



KEHA

Inspirational Booklet

2018-2019

This booklet has been prepared by the Northeast Area Homemakers (Boyd, Carter, Elliott, Floyd, Greenup, Johnson, Lawrence, Magoffin, Martin and Pike Counties) specifically for Kentucky Extension Homemakers. Printing costs have been paid by Kentucky Extension Homemakers Association.

July

A Friend

A friend is one who, when you've made a fool of yourself, doesn't feel that you've done a lasting job. A true friend comes to you when all others leave. This is someone with whom you dare to be your true self when you are with them.

Friendship is to be purchased daily only by giving friendship.

Don't judge your friend until you walk in her place. The light of friendship is like a light shining when all else is dark.

A foreigner is a friend you just haven't met yet. The only way to have a friend is to first be one. Friendship is the only cement that will hold the world together.

Go often to your friend's house for weeds can choke up an unused path. A friend is a gift that you give yourself and a joy to have. Friends are made by many daily acts and can be lost by only one careless act. The only safe way to destroy your enemy is to make her your friend.

Let us be the first to give a friendly sign, to nod first to all we meet, smile first, speak first and if necessary, forgive first. BE A FRIEND TO ALL.

Nancy Snouse, Greenup County Extension Homemaker

August

Fall Memories

Lazy, hazy days of summer quickly pass,
days of endless fun just couldn't last.
Hot, sunny days winding down.
Time for seeing friends we haven't seen from other parts of town.

August, time for the school bells to ring and
"My Country Tis of Thee," each day to stand and sing!

Before long the cool breezes blow.
Beautiful orange, yellow, and red leaves dance to and fro.
Sounds of fall in the air.
Reunited with classmates and life without care.

Familiar smells of classroom floors with fresh wax, chalk, and cafeteria food.
Wonderful yeast rolls,
school cooks were oh so good!

Memories of reading about a dog named Spot.
Children learning how to behave – or not!

Math races at the chalkboard and
learning to write.
Getting to bed early every night.

School carnivals in the fall were
such a special time.
Popcorn balls and goodies bought with a dime.

Ballgames, marbles, jacks and school plays.
Life was so simple in every way.
Not a video game or a cell phone,
announcements at school done with the intercom.

Favorite memories of my school days,
Ms. Crum and Ms. Preston and their loving ways.
Sweet missionaries gathered us in the gym with their flannel board.
Every child had the opportunity to learn about our Lord!

Accordion music filled the air,
Lessons were taught about God's love and care.
Always a hymn and we all sang along.
Learning the difference between right and wrong.

Even now I love this time of year
It brings to me memories I hold so dear!

Teresa Crum, Martin County Extension Homemaker

September

Supper Time

Our meals were cooked to perfection from wholesome foods grown in the rich soil of these ancient mountains.

She planted seeds in fresh plowed ground and fed them with fertilizer from the barn.

With her homemade hoe, she kept the weeds from taking the nourishment away.

The aroma of dill weed, tomato plants and green beans filled the fresh air after a drenching rain washed the nutrients into the ground.

Fresh water surrounded roots and encouraged healthy green plants to grow.

Now it is late summer and the garden is laid by.

She waits for the time when the fruit of her work is right for picking.

Rows of golden yellow kernels now cover the tiny cob of yesterday.

Deep red juicy tomatoes are teamed with dark green cucumbers and crisp cabbage in a scrumptious slaw.

Tiny red potatoes are tossed into a pot with green beans and cooked until crisp tender on top of a wood burning cook stove.

The aroma filters out opened windows telling her family, "It's Supper Time."

It gives her pride to serve her bounty to family, friends and guests.

As the bowls are passed from hand to hand around the table,

She recalls the richness of the dark earth as the plow turned it upside down,

how she placed each seed into the ground and how just a few days later,

it popped through the earth stretching it's stems and growing new leaves.

Although compliments are rarely vocalized she knows the meal is good because

seconds are served and the robust conversation around the table has been hushed.

As colorful autumn leaves fall to the ground and winter grows neigh, the vegetables are preserved and placed neatly in the cellar.

Potatoes are holed up in the backyard.

Long days in her garden, her holy place, brings her pleasure throughout the year and

feeds her family real food, food from the land, food cooked with love and skills of an Appalachian Woman.

October

A Mother's Bouquet

A flower when neglected
Will soon fade away;
Becoming dry and brittle
Its beauty turns to gray.

But when a flower is cared for
And given what it needs;
With lots of rain and sunshine
It can flourish among the weeds.

A daughter is like that flower
So beautifully arrayed;
Don't let her be neglected
But cherish her each day.

To have a daughter of your own
Is such a blessing to know.
The joy it brings to your heart
By so much love they show.

I have two lovely daughters,
Specially picked by God from above.
They each adorn our family home
With their beauty and amazing love.

Written by Cathy Harville, Pike County Extension Homemaker

November

Joy and Happiness

What are real joy and happiness? Is it waking to a beautiful sun filled morning? Seeing a newborn baby? Seeing a child's eyes on Christmas morning? All of these bring joy and happiness.

Joy is many things. There is no place more full of joy and happiness than one's own fireside. Happiness is a perfume you cannot pour on others without getting a few drops on yourself. It takes both rain and sunshine to make a rainbow and life must have both. Perhaps you are lonely and without joy and happiness because you have built walls around you instead of bridges to others.

A smile brings joy and we need to remember that all people, regardless of who they are, smile in the same language. The only way on earth to multiply happiness is to divide it and share it. Be cheerful. Of all the things you wear, your expression is the most important. There is no duty we so much underrate as the duty of being joyful and happy. Joy is not in things, it is in us. Happiness is to be practiced daily like a piano. The smile on your face is the light in the window that tells people that you are home and the way to be happy is to make others happy. The happiness and joy in your life depends upon the quality of your thoughts. Wake up every morning and tell yourself "I WAS BORN HAPPY THIS MORNING."

Nancy Snouse, Greenup County Extension Homemaker

December

Our Devotion for December

Christmas Season is the time most people stop and think about the upcoming New Year. As you stop, or plan to stop, during the busy holiday season, give thought to the brief thoughts that compose the holiday season. Plan a people centered Happy New Year.

Cherish friends and family

Help your favorite charity.

Remember the less fortunate.

Invest in your future, help a child.

Smile and brighten someone's day.

Take time to take care of yourself.

Model good behavior, impact someone's life.

Actively work to take care of the planet.

Start each day with positive thoughts.

Written by Cathie Harris

Submitted by: Starlene Harris, Carter County Extension Homemakers

January

Recipe for a Happy New Year

Take twelve whole months,
clean them thoroughly of all bitterness, hate, and jealousy,
Make them just as fresh and clean as possible.

Now cut each month into twenty-eight, thirty, or
thirty-one different parts,
but don't make up the whole batch at once.
Prepare it one day at a time out of these ingredients.

Mix well into each day one part of faith,
one part of patience, one part of courage,
and one part of work.

Add to each day one part of hope,
faithfulness, generosity, and kindness.
Blend with one part prayer,
one part meditation, and one good deed.
Season the whole with a dash of good spirits,
a sprinkle of fun, a pinch of play,
and a cupful of good humor.

Pour all of this into a vessel of love.
Cook thoroughly over radiant joy,
garnish with a smile,
and serve with quietness, unselfishness,
and cheerfulness.

You're bound to have a happy new year.

- Author Unknown

Submitted by Floyd County Extension Homemakers

February

Cinderella Night

She was diagnosed at two years old and now at 40 she refers to Cerebral Palsy as her gift from God. Three steps is all she has ever taken without the aid of a walker or wheel chair. Her life is tied to her bed and a wheel chair. She feels her inner beauty is hidden by a crumpled wrapping paper, a twisted and contorted body. Although she knows the beauty inside her is brighter than the sun, it is darkened because of her outward appearance.

A few years ago, she faced her fears and asked a very handsome young man to be her date at the spring dance sponsored by her church. Her heart jumped with joy when he said "yes."

She wanted the night to be perfect. She felt it was her night to be Cinderella. She wanted to be beautiful. The weekend before the dance, she went shopping with her best friend and soulmate from high school.

"I want the most beautiful dress ever made," she told her friend.

They looked and looked and looked. She tried on dress after dress after dress but she could not find the perfect one. She was ready to give up when she saw it hanging on the wall of the last store in the mall. A gorgeous albacore pantsuit and an albacore pink lace shell topped by a stunning pink sweater with dainty feminine ruffles. Flowing charcoal evening pants completed the perfect look. It was made just for her. It was made just for this dance. She felt chills, fear and excitement as the clerk handed it to her.

Something magical happened when she put on the pantsuit. Something inside felt different. She couldn't explain it because she didn't understand the feeling. A spectacular sensation had engulfed her very essence. Then she looked in the mirror and a tear fell to her cheek. Looking back was the most beautiful girl she had ever seen. Her crystal blue eyes were sparkling and a slight pink blush covered her face. She was beautiful and she felt it deep inside.

The night of the dance, her date came to pick her up.

"I knew I was beautiful because the first thing he said when he saw me was, 'You are beautiful!'" That night she wanted a picture without her "chair." She nervously asked her beau, "Can I sit on your knee for our picture?" "You certainly can," he replied. She and her handsome date went to the dance and her Cinderella night could not have been more perfect. Never again did the crumpled wrapping paper make her feel less than beautiful.

When you feel less than beautiful, take a long look in a mirror, you may be surprised at what looks back. Look deep. Look beyond the wrapping paper to the wonderful ray of sunshine inside. Beauty isn't always "skin deep." Sometimes it goes to the soul.

Written by Gwenda Johnson, Elliott County Extension Agent for Family and Consumer Sciences Education

March

Being Mamaw

Taking care of business
With never a complaint
A tender touch
A real life saint

From the break of dawn
Till darkness of night
Tending to her family
Turning wrong into right

Putting family first
Stern but always fair
Cooking, cleaning and sewing
All with loving care

When life gets tough
She always stands tall
When another stumbles
She cushions the fall

A lady, a wife
And a mother too
A fixer of problems
Her hugs and kisses will do

A woman of many wonders
And my mamaw above the rest
She is many great things
Being Mamaw is her best

Written by Gwenda Johnson, Elliott County Extension Agent for Family and Consumer Sciences Education

April

Mom

With each visit, I noticed Mom was growing weaker, she wasn't behaving like the strong woman I knew her to be and signs of Alzheimer's disease were prominent. In November, her doctor of 30 years was replaced by a young energetic physician.

This past weekend Mom was like a new person. The signs of Alzheimer's disease were quiet. She was witty, awake, eating, and very energetic. She looked at me with her deep gunmetal blue eyes fixed on my face and with a lot of enthusiasm in her voice said, "Do you know what that doctor told me? She told me I was in the best health of any 80 year old person she had ever seen, and she hugged me." I was so happy to hear the excitement in her voice I couldn't help but smile as she told her story. She continued, "That doctor told me 'I hope I can get around as good as you when I'm 80 years old, and she hugged me.'" She was so impressed with her new doctor. Mom explained that she had trouble with a lot of medicine... "And do you know what she did, she said 'well I'm gonna put you on the same medicine I'm on' and she did. I've not had a bit of trouble with the medicine and I've felt better than I have in a long time. I think all that medicine that other doctor had me on was killing me. I like this new doctor...and do you know she hugged me."

Mom bathed her dog, made the beds, and did some laundry, while I cooked supper for them. She and Dad ate across the table from each other bragging on the food and, after much discussion, decided to put the garden in the same place as last year. All I could think was "I hope I can get around like her when I'm 80 years old."

The power of positive reinforcement, the influence of a hug, the idea of looking at the best in everything and everyone are skills that anyone can learn with a little dedication and a lot of practice.

During this season, one of the most stressful times of the year, let's all keep positive thoughts and positive reinforcement as a part of our daily routines. And remember the power of a hug.

May

A Mother's Love

A mother's love
Is a beautiful thing
Words of encouragement
And the peace it can bring.

With a selfless heart
She provides for our needs
Preparing large meals
Her family she feeds

Her life is a model
In which we can learn
As we become mothers
To be like her we yearn.

A song in her voice
Hands that reach out
A heart full of love
There's never a doubt.

This kind of love
I have known two
One was my mother
The other is you.

A blessing from God
I can thankfully say
To both of my mothers
"Happy Mother's Day!"

*Written by Cathy Harville, Pike County Extension Homemaker
Dedicated to my mother-in-law, Good Harville, "A mother to all that knew her"*

June

What is Your Gift?

William Shakespeare once said, *"The meaning of life is to find your gift. The purpose of life is to give it away."*

When I read this quote, it had a profound effect on me! The fact of the matter is, we all have a gift. No matter who you are - find it, embrace it, and share it with others. Being a part of the Kentucky Extension Homemakers Association is a perfect way to use your gift. I encourage you as individuals to join together as a group this year, this month, today and make a difference.

First of all, take time to find your gift. I guarantee it won't take you long to recognize what it is.

Secondly, as a group, discuss ways you can incorporate some volunteer hours to give your gift away. You can go as individuals or small groups with similar gifts can buddy up and do a small project together. BE CREATIVE! Don't be afraid of sharing your gift with others!

Here are some ideas...

1. For someone whose gift is working well with youth...
It's summertime! Organize an outdoor walk and follow it up with a fun activity by making some healthy trail mix. BE CREATIVE and give it an awesome name! They will be sure to tell their friends about it.
2. For someone whose gift is sewing...
It won't be hard to find some young women or young men who don't know how to hem a pair of pants. Reach out, find them.
3. For someone whose gift is leadership...
Pass your gift along to others by inviting a new member of your group to help plan the next meeting or event. After all, someone will eventually have to fill your shoes.
4. For someone whose gift is singing...
Gather up a group of volunteers and visit a local Health Care Rehabilitation Center and host a sing-a-long. They love activities like that!

That is just a few ideas, but you get the picture, right? We all have a gift. My challenge to you is to FIND IT and GIVE IT AWAY.

