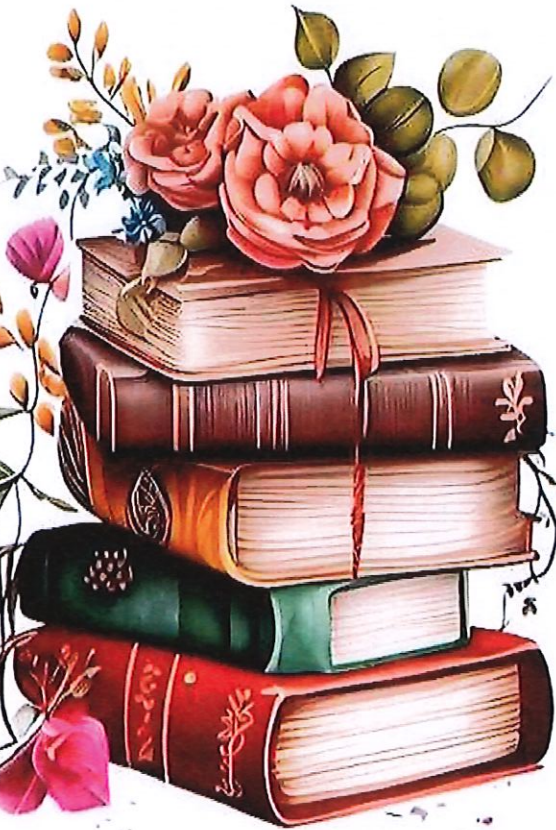


*April - 2024*

*Nancy's  
Newsletter*



## From The Desk of Nancy DeAnne Land



Dear Ladies,

Blessings to you this month of April. The weather has been beautiful and we've even had a bit of rain the past couple weeks which I'm always grateful for. It's "SPRING" and I love seeing flowers blooming, hearing the birds singing, and seeing God's blessings all around me.

In our kitchen we have a large bay-type window and every morning I sit at the kitchen table and enjoy looking out at the patio with 2 hanging baskets of flowers. Under that, we have beautiful flowers in a little wagon & a large planter that we got when we day-cared our grand-CUTIE, Abigail, when she was small & helped Poppy plant them. He's had to replace flowers throughout the years, but I just love it when they bloom. I love watching the Hummingbirds flying around as they enjoy their nectar.

As I looked back in my newsletter last year, I had posted that my Honey had started buying a bag of small rock from Lowes each week to fill in a dirt area in our backyard on the side of our house. Every week for the past year I've found a Lowes receipt on my kitchen table for either rock, gardening supplies, weed killer, repair stuff, etc. . . always with something on it to improve our landscape. Sometimes when I saw it i'd say "What'd you buy now?". . . lol! Well, he finally finished pouring the rock he needed in that spot the end of March, bag by bag (almost a year later). Then last week when he did the yardwork, he came in to the kitchen table where I was and he had "THAT LOOK" on his face. I said "WHAT NOW?" (It seems it's always something!) He said "We really need to get some projects done around here. . . one being having our driveway and garage concrete floor redone cause it's cracked really bad!" All I could see in my mind was \$\$\$! If you own a house, then you know "it's always something!" I told my Honey to get an estimate and we'd go from there. Life is like that sometimes!

Did you know that God cares for the flowers of the field and that He cares for you and me too. Luke 12:27-31 says "Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these. If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith? And do not seek what you should eat or what you should drink, nor have an anxious mind. For all these things the nations of the world seek after, and your Father knows that you need these things. But seek the kingdom of God, and all these things shall be added to you."

This should cause us to rejoice! Even in our trials (which for most of us is very hard to do!). . . even in the midst of all the negative things going on. . . even on the days you wonder if you'll even make it through them. . . God provides for us. Did you know "You are SO LOVED!" No matter what you're going through, even when it seems He's nowhere in sight. . . He is there! God is forever "FAITHFUL" through it all! I love the verse in Lamentations 3:22-23 that says "Because of the LORD's great love we are not consumed, for His compassions NEVER FAIL. They are new every morning; great is Your faithfulness." I read this verse quite often as it is a reminder of how God always comes through for me and that His faithfulness is more than I ever thought could be possible!

Do you ever stop and think about the wonderful faithfulness of God? He is faithful to us even when we are not faithful to Him. God keeps His promises to us even when we stray from His will. He continues to love us even when we disobey His commandments. God does not force Himself on us! If we are to experience His love and His grace, we must claim Him for ourselves.

Let's face it. Some days the burdens, cares of this life, and the trials we face can be a bit overwhelming if we were to be honest with ourselves. Are you tired, discouraged, fearful? Are you in a "Valley" or on the "Mountain Top?"

Our family has been through many times in our lives when we were facing huge trials. They were filled with discouragement, tears, questions. . . and left us wondering "OH LORD WHY?" I remember one particular time when we had to pack our family up and leave a place that we loved so much. As we were loading the U-Haul truck, a friend came by our house and gave us a beautiful wooden plaque that I still have on my piano at home all these 24 years later. It says "I have set the LORD always before me; because He is at my right hand, I shall not be shaken" (Psalm 16:8).

(over)

I've thought of this verse so much especially the past 3 years when I was going through major surgeries, tests after tests, breast cancer, treatments, & losing my Dad that I loved so much, at the same time. It seemed every time I turned around, I was facing some kind of "bumpy road" and I wondered if I would ever know what "normal" meant again! I still battle physical side effects and still am not sure what "normal" means. . . but through all that I went through God showed me His faithfulness. . . and I know that all I continue to go through God's faithfulness will be with me along with His GRACE to see me through it.

Maybe today you are reading this newsletter and you might be going through some difficult times and you need to be reminded that there is HOPE! Be comforted my friend because GOD IS WITH YOU! No matter what you're facing, even when you feel so alone. . . as it says in Ephesians 3:20 "God is able to do exceedingly, abundantly, above all that you could ever ask or think!" There is HOPE!

Another time in our family's life over 30 years ago when we were dealing with such a devastating trial, I had a friend from church call me one day and said the Lord had woke her up in the middle of the night and had laid our family on her heart and she was to give us this verse & promise. It was Jeremiah 29:11 which says "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." This verse has been my go-to ever since then. It has been my reassurance that God's plans for me are "GOOD!"

Ladies, no matter what situation you might find yourself in. . . whether happy, sad, victorious, vanquished, troubled, or triumphant. . . always remember God is FAITHFUL and that His love is eternal! God is not just "NEAR", He is "HERE!"

In closing I don't have any personal dates to share with you this month. As I look on April's calendar it will be 1 year ago on April 18th that our Daughter (Becky), Son-By-Love (Justin), & two of the most precious Grand-CUTIES (Abigail & Alaina) moved from Mesa to Centerton, Arkansas. Oh do we miss them so much more than words can say! They are doing fantastic and I see the girls doing things they never thought possible here in Arizona. Their schools are amazing in Arkansas. They have excelled and they have been giving opportunities to "SHINE!" They are involved in a great church and they live in a neighborhood with some great families. Technology is a wonderful thing which allows us to "video call" them each week and see them. It makes us feel like we're right there. Sometimes the girls play their piano songs for us and sing which is such a delight! We get to laugh with each other and share. Those calls are the highlights of my week! Seeing all their smiles makes us have "happy hearts". . . and at the end of every call, Alaina gets her lips right up to the phone camera giving us a "big kiss!" My family is such a special part of my life, and I love them so much!

As I close this month, I pray a special blessing on each and everyone of you. I pray that this newsletter will be a source of encouragement, strength, and will uplift you in some way. Just remember "God is never blind to your tears, never deaf to your prayers, and never silent to your pain. He sees, He hears, and He will always deliver!" On a day that you know God heard and answered your prayer just look up, smile and say, "I know that was you GOD! Thanks!

Remember Ladies (and my faithful men readers), you are SPECIAL!

Love & Blessings,

*Nancy DeLane Land*



*"I trust the next  
chapter because  
I know THE  
AUTHOR"*



## Help . . . When You Feel The Weight of The World

*"Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand." (Isaiah 41:10)*

Have you ever found yourself, amid life's challenges, feeling as though the weight of the world is pressing down upon you?

In today's world, marked by uncertainties, unrest and persecution, it's easy to become burdened by concerns. When you add your personal struggles, financial pressures, the demands of parenthood, caregiving for aging loved ones, and health issues . . . it often seems like there's no end in sight. (I've sure felt that at times!)

It's precisely during these trying times that God steadies our hearts. He is a strong and loving Father who tells His children not to worry or anxiously look about. . . but to call out to Him and wait with humble expectation for the help He provides.

When you were a child, maybe you witnessed your earthly parents desire for you to grow up confident and secure. But even so, parents often experience the frustration of being unable to provide the specific help their children need. This is where God distinguishes Himself remarkably and gloriously, as often repeated throughout Isaiah:

**"For I am God, and there is no other; I am God, and there is none like me" (Isaiah 46:9).**

**"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand (Isaiah 41:10)."**

God assures us of His boundless capacity and joy in helping us! The above scriptures brim with divine "I WILLS," and it's truly remarkable to understand that God doesn't want us to be consumed by fear. Instead, He urges us to shed the weighty cloak of fear and dread, much like discarding yesterday's worn-out clothes.

But how do we do this? When we look at the troubling things all around us, and are going through so much ourselves, how do we exchange fear for faith in our invisible Father? God encourages us to meditate on the image of being held by His hand: ". . . I will uphold you with my righteous right hand" (Isaiah 41:10).

When life gets chaotic and were teetering on the edge, let's picture God right there with us. . . a caring Father steadying His child as she navigates rough and uncertain terrain. Instead of giving in to despair or frantically searching for help, let's remember the promise that God is present, ready to help and support us. Then we can pray, calling out to our Father and waiting with humble expectation for the help He'll provide.

As we read Isaiah 41:10 and so many other parts of God's Word, we uncover the countless beautiful ways in which God supports His people. Lets walk together in the hope and comfort of God's upholding love today.

### PRAYER:

Heavenly Father, in times of doubt and fear, help us remember Your unwavering presence and pleasure in helping Your children. Strengthen our trust in Your righteous hand that strengthens and supports us through life's challenges. In Jesus' Name, Amen.

*(Proverbs 31 Ministries/Kori De Leon)*



## Stressed? Pretend You're a Plant

*"But blessed is the one who trusts in the LORD, whose confidence is in him." (Jeremiah 17:7)*

I can't keep green things alive. (Rest in peace, mini cactus.) I overwater. . . I underwater. . . I forget to put the plant near a window. . . I never play classical music or whisper encouragement into its leaves.

It's no surprise I also sometimes treat myself like I've treated my long list of shriveled succulents. I overdo it. . . I hustle through it. . . I forget to eat a vegetable. . . I don't stop to ask for help or whisper encouragement to my soul.

I tell myself it's only a season of the year or season at work or season of life. . . once it's over, I'll be able to breathe again. But I keep coming back to the same status: Stressed. . . Overwhelmed. . . Stranded in survival mode. . . And I was never a Girl Scout, so I'm ill-prepared for the elements.

The Lord cautions us about what happens when we rely on our own strength. . . we become withered and worn, like shrubs in a parched desert (Jeremiah 17:5-6).

But there's hope outside of ourselves. When we rely on the Lord and His power in and through us, we're like a tree planted by a river, connected to a living stream that won't run dry.

"But blessed is the one who trusts in the LORD, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit" (Jeremiah 17:7-8).

Tired of failing in self-reliance and ready to flourish in God-reliance? Let's learn from God's plant analogies and tend to our stressed souls.

\* **DEEPEN YOUR ROOTS:** From our gentle cries for help from the Holy Spirit to our daily debriefs about our thoughts and emotions, our accessible God cares about the details of our lives. Create practices in your day where you can share your life and burdens with God in prayer and strengthen your relationship with Him.

\* **GET SOME SUNLIGHT:** Get outside and soak in God's creation. Go for a walk. Camp out under a tree. Sit by your window.

\* **WATCH WHAT YOU TELL YOURSELF:** If it's scientifically proven that plants respond to positive talk, imagine how much more your heart needs to hear the Truth. Reframe and rewire your self-talk so you're listening only to God's promises and His Word. Keep a list of Bible verses in your phone or journal to reference when you need reminders.

Rooting ourselves in Jesus doesn't mean stressors go away. . . the heat and the drought may still come. But life in Him and through His power means we don't have to wither and get worn down by stress. When we rely on His power in us, we can live as trees planted by the living river.

### PRAYER:

Jesus, help me to surrender my finite strength and plug in to Your constant power source. I'm ready to plant myself in Your love and Truth. Please sustain me through all of life's highs and lows. In Jesus' Name, Amen.

## If All You Can Pray is Lord, "HELP ME"



*"I lift up my eyes to the mountains - where does my help come from? My help comes from the LORD, the Maker of heaven and earth." (Psalm 121:1-2)*

My son slumped into the car with a loud sigh, harshly plopping his backpack onto the back seat. Then he said "Mom, I wrote 'HELP ME' on my paper at school today."

My concerned eyes met his in the rearview mirror. "Who were you asking to help you?" I asked.

My son said "I was asking God!"

My heart ached because I understood the desperation wrapped inside those two little words: "HELP ME." I, too, had recently prayed several "help me" prayers. Maybe you've done the same.

In life, we all experience overwhelming circumstances. If we let them, these moments remind us how dependent we are on God. Like today's key verse says, there's hope in recalling where our help comes from:

"I lift up my eyes to the mountain - From where does my help come from? My help comes from the LORD, who made heaven and earth (Psalm 121:1-2)."

Psalm 121 is a "psalm of ascent," a type of prayerful song that ancient Israelites would sing as they journeyed to Jerusalem to worship God at His temple. They faced uncertain terrain and dangers on the way. Yet as they lifted their gaze toward the holy city, they preached courage to their hearts, proclaiming their help was found in their Creator, not in creation nor in a destination.

After confidently declaring WHO was their help, they reminded themselves of HOW He would help them:

- \* The Lord would ensure their feet wouldn't slip (Psalm 121:3).
- \* He would protect and preserve His people (Psalm 121:7-8).
- \* He never sleeps, so His vigilant eye would always be on them, guarding them from evil (Psalm 121:4).

No matter what "HELP ME" moment we find ourselves in, God is ever-present, supremely interested and personally invested. We, too, can look beyond what is made to behold our Maker, reminding ourselves that Jesus has unlimited power to save, keep and carry us safely home.

Our journey won't always be easy. But the God who created the mountain before us is far greater than the dangerous climb. He's enthroned on high but journeys with us down low, sovereignly watching over every shaky step.

Precious friend, there's no shame in a simple "HELP ME" prayer; it conveys desperation while expressing humble dependence. It confesses we don't know the way, but we know the One who does.

When we're weary of persevering, let's boldly shout, Lord, "HELP ME!"

When we don't know how to help our child, let's plead, Lord, "HELP ME."

When anxiety clouds our thinking, let's whisper, Lord, "HELP ME."

The Lord may not eliminate every problem on this side of heaven, but He walks with us through it all and hears our every cry.

### PRAYER:

Heavenly Father, I'm desperate for Your help. Please lead and carry me through rough terrain, all for the glory of Your name. In Jesus' Name, Amen.



*"The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing." (Zephaniah 3:17)*

**A deep sigh escaped my lungs, sounding loud in my dark living room. Why can't you get it together? I scolded myself with a familiar narrative. You're such a mess. You didn't even make your family a decent dinner. The house is cluttered. What is wrong with you?**

**Tears rolled down my face. I should have been exhausted, but my inner critic kept me awake again.**

**I cried out, Father, I am always so behind and scattered. I feel like such a failure.**

**In the silence, God reminded me of a Bible verse that a friend had shared with me years earlier. I couldn't remember all the words. Feeling hopeful, I turned on a lamp, grabbed my Bible, and turned the thin pages until I found it.**

**It said "The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing" (Zephaniah 3:17).**

**Can you remember back when you were driving with a toddler in the back seat of your car. In the rearview mirror, you could see their head bobbing side to side as maybe you sang to them. You could see their face was lit up with joy, despite the tears on their eyelashes from a tantrum moments earlier. Didn't your heart swell with love.**

**Then, the picture in my mind shifted. It was the same scene but with God in the driver's seat, loudly singing a beautiful melody over me. My mind quieted.**

**I read the verse again and whispered a prayer of gratitude. "Thank You that You are in my midst. You sing over me because I am Your child. You rejoice over me with gladness." That night, God's song drowned out the negative narrative I spoke to myself.**

**My worth does not lie in check marks on my to-do list or even in how I perceive myself. My weaknesses don't define me. . . the God of the universe does!**

**Sometimes my mind is still unkind to my heart. But when I choose to focus on the Lord's presence, I picture Him singing over me. Singing my name because He knows me. His love song quiets my mind.**

**God reminds me that even when I am wrestling with my thoughts, I am worth saving. Even when I think I am lacking, I am His child. Even when I can't see past my shortcomings, He is rejoicing over me in song.**

**My ears may never hear the notes on this side of eternity, but oh, what a beautiful melody it is.**

#### **PRAYER:**

**Dear Lord, quiet my mind with Your love. Let Your song over me be louder than the negative thoughts I have about who I am. Help me to find my worth in being Your child, not in my untrustworthy feelings. In Jesus' Name, Amen.**



## Surrendering Our "WHY" Questions

**Have you ever found yourself asking God: Why would You allow this to happen? I certainly have.**

**For the last couple of years of my life, I've had to face one hardship after another. At many points I've wondered how I would make it through. It's hard to feel confident in the goodness of God when circumstances don't feel good at all.**

**We're often left thinking that if we could just figure out the "WHY", then life would make more sense. Especially in the face of pain or suffering.**

**This is where we find the disciples in the ninth chapter of the book of John. . . holding out the question of "WHY". Jesus and His disciples had come across a man who'd been blind from birth. It was an encounter that left the disciples asking Jesus, "Rabbi, who sinned, this man or his parents, that he was born blind?" (John 9:2).**

**The disciples were looking for someone to blame for this unfortunate situation. If they could only figure out the reason "WHY", then this man's hurt would be more tolerable, they reasoned.**

**Being blind in Jesus time was often interpreted as a statement about the sin in one's life. So people who were blind probably didn't have a whole lot of help from others. Others assumed they were sinners whom God was punishing. But Jesus turned this thinking on its head when He declared these words: "Neither this man nor his parents sinned", said Jesus, "but this happened so that the works of God might be displayed in him" (John 9:3).**

**The reason this man was blind was so others could see the amazing power of God. Jesus' healing of his physical blindness would lead others to spiritual sight. (John 9:6-8) It would shine a light on the One who declared He had come to be the Light of the world.**

**Sadly, not all who witnessed this man's healing were open to Jesus' Truth. In fact, it stirred up a whole mess with the Pharisees. . . a group of men whose lives prove we don't have to be physically blind to see only darkness. (John 9:13-41)**

**The Pharisees knew all about the prophesied Messiah. But when Jesus came on the scene, they couldn't see He was the One. They knew all the right answers but didn't make the right choice.**

**Oh, how this makes my heart pause. What do I want most? What do I need most? Answers. . . or Jesus?**

**As much as I want answers for those things that break my heart, what I want and need more is spiritual sight. I want to approach a situation that might look hopeless and see the spiritual potential. I want to read the Bible and see clearly what God wants to say. I want to know how to react to situations in a way that honors Christ.**

**I'm guessing these are things you want too. So how do we get this kind of spiritual sight?**

**We ask God for it. And sometimes that means surrendering our "WHYS" and instead choosing to ask, Will You help me see You, Lord? Even in this? He is the One who can illuminate the dark places for us. His presence alone has the power to bring us peace in the midst of our unanswered questions.**

**Today, let's be careful not to get stuck in our "WHYS". Let's not allow them to leave us blind to His presence, blind to His goodness, blind to His power, blind to the hope we have in Him. Let's not be like the Pharisees. . . people who could physically see but were blind to the Savior standing right in front of them.**

**I know this isn't easy. Trust me. . . I've begged God to give me answers. . . but I'm realizing instead of answers, He's given me Himself. A way to come straight to Him, the One who already has it all figured out. The One who reminds me I don't have to have His answers to have His comfort.**

### **PRAYER:**

**Father God, I might not have all the answers to my struggles, but I'm seeing more hope than ever. Jesus is my light. And because of Him, even my darkest nights aren't so daunting and confusing. Thank You for reminding me that this day holds Your presence, Your blessings, and Your comfort. Give me eyes to see You. In Jesus' Name, Amen.**

*(Proverbs 31 Ministries/Lysa TerKeurst)*



# Children's Book Day - APRIL 2nd



**READING** is so **IMPORTANT, FUN,** and can **TAKE YOU TO PLACES** you never thought possible! Take some time and read to your children or grand-children. It's much more than just reading. . . but spending quality time with them which will be a memory for a lifetime!

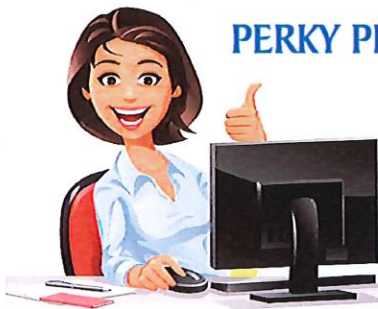
# Tip Talk . . .

(From: **Woman's Day, Good Housekeeping, & Taste of Home Magazines**)



## Swap Your Fats

Eating heart-healthier can be deliciously joyful! Cooking veggies? Use olive oil in place of butter. Making a sandwich? Spread creamy avocado instead of mayonnaise.



## PERKY PEOPLE LIVE LONGER

Seeing the glass half full can do a lot more than get you through a bad day. A new study has found that women with an **OPTIMISTIC OUTLOOK** were less likely to die from heart disease, cancer, & infection. Research has linked the trait to stronger immunity & healthier cholesterol. Here's a few suggestions to **BOOST YOUR SUPPLY OF HAPPY!**

### \* **WHEN YOU'RE COMPLETELY BURNED OUT:**

To shift your mindset from "what's wrong" to "what's right", think about one or two things in life for which you're **GRATEFUL!**

### \* **WHEN YOU'RE OVERWHELMED BY YOUR EMAIL INBOX:**

Plan to make a dent - do 15 minutes of triage at 4pm. Taking action **REDUCES ANXIETY**; reading just 60 our of 722 messages can still be a relief.

### \* **WHEN YOU GET BAD NEWS ABOUT SOMEONE:**

Work through scenarios. Ponder the worst (an ill friend dies), then the best (she recovers), embrace reality (tough months lie ahead); think of a coping strategy (a specific way you'll help).

## An Aspirin A Day. . .



**Just might keep colon cancer & cardiovascular disease at bay according to experts. The recommended dosage of a daily LOW-DOSE ASPIRIN is for moderate-to-high-risk adults in their 50's who DO NOT have increased odds of bleeding & are not on blood thinners. Benefits most likely come from the drug's anti-inflammatory properties, which help decrease chances of developing tumors or blood clots, says Cynthia Rudert, MD, a gastroenterologist in Atlanta. Of course, talk with your doctor before taking any medication.**



## INCREASED ENERGY. . .

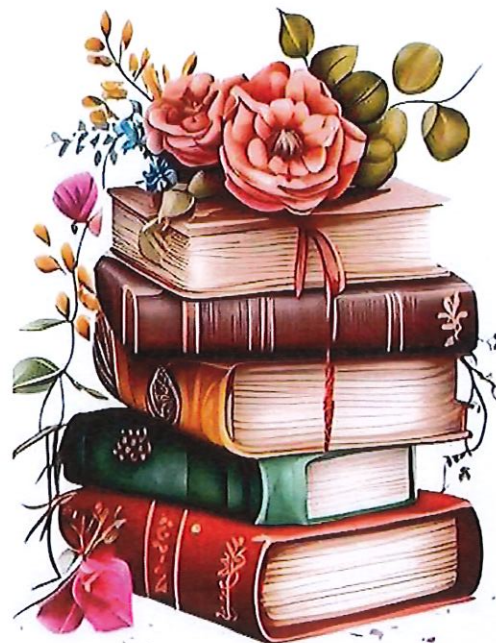
The "iron" in spinach helps your muscles use oxygen & supports your metabolism. Strawberries have nearly 100 mg per cup of immune-boosting "vitamin C" which helps increase the absorption of iron. Ounce for ounce "cooked spinach" has more than 4 times the iron of the raw form, so add some to an omelet & eat with a side of berries.



## Eating pizza more than once a week may help lower inflammation

**Pizza can get written off as a not-so-healthy option, but a study of people with arthritis found that those who ate pizza at least one day a week had less inflammation and a less severe condition. Note that the pizza was homemade with fresh tomato sauce & olive oil, which contains inflammation-fighting antioxidants.**

# Hello April



"Let your JOY burst forth. . . like flowers in the SPRING"

O	K	J	G	H	P	Z	F	V	X	Y	Z
G	I	S	R	U	W	B	B	O	O	T	S
A	T	Y	A	B	L	U	E	B	I	R	D
E	E	U	S	G	A	R	D	E	N	T	H
A	H	U	S	W	Y	W	B	K	M	U	K
P	X	U	K	Q	B	L	O	S	S	O	M
M	G	L	M	S	J	B	A	R	T	R	C
J	U	R	R	B	A	N	E	R	A	G	R
A	P	F	A	V	R	W	E	W	F	S	L
T	D	R	I	Q	O	E	V	S	K	V	U
U	L	I	N	L	L	G	L	C	T	R	G
L	D	A	F	F	O	D	I	L	N	V	R
I	V	U	E	P	J	H	O	J	A	C	E
P	W	I	Q	N	C	M	U	D	O	Q	E
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BLOSSOM  
 BLUEBIRD  
 BOOTS  
 CHICKS  
 DAFFODIL  
 FLOWERS  
 GARDEN  
 GRASS  
 GREEN  
 KITE  
 MUD  
 NEST  
 RAIN  
 SEEDS  
 TULIPS  
 UMBRELLA  
 WARM

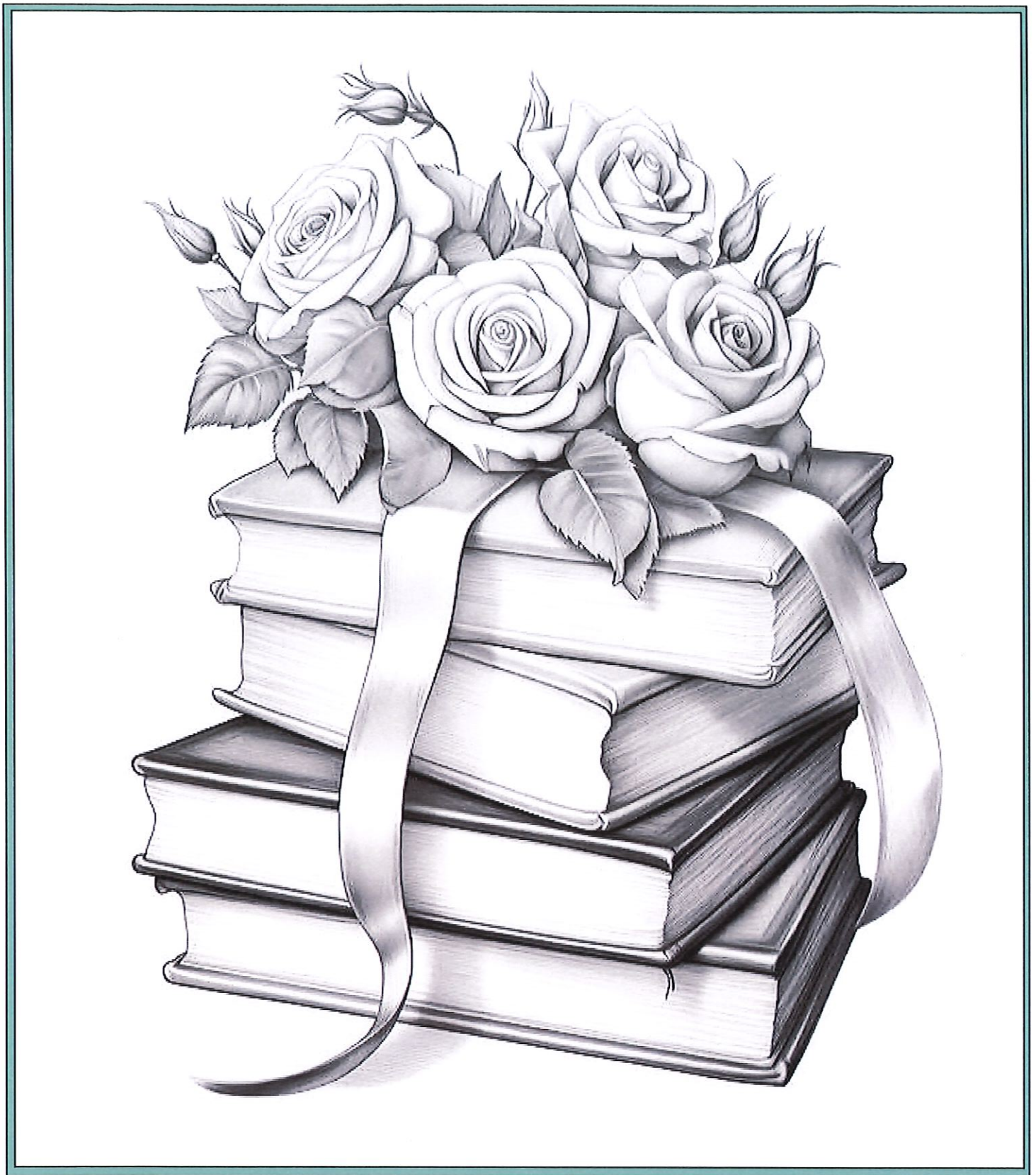
## HOLIDAYS AND SPECIAL DAYS IN APRIL:

- 1 - April Fool's Day
- 2 - Nat'l Peanut Butter & Jelly Day  
Children's Book Day
- 3 - Don't Go To Work Unless It's Fun Day  
Find A Rainbow Day
- 4 - School Librarian Day  
Tell a Lie Day (I hope you don't observe this one!)
- 5 - Deep Dish Pizza Day  
National Walking Day
- 7 - Caramel Popcorn Day  
No Housework Day (Yippee!)  
Nat'l Coffee Cake Day
- 8 - Zoo Lover's Day
- 9 - Winston Churchill Day (Died April 1955)
- 10 - Nat'l Siblings Day
- 11 - National Pet Day  
Barbershop Quartet Day
- 12 - Grilled Cheese Sandwich Day (Got to have it with tomato soup, YUMMY!)  
Big Wind Day  
Nat'l Licorice Day  
Walk on Your Wild Side Day
- 13 - Nat'l Peach Cobbler Day  
Scrabble Day
- 14 - Int'l Moment of Laughter Day  
Nat'l Pecan Day  
Reach As High As You Can Day



- 15 - Income Taxes are Due!  
Rubber Eraser Day (Made in 1770 by Edward Nairne)  
Titanic Remembrance Day
- 16 - Husband Appreciation Day (I love you David Land!)  
Nat'l Eggs Benedict Day  
Nat'l Stress Awareness Day (Notice it's the 1st workday after U.S. taxes are due!)
- 17 - Blah, Blah, Blah Day  
Nat'l Cheeseball Day
- 18 - Int'l Juggler's Day (Also applies to multi-tasking office workers)  
Nat'l High Five Day
- 19 - Nat'l Garlic Day
- 20 - Husband Appreciation day  
Volunteer Recognition Day  
Look Alike Day
- 21 - Kindergarten Day
- 22 - Nat'l Jelly Bean Day
- 23 - Nat'l Zucchini Bread Day - (They picked this day because you are not sick of zucchini yet)  
English Muffin Day
- 24 - Pig In A Blanket Day
- 25 - Take Your Daughter To Work Day
- 26 - Administrative Professionals Day (Secretary's Day)
- 27 - Babe Ruth Day (George Herman Jr. Born 2-6-1895)  
Morse Code Day  
Nat'l Prime Rib Day  
Tell A Story Day
- 28 - Kiss Your Wife Day (Guys, don't forget this one!)  
Arbor Day (Plant a Tree/founded in 1972)

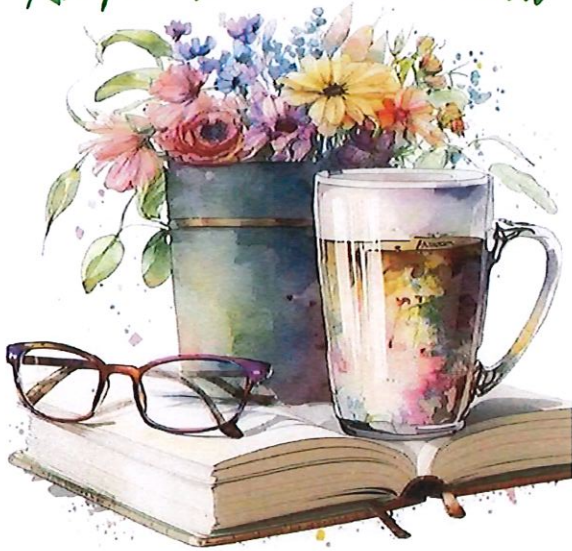




You are never too old to color! Here is an APRIL Coloring Page for you. I've listed some great health benefits from coloring. I hope you'll buy a pack of crayons, markers, or colored pencils at the store, then take a few moments to add a little joy & fun to your day. (If you'd like your colored picture posted in next month's Newsletter, just give it to Nancy or Sarah Land by April 28th)

- \* Reduces stress and anxiety.
- \* Reduces depression.
- \* Increases focus & concentration.
- \* Coloring can make you feel happy and relaxed.

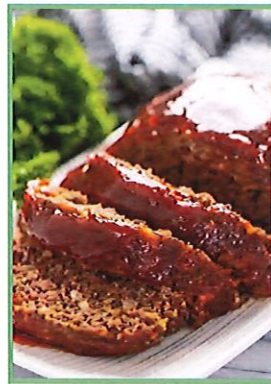
## Recipes From The Heart



### NANCY'S DELICIOUS MEAT LOAF (With TOPPING)

(This recipe makes an 8"x 8" dish. You can DOUBLE RECIPE & cook in a 9"x13" dish for a larger portion. This is the best meat loaf I've ever had & my family loves it! The "TOPPING" recipe came from my Mom (Roberta Dennie) years ago. Left over meatloaf sandwiches are SO GOOD too!)

- 2 envelopes "Lipton BEEFY ONION Soup Mix"
- 2 lbs. ground beef (I use 85/15)
- 2 eggs
- 3/4 cup water
- 1 cup Quaker Quick Cooking Oats  
(raw, not cooked)
- 1/2 cup ketchup



#### TOPPING:

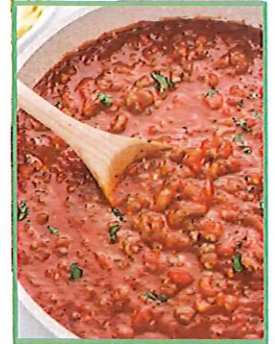
- 6 Tbsp. light brown sugar
- 2-3 tsp. yellow mustard
- 2/3 cup ketchup

1. Preheat oven to 350 degrees.
2. In bowl combine ALL INGREDIENTS & mix well with your hands.
3. Spray a 8"x8" baking dish or (an 9"x13" baking dish if doubling recipe) with PAM, then pour mixed meat into dish & shape.
4. FOR TOPPING: Mix ingredients in a small bowl well, then spread on top of raw meatloaf.
5. Bake at 350 for 1-hour. (If you double the recipe, bake for 1-1/2 hours or until browned.) Be sure & pour grease out near the end of cooking being careful not to spill the topping out with the grease. Let stand 10 minutes before serving. Keep leftovers (if there are any) in the fridge. ENJOY!

### NANCY'S HOMEMADE SPAGHETTI SAUCE

(I have been making my own spaghetti sauce for years. This makes quite a bit of sauce. I usually have enough leftover for another meal, or it can be frozen. It tastes even better 2nd day. It's easy to make, makes your house smell so good while cooking, and tastes much better than jar sauce. According to my Honey (Pastor David Land), it's the best ever! I hope you'll give it a try.)

- 2 or 3 lbs. hamburger meat (85/15)
- 1 medium onion (finely chopped)
- 4 cloves garlic (pressed or crushed)
- 2 tsp. salt
- 1/2 to 1 tsp. pepper
- 4 large cans Hunts Tomato Sauce
- 3 cans Petite Diced Tomatoes
- 2 tsp. dried Oregano
- 2 tsp. dried basil leaves
- 2 tsp. parsley flakes
- 9 TBSP. Brown sugar
- 2 Bay leaves
- Box of your favorite pasta (we like Angel Hair & Penne)



1. Place hamburger meat in skillet, add chopped onions, crushed garlic, salt & pepper. Cook, stirring, until meat is browned. Pour out any grease & place in a dish on paper towels to make sure all excess grease is out.
2. In a large stockpot, ADD all other ingredients, stir well to mix, then add in the cooked hamburger mixture.
3. Simmer on LOW heat for 3 hours (with LID ON). Stir every now & then.
4. Cook your favorite pasta according to package directions, & mix with sauce. ENJOY!

### YUMMY HOMEMADE BREAD STICKS

- 2-3/4 cup flour
- 4 tsp. baking powder
- 4 tsp. sugar
- 1 tsp. salt
- 1-1/2 cup milk
- 1 stick unsalted butter



1. Mix flour, baking powder, sugar, & salt with a FORK. Add milk & mix until sticky & stiff. Pat & roll out on a well-floured cutting board to the shape of a 9"x13" pan.
2. Melt cube of butter in a 9"x13" pan in the oven. When butter is melted, take out & cut dough into 3/4" to 1-inch strips (I use a pizza cutter to do this).
3. Add each strip to the pan in the melted butter. (You can sprinkle a little garlic salt on them if you choose before baking). Bake at 350 degrees for about 30 minutes, till browned. ENJOY!



## LEMON BUNDT CAKE

- 1 pkg. lemon cake mix
- 1 pkg. (3.4 oz.) instant lemon pudding mix
- 4 eggs
- 1 cup water
- 1/3 cup vegetable oil

### GLAZE:

- 1 cup powdered sugar
- 1 Tbsp. butter (melted)
- 1/4 cup orange juice

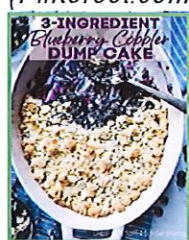


(Pinterest.com)

1. In mixer bowl combine cake mix, pudding, eggs, water, & oil. Beat on LOW speed for 30 seconds. Then beat on MEDIUM speed for 2 minutes.
2. Pour into a greased & floured bundt pan. Bake at 350 degrees for 35-40 minutes or until a toothpick inserted in the center comes out clean. Cool for 6-8 minutes.
3. MEANWHILE, FOR GLAZE. . . In small bowl combine powdered sugar, melted butter, & orange juice. Mix until smooth.
4. Remove cake from pan to a serving plate. Poke holes in cake with a fork, then SLOWLY drizzle with glaze. Cool completely. Serve & ENJOY!

## BLUEBERRY COBBLER DUMP CAKE (Pinterest.com)

- 2 (16 oz.) pkg. frozen blueberries (or 4 heaping cups)
- 1 yellow cake mix
- 1/2 cup (1 stick) unsalted butter (melted)



1. Preheat oven to 350 degrees. In medium baking dish or 9"x9" pan, add blueberries to the bottom of the pan.
2. In a mixing bowl, add cake mix. Pour melted butter on to the cake mix, & stir together with a fork. Mixture will be crumbly & gravel-like.
3. Evenly top blueberries with the cake mix crumbles.
4. Bake dump cake for 30-33 minutes or until golden brown.
5. Remove from oven, & let cobbler cool slightly before serving. Enjoy with vanilla ice cream if desired.

## SLOW-COOKER PINEAPPLE UPSIDE-DOWN DUMP CAKE

- 3/4 cup butter (divided)
- 2/3 cup packed brown sugar
- 1 jar (6 oz.) maraschino cherries (drained)
- 1/2 cup chopped pecans
- 1 can (20 oz.) unsweetened crushed pineapple (not drained!)
- 1 package yellow cake mix
- Vanilla ice cream (optional for serving)



(Taste of Home)

1. In microwave, melt 1/2 cup butter; stir in brown sugar. Spread evenly onto bottom of a greased 5-quart slow cooker. Sprinkle with cherries & pecans; top with crushed pineapple. Then sprinkle evenly with dry cake mix. Melt remaining butter; drizzle over top.
2. Cook COVERED on HIGH 2 hours, or until fruit mixture is bubble.
3. Turn off slow cooker; let stand UNCOVERED 30 minutes before serving. If desired, serve with ice cream. ENJOY!

## Happiness Is Homemade

### THE BEST CHOCOLATE CAKE MIX BARS

- 1 Chocolate Cake Mix
- 1/2 cup unsalted butter (room temp.)
- 1 egg
- 1/2 cup Sweetened Condensed Milk
- 1 cup Milk Chocolate Chips
- 1 cup White Chocolate Chips



(Pinterest.com)

1. Preheat oven to 350 degrees.
2. Spray a 9"x13" baking pan with PAM.
3. Combine cake mix, butter, & egg in a stand mixer bowl. Beat with the "paddle" attachment until it forms into a thick dough. (You can also use an electric hand mixer.)
4. Press 2/3 of the dough in prepared baking pan working it into a thin even layer.
5. Sprinkle with 1/2 cup of each type of chocolate chips over the dough.
6. Pour sweetened condensed milk over the top in a thin layer.
7. Separate remaining dough into balls & evenly distribute over the top of the chocolate chips. Then press dough balls down to flatten a bit.
8. Sprinkle with remaining chocolate chips (both kinds). Bake for 27-30 minutes until the top is set.
9. Remove from oven, cool completely before slicing. . . unless you want to eat it warm right out of the oven. ENJOY!

Live EVERY MOMENT ♦ Laugh EVERY DAY ♦ Love BEYOND WORDS

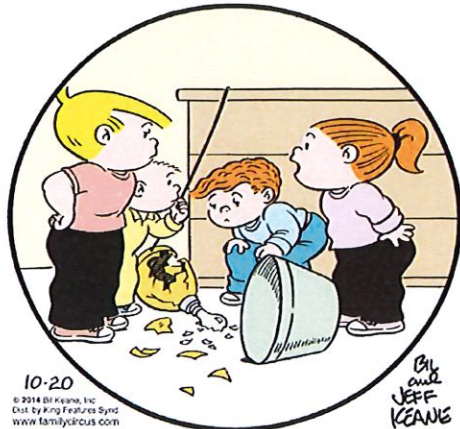


# Laughter.

(Does A Body Good!)

- \* Natural Pain Killer
- \* Improves Breathing
- \* Decreases Stress
- \* Makes You Look Young
- \* Reduces Heart Diseases

"A merry heart doeth good like a medicine; but a broken spirit drieth the bones." (Proverbs 17:22)

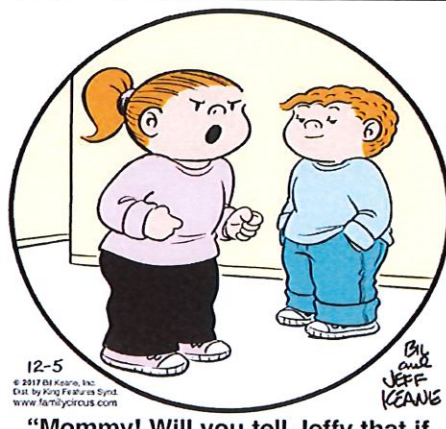


10-20

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By  
and  
JEFF  
KEANE

"Okay, whose turn is it to get the blame?"

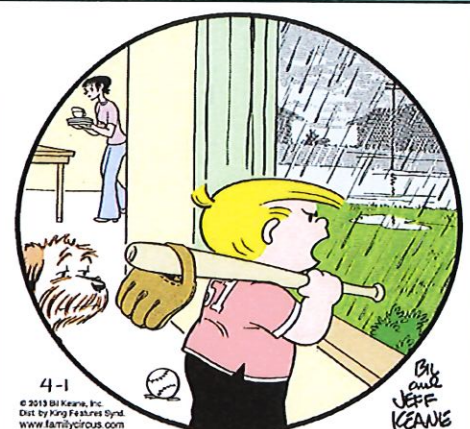


12-5

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By  
and  
JEFF  
KEANE

"Mommy! Will you tell Jeffy that if I'M the beauty, HE has to be the beast!"

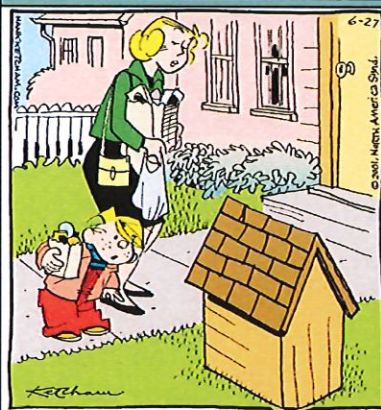


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By  
and  
JEFF  
KEANE

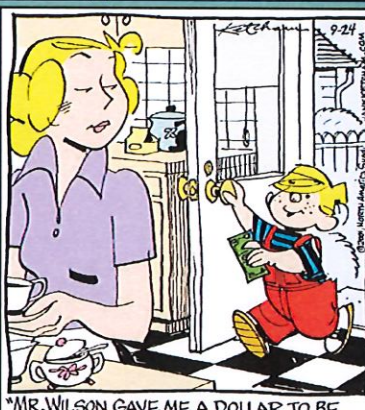
"I think Mother Nature is tryin' to pull an April Fools' trick."



6-27

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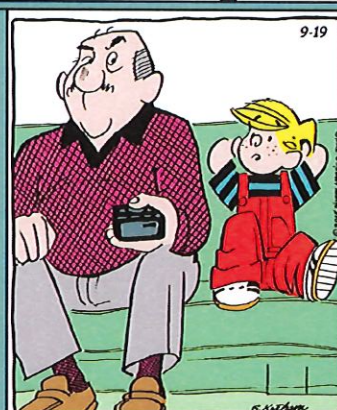
"I THOUGHT YOU SAID DAD WAS IN THE DOGHOUSE."



9-24

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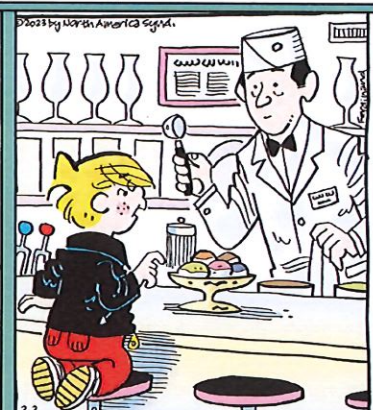
"MR. WILSON GAVE ME A DOLLAR TO BE QUIET. HE SAID IT WAS HUSH MONEY."



9-19

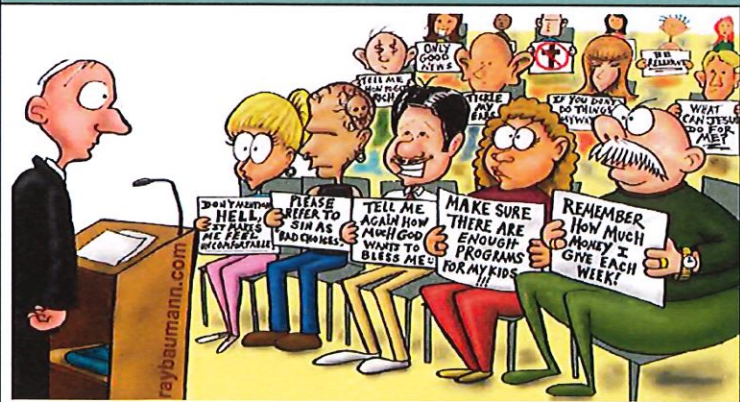
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"HEY, I WAS WATCHIN' THAT COMMERCIAL!"



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"JUST KEEP GOING TILL I SAY WHEN!"



raybaumhna.com



I understand you are newcomers. Welcome. So glad you're here. Oh, by the way, you're in my pew.