

Happy Holidays!

December 2nd 15



Unconditional Love

We were the only family with children in the restaurant. I sat Erik in a high chair and noticed everyone was quietly eating and talking. Suddenly, Erik squealed with glee and said, "Hi." He pounded his hands on the high chair tray. His eyes were crinkled in laughter and his mouth was bared in a toothless grin, as he wriggled and giggled with merriment. I looked around and saw the source. It was a man whose pants were baggy and his toes poked out of would-be shoes. His shirt was dirty and his hair was uncombed and unwashed. His whiskers were too short to be called a beard. We were too far from him to smell, but I was sure he smelled. His hands waved and flapped on loose wrists. "Hi there, baby; Hi there, big boy. I see ya, buster," the man said to Erik.

My husband and I exchanged looks, "What do we do?"

Erik continued to laugh and answer, "Hi, hi." Everyone in the restaurant noticed and looked at us and then at the man. The old geezer was creating a nuisance with my baby.

Our meal came and the man began shouting from across the room, "Do you patty cake? Do you know peek-a-boo? Hey, look, he knows peek-a-boo." Nobody thought the old man was cute. He was obviously drunk. My husband and I were embarrassed. We ate in silence; all except for Erik, whose full attention was on the man across the room. We finally got through the meal and headed for the door. My husband went to pay the check and told me to meet him in the parking lot.

The old man sat poised between me and the door. "Lord, just let me out of here before he speaks to me or Erik," I prayed. As I drew closer to the man, I turned my back trying to sidestep him and avoid

any air he might be breathing. As I did, Erik leaned over my arm, reaching with both arms in a baby's "pick-me-up" position.

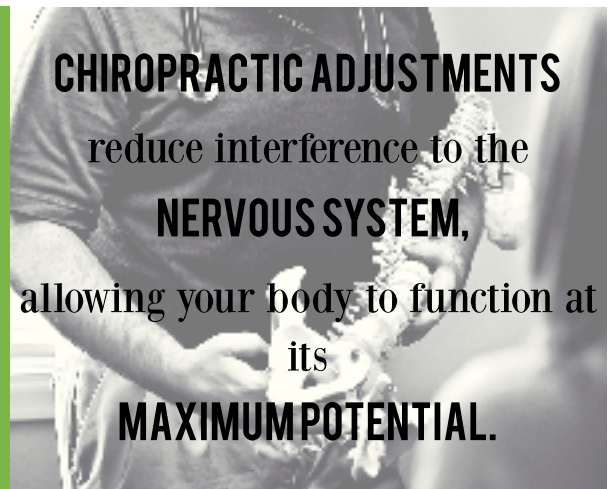
Before I could stop him, Erik had propelled himself from my arms to the man's. Suddenly a very old smelly man and a very young baby consummated their love relationship. Erik in an act of total trust, love, and submission laid his tiny head upon the man's ragged shoulder. The man's eyes closed, and I saw tears hover beneath his lashes. His aged hands full of grime, pain, and hard labor, cradled my baby's bottom and stroked his back. No two beings have ever loved so deeply for so short a time. I stood awestruck. The old man rocked and cradled Erik in his arms and his eyes opened and set squarely on mine. He said in a firm commanding voice, "You take care of this baby." Somehow I managed, "I will," from a throat that contained a stone. He pried Erik from his chest unwillingly, longingly, as though he were in pain. I received my baby, and the man said, "God bless you, ma'am, you've given me my Christmas gift." I said nothing more than a muttered thanks. With Erik in my arms, I ran for the car. My husband was wondering why I was crying and holding Erik so tightly, and why I was saying, "My God, my God, forgive me." I had just witnessed Christ's love shown through the innocence of a tiny child who saw no sin, who made no judgment; a child who saw a soul, and a mother who saw a suit of clothes.

I was a Christian who was blind, holding a child who was not. I felt it was God asking, "Are you willing to share your son for a moment?" when He shared His for all eternity. The ragged old man, unwittingly, had reminded me, "To enter the Kingdom of God, we must become as little children."

"The measure of love is to love without measure"

FOCUS CORNER

"Chiropractic care for the feet restores proper motion and establishes correct skeletal function. Chiropractic treatment in the feet and lower extremities help lessen and prevent symptoms by eliminating the source of the condition. Continuous pressure placed on feet every day makes them the prime candidate for chiropractic treatment." - Dr. Kelly Remillard



CHIROPRACTIC ADJUSTMENTS

reduce interference to the
NERVOUS SYSTEM,

allowing your body to function at
its

MAXIMUM POTENTIAL.

THE BEST VENISON STROGANOFF

Ingredients:

- 1 lb venison steaks
- 2 tbsp olive oil
- pepper to taste
- 1/2 tsp garlic powder
- 1 medium onion, diced
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- 1 1/2 tbsp Worcestershire sauce
- 1 can cream of mushroom soup, 10oz
- 1/4 tsp crushed red pepper flakes
- 1 cup sour cream
- 1 cup chicken broth
- 2 cup wide egg noodles, prepared



Directions:

1. Slice venison into thin, bite size strips.
2. Heat olive oil in a skillet and add meat, pepper flakes, garlic powder, and pepper. Stir and cook until still slightly rare.
3. Stir in mushrooms and onions. Continue to saute until meat is fully cooked and veggies are tender. (The meat should cook for about 15 minutes.)
4. Meanwhile, heat a large pot of water and boil noodles until soft.
5. Back in the skillet, stir in Worcestershire sauce and mushroom soup. Simmer for 5 minutes.
6. Stir in sour cream and chicken broth.
7. Drain noodles and serve with meat and sauce. Enjoy with Texas toast if desired.

CARRIE'S KIDS DONATIONS

We are once again looking for YOUR help in collecting items to donate for Carrie's Kids! Carrie's Christmas Shoppe is in need of items that children can give to their parents, grandparents, caregivers, as well as other siblings. Some items that are needed include: toys, jewelry, clothing, gloves, flashlights, and wrist watches. Cash donations are also welcome!

FOCUS PHYSICAL THERAPY

The plantar fascia is a thick band of tissue extending from the heel of the foot to the toes and supports the arch of the foot. Plantar Fasciitis is inflammation of the plantar fascia and causes pain while stepping on the foot or heel most commonly caused by repetitive motion, stretching, flat feet, or improper shoes. Symptoms may start gradually or happen suddenly. Our Physical Therapist is trained to evaluate and treat plantar fasciitis. She will work with you to develop a treatment plan specific to your needs.



NUTMEG

Nutmeg is a popular spice that has a long list of associated health benefits including its ability to relieve pain, soothe indigestion, strengthen cognitive function, detoxify the body, boost skin health, alleviate oral conditions, reduce insomnia, increase immune system function, and prevent leukemia, and improve blood circulation.

Glory to God
in the highest,
& on earth
PEACE,
good will
toward men.

LUKE 2:14

FOCUS CALENDAR

- December 24- Christmas Eve**
Office Closed at 3pm
- December 25- Christmas Day**
Office Closed

We need YOUR help with donations for Carrie's Kids this year! Ask our staff for more details!!