## "There's Hope"

betic, Don't despair and say the heck with

it. Don't fuss, fume and fight. Do watch your weight and your diet.
You may feel tired, frustrated and blue.
What to do about diabetes is up to

you have an incurable disease don't think poor little me, Be thinking where you are going to

spend eternity!
Merry Christmas!
The Rockeastle Diabetic Support
Group will meet Monday. December
18th at 6:00 p.m. in the basement of
the Home Health Building.

# "My Hero"

Kendra Owens, age 10
When I was seven years old I had
a hero and he was not like the heroes
on the Rugrats or the news. This herolikes to stick together and his faithful,
brave and cheerful, My hero is my a Wendell

papa Wendell.

My papa is faithful about going to church where all his family and friends are. Every Sunday morning he comes and gets me and my brother and sister to go to Sunday School. He comes to get us because he wants us to learn about Jesus. He is faithful about coming and getting us all most every Sunday.

about cominig and getting us all most every Sunday.
When my haman got sick they had to put her in the hospital. Papa went with her to the hospital Deau See hew as a fraid she was going to die. She had câncer, but she got better. Papa went to church the next Sunday and told the church to pray for her. Then when church was over he went to see her. He helps mama now since she got out of the hospital.
When I was in the hospital papa was very helpful. These are some ways he helped. He would get me

some kind of juice it I wanted some. It would always be apple juice be-cause my doctor told me that was the only kind I could drink. I felt very

cause my doctor told me that was the my doctor told me, that very loved and very happy when papa was there with me.

My papa is brave when he god unked under water. I know this because he told me that he was very brave about getting baptized. He told me that it was going to get saved and then get baptized. He wants me to know all about Jesus.

Papa is cheerful because when he sings with the choir he nods his head and smiles. He bends his legs to keep the beat and the rhythm. He is scheerful when someone gets saved mo. He tells them that they are welcomed to his church.—

He is still my hero because he is the coolest papa in the world. Do you have been the coolest papa in the world. When the coolest papa in the world was the world? He is the coolest papa in the world. So we have the papas. All of the others are still sive, but they are too old to be my hero. Papa is my hero because he is my mor's dad and I love him a lot.

## "Origins"

By Kirsta Owens, age 10 I am from a caring family on Green Pond, And from Irish and German ances

tors, om wildflowers blossoming in the

From wildflowers blossom.... Spring, And dogwoods opening up their buds.

I am from honoring men who died

from our country,
And from giving Thanks to God that
we had that kind of people,
From shooting fireworks on the

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I am from a family with red hair, And getting called carrot top and strawberry, From exhibiting a bad temper, And wanting to pull my hair out.

I am from climbing trees and catch ing jar flies

And playing chicken on bikes with

my brothers,
From flowery dresses, diamond bracelets, and high heels,

And pretending to be a princess

I am from cutting out faces on pump-And going trick or treating on Hal-

loween, From turkey, chicken and dumplings and chocolate pies, And stuffing my belly as full as a

I am from Santa, reindeers and stock-

ings, And putting gifts under the Christ-

m making snow angels in the back-

yard, And building snowmen and

I am from generations of creative and happy folks.

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#### "What Is Written"

Today we want to begin with a statement by Paul, "For all the promise of God in him are yea, and in him Amen, into the glory of God by its 2Cor I 20 Let's let our mind dwell on the "promises of God."

20 or 120 Let's let our mind doein on the promises for fact. Paul proclaims that we have promises from God Notice a few texts. And this is the promise that he hath promised in, even extend life. In 2.5, "Roseed is the man that enducids important. In which he tred, he shall receive the crown of life, which the I and hath promised it them that love him." James 11.2, "Having therefore these promises deliberation to the production of the produc beloved, let us cleanse ourselves from all fifthmess of the flesh and spira beloved, let us cleanse ourselves from all filthmess of the fiest and spuri-perfecting hollaws in the fear of Gold. "2 Cor 7 1. Now the promises of God are offered to man conditionally. "That we be met shollful, but followers of them with through faith and peticine under it the grounses." Heb 6 12. The Hebrew writer also said, "Though he were a Son, ye learned he obedience by the things which be suffered. And being made perfect; he became the author of eternal solvation min oil them that obey him?" Heb 5.8-9. So the question is for you, Do you have faith in the Son of God, and have you obeyed Him? I frost, you can not and will not enjoy the promises of God now, nor in the world to come! Think on these things

#### Providence church of Christ

Dan McKibben-758-9316 ~ E-mail Dan McKibben a Juno.com Web Page: http://www.hyperaction.net/providence Time of Services: Sunday 10am Bible Study, Worship 10.40 & 6pm,
Wednesday 7:00pm. Radio program, Sunday 8am, 1460 AM

### In Loving Memories

In Memory of Pearlee Whitaker Dec. 12, 1903-1999 Safely Home I am home in Heaven, dear ones; Oh, so happy and so bright! There is perfect joy and beauty In this everlasting light.

All the pain and grief is over, Every restless tossing passed; I am now at peace forever, Safely home in Heaven at last.

Did you wonder I so calmly Trod the valley of the shade? Oh! but Jesus' love illumined Every dark and fearful glade.

And He came Himself to meet me In that way so hard to tread; And with Jesus' arm to lean on, Could I have one doubt or dread?

Then you must not grieve so sorely, For I love you dearly still: Try to look beyond earth's shadows, Pray to trust our Father's Will.

There is work still waiting for you, So you must not idly stand; Do it now, while life remaineth— You shall rest in Jesus' land

When the work is all completed, He will gently call you Home; Oh, the rapture of that meeting, Oh, the joy to see you come! We still miss you very much, Mother Mable, Alma & Millie. In Memory of All My Family At Christmas Time Lora Westerfield Hamilton would like to be standing at r

family's grave.

When the Lord comes for his children. That include me. All will be so

happy.

I will shake my Savior's hands.

Everyone will be shouting as they march through the land.

I have everything packed.

My ticket has been bought many years

My the transcending ago.

It was bought through Jesus' blood.

It was bought through Jesus' blood.

This great big book was laying there.

It look like gold. My name was on it and many more.

They were all in such a hurry to meet the bride-groom.

As he read the book and called their name.

They all came marching in.

If I could have gone through the big gate. But I will just have to wait

We will all be reunited some day.
As Christ's Birthday draws near
Everyone celebrating.
But I will miss you all. It will be so

sau. But you all will be rejoicing.

Happy Christmas to you all. All I can say is Merry Christmas and Happy New Year.

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7:00 P.M.

### **DBDC** distributing funds for assistance

During the winter months many low-income families may find it dif-income families may find it dif-is especially true after the recent drop in temperatures, compiled with the increase in the cost of natural gas and heating oil. However, help is avail-able.

Council is distributing funds to as-sist low-income families in Clay Jackson, Laurel and Rockeastle Counties with home hearing Jackson, Laurel and Rockcastle Counties with home heating costs through the Low-Income Home En-ergy Assistance Program (LHEAP). Since November 6, a total of 3,900 low-income families have been assisted in Clay, Jackson, Laurel and Rockcastle Counties through the pro-Rockeastle Counties through the pro-gram. Daniel Boone Development Council received an increase in fund-ing for the LHIEAP Program due to the rising costs of natural gas and heating oil. As a result in the in-creased funding and rising heating costs, benefits for low-income house-holds that use natural gas, propane, fuel oil and kerosene for heating have been increased by 41%. Additionally, Governor Patton re-

cently outlined a number of steps that people can take to avoid utility cutoff and to prepare for the winter heat-

ing bills ahead:

• Turn down your thermostat.

• Seal air leaks in windows and doors with caulk or plastic.

• Wrap your water heater with in-

Wrap your
sulation.
 Lower the temperature setting on
your water heater.
 Add insulation, especially in the

Add insulation, especiary in oratic.

Fix leaky water pipes.

Heat only occupied spaces.

If you have a manufactured home, use skirting around the base.

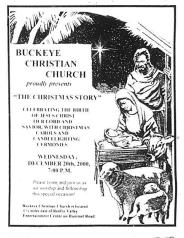
Check to make sure ductwork is sealed and does not leak.

Make sure your pas heating systems.

 Make sure your gas heating systems are adjusted correctly, call a service technician if there is a concern

Daniel Boone Development Council reminds families that it is important to follow the steps the Governor has outlined as well as to contact your utility company in or-der to prevent cutoffs. For additional information contact Daniel Boone Development Council in Rockcastle County at 256-5315.

E-mail the Signal at mysignal@sun-spot.com





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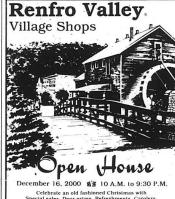
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