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Doc's
grandbabies

HE'S ALIVE!!!



Cannon
& Carson



Ruthie &
Axel



Rae Rae



Bobby



Ernie and his dolphin

A long cold and snowy winter has passed and we are now enjoying the fresh springtime breezes and the beauty bursting forth from the ground. Trees are budding and the flowers are showing off their colors. It is refreshing to see this rejuvenation after the dull and gloomy winter season. It would be nice to see this happening all year long, but in this part of the country the seasons of the year are experienced in their fullest.

Our lives mimic the four seasons as we burst forth from our mother's wombs. Girl's sprout out like flowers with all their beauty as the boy's grow like corn, fast and tall during the springtime of their lives, watered and warmed by the love of their parents, which is gentle and plentiful. As we grow into the summertime of our young adult life we are faced with many challenges that influence our character and productiveness. We weather through turbulent storms, heated relationships, long droughts, infestations of trouble, bad decisions, and poor soil

conditions as we mature and grow. Autumn brings a renewed since of joy and thanksgiving as we share the wisdom and blessings of our lives with our children, family, friends and those in need. It is a time to reflect back on the life we lived, seeing how God used us to feed and bring joy to His people and the blessings we received. Finally, the cold dreary winter of our lives will leave us withered and dull as the color fades from our health and our strength shrivels up. Time is now our enemy as we wait for the day that we will no longer feel the chill of the wind or see the setting sun as the shadows of darkness encroach upon our earthly laden bodies slowly being placed below the frozen tomb.

Thank God our existence doesn't end there, and that Jesus Christ did not stay lifeless within the tomb which death had prepared for Him. He proved that He had the power to overcome death when he walked out of the tomb. He offers to take away death's sting and bring us

to heaven with Him forever; if we repent of our sins, believe that He died for our sins and that He is the Son of God.

Long ago people asked God for a king to rule over them. He gave them kings, but they all turned away from God's way of ruling to satisfy their own desires which led to their destruction. Today we do the same thing with our lives. We want to rule them without God's plan, but our own. That will only destroy our relationship with God and His son Jesus. God has given us a righteous and perfect king that sacrificed himself for all of us and has shown us that HE HAS THE POWER OVER DEATH.

Turn your lives over to Him and be guaranteed eternal life with Him, where we will have bodies that are beautiful and unbroken.

Dr. Harold

A Word from Doc's Assistant

In shadowing Dr. Harold the past 9 yrs, I've been blessed to see a little glimpse into women's hearts. One theme I keep seeing is that "Life is hard, but God is good." In some ways, a woman's work is "easier" than it once was. We've not had to churn butter or wash clothes down by the stream in quite some time. However, we do juggle school, work, committees, kid's games & lessons, household chores, and putting a few meals on the table. And we're told we need that 5 a.m. spinning or dance class 2-3 times a wk, just to have enough "energy" to function. Is it any wonder we have a rather "glazed over" look upon hearing that we should also "get out of town" with our spouse regularly to keep our marriage alive and well? For a single mom there is additional stress. The responsibilities, time constraints, and demands are seemingly impossible. I can only say that if God has blessed you with a friend who is a single mom, ask Him how you can bless her in some way!

We've come to view ourselves as somewhat of a better, more independent, modern version of our folk's generation where the dads were out mowing at the same time and moms were re-decorating to try and "keep up with the Joneses." The truth is, today we don't even really *know* the Joneses well enough to covet things they have. We see neighbor's cars more than their coffee tables, as we all come & go to Johnny's away - soccer games and Suzy's regional cheerleading competitions. And sadly, they tell us that the Girl scouts can't even find us home enough to sell cookies (that could slow us down enough to pour a glass of milk) to us. We have additional safety concerns in society today as well. Things we thought unimaginable a mere five-ten years ago, are happening in school yards and post offices all across America today. The nightly news is overwhelming.

So how can we handle life stressors that come our way? We can either release them to God, or bottle them up, risking spillover to other areas of our lives like family, work, study, or play. They may even send us into the ER for what resembles heart irregularity, but ends up being termed "generalized anxiety." We often see women in for routine care that also have some unexplained ache or pain. Sometimes it is identifiable and easily treated. Sometimes it's just a random nuisance though, and it may be stress related. We can't really just ignore symptoms though, as they may signal something serious. There are many tools available to help us more effectively turn over our stress to God and to help reduce the causes of it, such as church affiliation (and groups w/in the church), B.S.F. and other bible studies, Christian counseling, job sharing, mom's groups, etc. An objective view may help you to make a simple change or two that could brighten your outlook and bring you hope for tomorrow!

Women are complex; wonderfully made in God's image full of mystery and majesty

(yes, daughters of the King, if you will). Created for Eden, we are able to nurture, multi-task & manage crisis one minute, and dissolve into tears the next, from a heart of compassion and concern for others. Finding ourselves far from Eden today though, we feel more like strangers living in a foreign land. God created us w/ longings for beauty, order and relationship, so we fight for this, and struggle to make sense of our world, or to feel at peace. Instead of seeing things in this light and realizing that we'll always have a bit of a struggle here on earth, we believe a lie that we're all alone, the only ones who can't seem to "get it all together." I wish I could tell all patients how far from the truth this is!

I don't believe we were created for a life resembling a tug of war, but rather one that is more like a dance. If only we could follow God's lead as close as a young girl dancing for the first time on her father's toes. We often step out on our own strength, only to stumble and climb back up on our Fathers feet, but we can stay right there carried effortlessly all over the *dance floor of life*. It is the best "dance" we could ever master. Allowing God to lead, we can follow in perfect timing, beautiful rhythm, and graceful agility. He'll slow us down when needed, and point us to tools He's given for life's issues. We also have His word, prayer, The Holy Spirit, and people He's put in our path for a purpose to teach & encourage us, and to help bear our burdens.

God Bless,

Julie

Mark 11: 28-29 says, "Come to me all who are weary and heavy burdened and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart; and you shall find rest for your souls. For my yoke is easy and my burden light."