



July/August 2013



# Jewels *For His* Crown



A periodical for Christian Young Ladies.





## “Much Obligated”

You would hear these words used often back in my dad's day, but you do not hear them much anymore. Being obligated to someone carried the meaning of a debt of gratitude for something that another had done for you. In a world where most children are being taught (directly and indirectly) that everything they see and want should be theirs, thankfulness is becoming a thing of the past. It is time to take a look at our own actions. How thankful are you? Do you appreciate the things that people do for you and the things that you enjoy at another's expense? If you received only what you really deserved, where would you be? May we truly thankful! ~T. Miller

Gratitude is an offering precious in the sight of God, and it is one that the poorest of us can make and be not poorer but richer for having made it.  
A.W. Tozer

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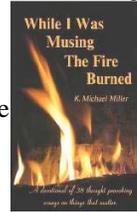
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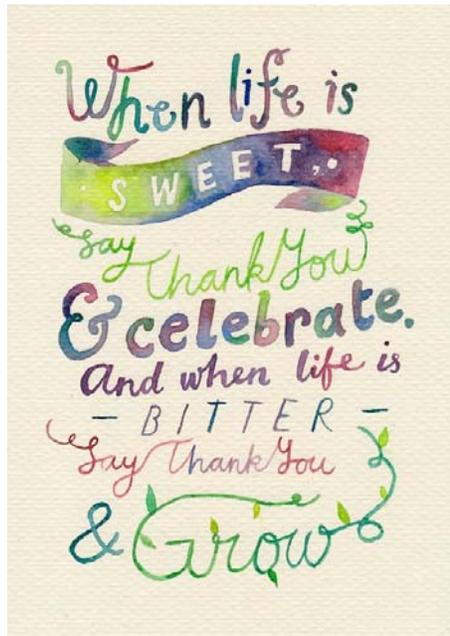
We still have two books available, “As The Days Go By”, a collection of poems by Sis. Teresa Miller. The book is a 68-page paperback edition of original poetry. The cost is \$6.95 plus sh/hdl charges.



Also available, “While I Was Musing, The Fire Burned”, a book of devotions written by Bro. Mike Miller, which many have already found a great blessing. The cost is \$9.95 plus sh/hdl charges. Order both for \$15! [teresa3@vamex.com](mailto:teresa3@vamex.com)  
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(Note: These are now also available through Amazon to order or to download on your Kindle device. When searching, type in name and author, please.)



If I had a thousand lives to live,  
 I'd give them all to my Lord,  
 He's been so good to me,  
 That is the least I could afford.  
 He's made good times outnumber the bad,  
 Been the best friend I've ever had,  
 I just want to thank you, Lord,  
 Thank you, Lord!  
 I just want to thank you, Lord,  
 For every time you heard my prayer,  
 I just want to thank you, Lord,  
 For always being there.  
 When I was so down and out,  
 You came around and made me want to shout,  
 I just want to thank you, Lord,  
 Thank you, Lord!

**As the Lord loveth a  
 cheerful giver, so likewise  
 a cheerful thanksgiver.**

**John Boys**

*Beautiful faces are they that wear  
 The light of a pleasant spirit there;  
 Beautiful hands are they that do  
 Deeds that are noble, good and true;  
 Beautiful feet are they that go  
 Swiftly to lighten another's woe.*

## **How To Write a Thank You Note**

### **Greet the giver:**

*Dear Aunt Amy,*

### **Express your gratitude:**

*Thanks so much for the pretty  
bracelet you gave me for my  
birthday.*

### **Discuss use:**

*It will look great with my new  
dress.*

### **Mention the past, allude to the future:**

*It was good to see you at my  
party, and I hope that you can  
come to the picnic next month.*

### **Grace:**

*Thank you again for your  
thoughtful gift.*

### **Regards:**

*Love,  
Anne*

Being careful to show your  
 gratefulness to others shows  
 good manners and brings honor  
 to your parents and your God.

## Herb Life

### Wild Carrot (Queen Anne's Lace)

This is one of those “weeds” that you can see just about anywhere you go in the United States and Europe. Named “Queen Anne's Lace” after the English Queen that liked making lace, the flower of this plant is lacy and light, looking much like one of your grandmother's doilies. The medicinal goodness of this plant is as a diuretic, to counter cystitis and kidney stone formation, and can also be a uterine stimulant. (You would not want to use this plant if you are expecting.) The roots can be eaten cooked or raw, and they have a carrot-like flavor. If you are gathering them to dry, pull the entire plant in the summer while it is blooming, rinse off dirt and bugs and hang to dry. (Never store herbs that are not completely dry inside as they will mold.) To make a tea, add boiling water to 1 ounce of dried herb. You could add mint and honey to improve the flavor, since herb teas, like medicine, does not always taste good.



### Lemon Balm

Lemon Balm has the look of the mint plant, but if you break one of the leaves or even rub the top of them, the lemony fresh smell will tell you the difference. A tea made from the leaves can be calming and cooling, and mixed with a little lemon and sugar, make a great lemonade for the summer. In a stronger form, it can be used as a mild sedative and for depression. Hot lemon balm tea is used to treat nausea, indigestion, and nervous exhaustion. Harvest the leaves in the summer just before blooming. Green leaves infused in oil can be used to relieve chest complaints or other areas of tension. A warm compress made from the leaves can be applied to any area suffering from painful swelling, such as from a pulled muscle or arthritis. The leaves can also be used fresh in many dishes where you would use lemon, such as fish, fruit, chicken, stuffings, salads and sauces. It is even good to add to your favorite yogurt!



### Lavender

Lavender smells wonderful and is great for potporri projects, but that is just the beginning of the things that this little flower is good for. A tea made from this plant can relieve stress and help you sleep while even inhaling the steam can help with exhaustion and nervous disorders. The oil can be used as a perfume and also as a fungicide, for burns, wounds, eczema, and acne. A bath with a few drops of lavender oil or some lavender tied in a gauze bag is relaxing and will help circulatory disorders and rheumatc ailments. Lavender tea can even be put in a spray bottle for sunburn. Throw a sachet in your dryer to make your clothes smell great (and that



will last up to 25 loads!). From insect bites to a great addition to sugar cookies, you will find many ways to enjoy the goodness of lavender.

## *Gratitude Attitude*

*"And let the peace of God rule in your hearts, to the which also ye are called in one body; and **be ye thankful.**" Colossians 3:15*

*"Enter into his gates with thanksgiving, and into his courts with praise: **be thankful** unto him, and bless his name." Psalms 100:4*

*"Because that, when they knew God, they glorified him not as God, **neither were thankful;** but became vain in their imaginations, and their foolish heart was darkened." Romans 1:21*

***"Wherefore God also gave them up."** Romans 1:24*

There are some wonderful attributes in a Christian's life. The fruit of the Spirit is working in them all of the time, producing the fruit of love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, and temperance. A person who has truly been saved from sin and following the Lord Jesus Christ has a sweetness about their spirit that is pleasant to be around, and especially in these days of contention and frustration.

Although this should be the attitude of every person who claims to follow Jesus, these virtues are not found in many "Christians" today. There is a spirit of ungratefulness prevalent in our churches and our society in general. Everyone wants their own way, more money, grander possessions, more liberty and fewer responsibilities. The majority believes that if you do anything good and right, you should be able to get by easier than everyone else. Children now think that if they make their bed, clean their room and wash their dishes, they should get paid for it. They think if they do not receive a weekly allowance that they are being mistreated. But Jesus had a different idea: *"So likewise ye, when ye shall have done all those things which are commanded you, say, We are unprofitable servants: we have done that which was our duty to do."* Luke 17:10

It is a hurtful thing for someone to be unthankful for a kindness that you have shown them. A few years ago, Bro. Mike was a teacher in a Sunday School class of Junior boys. They had heard that in a short time a well-known missionary was going to be coming for a visit to their church, so Bro. Mike encouraged the boys to bring some extra money to put into a jar for a special offering to the missionary and his work. The boys were excited about helping and brought all the extra change they could come up with so that by the time the missionary came, they had around \$90 to give to him. When Bro. Mike presented the check to him, telling him about the class collecting it for him, he snatched the check from Bro. Mike's hand with a, "Thanks", whipped it into his wallet and continued speaking with the person by him. There was no interest in the fact that the boys were poor and had purposefully worked to gather the money for him. There was no acknowledgment to the boys for their efforts.

On the other hand, while Bro. Mike was pastoring in a church near Greenville, Missouri, I had a little Sunday School class of our three youngest children and two

other local boys. A missionary we supported who worked with the people in Vietnam, Burma, and Philippine tribes sent out a request for \$125 to buy a cow for some of the poorer people so they could have milk and an animal to help work the field. I made a chart and asked the children to bring one dollar each week to put into the fund to buy a cow! It was very exciting when we finally had enough and sent them a check with the explanation of how the children had saved especially to buy a cow for these people. This missionary sent us a full page of pictures of the cow we supposedly bought, with many thanks for the help and thoughtfulness of the children and for their generosity. This missionary's thankfulness will long be a memory in the minds of those children.

Thanklessness and ingratitude is a sin. It should not be a surprise to any of us that it is so common these days, for Jesus said that it would be so. "*For men shall be ... unthankful,...*" 2 Timothy 3:2 If you look up that verse and read all the other attributes of the people in the last days, you will see that it is not an uncommon trait but one of a long list of wicked attitudes of our modern society. Being unthankful and ungrateful stems from being selfish, which is the root of all sin. Proud people do not show thankfulness because they think that they deserve everything they get and more. Children are taught to be unthankful by being given more than they need or deserve, but that is no excuse for anyone to continue in this sinful practice.

So, we understand that thankfulness is a Christian attribute. In a world that is turning more and more to the ways of the anti-Christ, we need to be especially careful to show forth the qualities of a Christ-like spirit. Just like the prodigal son in Luke 15:21, we see our unworthiness to be called a child of God and that unworthiness brings us more joy and gratitude for all that we receive through God's mercy. Shame on us if we do not appreciate the wonderful things that God gives us each day; life, health, sunshine to bless the day or rain to keep everything green, food to eat and clothes to wear, family and friends that care about us,...the list is endless. A true child of God has no trouble being thankful.

But what if God took away the things that you feel you deserve? What if your family breaks up, money dwindles and you have to live cheaper, you can not have the clothes or pretty things that you like, you have very few friends because you want to live for the Lord, or even someone that you love and feel you need in your life dies? Is there ever a good reason for us to be ungrateful or unthankful for the things that come to pass in our lives? Sometimes these trials and heartaches happen to help us to learn to trust in the One who sees past tomorrow. Things happen that we do not understand and could never see what good they would bring. But God sees a much bigger picture than we do and is always working for our good. Have you ever read the story of Joseph (Genesis 37, 39-45) and instead of thinking about all that is happening to Joseph, think about what is going on in the mind and heart of his father and brothers? Jacob thought Joseph was dead for many years, but if his brothers had not sold him into slavery they could have all died in the famine. So does God make bad things happen in our lives to "teach us a lesson"? No, and you will see this if you read the book of Job. Job had done nothing wrong, but God *allowed* bad things to happen in his life to make Job a better person and to be a help

and encouragement to others. There have been many people who have turned to the story of Job when things in their lives have become especially difficult.

So, with all the things in this life that we should be thankful for, what are some of the ways that we can show that thankfulness? One way that we can show God thankfulness is by being thankful to others. There are a lot of unthankful and ungrateful people in this world, so when you show courteousness and thankfulness to others, you also honor God. Thankfulness should begin at home, so start looking for things for which you are thankful. Then watch for the things that are done for you that you normally take for granted, such as thanking your Mom for washing your clothes, cooking your meals, cleaning and caring for you. How about thanking your Dad for all the hours that he spends working to make a living for you and your family? Do your brothers or sisters ever do anything nice for you? Shock them by thanking them for being a blessing to you. Does your grandmother or grandfather do special things with you? Make sure to tell them how much you appreciate what they do for you.

This does not apply only to children and young people. We should all be careful to be thankful and courteous. When we were foreign missionaries, we were required by our Mission Board to acknowledge any gift given or kindness shown to us. It means more to the one who has given the gift than you know. We were representing not only our Mission Board, but also Christ. If you are a child of God, you are his ambassador and what you do, how you act, what you say and how you look *all matter*. It does not show the love of Christ when we are not thankful. How do you feel when you give someone something or do something special for someone and they do not seem to care? It makes you think less of that person and his testimony.

So, we should all get the "Gratitude Attitude" and make a habit of being thankful for all the things that we receive. Good habits are the ones that will be a blessing in our lives and making them are worth every effort you put into them. Start with your family and friends and see how many times during the day you can be thankful. It is a wonderful feeling! Get the "Gratitude Attitude"!

## *Provoking Thought*

1. Doing a word study in your Bible will help you to understand the mind of God on a certain subject. Using a concordance, look up *thanks*, *thankful* and *unthankful*. Write each of these verses in your study notebook, then read some of the surrounding verses to get a better understanding of what was being addressed and write your thoughts about them.
2. Cards and letters are almost a thing of the past thanks to our new technology, but "thank you" cards are always in style. You can still find them in packages or boxes in stores that sell greeting cards. Purchase a few to have on hand or use your talents and make a few (there are some ideas on the "Crafts" page of this paper) to send or give to someone who has blessed you in some way.
3. Another way of showing thankfulness is to return the favor. Think of some of the ways that others bless your life and do something nice for them. Did Mom make your bed? Make hers without being asked. Did a sibling do a chore that you were suppose to do? Do one of theirs for them. Being thoughtful makes a happier home.
4. I have noticed that more people are failing to send acknowledgements for gifts given at showers, birthday parties and graduation celebrations. If you are hosting such an occasion, purchase or make a number of thank you cards that will be sufficient for all your guests. When they arrive, give each an envelop and have them write their name and address on it. Later, you can record your guest list from these as you write and send them a thank you for attending and any gifts given.
5. Take a "thank you" walk by yourself or with a friend. While enjoying the beauty and wonder of your surroundings, find things to thank God for. Look for the things that are not so obvious as well as those that are.
6. Trials and heartaches are hard to bear, and there seems to be no good in them. We who know and love God know that there are. Consider some of those "hard" things, either yours or those of others, and find the good in them. Record your observations.

# *Paw Paw's Hard Love*

by Dave McDonald, Northport, Alabama

My grandpa Clyde Brinkley signed his name with an "X" until the day he died. Many times, he bent over our kitchen table trying to scrawl out his entire name. He'd finally throw the pencil down, rub his eyes and say to my grandmother, "Mama, I just can't do it." It wasn't until years later that I learned dyslexia ran in the family. Uneducated by society's standards, Grandpa was brilliant at raising a grandson who needed a man in his life to love him. Grandpa was a hard man who lived a hard life. He didn't say words like "love" unless he was quoting the Bible. But he was always there when someone needed him.

Grandpa didn't have a television. "Don't believe God likes 'em, and neither do I," he'd say. Instead, he'd lie on the couch every day after lunch, turn on the radio and briefly listen to the news and old-time preachers. He could quote almost the entire Bible, verse by verse.

Regarding the farm, Grandpa strictly planted by the *Farmer's Almanac*. Corn, okra and peas split the earth for him.

When I was 14, though, I began to feel ashamed of Grandpa and the poverty I saw. As he labored to put an "X" on a document, I'd hang back and pretend I didn't know who he was. I would get upset when I was given hand-me-down pants or shoes at the beginning of the school year. Everyone else had shiny, new things. Grandpa noticed but didn't say anything.

At 17, I went into the marine Corps. I wrote one letter to the man who raised me. It was mostly to let him know I was alive. I was so busy training for Vietnam and chasing "the exciting life," that I didn't think about anyone but myself.

When I was 19, a sergeant yelled, "Get up to the Chaplain's office. Your grandpa kicked the bucket, and they want to break it to you easy." I was stunned. The ground wobbled under me, and I felt like I had just taken a heavyweight punch in the stomach. My anchor was lost. Cancer had stolen Grandpa from my life and I hadn't even known he was sick. Grandma said, "He didn't want to worry you none."

There was no saying, "I'm sorry for not writing. I'm sorry I was ashamed of you. I'm sorry for not saying 'I love you' more."

Thirty-five years later, I've begun to find little ways to repay him. I'm more educated by most standards, but I'm no more intelligent than he was. I can sign my name, but it doesn't carry any more weight than my Grandpa's "X". But there is another lesson I learned from my paw paw's death. He gave me the ability and desire to tell those close to me "I love you" every day.

I had to learn the hard way that you just never know if it's the last time you are getting to say those words.

(Published in the October-November 2006 issue of *Country* magazine.)

# Recipes

## Homemade Mosquito Repellent

Combine in a 16 oz bottle:

- 15 drops lavender oil
- 3-4 Tbsp of vanilla extract
- 10 drops of citronella oil
- 1/4 Cup lemon juice

Most mosquito repellents have chemicals in them that can harm your lungs and eyes. This nice smelling spray is all natural and will keep the little pesty things away from you while leaving a sweet smell behind.



## Homemade Windex

White Vinegar

Water

1 tsp Dawn

Fill a small spray bottle with one part white vinegar and one part water; add 1 tsp Dawn dishwashing detergent and gently shake to mix. This works wonderful on windows and countertops, refrigerators (except stainless steel), and dishwashers. And so much cheaper!



## Sore Muscle Massage Oil

To 2 ounces Sweet Almond Oil, add:

Rosemary - 15 drops

Lavender - 10 drops

Lemon - 10 drops

Peppermint - 10 drops

Summer is filled with fun activities and sometimes we overdo. This oil is not only fragrant but will ease those aching muscles, too.



## Ginger Apple Crisp

1/3 cup corn flake crumbs

1/4 cup firmly packed brown sugar

3 tablespoons flour

2 tablespoons crystallized ginger, chopped, or 1 teaspoon ginger

2 tablespoons butter, melted

6 medium apples, peeled, thinly sliced (6 cups)

2 tablespoons sugar

2 teaspoons lemon juice

1. Heat oven to 400°F. Spray 8" square baking dish with nonstick cooking spray.
2. In small bowl, combine corn flake crumbs, brown sugar, flour and ginger; mix well. Stir in butter until well blended.
3. Place apples in sprayed baking dish. Add sugar and lemon juice; toss to coat. Sprinkle apples with crumb mixture; press gently.
4. Bake for 25-30 minutes or until apples are tender and mixture is bubbly. Cool slightly. Serve warm with ice cream or frozen yogurt.



# Crafts

## The Heart Knot



The instructions in this craft are purely pictorial, so you will have to follow the pictures and do exactly what each one shows to do. I thought it may be a cute way to make a bracelet, belt, necklace, key chain...the ideas are as endless as your imagination.

## Bleech Pen Tee Decorating

Here is another craft that is shown in pictures, but it should be easy to follow. Practice on an old tee or one that you buy cheap at a rummage sale. Be sure to put something inside the shirt before you start applying the bleach pen or it will go on the back side of the tee also, just in reverse. Just leave the bleach on until you see it working well, then rinse it quickly in a sink of warm

water. Do not leave the shirt in the water for long (it has some bleach in it), then rinse it again in cold water to make sure it is all out. (Leaving bleach on too long will cause the fabric to desolve, so practice before working on a good blouse.) You might make a designed collar or corsage, or a lacey border. Enjoy!

## A Merry Heart Doeth Good Like A Medicine

A little encouragement can go a long way. This was quite a novel idea and can be used for all ages. Purchase a pill divider from any pharmacy and buy various small bags of small candies, such as Mentos, M&Ms, Skittles, Star Mints, gum and Andes Mints. Write seven of your favorite encouraging Bible verses or quotes on little slips of paper; fold these to fit the small compartments of the

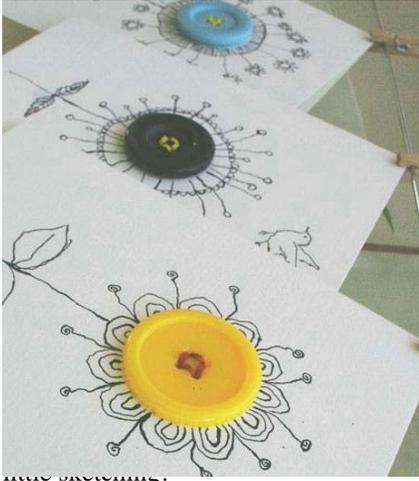


pill divider. Place one paper and a few candies (whatever will fit) in each space. Tie with a bow and add a card if you wish.

This would be great for someone who is away from home, or going through a hard week at school, or maybe for someone to whom you would like to say "Thank You".

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