

HomeTouch

is a weekly ministry of
Orange Coast Church



Pastor Ken Studer

Sunday, June 10, 2007

Scripture Reading: Luke 7:11-17

TODAY'S THOUGHT: *Some grin and bear it; others smile and change it.*

Today's topic is food. We all know how important food is. It is the fuel that keeps our bodies going. We also know that it's important to eat the right foods. Dieticians tell us that there are four food groups: Grains, Fruits and Vegetables, Proteins and Dairy.

Grains, like bread and cereal and pasta, give us the energy to do stuff. Fruits and vegetables give us the vitamins and minerals we need to be healthy. Food high in protein, like chicken, fish and meat, give us the materials to build muscles. Dairy products give us calcium to help keep our bones strong.

We all have someone in our life who is telling us how important it is to eat well. Perhaps it is your children. Maybe it's your doctor. Maybe it's the staff at the assisted-living residence where you live. Of course, they're all right. We need to eat well. But we need to live well, too.

Psychologist Barbara De Angelis says that "Just as we have four basic food groups in nutrition, I've come up with three basic emotional food groups that I call the three A's: Attention, Affection and Appreciation. You pay attention, you show affection and you express appreciation."

If we are careful to pay attention to those around us, or to what is happening around us so that we can respond appropriately; if we do not fail to shower affection upon those we love and care for; if we express our deep appreciation for those who help us and give us assistance — if we do all of these things, we'll be emotionally and spiritually strong. And, the added benefit is that we will also strengthen those around us!

Prayer: O God, thank you for providing for all of my needs, physical, emotional and spiritual. Be with me this day. In Jesus' name. Amen.

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Activity Page for the week of April 1, 2007

Daily Bible Readings

Sunday: Deuteronomy 1-3

Monday: Deuteronomy 4-6

Tuesday: Deuteronomy 7-9

Wednesday: Deuteronomy 10-12

Thursday: Deuteronomy 13-16

Friday: Deuteronomy 17-19

Saturday: Deuteronomy 20-22



SOUNDS THE SAME!

Homonyms are words with the same spelling but different pronunciations and meanings, such as a "minute" (60 seconds) and "minute" (very small). Each sentence below has two blanks that you are to fill with the same word.

1. The strong _____ caused the flag to _____ around the flagpole.
2. The violinist replaced his violin and _____ before returning to the stage to take a _____.
3. The doctor _____ some gauze around her bleeding _____.
4. She got a _____ in her eye when she saw the _____ in her new dress.
5. A _____ broke out in the last _____ of the classroom.
6. You should not _____ someone in the _____ without water and food.
7. He _____ for days because he could not afford the scooter, a bright red _____.
8. Our Japanese host asked us not, for his _____, to drink all the _____ because he needed some for other guests.
9. The _____ violin player loved to fish, especially for _____.
10. In a herd of elk, you'll notice that _____ do not have antlers, while the dominant buck _____.

Answers: 1. wind, 2. bow, 3. wound, 4. tear, 5. row, 6. desert, 7. moped, 8. sake, 9. bass, 10. does