



In the Bible the word **heart** has a much broader meaning than assigned by the modern mind.

♥ In the Bible all emotions are experienced by the **heart**:

Love & Hate: Ps. 105:25; Pet. 1:22

Joy & Sorrow: Eccl. 2:10; John 16:6

Peace & Bitterness: Ezek. 27:31; Col. 3:15

Courage & Fear: Gen. 42:28; Amos 2:16

♥ Nearly all references to **heart** in the Bible refer to aspects of human personality.

Purity or Evil: Jer.: 3:17; Matt. 5:8

Maturity or rebelliousness: Ps. 101:2; Jer. 5:23

Sincerity or Hardness: Ex. 4:21; Col. 3:22

♥♥♥♥♥ The most important duty of man is to love God with the whole heart (Matt. 22:37).

♥♥♥♥♥ With the heart man *believes* in Christ & so experiences both love from God & the presence of Christ in his heart (Rom. 5:5; 10:9-10; Eph. 3:17).

??? Check your Concordance; how many heart or heart-related references are there?

??? Compare the number of heart or heart-related references to all others.

??? Which references hold special meaning in your life?

??? Which new heart-related reference can inspire you to a more Christ-like life?

??? Swap heart or heart-related phrases or words with a friend. The last to speak wins!

*Over 250,000 Americans suffer a hip fracture every year.

**1:5 of those who suffer a hip fracture in a given year *dies*.

***Nearly ½ never fully recover their fracture & require long-term nursing care.

☀ **Improving balance is the key to prevention of falls causing fractures.**

Exercise: Stand near an item that could easily bear your weight if you would need support.

Stand on one leg & move the other, bent at the knee, gently through space.

Do this several times daily, alternating legs.

Once you can stand for several minutes, try standing on one leg with your eyes closed.

With practice, you will be able to match the 28-second average of a 30-year-old.

More importantly, you can avoid those crippling falls in your Golden Years!



CabiFevaCures

Use a video camera to make funny commercials.

Have a treasure hunt & hide clues creatively around the house.

Have an indoor picnic or campout.

Choose a famous person or thing & let kids research the subject.

Swap a few toys temporarily with friends so they have more variety.

Correction: Vitamin K helps your blood clot, not thin. "*Rarely large* amounts of vitamin K from food, such as green leafy vegetables (broccoli), may decrease Coumadin action."

Source: Mayo Clinic Health Letter, July, 2003



Getting to the Heart of Women's Health

1:5 females in US has some form of heart disease

1:2.5 women dies from heart disease, stroke or other cardiovascular disease

64% who died suddenly of coronary heart disease had *no* previous symptoms

♀ **Most Common Symptoms:** Unusual Fatigue- 70%; Sleep Disturbance- 48%

Shortness of Breath – 42% Indigestion---39%

(J of the American Heart Association, (AHA), 11/04/03)

Women can lower their risk of heart disease by as much as **82% just by choosing to lead a healthy lifestyle. This includes regular exercise, a balanced diet, & keeping a careful eye on weight & cholesterol levels. For more information visit www.americanheart.org**



SIMPLE Valentine Treat: Dip 4 1 inch slices of wheat French bread into beaten mixture of 2 eggs + ¼ C skim milk. Brush a cast iron skillet with olive oil, bring to medium heat & toast both sides of bread. Top with your favorite fresh fruit or sugarless syrup. (Egg Beaters can be substituted)



The average person today associates “oil” with petroleum. In Biblical times “oil” referred to olive oil, the fruit of trees dating back to 6000 B C. Today, 99% of all olive oil comes from the rim of the Mediterranean & a few other countries. Olive trees are deep-rooted & tenacious, surviving for centuries. To make oil, the entire olive is crushed, pit & all. The liquid is separated from the solids, & then the water from the oil. It takes about forty pounds of olives to produce a gallon of olive oil.

The first mention of olive in the Bible is the olive leaf that the dove returned to Noah, signifying peace & restoration from the devastating flood. Olive oil was used to create sacred anointing oil, to be used to anoint priests and articles of the sanctuary “so they will be most holy, and whatever touches them will be holy.” (Exodus 30: 22-29)

Olive oil with grain was an integral part of Old Testament sacrifices (Leviticus 2: 1-7, 15-16, 14:10-29; Numbers 7: 13-79, 28: 5-28, 29:3-14). Many Mediterraneans and more recently Americans, put olive oil on their bread (Exodus 29:23). Olive oil makes an excellent salve. The Good Samaritan poured oil & wine on the wounds of the stricken traveler (Luke 10: 30-36).

Consider Psalm 23:5 We are likened to sheep, the Lord is our Shepherd. Sheep often get into trouble, and the shepherd lovingly anoints their heads with oil. “Is there any sick among you? Let him call for the elders of the Church: and let them pray over him, anointing him with oil in the name of the Lord,” James 5:14.

Olive oil should be the fat of choice for people concerned about their cholesterol and its ill effects. A wise health move is to experiment with gradually replacing the fats you use with olive oil. Olive oil is the longest lasting of oils, the least likely to go rancid, and will keep for a year under the correct conditions. Some buy pure olive oil by the gallon and the extra-virgin by the half pint. The gallon is stored in a dark, cool place such as the cellar and used to refill a green glass container.

Prayer: Lord, please help us practice what we know is good for our body, mind & spirit. Help us avoid the temptations for your Name's sake. Amen.