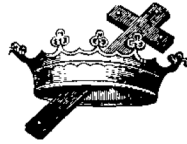


ALABAMA SUPPLEMENT



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GRAND PRELATE'S APARTMENT

Cast all your anxiety on [God] because he cares for you. – 1 Peter 5:7 (NIV)

Have you ever heard of a “God Box?” I confess I had not until recently. It is merely a small wooden box in which a person puts all their worries and cares and leaves them there. It doesn't have to be a box – it could be a jar or bag. And the worries and cares can be written on small slips of paper or just mentally “deposited” there. Whenever you think of the problem again, you just say to yourself, “It's OK, it's in the God Box – I haven't been able to sort this out, I'll let my Heavenly Father do it for me”.

We all have worries and cares which beset us as we live our lives. Concerns involving family, health, our job, and sundry other problems ... some big, some small. And while the God Box is a useful, tangible way of “letting go and letting God” as we cope with adversities, we should never forget that, even without a God Box, when we surrender our worries, God can heal us and provide for us. As the Psalmist has said, “*God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear.*” Psalm 46:1-2 (NIV).

Sir Knights, let us always pray that God will grant us the courage to trust Him with all our troubles, fears and anxieties, and to rest secure in the knowledge that He will help us and give us peace.

In His Name,
George Marshall, Jr., PGC, KCT, KGT, Grand Prelate

INSTRUCTIONS FOR LIFE

1. Give people more than they expect and do it cheerfully.
2. Memorize your favorite poem.
3. Don't believe all you hear.
4. Don't spend all you have.
5. Don't sleep all you want.
6. When you say, "I love you," mean it.
7. When you say, "I'm sorry," look the person in the eye.
8. Be engaged at least 6 months before you get married.
9. Believe in love at first sight.
10. Never laugh at anyone's dreams.
11. Love deeply and passionately. You might get hurt but it's the only way to live life completely.

INSTRUCTIONS FOR LIFE (Cont.)

12. In disagreements, fight fairly. No name calling.
13. Don't judge people by their relatives.
14. Talk slowly, but think quickly.
15. When someone asks you a question you don't want to answer, smile and ask, "why do you want to know?"
16. Remember that great love and great achievements involve great risk.
17. Call your parents.
18. Say, "God bless you," when you hear someone sneeze.
19. When you lose, don't lose the lesson.
20. Remember the 3 r's: respect for self; respect for others; responsibility for all your actions.
21. Don't let a little dispute injure a great friendship.
22. When you realize you've made a mistake, take immediate steps to correct it.
23. Smile when picking up the phone. The caller will hear it in your voice.
24. Marry a person you love to talk to. As you grow older, his or her conversational skills will be as important as any other.
25. Spend some time alone.
26. Open your arms to change, but don't let go of your values.
27. Remember that silence is sometimes the best answer.
28. Read more books and watch less tv.
29. Live a good, honorable life. Then when you get older and think back, you'll get to enjoy it a second time.
30. Trust in God but lock your car.
31. A loving atmosphere in your home is so important. Do all you can to create a tranquil, harmonious home.
32. In disagreements with loved ones, deal with a current situation. Don't bring up the past.
33. Read between the lines.
34. Share your knowledge. It's a way to achieve immortality.
35. Be gentle with the earth.
36. PRAY. There's immeasurable power in it.
37. Never interrupt when you are being flattered. Say, "thank you."
38. Mind your own business.
39. Don't trust a person who doesn't close his or her eyes when you kiss them.
40. Once a year, go someplace you've never been before.
41. If you make a lot of money, put it to use helping others while you are living. That is wealth's greatest satisfaction.
42. Remember that not getting what you want is sometimes a stroke of luck.
43. Learn the rules, then break some.
44. Remember that the best relationship is one where your love for each other is greater than your need for each other.
45. Judge your success by what you had to give up in order to get it.
46. Remember that your character is your destiny.
47. Approach love and cooking with reckless abandon.

-- -- Author Unknown #EMailMinistry: <http://www.emailministry.org>