

APRIL

**HOMECARE
HERALD**

**CHRISTIAN
COMMUNITY
HOMECARE**

THE MESSAGE OF GOD TO MAN

“IT IS FINISHED.”

STOP AND LISTEN A MOMENT. LET THE WORDS WIND THROUGH YOUR HEART. IMAGINE THE CRY FROM THE CROSS. THE SKY IS DARK. THE OTHER TWO VICTIMS ARE MOANING. JEERING MOUTHS OF THE CROWD ARE SILENT. PERHAPS THERE IS THUNDER. PERHAPS THERE IS WEEPING. PERHAPS THERE IS SILENCE. THEN JESUS DRAWS IN A DEEP BREATH, PUSHES HIS FEET DOWN ON THAT ROMAN NAIL, AND CRIES, “IT IS FINISHED!”



WHAT WAS FINISHED?

THE HISTORY-LONG PLAN OF REDEEMING MAN WAS FINISHED. THE MESSAGE OF GOD TO MAN WAS FINISHED. THE WORKS DONE BY JESUS AS A MAN ON EARTH WERE FINISHED...THE STING OF DEATH HAD BEEN REMOVED.

IT WAS OVER.

When Jesus tasted the vinegar, he said, “It is finished.” Then he bowed his head and died. (John 19:30)

From Grace For The Moment, Volume 1, Max Lucado

IN CASE YOU'RE CONSIDERING GETTING AN EASTER BUNNY!



You may not think of getting a dog or a cat (or bunny) in the same way you do as filling a prescription for cardiac drugs, but the right pet can offer a wealth of heart-healthy benefits. Perhaps you owned a dog as a child, and were delighted in frolicking with your pet. Upon becoming an adult, you put such joys aside as childish. If that is the case, think again.

Numerous studies have shown that pets can benefit people in a number of heart-healthy ways. Studies have shown that pet owners are more likely to survive for at least a year after being discharged from a coronary care unit.

Studies have shown that playing with pets can reduce stress, lower higher blood pressure, and even result in a reduction in minor health problems.

Studies have also shown that having a pet can help overcome depression.

Experts believe this is because of the unconditional love and acceptance that animals offer their owners. If you live alone, even a canary or parakeet can be a welcome companion.

If you need to get more exercise, again, think of pets. Owning a dog can be a great incentive for taking that daily walk. Not only does the dog expect it, but you get companionship as well.



Some organizations sponsor programs in which pets are provided free, especially for senior citizens. If you want a pure-bred dog, do not overlook dog shelters. You would be surprised at how many pure-bred dogs, some even with pedigrees, end up in the shelter, because their owners would have moved or had to give them up for some particular reason.

If you are certain a pet is for you, and you have the means to care for it, do not let comments of others deter you. People who do not understand the joy of pet ownership themselves may raise their eyebrows and infer that you are in a second childhood.

If you are considering a dog or a cat, read up their temperaments. If you do adopt a pet, remember, it can take up to a month or so for both of you to learn to accommodate each other. Like any new relationship, give it time. The results can be very rewarding. Article from [Www.seniorhealth.com](http://www.seniorhealth.com)

(There is an agency in St. Louis, Senior Dogs for Seniors, which helps place and care for pets in seniors' homes. Call if interested, Chris 843-9673).

BIRTHDAY WISHES

Janet Davis April 2
Kathy Rongey April 11





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SCHOOL DAYS

Early one morning, a mother went in to wake up her son. "Wake up, son. It's time to go to school!"

"But why, Mom? I don't want to go."



"Give me two reasons why you don't want to go."

"Well, the kids hate me for one, and the teachers hate me, too!"

"Oh, that's no reason not to go to school. Come on now and get ready."

"Give me two reasons why I should go to school."

"Well, for one, you're 52 years old. And for another, you're the Principal!"

Thanks to Pastor Tim for this joke!
cybersalt.org/cleanlaugh

