxes, valued at \$3,500 each. The boxes contain medicines for adults and children including pain relievers, vitamin/mineral supplements, gauze bandages and pads, adhesives, medicine for intestinal worm infection, Amoxicillin, topical antibiotic and antifungal agents, oral rehydration salts, aminophylline for asthma, anti-infective/anti-protozoals for adults and children, anti-anemia drugs, antiseptic, antihistamine, and Cefzil (for treatment of bacterial infections).

The approximately 5,000 Church World Service health kits each include one hand towel, one washcloth, one comb, one metal nail file or nail clipper, one bar of soap (bath size), one toothbrush, one tube of toothpaste (4-7 ounces), and six Band-Aids. Details on creating the kits can be found at www.churchworldservice.org.

Augsburger said that complete recovery from the earthquake "will take several years." This latest emergency response in Iran is part of CWS' longstanding presence in the Middle East, including support to the people of Iraq and Afghanistan.

A Message from the Committee on Interchurch Relations (CIR)

"Do you know a youth or young adult that has been actively engaged in peacemaking? Someone who is a model for others in challenging violence in creative ways! Tell us about him/her!

We're looking for stories about how someone you know (is it you???) has done cool things to help stop violence that's going on all around us. Maybe through their church or school, or maybe something they organized or did on their own to help make the community (and the world) a more peaceful place. We're going to give citations and recognize them during the Ecumenical Luncheon at the 2004 Church of the Brethren Annual Conference in Charleston, West Virginia! There are two categories: Youth (ages 14-18) and Young Adult (ages 19-35).

Find out more information at

www.brethren.org/genbd/CIR/SendStories.html

Or You can email jkobel_gb@brethren.org

Remember: We need submissions by March 15, 2004.





CHRISTIAN HUMOR

by Pastor Daniel Ellsworth

Last week I took my children to a restaurant. My six-year-old son asked if he could say grace. As we bowed our heads he said, "God is good. God is great. Thank You for the food, and I would even thank you more if Mom gets us ice cream for dessert. And Liberty and justice for all. Amen!"

Along with the laughter from the other customers nearby, I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice-cream. Why, I never!"

Hearing this, my son burst into tears and asked me, "Did I do it wrong? Is God mad at me?" As I held him and assured him that he had done a terrific job and God was certainly not mad at him, an elderly gentleman approached the table.

He winked at my son and said, "I happen to know that God thought that was a great prayer." "Really?" my son asked.

"Cross my heart." Then in a theatrical whisper he added, indicating the woman whose remark had started this whole thing, "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my kids ice cream at the end of the meal. My son stared at his for a moment and then did something I will remember the rest of my life. He picked up his sundae and without a word walked over and placed it in front of the woman. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes, and my soul is good already."

Top Ten Things You Never Hear In Church...

10. Hey! It's my turn to sit in the front pew.
9. I was so enthralled, I never noticed your sermon went 25 minutes over time.
8. Personally I find witnessing much more enjoyable than golf.
7. I've decided to give our church the \$500 a month I used to send to TV evangelists.
6. I volunteer to be the permanent teacher for the Junior High Sunday School class.
5. Forget the denominational minimum salary, let's pay our pastor so he can live like we do.
4. I love it when we sing hymns I've never heard before!
3. Since we're all here, let's start the service early.
2. Pastor, we'd like to send you to this Bible seminar in the Bahamas.
1. Nothing inspires me and strengthens my commitment like our annual stewardship campaign



ABSENCE MAKES THE HEART GROW FONDER

Helen Marauda
140 West Pennsylvania Ave
Downingtown, PA 19335
610-269-7462



OPAL SMITH
Rolling Hills North
16 Cratetown Road
Lebanon, NJ 08833



Ruth Waldron
Rm 103B
Hunterdon Care Center
1 Leisure Court
Flemington, NJ 08822

Marge Landis
8106 Kensington Drive
Rowlett, TX 75088



Michael Pierman
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Liberty University
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Dorm# 434-582-4032
Cell# 908-625-6502



Ryan Kiskurno
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Merion Station, PA 19066-1653
610-660-2179
Cell# 267-549-5201
email: bigtymekis@yahoo.com



Missionary Outreach



Amwell Church of the Brethren supports many Missionaries. Not only do these people and organizations count on our financial support they greatly depend on our prayers and encouragement.
Please send them a card or letter to let them know you care.

Rev. Leon & Lorraine Dillinger
C/O UFM International
Box 306
Bala-Cynwyd, PA 19004

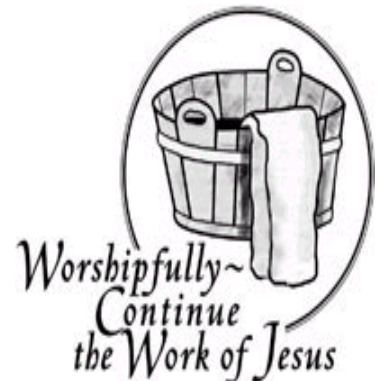
Rev. & Mrs. Edwin Martinez
C/O OC International
PO Box 36900
Colorado Springs, CO 80936

Rev. & Mrs. Benjamin Meney
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Williamsburg, KY 40769

Mrs. Ruby Simek
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Word of Life
Dave & Jane Van -Camp
1233 Meryln St
Lakeland, FL 33813

Word of Life
Dave Huizing
401 N. Howell Ave.
Riverhead, NY 11901





PARKS PLACE ANTIQUES

Carey & Ann Parks

704 Amwell Road

Neshanic Station, NJ 08844

908-369-1732 <http://parksgroup.net>



CASSETTE MINISTRY



See George Hettman after service for a cassette of Sunday sermons. They are great for listening while in the car, after deciding there is only garbage on TV or for sharing with friends.

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sound and video cards)
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JOHN V. CAIMANO

Phone: 732 -438-9147
908-284-2258



EVEN MORE WANT ADS...

JOE AND SHERRY FERELLO are collecting used toner cartridges as part of a fund raiser at their children's day care. St. Paul's will benefit from this effort. Please help if you can! See Joe or Sherry if you have any questions!



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YOU ARE NEEDED

WHO: YOU!

WHAT: CHURCH MINISTRIES

WHEN: NOW!

WHERE: AT AMWELL, AT HOME AND AT WORK

WHY: BECAUSE THE LORD INSTRUCTED YOU!

HOW: DIG IN! DO IT! ASK THE PASTOR AND DEACONS! OPEN YOUR BIBLE! GO TO GOD'S THRONE ON YOUR KNEES!

You are encouraged to pray for your own family and your Church Family. Start with your Pastor, and include The Deacons and Trustees and each member of this congregation. There is much need in our little group. . . . people need help with physical struggles, marital stress, mental and emotional growth. Finances can be overwhelming for some. Others may desire a friend or companion. Some may need a helping hand caring for a family member or a small child. Car or home repairs can be a source of pain for the ill-equipped. Lend a helping hand to a brother or sister. Most needs are never made known. Some people have a hard time bringing their burdens to light. We have a Christian duty to each other to make our needs known AND to be a source of help and inspiration to each other. Do what you can and do what you shoul d!



Begin to weave and God will give you the thread
-German Proverb



There are many things which a person can do alone, but being a Christian is not one of them. As the Christian life is, above all things, a state of union with Christ, and of union of his followers with one another, love of the brethren is inseparable from love of God. Resentment toward any human being cannot exist in the same heart with love to God. The personal relationship to Christ can only be realized when one has "come to himself" as a member of His Body, the Christian fellowship.

--William T. Ham

You cannot see faith, but you can see the footprints of the faithful. We must leave behind "faithful footprints" for others to follow. --Dr. Dennis Anderson



JUST A LAST MINUTE THOUGHT...

Submitted by LORRAINE CAIMANO



The Road of Life

At first, I saw God as my observer, my judge, keeping track of the things I did wrong, so as to know whether I merited heaven or hell when I die. He was out there sort of like a president. I recognized His picture when I saw it, but I really didn't know Him. But later on when I met Christ, it seemed as though life were rather like a bike ride, but it was a tandem bike, and I noticed that Christ was in the back helping me pedal. I don't know just when it was that He suggested we change places, but life has not been the same since.

When I had control, I knew the way. It was rather boring, but predictable it was the shortest distance between two points. But when He took the lead, He knew delightful long cuts, up mountains, and through rocky places at break-neck speeds. It was all I could do to hang on!

Even though it looked like madness, He said, "Pedal!" I worried and was anxious and asked, "Where are you taking me?" He laughed and didn't answer, and I started to learn to trust. I forgot my boring life and entered into the adventure, and when I'd say, "I'm scared," He'd lean back and touch my hand. I gained love, peace, acceptance and joy; gifts to take on my journey, My Lord's and mine. And we were off again.

He said, "Give the gifts away. They're extra baggage, too much weight." So I did, to the people we met, and I found that in giving I received, and still our burden was light.

I did not trust Him, at first, in control of my life. I thought He'd wreck it; but he knows bike secrets, knows how to make it bend to take sharp corners, knows how to jump to clear high rocks, knows how to fly to shorten, scary passages. And I am learning to shut up and pedal in the strangest places, and I'm beginning to enjoy the view and the cool breeze on my face with my delightful constant companion, Jesus Christ.

And when I'm sure I just can't do it anymore, He just smiles and says... "Pedal."