

SMOKE SIGNAL

Our Mission Statement
Sharing the love of Christ with ALL
people.

"Let your light so shine before men that they may see your good works and glorify your Father who is in heaven." Matthew 5:16

Burnt Factory United Methodist Church 1943 Jordan Springs Road P. O. Box 399 Stephenson, Virginia 22656 burntfactory.org PH: (540) 667-4993



Autumn is one of my favorite times of the year. I love everything about it. The air begins to get a little brisk, the sunsets seem to take on more brilliance, the cornfields are barren for the harvest is over for another year. The smell of pumpkin spice is everywhere: cookies, pies, coffee, cakes, doughnuts and the list goes

on. The leaves turn brilliant with multiple colors; reds, oranges & yellows. Even as a young boy, I could not look at the beauty of creation and not believe that there is a good and faithful God! Football is on everyone's minds. Thank God we have football! Hunting season arrives and what can I say about Thanksgiving! What a wonderful and meaningful time of gathering with family. Yes, there is lots to love about autumn.

When I was a young boy growing up on Purcell Avenue, the only thing that rivaled the excitement created by Thanksgiving and Christmas was Halloween. I loved going Trick or Treating! There was such a sense of adventure with me and my buddies going off into the night to see how much candy we could collect. We traveled a ten-block square and I mean we got our share of candy and if we didn't, somebody's windows got soaped & sometimes egged! Sorry Lord!

One Halloween, when I was ten years old, I learned two lessons, one good and one bad. We had experienced a most successful night that year. We had an older boy who went with me and my friends to protect us. I believe there were six of us. We all used pillowcases for our trick-or-treat bags and they were full and heavy. Each of us had more candy than we could eat in two years.

Well, we were about one block away from home and everyone, including our 14-year-old protector wanted to call it quits. But there was one more street that wasn't very far. I was not ready to stop. I didn't want the evening to end. I wanted more! So, I said my goodbyes and off I went to conquer that last street. They tried to talk me out of it, but I wouldn't have it. My pillowcase bag was so filled with candy that I almost couldn't carry it all.



Well, about halfway from being finished, a car pulled up behind me. I didn't think anything of it. Then all of the sudden, I felt a strong push from behind. I went flying and scaped up my knees. I couldn't believe it. In a matter of seconds, I was on the ground, my candy bag was gone, a car of older boys were driving away, and I was walking home empty-handed and in tears. I learned a hard lesson but necessary lesson that night. Luke 12:15 says, "Then he (Jesus) said to them, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions." Even though I was a ten-year-old innocent little boy, I understood that I made a greedy decision that Halloween night. I had more than enough candy and then some, but it wasn't enough. I had to have more. Hard lesson!

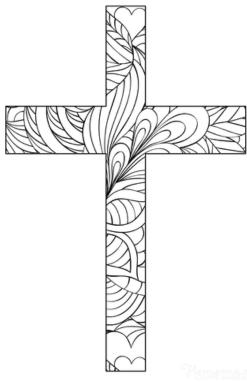
The second lesson that night was one of unconditional love and grace. When I got home, I didn't get scolded for being greedy. I didn't get, "Well, you shouldn't have left your friends, you shouldn't have went your own way. You could have got hurt. How Greedy." My mom hugged me, made me a sandwich and sent me down to the basement where we had a recreation room. I drowned my agony, my anger and my depression from being a victim in watching TV and having a PBJ with milk. My dad didn't say anything when he found out what happened. He just slipped out the door and said he would be back in a while. Well, I found out later that he went looking for these "drive by" thieves. He did not find them but when he got back home, he came down in the basement and gave me the biggest bag of candy I ever saw. He had went to the grocery store and made sure I was going to have a happy Halloween after all.

Luke 15: 20 says, "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him."

Is there anything better than unconditional love?

Pastor Steve







What: Fall Family Festival

When: Saturday October 28, 1-4 PM

Where: At the shelter.

Come and join the fun.



The church will provide hot dogs, burgers and rolls. You are invited to bring a side and/or a dessert.

There will be Face Painting, lots of fun games, pumpkin painting, a candy jar, corn hole, s'mores and Trunk &Treat!! Don't forget your costumes.

Bring chairs or blankets and spend some time getting acquainted with your church family.

Hope to see you there!

APPLE BUTTER 2023



Events leading up to the event where a lot of help is needed: This is a church-wide project and we can use the help of everyone, there is something for all ages to help with.

Thursday, October 19th we begin peeling apples at 9:00 AM. While we have peeling machines the manual process of cleaning and quartering the apples (known as 'snitting') is very time consuming and needs a lot of help. If you can't make the early shift, we can use some help later in the day to relieve some who have been working all day. The more help the quicker we finish.

Friday, October 20th we will put up the kettles and canopies over the kettles and at 9:00 AM we will wash the quartered apples and repack them. A good crew of 10-12 people can get this done quickly.

At Midnight we will begin to cook the apples and will need 20-30 helpers to stir the apples that will be cooking in the kettles. We need stirrers all night, so if you can stay the night, it would be very helpful, the more the merrier and this is a wonderful time of fun and fellowship.

Saturday October 21st Near 6:00 AM our United Women in Faith will have a heart breakfast to reward those who have been working hard all night and to welcome the morning crew coming to replenish and relieve those who have been working hard all night. When the apple butter is ready, we will have a crew to remove the hot apple butter and carry it to our specially made dispensers to jar up the apple butter. The job of quarting the apple butter happens pretty fast, and we can use fresh hands in the morning hours to help. We are hoping that by trimming back our project this year that the canning process will be more efficient this year and we will have a decent closing time near the noon hour. No Apple Butter can be taken until the process has been completed 100% so that we can get an accurate count of the finished product and to cut down on any confusion. The final step is the cleanup of the apple butter kettles and equipment and the church shelter, a good crew to do this is needed as well

With all duties the more help that we have the easier the task will be. We have created an online signup sheet for everyone to signup to participate in this church wide event –

https://www.signupgenius.com/go/4090B4AA4AE2FABFB6-44578260-apple#/

The fellowship is amazing, even with all of the work, this event is very fun and provides a wonderful opportunity to hang out and enjoy the time that we can spend together.



God bless.

From your 2023 Apple Butter Team



12 th	Bubba Hall
14 th	Jim Shepley
18^{th}	Mike Young
	Lillian Sutphin
	Jack Jenkins
	Ramona DeLaFe
	Kathy Dixon
20^{th}	Savanna Lee
21^{st}	Tiffany Smith
23^{rd}	Darlene Morrison

Anne Kackley

27th

1^{st}	Josh Jenkins					
	Serenity Buddenhagen					
$2^{nd} \\$	Donna Willis					
	Martha Pool					
5 th	Kathy Dick					
8^{th}	Asher Nathaniel Dennis					
	Jill Crowe					
9 th	Doris Duvall					
12^{th}	Bubba Hall					
14^{th}	Jim Shepley					
18^{th}	Mike Young					
	Lillian Sutphin					
	Jack Jenkins					
	Ramona DeLaFe					
	Kathy Dixon					
20^{th}	Savanna Lee					
21st	Tiffany Smith					
$23^{rd} \\$	Darlene Morrison					
24^{th}	Ryan Swisher					
25^{th}	Sean Everhart					
26^{th}	Ayda Rodgers					
	Nathan Thompson					



7 th	Scott & Ruth Ann Snyder				
	Jason & Angela Wiseman				
11 th	Mike & Allie Goode				
14 th	Duane & Karen Swisher				
21 st	Tim & Jennifer Stinnette				
24 th	Larry & Kathy Dick				
29 th	Wilson & Theresa Gilbert				



The Laurel Center empowers and supports victims of domestic and sexual violence by providing emergency housing, advocacy, support services and education through educational and awareness programs.

Their current wish list asks for the following items:

- Juice boxes
- Individual snacks pkg for after school
- Children and adult cold medicine
- Tylenol
- Ibuprofen
- Shampoo & conditioner
- Body wash

The red bins will be available in the Narthex until October 22.

Thank you for your steadfast support for this worthy organization.



Greetings from the Outreach Team



The Outreach Mission Statement

1 Peter 4:10-11 "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms so that in all things God may be praised through Jesus Christ."

If you read my newsletter contribution for September, you know we were stumped over what to do with left over fried chicken and hot dogs & buns after the church picnic in August. Well, we finally delivered it to the CCAP "Freedge" on N. Cameron St. This led us to discuss new ways we can fulfill our mission to feed the hungry. We are happy to announce that we have two new initiatives to help feed those in our community.

The first, is to stock the Freedge. https://www.ccapwinchester.org/about-3 On Wednesday, October 11, we will take food to the Freedge at 419 N. Cameron Street in Winchester. We are asking you to drop off your donations at your convenience that day. We hope to fill up the shelves on the 11th! If you would like to donate something but are not able to get it there, please contact me and we can arrange a time to pick it up. However, I encourage you to drop items off yourself. This is an easy and great way to show generous giving to your children too. CCAP suggests the following items:

Fresh fruits, Fresh vegetables, granola, cheese, prepackaged sandwiches, anything out of a garden and yogurt.

Other good items: small water bottles, cookies, milk. Individual servings are appreciated. Please date your items.

The second initiative is an effort to help families living on the edge of homelessness. We are partnering with Family Promise https://www.familypromisensv.org/ a nonprofit that works with families who are struggling financially. Our focus will be on those who live in hotel/motel rooms. These rooms have a microwave and a small refrigerator. There is no room to store much food or to cook a meal. We will meet to make meals and take them to the families. We will do this the Third Sunday of every month, starting October 15th. On the 15th we will prepare individual meals of vegetable soup, ham and cheese sandwiches, chips and a cookie. We will also deliver the meals. We welcome you to come and participate in part, or all aspects of this effort.

Please contact me if you would like to join either of these efforts. I am stwoodard111@gmail.com. In other Outreach news, we had a terrific turn out for the blood drive on September 14. Our goal was 28 units and we collected 27. There were 29 donors, 4 deferrals and 4 first time donors. Our next scheduled drive is on March 14 from 12:00 to 5:30. Thank you so much to Dennis Loeffler for heading this effort.

We have many opportunities to serve. Read Karen Willis' piece about the yard sale and come out to help. We welcome you!

Grace and Peace,

Sharon Woodard, Outreach Chair



The Believers – October 2023



Saturday 10/7/2023

8:00 AM - 2:00 PM

Hosted by the Believers

To benefit

Helping Hands Cancer Outreach

Items may be dropped off on

Friday, October 6th

Between 3:00 - 8:00 p.m. at

the Stonewall District Ruritan Club

"Cancer can touch you, but not your soul; neither your thoughts, nor your heart."

On behalf of Lisa Garver, Lisa Patterson and myself we appreciate your support.

Theresa Gilbert, RN Faith Community Nurse



Hey Families!

Autumn has arrived and that means cooler weather, cozy moments, and fun times ahead!

We are looking forward to our Fall Family Fun Fest on October 28th! There will be pumpkin painting, face painting, crafts, food, games, fellowship, and of course our always fun TRUNK OR TREAT!!! Kids wear your favorite costumes and come ready to have a blast!

We have some new faces in our nursery rooms! We welcome Tammy and Lucas Meeks! Tammy is our new nursery manager, and her son Lucas is our new attendant. They are bringing a great joy to our littles each Sunday morning. We are truly blessed by our nursery staff!

This October we will be collecting new socks to donate to charity. So kids, bring a pair of socks that you pick out and we will put them in a bin! Kids socks will be donated to Froggy's Closet or CCAP. Adult socks will be donated to WATTS.

"Give me juicy autumnal fruit, ripe and red from the orchard. Give me the splendid silent sun"—Walt Whitman

Thank you God for October!

Autumn Blessings,

Carrie Fair—Minister of Children and Family

Have you given your email address to Keith Roberts, yet?

Pastor Steve has special notices he needs to send to those who attend Burnt Factory. The notices will include not only prayer concerns, but also schedule changes during bad weather.

Keith keeps an email list in his computer for just such purposes. Your email address is protected, and emails are sent, recipients not disclosed, to protect your privacy.

Kindly send your email address to Keith Roberts at john.k.roberts@comcast.net with the message:

"ADD ME TO THE CHURCH EMAIL LIST"

October 2023 Faith and Health Corner



There are several events and situations that place you at a significantly higher risk of having a heart attack. You may not have thought of these events as causes of heart attack, but they do exist. This list is in addition to the age, race, cholesterol, smoking, etc. causes you have heard about in the past by the American Heart Association

The new list includes:

- **First thing in the Morning.** The risk of heart attack increases 40% in the morning. Why? As you awaken the body secretes adrenaline and other stress hormones, which increase blood pressure and make a greater demand for oxygen. The blood is thicker and more difficult to pump because of the dehydration that occurred overnight. To prevent, do not jump out of bed. Set your alarm a bit early so you can "hit the snooze button" and awaken more slowly.
- Monday Mornings Are Dangerous. About 20% more heart attacks occur this day, probably because people are stressed about returning to work. Relax on Sunday but do not sleep in. Arising early on Monday morning after a restful weekend can raise your blood pressure to dangerous levels. Maintain a "normal" sleep/wake schedule all week.
- **During a Bowel Movement.** Straining increases pressure in the chest, slowing the return of blood to the heart. To prevent straining, increase the amount of fiber in your diet, drink more water and increase your exercise.
- After a High Fat, heavy Meal. These foods constrict blood vessels causing blood to clot thus a heart artery blockage. To prevent, avoid this type of meal or keep the portions small. A daily dose of aspirin (if approved by your physician) helps keep blood cells from becoming sticky.
- **Vigorous Exercise that You Are Not Prepared to Do.** Shoveling snow in the extreme cold is an exercise that causes many heart attacks each year. This type of exercise on an unconditioned body raises the blood pressure and heart rate to excessive levels. Do this type of work slowly and take frequent breaks. Get in condition.
- **Making a Speech.** The heart recognizes this duty much as it does the snow shoveling exercise in folks not used to talking or performing in front of groups of people. To prevent do small parts and practice may help overcome this stressor. Some folks experience the same stressors before an airplane trip.

Hopefully, you have identified some heart stressors not usually thought about and can take steps to lessen or prevent them from becoming more severe.

I pray that all may go well with you and that you may be in good health, just as it is well with your soul.

3John2

As always praying for your health and well-being. Praying that today you will be both blessed and be a blessing.

Theresa

You can reach me at any time by e-mail at <u>tgilbert@afpdocs.com</u> or <u>theresahgilbert@gmail.com</u> or by phone at (540) 247-5612

As your faith community nurse, I am here to serve as a bridge to better health, meeting the wholistic healing mission of the church by partnering with the pastor as a healer of the spirit, mind and body.





YARD SALE
To benefit
HELPING HANDS CANCER
Oct. 7 8am-2pm
Ruritan Building
Frederick County Fairgrounds

Donations will be accepted Friday, Oct. 6 from 3:00-8:00pm Sign up sheets are in fellowship hall. Lots of help is needed. Sponsored by The Believers Team Contact Karen Willis krwillis1@comcast.net 540-539-6989



DATES TO REMEMBER:

OCTOBER 6

OCTOBER 7

OCTOBER 28

October 6th: Church Yard Sale needs help setting up items. Please sign up in

fellowship hall to help out; can do shifts of 1 hour or more.

Time: 3-8 pm

October 7th: Youth will be painting classroom doors at Fremont!

Time: 10:30-12:30 with lunch to follow

Place: Fremont Street Nursery (please meet there)

October 28th: Fall Festival at the church; I plan to have youth decorate my van for the trunk or treat! Youth will also be needed to help assist in the many games/activities Miss Carrie is organizing. I encourage youth to dress up in costume for this event!!

Time: 11:30-3

(festival starts at 12, but gathering to help decorate my van beforehand)

Erin Hartman – Minister of Youth

Remembering Buddy's Jokes

Question: Why is it so easy to weigh fish?

Answer: Because they have their own scales!



*Pulled from the October 2020 Edition of Smoke Signal



Pathfinder Ministry

Contact: Debbie Walker
E-mail: dswalker1@yahoo.com
(540)664-0908 Cell / (540)667-6711 Home
Monthly: 3rd Wednesday @ Noon
Fellowship Hall

The Three N's of Grief By: Kenneth C. Haugk

You've suffered one of the greatest losses anyone has to experience – the loss of a loved one. Your life has been turned upside down, and it feels as if a part of you is missing. The very real and human response to such a loss is to grieve.

Yet sometimes people still feel pressured not to grieve. The message they receive is that grief is optional, abnormal, or even a sign of weakness.

Nothing could be farther from the truth. Grief is a very normal, natural, and necessary process. These are the three N's of grief.

- Grief is *normal* because it is how people respond to a significant personal loss. It's normal to expect people who've lost someone they love to be deeply affected by their loss.
- Grief is *natural* in that it's a completely human thing to do. We can't avoid grief it's built into us. We're created to grieve, just as we're created to love. We love, and when we lose someone we love, we grieve.
- Grief is *necessary*. Grief provides a healthy way to cope with the loss and everything it means to us. Trying to ignore or avoid grief won't work. It will only make the grief last longer and possibly cause even more pain.

Over the years I've talked with many people who've apologized for expressing their emotions about losing a loved one. I've always told them something like this: "You've got nothing to apologize for. Showing your feelings is absolutely the best thing you can do right now. It's healthy, and it shows you're human.

The most important thought I can share with you is this: *Give yourself permission to grieve*. You're human, so let yourself be human. Sometimes people begin to feel the tears welling up or emotions starting to flow, but then they shut off the faucet and try to hold their feelings back. Letting yourself *feel* is the best and healthiest thing you can do for yourself and for those you love.

I am worn out from sobbing. All night I flood my bed with weeping, drenching it with my tears. Psalm 6:6 NIV

During this difficult time, may you feel the power of God's love and His presence in your life.

Debbie Walker



Pathfinder Ministry

Contact: Debbie Walker
E-mail: dswalker1@yahoo.com
(540)664-0908 Cell / (540)667-6711 Home
Monthly: 3rd Wednesday @ Noon
Fellowship Hall

Jesus wants his love for you to be your foundation as he walks with you through this emotion-filled season of grief. We welcome you to join us in fellowship, comfort and support.



Pathfinder Pizza Luncheon
Wed. Oct. 18th, 2023
BFUMC Fellowship Hall
12:00 Noon
Info or Questions contact:
Debbie Walker
(540)664-0908 / (540)667-6711
dswalker1@yahoo.com

Please Join Us

There is a sign-up sheet in the Fellowship Hall. If you are not sure ahead of time that you can make it, but on the day of the meeting you would like to come – PLEASE COME - YOU ARE WELCOME!

The Pathfinder Ministry is a safe space of compassion, respect, and encouragement for those currently experiencing the loss of a loved one, or have previously experienced loss. We will gather as a community of empathy, acceptance, and emotional support.

If you have any questions please don't hesitate to reach out to me.

"I can do all this through him who gives me strength." Philippians 4:13

God keep you in his warm and comforting embrace,

Debbie Walker



CCAP Corner October 2023

CCAP is a cooperative effort of individuals, civic groups, businesses, and religious communities in Winchester and Frederick County. They have unified to provide financial, material, and supportive assistance in a loving way. Even with the help of existing social service programs, CCAP clients are unable to meet their needs and responsibilities. CCAP's desire is to do God's work in a world where many basic human needs are simply not met.

2nd Friendly Neighborhood FREEDGE – there are now TWO Locations. – the original at 419 N Cameron St and the newest at 700 Aylor Rd at Abundant Life Church. Both are open 24 hours a day!! These are intended to serve low-income residents. Items needed: Fresh fruits and vegetables, granola, cheese, prepackaged sandwiches, garden foods, and yogurt. You can drop off your food at anytime.

Current Donation Needs:

- Gently used Fall/Winter clothes, jackets, and shoes for men, women, and children sizes. We always need men's jeans, men's t-shirts, women and men's sweatpants/sweatshirts.
- New women's socks and new men's white T-Shirts in sizes XL, 2XL and 3XL.
- Gently used blankets, sheets, and towels.
- Adult Backpacks
- Donations may be dropped off Monday thru Friday between the hours of 9am and 2pm at 112 S. Kent St.

Volunteers needed:

Translators are needed Monday-Friday from 9-12.

Donation **drivers** are needed to assist with produce and goods pickups from our local stores (Sheetz, Martins, Walmart, Target, Dollar General, Starbucks). The pickup runs are made Monday thru Saturday from 8-11am.

Volunteers are also needed in the **Clothing Area** (either at the House or the Sorting Area). One day a month or week would be tremendous help. Please contact me, or anyone on the Outreach Committee if you would like to learn more about volunteering in any area at CCAP.

Thanks so much for your continued support of this important outreach.

Patty Leonard – Outreach CCAP Rep 540-664-6973 ricpat5@gmail.com



WATTS 2023

Newsletter Article



What is WATTS? We are glad you asked! WATTS stands for Winchester Area Temporary Transitional Shelter. WATTS mission is to break the cycle of homelessness one life at a time. We empower individuals to re-enter the workforce and connect individuals to the resources needed to be as self-sufficient as possible while providing a safe, temporary shelter during extreme weather

We are set to host the WATTS shelter for the week of December 2 - 9, 2023

Our WATTS shelter is located at the Stonewall District Ruritan Building in Clear Brook.

We have many opportunities to be involved. There will be a Sign-Up Genius link for you to volunteer. All volunteers must be 18 years or older. It has never been more important to sign up early so we may plan accordingly. Opportunities to serve include helping with transportation of our guests on the bus ride to our shelter, working our guest intake table, assisting our guests to their cots, making coffee, helping to serve food to our guests, staffing our nursing station and just being a friend to our guests while they are with us. We also provide breakfast meals in the morning before our guest depart at 7:00 AM each morning.

If you have any questions, please contact our WATTS Lead this season, Steve Cunningham (540) 207-7404

Any More

Song by Cain



Chorus Spotlight

"I couldn't love you any more than I do right now
There's nowhere I wouldn't go to get to you, my child
Take a look at the cross, then you'll know it for sure
I couldn't love you, I couldn't love you any more
Any more, any more than I do right now
Any more, any more"





October 2023 Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oct 1	2	3	4	5	6	7
8:30am In-Person Worship	10am Bible Study - Religion and Science	5:30pm Praise Team Practice	9:30am Pastor's Office Hours	(6:00pm) Shena	ndoah Valley Men	's Emmaus Walk ·
9:45am Sunday School	6:30pm Bible Study - Religion and Science	6:30pm Choir Practice		7pm Boy Scouts Troop 63		8am The Believers Yards Sale
11am In-Person Worship						10:30am Youth Fremont St.
8	9	10	11		13	14
Shenandoah Va	10am Bible Study - Religion and Science	11am Bright Futures Food Packing	9:30am Pastor's Office Hours	(6:00pm) Shena	ndoah Valley Won	nen's Emmaus V/z
8:30am In-Person Worship	Study - Religion	12:30pm 2/4 BLT		7pm Boy Scouts Troop 63	5pm Rehearsal	3pm Fox Wedding
9:45am Sunday School	and Science	5:30pm Praise Team Practice				
11am In-Person		6:30pm Choir				
15	16	17	18		20	21
Shenandoah Va	10am Bible Study - Religion and Science	5:30pm Praise Team Practice	9:30am Pastor's Office Hours	Apple Butter		
8:30am In-Person Worship	6:30pm Bible Study - Religion and Science	6:30pm Choir Practice		7pm Boy Scouts Troop 63		
9:30am Blood Pressure Checks	7pm Mission Team Meeting					
22	23	24	25	26	27	28
8:30am In-Person Worship	10am Bible Study - Religion and Science	12pm 2/4 BLT	9:30am Pastor's Office Hours	7pm Boy Scouts Troop 63	Print Newsletter	12pm Fall Family Festival
9:45am Sunday School	6:30pm Bible Study - Religion and Science	5:30pm Praise Team Practice				
11am In-Person Worship	and Science	6:30pm Choir Practice				
29	30	31	Nov 1	2	3	4
8:30am In-Person Worship	10am Bible Study - Religion and Science	· ·	9:30am Pastor's Office Hours	7pm Boy Scouts Troop 63		
9:45am Sunday School 11am In-Person	6:30pm Bible Study - Religion and Science	6:30pm Choir Practice		7pm Outreach Team		
Worship						

C. Steven Melester, Pastor Burnt Factory United Methodist Church 1943 Jordan Springs Road P.O. Box 399 Stephenson, VA 22656

PH: (540) 667-4993 www.burntfactory.org

BURNT FACTORY UNITED METHODIST CHURCH

Sue-Haupert-Johnson Resident Bishop Virginia Conference Richmond, Virginia

The Rev. Dr. Victor Gomez, District Superintendent Winchester, VA 22601 www.winchesterdistrictumc.org



"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Philippians 4:8