



A MESSAGE FROM OUR PASTOR:

DEAR FRIENDS:

THE POWER OF PRAISE:

Too many times I witness believers struggling all because they fail to praise. Many of us have sung the song *Praise Him Praise Him All Ye Little Children* from the time we were young, but often we fail to understand the power that lies in the words we sing. I am convinced that one of the most powerful substances on the face of this earth is praise. Yet, many believers do not use this powerful substance.

There are many places in Scripture where the power of praise has been put to use. One such instance is recorded in Second Chronicles chapter twenty, and in this instance, we learn how the power of praise alone won the Children of Israel the battle over their enemy. In Second Chronicles twenty, we meet a king named Jehoshaphat who is praying fervently, because it is looking like his kingdom is doomed. Enemies to the east had invaded Judah's borders and are now on their way to the Holy City. Jehoshaphat calls for a time of prayer and fasting, and it is at this time God begins to speak instructions to the king.

The next morning King Jehoshaphat tells the people, "We will meet the enemy today." So the Israelites began to get ready for war. When everyone assembled King Jehoshaphat said, "The Lord has given instructions, where's the choir?" The people had to think their king was crazy. *Loco en el cabeza!*

Jehoshaphat insists that the Lord instructed him to put the singers out in front. The choir was to go forth singing, "Praise the Lord: for His mercy endures forever." Psalms recounts many great things God did for Israel, and many scholars believe Psalm 136 is the psalm the choir sang that day.

Psalm 136:1-9 ¹*Oh, give thanks to the Lord, for He is good! For His mercy endures forever.* ²*Oh, give thanks to the God of gods! For His mercy endures forever.* ³*Oh, give thanks to the Lord of lords! For His mercy endures forever.* ⁴*To Him who alone does great wonders, For His mercy endures forever;* ⁵*To Him who by wisdom made the heavens, For His mercy endures forever;* ⁶*To Him who laid out the earth above the waters, For His mercy endures forever;* ⁷*To Him who made great lights, For His mercy endures forever--* ⁸*The sun to rule by day, For His mercy endures forever;* ⁹*The moon and stars to rule by night, For His mercy endures forever.*

The first section of this psalm establishes the power of their praise. The praise is rooted in their great God Jehovah—His mercy endures forever. Their praise reaffirms their belief that God is the God of gods and the Creator of everything. This is a great application for believers, for our praise to be effective and powerful it must be rooted in our confidence of God. I see many Christ followers praising God knowing that He can do all things—even believing that He will move mightily for someone else, but lacking the confidence that He will move mightily for them. Effective praise is confident praise—confident in God's ability and His willingness to be involved in the details of your life.

Psalm 136:10-16 ¹⁰*To Him who struck Egypt in their firstborn, For His mercy endures forever;* ¹¹*And brought out Israel from among them, For His mercy endures forever;* ¹²*With a strong hand, and with an outstretched arm, For His mercy endures forever;* ¹³*To Him who divided the Red Sea in two, For His mercy endures forever;* ¹⁴*And made Israel pass through the midst of it, For His mercy endures forever;* ¹⁵*But overthrew Pharaoh and his army in the Red Sea, For His mercy endures forever;* ¹⁶*To Him who led His people through the wilderness, For His mercy endures forever;*

The second section of this psalm establishes meaning—their praise had great meaning and value. They began to recall how God delivered them out of Egypt and what He had done for them in the past. This understanding of meaning has great application for Christians today. Our praise takes on a different direction when we begin to recall how God has delivered us in the past. When we begin to assign value to praise worship

is ushered in. The place where praise and worship meet, I believe, is the place where one witnesses God's presence inhabit their praise. Psalm 22:3 reminds that God inhabits the praises of Israel, and I believe this happens when praise and worship connect.

Think about it this way, one praises their child for making good choices; one praises their spouse for help and encouragement, and one praises their pet for not relieving itself in the house. We praise, but hopefully, we don't worship our child, spouse, and pet. Worship is intended for God and God alone. When the Christian praises God in confidence and worships Him alone, the meaning and value of our praise allows God to work mightily on our behalf.

Psalm 136:17-26 *¹⁷To Him who struck down great kings, For His mercy endures forever; ¹⁸And slew famous kings, For His mercy endures forever-- ¹⁹Sihon king of the Amorites, For His mercy endures forever; ²⁰And Og king of Bashan, For His mercy endures forever-- ²¹And gave their land as a heritage, For His mercy endures forever; ²²A heritage to Israel His servant, For His mercy endures forever. ²³Who remembered us in our lowly state, For His mercy endures forever; ²⁴And rescued us from our enemies, For His mercy endures forever; ²⁵Who gives food to all flesh, For His mercy endures forever. ²⁶Oh, give thanks to the God of heaven! For His mercy endures forever.*

I can picture this in my mind; the choir is marching down toward the enemy camp. They are confidently praising God, and worshiping God. Their praise contains both confidence and value. It is at this point one witnesses God move mightily on the Children on Israel's behalf. Their praising confuses the enemy and the enemy begins to fight themselves. The army of Jehoshaphat never had to raise a finger to fight the enemy; God won the battle for them. The children of Israel walked in praising God, and it took them three days to clean up the spoils; this is the power of praise.

APPLICATION:

If you are in Christ Jesus, guess what, God has won the battle for you. Romans 8:37 reminds us we are more than conquerors through Him who loved us. Christ has already won the victory for you; it is up to you to confidently praise Him, appreciate the value of what He has accomplished for you and live in that victory.

A lot of people like to talk about the enemy. The enemy this, and the enemy that—they give the enemy too much credit. We need to speak about God and forget about the enemy. I am not interested in the enemy; he does not have anything I need or want! As Christians we need to understand that we are blood-bought children of God, Christ won the victory for us, He did all the fighting. Like the Children of Israel, we come in and put our foot on a defeated enemy's head.

When you begin to feel defeated, add praise to your day, and watch your feelings turn into joy (Deuteronomy 20:4). When you, in the natural, do not know how the bill is going to be paid, add praise to your day and remember your Father owns the cattle on a thousand hills (Psalm 50:10). When the doctors report is not what you desire, add praise to your day, remember your Father is The Great Physician (Exodus 15:26). Remember Christ has fought and won the battle for you (Romans 8:37).

I challenge you to try it, begin to praise God for your answer. Begin to praise God and be set free from whatever is wrong with you. Praise God for delivering you from whatever is holding you back from being all that God has for you to be. Praise the Lord, for His mercy endures forever!

Blessings, Chuck

* * * * *

PRAYER REQUESTS; World leaders and those working to bring world peace. Our elders and leadership of our meeting, Jason Warren, Jeb Cullipher, Carolyn Baker, Connie Baker, Tabatha Baker, Dale Hunter, Brandon Price, Carlton Boyce (Hillary Lassiter's father), Melanie L. White, Ralph Hartley, Linda Hall, Jenna, Ryan and Baby Cash Caldwell, Reby Stallings, Linda Givens, Judy Phthisic, Sydney Pierce, Pete Mansfield, Sonya's sister Wanda, Tommy Stallings, Stacy Hall (Stephen Hall's twin-brother), Al & Conna Gessler, Alan Corprew, Stefanie Garske, C. J. Stallings, Aubrey Burgess, Jean Pressley (Sonya's mother), Jerry Oakley, (cousin of Pastor Chuck), Ruth Long (friend of Pastor Chuck), Cody Lamb & wife Lauren, Sid Stallings, Robert Hall (cousin of Rose Riddick), Kay Boyce, Garland Anderson, Talynn Gurganus, Denise Dail, Lois Faye, Paul White and family, Mary Frances Twiddy, Chad Winslow, Quincy Riddick, Lewis Stallings, Carlton Rountree, Karen & Freddie Boblit, Beulah Phthisic, Faye Lassiter, Anna Wrae Smith, (page 2)

Iona Baker, C. F. Stallings, Virginia Ripperger, Abby Baker, Anna Spivey, Carey Guyer and her best friend Erica, Bill Jones, Richard Wilcox's family, families of Mary Louise Combs (Lynette's grandmother), and Anna Rea Winslow, Doris Moore (Barbara M. Stallings' mother), George L. White, Chris Conway, and Ruby Bateman, our care-givers, youth, and missionaries. If you know of anyone who needs to be added to our prayer list, please contact Pastor Chuck or Catherine. Thank you.

(Unless we know their needs or you make us aware of their needs, after 30 days the name will rotate off).

UP RIVER FRIENDS MEETING'S MISSION STATEMENT:

To know Christ and to make Him known.

SCHEDULE OF SUNDAY & WEEKLY SERVICES

BIRTHDAYS and ANNIVERSARIES

10:00 am Sunday School
 11:00 am Worship Service
 Nursery and Junior Church

 03rd 6:00 pm Choir Practice
 6:30 pm Light Meal
 7:30 pm Children Time
 08th 2:00 pm Elizabeth White Miss. Circle
 7:00 pm Ministry and Counsel
 10th 10:45 am Serving at "THE LORD'S TABLE"
 6:00 pm Choir Practice
 6:30 pm Light Meal
 7:30 pm Monthly Meeting
 15th **LAMPLIGHTER NEWS** is due – thank you
 17th 6:00 pm Choir Practice
 6:30 pm **CHILI CHALLENGE**
 7:30 pm Children Time
 24th 6:00 pm Choir Practice
 6:30 pm Light meal
 7:30 pm Children Time

02nd Steve Sanders
 04th Whitney Elizabeth Winslow
 06th Adam Richardson
 07th Kent White
 08th Kim Owens, Kathy R. Hunter
 09th Scott Winslow, Teresa Winslow,
 12th Chay White, Joey Colson
 14th Lyn Winslow, Marie Rawlings,
 Zack Hebert
 15th June Wampole
 17th **MIKE & CHERYL WHITE**
 18th Reggie Winslow
 20th **RANDY & LYNN LASSITER**
 21st Maddox Tate Barton, Waldo Winslow
 22nd Evelyn Ann Savaria
 23rd Joshua Lassiter,
 Brad Thompson, Griffin T. Crain
 25th Iona Baker, Kim Baker
 26th Wyatt Ethan Winslow
 27th Crystal Colson, Hayden Thomas Dail
 28th Wayne Winslow

FLOWERS:

07th Nancy L. Winslow 14th Covered
 21st Hillary Lassiter 28th Lynette Baker

THIS IS THE 2016 SLATE OF TEACHERS:

NURSERY (Sunday School):

First Sunday: Brenda & Jenna C.
Second Sunday: Lois & Faith
Fifth Sunday:

Third Sunday: Jovan Ward
Fourth Sunday: Cheryl & Tiffany

PRE-SCHOOL (Sunday School):

First Sunday: Kim & Drew
Second Sunday: Mike & Jamie
Fifth Sunday:

Third Sunday: Dena Richardson
Fourth Sunday: Kim & Drew

CHRISTIAN EDUCATION 2016

SUNDAY SCHOOL

SUPERINTENDENT

| | |
|-----------------|----------------|
| RODNEY LASSITER | ROBERT WINSLOW |
|-----------------|----------------|

NURSERY

| | | |
|------------|-----------------|----------------|
| 1ST SUNDAY | BRENDA LASSITER | JENNA CALDWELL |
| 2ND SUNDAY | LOIS DAIL | FAITH DAIL |
| 3RD SUNDAY | JOVAN WARD | |
| 4TH SUNDAY | CHERYL WHITE | TIFFANY RHODES |
| 5TH SUNDAY | | |

PRESCHOOL

| | | |
|------------|-----------------|-----------------|
| 1ST SUNDAY | KIM HARRIS | DREW HARRIS |
| 2ND SUNDAY | MIKE SALVATORE | JAMIE SALVATORE |
| 3RD SUNDAY | DENA RICHARDSON | |
| 4TH SUNDAY | KIM HARRIS | DREW HARRIS |
| 5TH SUNDAY | | |

BEGINNERS (GRADES 1-5)

| | | |
|------------|-----------------|--|
| 1ST SUNDAY | CONNIE BAKER | |
| 2ND SUNDAY | JENNIFER BERRY | |
| 3RD SUNDAY | HOLLY LASSITER | |
| 4TH SUNDAY | EULA MAE FORBES | |
| 5TH SUNDAY | | |

YOUTH (GRADES 6-12)

| | | |
|---------------|------------------|---------------|
| 1ST, 3RD, 5TH | MATT WINSLOW | JASON SWEENEY |
| 2ND, 4TH | PRAISE & WORSHIP | |

YOUNG ADULTS

| | | |
|---------------|------------------|---------------|
| 1ST, 3RD, 5TH | LYNETTE BAKER | ASHLEY JETHRO |
| 2ND, 4TH | PRAISE & WORSHIP | |

OPEN CLASS

| | | |
|---------------|------------------|---------------|
| 1ST, 3RD, 5TH | MARK BAKER | SCOTT WINSLOW |
| 2ND, 4TH | PRAISE & WORSHIP | |

SENIOR ADULTS

| | | |
|------------|----------------|--|
| 1ST SUNDAY | LYNN LASSITER | |
| 2ND SUNDAY | ROBERT WINSLOW | |
| 3RD SUNDAY | JOHN LASSITER | |
| 4TH SUNDAY | LYN WINSLOW | |
| 5TH SUNDAY | ROTATE | |

SUBSTITUTE TEACHERS

| | | |
|---------------|--------------|--|
| JACQUE PAGELS | SUSAN HARRIS | |
|---------------|--------------|--|

WORSHIP

NURSERY

| | | |
|------------|----------------|------------------|
| 1ST SUNDAY | BRANDON LAYDEN | NICHOLE LAYDEN |
| 2ND SUNDAY | JASON SWEENEY | CAROLINE SWEENEY |
| 3RD SUNDAY | CHRIS BAKER | TABATHA BAKER |
| 4TH SUNDAY | JIMMY RHODES | TIFFANY RHODES |
| 5TH SUNDAY | | |

TODDLER NURSERY

**CHILDREN SHOULD BE ABLE TO SIT AND LISTEN TO STORY,
SING A SONG AND/OR PARTICIPATE IN SIMPLE ACTIVITY.**

| | | |
|------------|-----------------------|----------------------|
| 1ST SUNDAY | ASHLEY JETHRO | LOUANN WINSLOW |
| 2ND SUNDAY | AUSTIN, LACEY WINSLOW | SCOTT, SONYA WINSLOW |
| 3RD SUNDAY | SYDNI BAKER | KELLY WINSLOW |
| 4TH SUNDAY | BRANDON BELCHER | JULAN BELCHER |
| 5TH SUNDAY | RUSTY SWEENEY | TERRY SWEENEY |

CHILDREN'S CHURCH (GRADES K-5)

| | | |
|------------|----------------|----------------|
| 1ST SUNDAY | LYNETTE BAKER | TABATHA BAKER |
| 2ND SUNDAY | JOSH LASSITER | GABBY LASSITER |
| 3RD SUNDAY | HOLLY LASSITER | |
| 4TH SUNDAY | MATT WINSLOW | AMANDA WINSLOW |
| 5TH SUNDAY | JOIN WORSHIP | |

BIBLE SCHOOL

| |
|-----------------------------------|
| DIRECTOR: HILLARY LASSITER |
| ASSISTANT DIRECTOR: ASHLEY JETHRO |

Your entry must be edible. This is especially true for the **HEAT** category. If the judges cannot eat it, it will not get a score. There will be three judges to be determined by popular vote.

You will once again have a chance to win one of these coveted trophies. One will be awarded to the winner of each category. There will also be a trophy awarded to the chili with the overall highest score.

QUAKER LAKE PRINTS FOR SALE:

Quaker Lake prints are on sale! These prints were formerly sold to raise money for the Conference Center at \$100 each. Now they are \$25.00 each including tax and shipping. There is a Quaker Lake print hanging over the sofa in the Library. If you would like to own one of these prints E-mail kenreb50@gmail.com or call 1-336-879-1340 , cell – 1-336-953-5870. Also blank Quaker Lake cards \$4 per box, by pickup only.

THE QUERIES: The following comes from the Faith and Practice (Book of Discipline) of North Carolina Yearly Meeting of Friends under the heading THE QUERIES. *Please take time to consider these thoughts and hopefully our meeting will grow both spiritually and numerically.*

MEETINGS FOR WORSHIP AND BUSINESS: Are all meetings for worship and for business duly held and are you regular and punctual in attending them? Do you come with heart and mind prepared for communion with God and fellowship with one another? Do you individually assume your rightful share in the responsibility of the work and worship of the meeting? Are your meetings for business times of spiritual concern and prayerful search for the way of truth?

To each of you who contributed to this newsletter, **THANK YOU SO VERY MUCH.** If you would like to share in upcoming newsletters, please feel free to do so – just give me a call at 297-2485 or e-mail me at lcwjr@inteliport.com. Also if you have a loved one or a friend whom you think would like to receive our newsletter – please let me know; or if you no longer wish to receive our newsletter, let me know. Thank you very much. Catherine G. Winslow

The greatest love of all

On Valentine's Day, we remember that God is the source of all love in the world. His perfect love for us has made all human love possible.

For God so loVed the world
thAt He gave His
onLy
begottEn
SoN,
thaT whoever
belIeves
iN Him should not perish
but havE everlasting life.

(John 3:16, NKJV)

[image above: JOHN316_13568, JOHN316_13568C]

An early start to spring cleaning

Although Lent starts early this year, before spring appears in many areas, it's an appropriate time for spring cleaning. Indeed, *Lent* comes from old German and English words for "spring." So, while it might be too soon to open windows or hang clothes on the line, now is the ideal time for some *spiritual* spring cleaning.

Lent calls us to examine our beliefs, confess and dispose of old grudges and selfish habits, dust off our Bibles for a new routine of study and prayer, air out our hearts and brighten up our attitudes. "Lent cleaning" lets the Holy Spirit freshen our faith — and it's never too early for that.

"Take Time..."

*Take time to pray... it helps to bring God near
and washes the dust of earth from your eyes.*

Take time for friends... they are the source of happiness.

Take time for work... it is the price of success.

Take time to think... it is the source of power.

Take time to read... it is the foundation of knowledge.

*Take time to laugh... it is the singing
that helps with life's loads.*

Take time to love... it is the one sacrament of life.

Take time to dream... it hitches the soul to the stars.

Take time to play... it is the secret of youth.

*Take time to worship... it is the highway
to reverence.*

—AUTHOR UNKNOWN

