

YOUTH QUAKE

NEWS



Independence...
FREEDOM / FROM INFLUENCE





MISSION: TO ENCOURAGE YOUNG CHRISTIANS INTO A DEEPER PERSONAL RELATIONSHIP WITH GOD THROUGH JOURNALISM, PHOTOGRAPHY, AND EDITORIAL CONTENT BASED ON A FOUNDATION OF BIBLICAL PRINCIPALS.

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A letter from the editor

It is hard to believe that it's been 26 years since Sister Sharon (then LaFontaine) VanWyk began publishing the Youth Quake News (YQN). It seems like only yesterday when as a young teenager, I read my first copy. I remember how much I anticipated each issue and reading about the topics that were not only important to me but also to Christian youth around the world.

Over the years YQN has gone through many changes, not only in format but also in leadership. However, one thing has always remained the same – a genuine burden for the youth. It is my desire and that of the YQN staff that the information and articles contained in this and future issues will help you to rise above the influence of the world around you.

Over 200 years ago our nation declared its independence from Great Britain, to form a new nation under God, free from outside influence and control. As the world around us remembers and celebrates that day, may we too decide to declare our independence; our independence from the world, our independence from our friends and our independence from believing God's Word only because that's what our parents believe.

It's time for us as the younger generation to not only be followers of the Message but to be leaders, the standard bearers, of the Message.

I look forward to the great things that the Lord has in store for each of us and would love to hear about what he is doing in your life. Feel free to contact me with any testimonies, article ideas or questions about the YQN. This magazine belongs to the youth of Christ and I want it to be a blessing.

I carry the responsibility of being editor-in-chief of the new YQN with great humility. As Paul the apostle once said, "Unto me, who am less than the least of all saints, is this grace given..." There are many others who have more wisdom and who are much more qualified for this position than I am but with the Lord's help I will do my best to continue the legacy of those whose vision is now entrusted to me.

My desire is that like me, you too will await each new issue with great anticipation.

God Bless,
Jared Meade
Editor-In-Chief
editor @yqnews.org





MEET THE YOUTH QUAKE STAFF



Name: Josiah Cornett

Age: 23

YQ Position: Publisher

Occupation: Student

Background: I'm a senior at the University of Michigan studying materials science and engineering and am currently working at General Motors as a summer intern. I'll graduate in May of 2011. I enjoy making things happen and am very involved on campus with several student professional societies. I'm also very involved with my church and in addition to Youth Quake, I manage Literal Life's Spanish Message translation project. I love people and my whole heart's desire is to draw closer to Christ and submit myself to His Spirit so He can use me to bless His people.

Name: Jared Meade

Age: 31

YQ Position: Editor-in-Chief

Occupation: Public Relations Specialist

Background: I graduated from Eastern Michigan University in 2003 with a Bachelors in public relations and I am currently working on my Masters at George Washington University. I work at ProMedica Health Systems as a Media/Communication Specialist. My spare time is spent volunteering. I was a "big brother" for Big Brothers Big Sisters for 2 years and I just began working with the Make a Wish Foundation of Northwest Ohio. There is nothing more important to me than God. He has brought me through so much. I hope the Youth Quake will be a testimony and a help to the youth around the world.



Name: Hannah Slachta

Age: 18

YQ Position: Administrative Assistant

Occupation: Secretary

Background: I joined Youth Quake because all the cool kids were doing it. All kidding aside, my hearts desire is to see these articles uplifting and encouraging the youth from all over the world. My family (church and blood) is very important to me because I know that without a strong support system it's tough to stand against the pressures of this life. I love music, volleyball, reading, writing, learning, and exploring the world around me. I pray that the Youth Quake team and I will succeed in spreading a positive message to all of you. God Bless.



Name: Kimberly Sinacola

Age: 18

YQ Position: Writer/Associate Editor

Occupation: Student

Background: I will be a college student this Fall. Along with loving to be outside I have a passion for cooking, art and seeing God's beauty in everything. I joined Youth Quake because I wanted to be apart of something that really reaches out to people and makes a difference. Being apart of a team means a lot to me, with more than one creative mind at work, we can really spread the love and beauty of God to people everywhere.



Name: Grace Slachta

Age: 20

YQ Position: Writer

Occupation: Nanny

Background: I am very excited about being involved in Youth Quake. There are a great many things I enjoy. Besides eating, there's music, cooking, crocheting, taking walks and teaching my old dog new tricks. I am very active in many different activities. I joined Youth Quake because my sister said all the cool kids were doing it. In all seriousness, I think Youth Quake is an awesome thing. I feel it's important to have other youth you can relate to and be encouraged by. I hope these articles are a blessing to you.

Name: Jennifer Hamilton

Age: 25

YQ Position: Art Director/Photographer

Occupation: Radiologic Technologist and Photographer

Background: I graduated from Arkansas State University in 2006 and moved to Toledo, Ohio. I work in the emergency and surgery rooms at the University of Michigan as an x-ray tech (for those who don't know what a radiologic technologist is...). I've been a part-time photographer for over 7 years, specializing in family and wedding photography. I recently got married to the most wonderful man ever. I enjoy biking, playing tennis, photography, and traveling. I pray these articles relate to real issues that we face everyday, and draw us closer to God.





Name: Daniel Arant

Age: 22

YQ Position: Graphic Designer

Occupation: Student/Renaissance Man

Background: I am a History and Political Science Major at Ohio Northern University. I am the guy Josiah (and everyone else) calls when he doesn't know how to do something, like put together a 20-some-odd page, full-color magazine, or sing. If I don't already know, then I can figure it out. I'm thrilled to be able to use my gifts, such as they are, to help present the content of Youth Quake magazine as professionally and delightfully as possible. I hope that Youth Quake brings you closer to God, gives you an edifying alternative to contemporary news and entertainment, and connects you with fellow believers everywhere.



Name: Nate Leonard

Age: 23

YQ Position: Associate Editor

Occupation: EMT/Student

Background: I am a senior in the nursing and piano performance programs at the University of Toledo. Two years ago, I moved from my hometown of Williamstown, West Virginia to Toledo where I found a dynamic and exciting youth group at Literal Life. I'm excited about the prospect of touching lives through Youth Quake, but am also extremely happy to see our youths' talent being channeled in a way that will bless the Bride of Christ. Speaking of brides, I am getting married August 14 to the most amazing woman ever. My prayer is that the Lord will bless and guide each of you as He has guided me since I surrendered myself to Him.

Name: Sharon Catherine VanWyk

Age: My age would like to remain Anonymous!

YQ Position: Founder and Associate Editor

Occupation: Homemaker/Music Instructor

Background: I asked Jesus in my heart when I was four, got the Holy Ghost at 16, and because of God's wonderful grace in my life through the years, I am proud to be called a Christian. I have a burning desire to be just as passionate about reaching souls for Christ as Satan is about deceiving them. I am married to my best friend, Henry J. VanWyk, and have two wonderful children, Wesley, 19, and Vanessa, 12. As a family we run two businesses, VanWyk Renovations and Fountain Music Academy. Our hobbies are volleyball, photography, ordering Chinese, playing board games, and lots of music. We are very active in the music and children's outreach at our church, Literal Life Tabernacle. A few of my favorite things are family time, singing, teaching music, planning events, and writing dramas.



Name: Bro. Trevor Emond

Age: Married w/ Kids

YQ Position: Web Designer

Occupation: Minister & Web Developer

Background: Bro. Trevor Emond earns his keep as a web developer. Called to be a minister of the gospel, he preaches as an itinerate minister and serves as backup Sunday School teacher at his home church. He also writes occasionally at www.twomessageministers.com. He lives in Indiana with his wife and 3 children.



KIMBERLY'S KITCHEN

LOVELY PITA SAMIKH!

Ingredients:

Pita bread

Any healthy salad dressing

Grilled Chicken cut into strips

Alfalfa Sprouts

Baby Swiss Cheese

Directions:

Lay pita bread flat and cut in half so you will have two pita pockets. Place grilled chicken strips in bottom of pocket, followed by the baby swiss cheese. Now add your alfalfa sprouts and top it off with the healthy salad dressing of your choice that satisfies your belly.



To me this would be a great lunch or a light dinner. Enjoy!

Something More...

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Sheri LaFontaine

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SPIRITUAL INDEPENDENCE

BRO. RICHARD HYATT

The alarm blares and you fumble around and hit the snooze... again. Before long Mom or Dad knock on the door, telling you to get up or everyone is going to be late. You groggily sit up and rub your face, stumble to your closet and wonder what you are going to wear and stare in anguish as that question seems to be impossible to answer. It is Sunday morning; time for Church. In this moment, you may be thinking to yourself, "Why do I have to do this?" For many of us that is just a momentary frustration speaking, for others it is more serious question that begs a little soul searching. It is time to think hard about the reasons why you have chosen to lead a Christian life.

Why do we go to church?

No doubt for some, it may be that your parents have set that standard for their home, or it might be because you want to avoid the inevitable phone call from your pastor if he notices you missing. Maybe it is because you want to see your friends. Whatever the reason, there comes a time when you must realize that for a true Christian the reason for attending church is much deeper. It is not because church makes us feel better, it is not because we are entertained or feel guilty if we don't attend, but because we recognize it is essential for our spiritual welfare, our very being and our walk with Christ.

There is not another time in the week where you can find such peace and release from all that is around you. We live in a world, or some of us, in homes, that each day is a battle for our sanity; it's a struggle to put our thoughts together, to make choices not based on emotion. We are pulled at by work, friends and family. We must find what God's will is and not get lost in our moments. Sunday gives us the opportunity to just slow down, sit in the presence



Bro. Richard Hyatt

of the Lover of our soul and just let out a sigh and knowing that He will be near, knowing that there are endless promises in His word that will give strength, healing and inspiration to our daily lives. I know it's hard at times to get out of bed when you have just spent another weekend up late or working overtime, but the energy and promise we get from walking in the presence of our Savior will fill each of us more than if we had never walked through the doors. Making choices in life may be hard, but this one should always be the easiest for us, for the blessings we receive cannot be matched by the choice to walk the other way.

Ok, now you are probably thinking this article is about church attendance, and it is...but it really isn't. It is more than that.

As a young Christian you need to understand what controls your decisions. Now it may be your parents, your pastor or even your friends. But someday, if not already, you are going to come to a point in your life that you will be forced to begin making your own decisions based on your own spiritual understanding.

Why do we serve the Lord? Why do we believe what we believe? What is right for me or my family?

"As a young Christian you need to understand what controls your decisions."

These are all questions that we must ask ourselves at one point or another. It is when we begin asking these questions that we begin to form the basis for our spiritual walk.

Spiritual independence is the self-governance of one's spiritual walk. It is you choosing what voices to listen to. Every choice has a consequence and we have to consider its affect upon us and those around us. God holds us each, individually, responsible for the paths we take. You decide what shackles you and what sets you free.

Work out your own salvation with fear and trembling.

You have to come to know Christ on your own. This comes by cultivating a life of prayer, study and meditation. We must spend time talking to God, spend time in the Message of the Hour and God's Word. Gain insight by talking to your parents and pastor or other people you know and trust. Ask questions. Find out why we believe what we believe so that you can give an answer to the hope that lays within you to others. It is ok to have doubts and even to ask about them. Some answers may come quickly or some may take years. Whenever I have a question that I can't find an immediate answer to, I often put it in the back of my mind. God always answers in his time, don't get discouraged. Often I have to wait because I am not ready for the answer or the responsibility it brings.

The greater your independence from outside influences, the greater your dependence will be on the Holy Spirit. The only true freedom is in Christ and a dedicated walk with Him.

You will find some questions don't have a black and white answer. This is where a life close to Christ is especially important. In these situations you are going to have to prayerfully consider the decision and follow the leadership of the Holy Ghost. You may find your decision at odds with those closest to you. In these cases you have to know that you are following the leading of God. That you have carefully and prayerfully, with a neutral heart, made your decision and that God is with you. Whatever is not of faith is sin. When we make a decision or walk a path without the leading of the Lord, we place a shackle upon ourselves.

The more we get to know God and the closer we get to him the more we will want his perfect will in all our lives.

Responsibility to others in the Body of Christ

As we make decisions for our lives we also have to

consider that our choices and freedoms must not come at the expense of others. We are all a part of the body of Christ and we have to make sure we don't create a stumbling block for others. Our personal convictions are just that, personal. Just because someone may not see things exactly the same way we do does not make them more or less spiritual. Each of us is given revelation based on where we are in our spiritual walk and what we need at that time. The important thing is to remember that we are all in this race together. God has made each of us responsible for our own lives and at the same time He requires that each of us bear the burdens of one another.

Choose you this day, whom will you serve... Declare your Independence.

All of us are born into this world in bondage; at the very least to sin and to death. As we grow older more shackles are placed upon us. We are shackled with complexes, mistrust, guilt, shame and fear, pains of both the heart and the body. Each time we hurt someone or they hurt us, each time we lie or are unwilling to forgive someone, each time we sin against God or man another shackle is placed upon us. Each time we choose a creed or rule over the leadership of the Holy Spirit we place another bond on our life.

But there is freedom in Christ. Freedom to be yourself, freedom to be the person God made you, freedom from the bondage of sin, freedom from guilt and shame, freedom from traditions and laws that bind. He gives us the freedom to know that even if we make a bad decision, God will forgive us and help us get back on the right track.

You should never become a cookie cutter Christian. You should continually seek God on your own, to be who he predestined you to be, to accomplish what he wants you to be. It is time to start standing on your own two feet and recognize that you are part of a Body.

“The greater your independence from outside influences, the greater your dependence will be on the Holy Spirit.”

“It's time to start standing on your own two feet and recognize that you are part of a body.”



EARTHQUAKES

Are we getting closer to the “big one”



Matthew 24:7 “For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places.”

Throughout Scripture, earthquakes signaled major events, sounded warnings or provided a means of deliverance. Today, earthquakes bear special relevance for those familiar with end-time prophecy.

While on earth, Christ warned that “earthquakes in divers” places would precede His second coming. More recently, William Branham, the Messenger to the Laodicean Church Age, prophesied that a major earthquake would someday sink the city of Los Angeles.

Earthquakes, much like planetary alignments and other natural phenomenon, carry great significance in relation to end-time events, and in light of recent seismic activity around the globe it’s time to revisit the importance of earthquakes in 2010 and beyond.

North America no stranger to major ‘quakes

In the early morning hours of February 12, 1812, the Reelfoot Fault line, which runs parallel to the Mississippi River, began to heave. Waterfalls suddenly appeared near the town of New Madrid, Missouri, houses toppled onshore, and the tumult reversed the river’s flow for over ten minutes, forming a 20 mile-long lake near what is now the city of Memphis, Tennessee.

The tremor was the culmination of a series of major earthquakes originating from a major fault line that runs from the Gulf of Mexico into the American Midwest. The force of the estimated 8.0 magnitude ‘quake rang church bells on the east coast, and remains the most devastating earthquake in the recorded history of the 48 contiguous United States.

Although the earthquake destroyed a few river towns, it did not register mass casualties – there simply weren’t enough people living along the river at the time. Were it not for French fur-traders sailing south to New Orleans, there would be even fewer accounts of what became known as the New Madrid ‘quake.

Despite their magnitude, the few reported casualties from earthquakes that occurred in the mid to late 1700’s in Boston and New York were also due to sparse

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ANDREW F. COFFEY



populations. The same would not be true today. In fact, if one were to overlay maps of seismic zones and the population of the United States, the heaviest concentrations of people would sit over the three major fault lines in North America: the Ramapo, the New Madrid and the San Andreas.

If one were to look for them on a map, the Ramapo Fault finds its center in the northeast, and runs south into Appalachia. The Reelfoot Fault runs parallel with the Mississippi River. The longest and most active fault in North America is the San Andreas Fault, which runs from the Baja Peninsula to the tip of Alaska.

Of the globe's ten most powerful earthquakes since 1900, three have occurred on the San Andreas Fault ranging in magnitude from 8.6 to 9.2 on the Richter scale. The most powerful of those earthquakes – the Prince William Sound 'quake of 1964 – devastated parts of Alaska and was a warning of God's impending judgment on the United States.

Although earthquakes have and still could occur along each of these three major fault lines, it is the San Andres Fault that bears the greatest significance to the prophecy concerning Los Angeles.

Seismic activity: is it really increasing?

Over the past century, the earth has experienced major seismic shifts that have levied billions of dollars in damage and claimed thousands of human lives. From 1970 to 2000 alone, the number of earthquakes around the globe increased from 4,139 per year to 23,575 per year, with well over 300,000 earthquakes occurring during this time. Worldwide, the last decade has witnessed major earthquakes in places like Pakistan, Iran, Turkey, the Pacific Rim region, and in Haiti. In the United States, earthquakes have struck with damaging force since the turn of the century, like

the 6.8 magnitude Nisqually earthquake that shook Seattle and the surrounding area in 2001. In 2002, two earthquakes with magnitudes exceeding 6.5 struck Alaska, and a 5.5 magnitude earthquake hit New York State. From 2003 to 2009, seismic activity was increasing all over the map in places like Kentucky, New Jersey, Nevada, Wyoming, Hawaii, and of course, California.

During the past year, several earthquakes of significant magnitude have shaken California. A major tremor off the state's southern coast near Los Angeles measured 6.5 on the Richter scale in January 2010. Despite the number of major quakes that have occurred on the fault's northern extreme, the bulk of recent activity has been noticed in Southern California.

So, are we any closer to the major earthquake that will cause Los Angeles to fall into the sea?

According to prophecy, we draw closer to this event with each passing day. According to scientists, however, it's difficult to say when the "big-one" will strike.

Statistically, the increase in earthquakes over the past century may have more to do with the proliferation of geological monitoring stations and technological improvements than an actual rise in seismic activity. Social scientists link rising death tolls from disasters to urbanization and major population growth in high-risk areas, not a change in the severity of earthquakes.

Yet even the most conservative geologists agree that Southern California is due for a major shake-up – what they predict will be an earthquake of a 6.0 magnitude or greater. Although earthquakes are generally unpredictable, there are indicators of looming seismic activity that researchers observe closely.

For example, when seismic activity increases and pressure rises, so does the potential for a major earthquake. Pressure is building along the San Andreas Fault, according to recent geological studies, and

“According to scientists, however, it's difficult to say when the “big-one” will strike.”

“It is important to understand that regardless of what scientists say or what technology reveals, prophecy is more powerful than even the forces of nature.”

scientists now believe that seismic, volcanic and tectonic activity is the most serious environmental challenge facing the planet – far exceeding global warming and weather-related natural disasters like hurricanes and floods. In fact, seismic activity is increasing faster than any other global warming indicator or natural phenomenon.

Scientists also know that the earth is experiencing a period of thermal imbalance, which means there are many changes taking place deep below the earth's surface that will manifest as seismic, volcanic or tectonic activity. Without getting lost in the scientific details, these signs simply indicate something is about to happen.

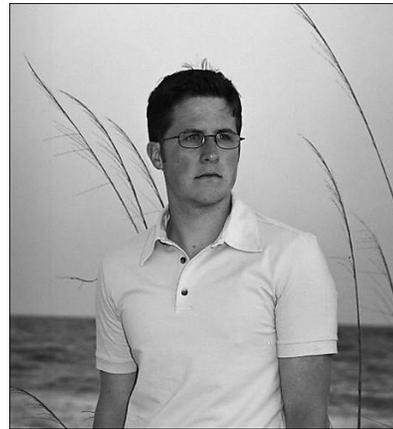
Is it just nature, or something more?

When the New Madrid 'quake struck the Mississippi River in 1811-1812, it didn't take everyone by surprise. Several years prior to the tremor, Tecumseh, the great Shawnee war-chief, had prophesied that the earth would tremble as a sign to the tribes east of the Mississippi River that they should rise up against the frontier settlements encroaching on Indian territory. Although the Indians failed to unite under Tecumseh, his

prophecy came to pass just as it had been given.

We know that another major earthquake will happen according to prophecy, and while we can't predict when this earthquake will occur, we do know with a degree of certainty that the earth is experiencing changes that will culminate in major upheaval on the earth's surface.

It is important to understand that regardless of what scientists say, or what technology reveals, prophecy is more powerful than even the forces of nature. It is not a matter of if an earthquake will strike California, it is simply a matter of when. And whenever science and prophecy tell us the same thing at the same time, it is time to take notice.



ANDREW F. COFFEY





DEAR PAUL...

BRO. PAUL LAFONTAINE

The questions in this column of Youth Quake are for young people to ask whatever is on their heart. However, any personal questions or specific subject questions like marriage and divorce should be directed toward your Pastor or parents. I will seek to give the very best answers I can on the issues you ask about, but please know that it is never our desire to undermine the local leadership God has placed in your lives.

God Bless You,
Bro. Paul LaFontaine

Q. At what point does a teenage male start relying on his own headship if he still lives at home with his father?

A. I believe I know what you're asking, but let's be clear first. I don't think it's a good idea that we ever rely on our own headship. The impression we get from the world is when we reach 18, we're on our own and don't have to answer to anyone. This mindset often carries over into believers' homes as well, but it is not a biblical principle. I've even heard Christian parents tell their teenagers, "until your 18, these are the rules, after that you're on your own." We should never want to be outside the protection of headship and leadership no matter how old we get. We know that as we grow we will begin to make our own decisions, which is normal. But our own decisions without any counsel or input from "God with skin" might get us in a lot of trouble. Bro. Branham said,

"We should never want to be outside the protection of headship and leadership no matter how old we get."



PAUL LAFONTAINE

"Sons of God no longer want their own choice." We learned where that gets us from the Garden of Eden.

It is a difficult time when we move from mom and dad choosing for us to making our own decisions. This can be a real challenge for a young man like you who's coming into his own vision for life. Hopefully your mom and dad see this transition too and grow into respecting your own choices. Don't forget, you are still in their home and your dad is responsible to God for his home and what happens in it. That's something you must continue to respect. If you cannot talk out your differences, and you feel strongly about them, it may be time to get your own place; however, I think it's better to work through these changes together with your parents. Stay respectful, under their headship and I believe God will bless that. Having two men in the home is certainly difficult sometimes, but

that never does away with scriptures like honoring your parents (Eph. 6:2) and obeying those under whom God has put us (Heb. 13:17).

Q. My congregation is predominately older and more conservative. How can I supplement my spiritual needs if I feel they are not being met?

A. I would say prayer is the first and foremost thing. If we're hungry and ask God, he will feed His people even under difficult situations. He can answer your prayer and use vessels that we don't think He can. People often do the "church hop" to other churches too quickly, feeling a need for more. Sometimes if we pray, God can change the atmosphere we are in. In fact sometimes He may use the fresh anointed energy of the young to bless the church in a greater way. That's why we need to be in prayer first. Also, don't ever forget the good things you can learn from the older ones as you seek fellowship with them on whatever level you can.

Don't feel you're the only one in this situation. There are many churches where there is a large group of older people and very few youth. There are some things you could do to supplement spiritually. You could attend good youth meetings in other areas, communicate with some friends that encourage you in the Lord and continue to feed on the Word yourself consistently. There are some people after much time and prayer who feel led to relocate to a place that feeds them more spiritually. But in many cases, young people can draw strength from other sources and still be faithful to the church they are in. May God give His leadership to you is my prayer.

Q. As a young woman, I feel there are more opportunities for young men to be a part of the local church ministry. How can I be involved without overstepping my biblical bounds?

A. Great question! I can sense your desire to do something for God and that is great. Read through the book of Acts and see the body of Christ working in that day. It certainly was not all men that the Lord used. We know the Bible says a woman should not handle the Word of God using it to teach and usurp authority over men. We also know that there are certain positions the scripture clearly has for men such as Deacons. Other than that, a Christian woman should have liberty to use abilities God gave her to serve the Body of Christ.

Being a single girl in this age, showing purity, freshness, modesty, and femininity has a huge impact on others in and of itself. Besides that I have seen young girls do everything from teaching a Sunday school class, to helping organize events for the church, to leading choirs. Recently, I took some of our youth to Honduras to sing, encourage, and give out needed materials to the young people. Three of them were teenage girls. Also, this past January, my friend Bro. Barry Coffey took girls and guys trained as nurses to serve the people of Tanzania for a whole week. There are many areas God can use young women, but you must pray for Him to lead you. Finally, ask your Pastor. If he is sensitive to your desire to help, he may have something that is really needed in the church that you can help accomplish.

If you have a question for Bro. Paul LaFontaine you can email them to editor@yqnews.org. Label the subject of your email "Dear Paul." All questions are kept confidential and will appear in this column anonymously.



NO MONEY. NO WORRIES!

BRANDYN SINACOLA

Jackson Brown, Jr., writing to his son said, “When starting out, don’t worry about not having enough money. Limited funds are a blessing, not a curse. Nothing encourages creative thinking in quite the same way.”

In case you haven’t been told, or tested the waters on your own, LIFE IS HARD! Today’s economy is the worst anyone has seen, even exceeding the Great Depression. I heard not long ago the unemployment rate in Detroit, MI is 50%. That could mean every other person you passed on the street is unemployed. I don’t say that to scare you, but rather make you aware of the reality of the day we live in, and so you don’t walk into your personal finances as blind as I almost did. The purpose of this article is to hopefully help and give you some guidance in how to handle your personal finances.



BRANDYN SINACOLA

“I’ll never forget the evening some good friends of mine sat me down and went over a budget. It was overwhelming!”

mine sat me down and went over a budget. It was overwhelming! I had not thought of everything involved in the cost of living. If you have never been on your own, you may not be aware of the cost of living either. Some costs are acquired as life goes on, such as kids, etc. I would like to give you a glimpse by showing you a very realistic budget for someone just getting started using some of the numbers I have in place for my family of three, and doing some cost-of-living searching of my own. I am hesitant to show numbers because I don’t

want to give the impression you need to raise your cost of living when you can find something cheaper, or make you feel like a failure because your numbers are higher. Your numbers will vary depending on the layout, features, location of your house or apartment and the season, etc.

The most important thing you can do in starting your personal finances is create a budget. I have included a budget sheet from the book *America’s Cheapest Family* to help you get started. Understand you may not have every category they show, and that is OK, remember you are just starting off. The point of a budget is to give everything a name; control it or it will control you.

There are many ways to save on what I like to call “necessary bills,” here are just a few. One of the best, and probably where your starting point should be, is shopping for the best price. Before I made the decisions on what company to have my phone and car insurance through, I compiled a list of different companies, what services they offered, and price. Personally, I am a major price shopper, but certain things cannot be scrimped on, more so when you are married and have kids. Shopping around shouldn’t be too big of a problem for you ladies, though it might not be the most fun shopping trip you’ve been on, and for the sake of us guys, we’ll

I’ll never forget the evening some good friends of

SIMPLE BUDGET	
EXPENSE	AMOUNT
Rent	\$550 - \$1100
Electric	\$50 - \$180
Gas	\$50 - \$180
Renters Insurance	\$115 - \$200
Phone	\$80 - \$120
Internet	\$20 - \$30
Groceries	\$50 - \$70
Gas (Car)	\$50 - \$70
Car Insurance	\$40 - \$70

HOUSEHOLD BUDGET WORK SHEET

DATE _____

INCOME	<u>Pay 1 (after tax)</u>	<u>Pay 2 (after tax)</u>	<u>Other</u>	<u>Other</u>	NET INCOME
PER MONTH	_____	_____	_____	_____	_____
PER PAYCHECK	_____	_____	_____	_____	_____

Put totals for each section in gray boxes

EXPENSES	<u>PER PAYCHECK</u>	<u>PER MONTH</u>	EXPENSES	<u>PER PAYCHECK</u>	<u>PER MONTH</u>
Charitable Giving	_____	_____	Entertainment & Recreation	_____	_____
Home-Fixed	_____	_____	Eating Out/Lunch	_____	_____
Mortgage/Rent	_____	_____	Sitters	_____	_____
Insur/Taxes	_____	_____	Activities	_____	_____
Home-Variable	_____	_____	Cable TV/Internet	_____	_____
Maint/Repair	_____	_____	Vacation/Trips	_____	_____
Home Utilities	_____	_____	Medical Care	_____	_____
Gas/Oil	_____	_____	Doctor Visits	_____	_____
Water/Trash	_____	_____	Dental Visits	_____	_____
Electric	_____	_____	Prescriptions	_____	_____
All Phone(s)	_____	_____	Kids' Expenses	_____	_____
Groceries	_____	_____	Day Care	_____	_____
Car-Fixed	_____	_____	Tuition	_____	_____
Payments	_____	_____	Club Fees	_____	_____
License/Tax	_____	_____	Lessons	_____	_____
Insurance	_____	_____	Camp	_____	_____
Car-Variable	_____	_____	Misc. Expenses	_____	_____
Maint/Repair	_____	_____	Haircuts/Beauty	_____	_____
Gas/Oil	_____	_____	Allowances	_____	_____
Debt Repayment	_____	_____	Dry Cleaner	_____	_____
Credit Cards	_____	_____	Subscriptions	_____	_____
Other Loans	_____	_____	Bank Charges	_____	_____
Other	_____	_____	Postage	_____	_____
Clothes	_____	_____	Savings	_____	_____
Insurance	_____	_____	Investment	_____	_____
Life	_____	_____			
Medical/Dental	_____	_____			
Presents	_____	_____	Income v. Expenses	<u>PER PAYCHECK</u>	<u>PER MONTH</u>
Birthdays	_____	_____	Net Income	_____	_____
Holidays	_____	_____	Expenses	_____	_____
Wedding/Baby	_____	_____	Surplus/Deficit	_____	_____



call it hunting.

You may also notice the budget I provided does not include a car payment. A vehicle is the worst “investment” you can make. They

depreciate in value each year, and in the case of a new vehicle, they depreciate just by driving it off the lot. They require constant maintenance (yes, you have to change the oil every 3,000 miles or every three months, and no if the cap is upside down there is nothing in the car called 710) and repairs can be very, very expensive. While you are single, and even before kids come, an “old beater” is fine; again, shopping around for the best deal will be very beneficial. It’s hard not to desire better, but it’s better to add the amount of a car payment to the budget and then when you have saved enough you can put most of the money down on a newer vehicle and trade the “old beater” in. The biggest point is not to live outside your means. I remember the “old beater” my wife and I had. It was a ‘92 Dodge Spirit. One day pulling down a driveway about 40-50 yards long, pieces of the muffler fell off the entire way, quite comical now, not so much at the time.

Another tip for saving money (for those of you who are single) is to get a room-mate. Some of the guys, and girls, in our church have moved in with one another (that’s guys with guys and girls with girls) and have found it to be very beneficial in saving money. Remember this good rule of thumb when choosing a roommate, don’t be unequally yoked, how can two walk together lest they agree?

Another money saving tip is to combine weeks of groceries. Chances are if you are going to the grocery store once a day, you are spending a lot of needless money. My wife and I have recently gone from buying groceries once a week to once every two weeks, and it really seems to help. She has said it seems like we get more this way. You can also use coupons and shop off- brand. We shop at Meijer and sometimes they give coupons at the end of the purchase for various items and even \$5 off the next purchase.

It is also better to use cash to make purchases. I have read there is more of an emotional tie when you use cash rather than swiping a debit card. I used the envelope system when I first started budgeting and this

“The biggest point is not to live outside your means.”

actually worked the best for me. All you do is budget out your check, place the cash in envelopes with the name of what the money is for on them. Just remember to deposit the money before paying any bills out of your account!

The next money tip is to SAVE! SAVE! SAVE! You will find it gets harder and harder to do. If you are planning on getting married, save as much as you can now. If you are not planning on getting married (chances are she’ll bat her eyes at you, you’ll ask her wilt though? And she’ll wilt, but...), there will always be a down payment for that newer car we talked about earlier, a home, or even a security deposit to put utilities in your name. School is also a huge expense. If you can pay for school as you go instead of racking up loans, you will be much better off in the end.

My final tip is not to be in too big of a hurry for your independence. One of the best ways to save money is to do it while you are still at home. You could, and probably should, start by helping pay for some of the food you eat and pay a little rent for the room you are staying in. This not only helps your mom and dad, but it also gets you in the mind set of paying bills.

Life has a way of bringing responsibility to you with out you going out and looking for it. Enjoy your youth and season of being single, plan for the future and have a vision, love God and give him all that you can.

God Bless, my prayers are with you all and remember, God will provide!

Prov. 15:16, 16:8, Mat. 6:30, 19:16-22, 24:45, 25:14-30, Luke 16:1-12, 19:11-24, 1 Tim. 6:10





MISSION REPORT: HONDURAS TRIP 2010

KIMBERLY SINACOLA

We never truly understand the blessing that we have until we have the opportunity to travel outside the country. This past spring I traveled to Honduras on my first mission trip, and it was a life-changing experience.

Throughout the week I kept a journal of all of the sights, emotions and comical moments that I experienced. I hope this will give you just a small taste of what a blessing it can be to meet God's people on the mission field.

Day 1

We got to the airport around 4 a.m. and got through security and customs just fine. It went rather fast actually. I haven't been on a plane since I was about nine years old...and this is probably the smallest plane I've ever been on!

Thankfully I got a good three, to three and a half hours of sleep last night. Just enough to give me some



KIMBERLY SINACOLA

energy to last the two plane rides...

It still hasn't hit me that I'm going on this trip. Even now, sitting on the plane, I'm not quite sure what to expect just yet. I probably won't until I'm there. I guess I am a little excited...I've been too scatterbrained to notice if I'm excited or nervous.

We are still waiting to take off. I guess they can't leave the Detroit runway without the navigation light working. I hope they get it going soon...they had to power

down the plane, which means no air conditioning...
AAAAAAAH!

End of Day 1

Well we had four flights...from Detroit to Houston, to Belize, to San Salvador, and finally to San Pedro. Some of the brothers met us there, and took us out to eat. They are all so incredibly nice! When they came in the airport, they hugged our guys so genuinely.





Thank the Lord we get to sleep in tomorrow! We will probably just hang around the apartment while Jeremy and Josiah train the brothers for the hubs...

Day 2

I am so happy right now! I just had the coolest experience! The service was so great and the music was fantastic! We couldn't understand anything they were saying, but you could still feel God's presence just the same!

Afterwards, we went to a deacon's house and they made a huge meal for us! I was pretty nervous to eat at first...but I tried a little bit of everything and it was really good! I even made a little friend while I was there, her name is Emily.

It's only my second day here and I'm already hooked! The people in the church are just so nice! We passed some candy out to the kids after service, and even some of the adults wanted some haha! It was awesome.

This is honestly not what I expected at all. Not that I really knew what to expect...it's just so interesting and fun! If I ever get a chance to come back, I definitely will!

It was pretty nice to just hang around today and rest. On the way to the church we saw a lot of stray horses, dogs, and cows on the side of the road. They were all

so skinny, you could see their ribs. We also saw a lot of banana trees, coconut trees, and sugar cane fields, which I have never seen before!

The mountains here are gorgeous! They go completely into the clouds, it is so amazing! Bro. Bill, our translator, said that on the way to Tegucigalpa, we will have to drive all through the mountains...time to break out the motion sickness pills!

Day 3...so far

Bro. Lorenzo took us into town today for a little bit of shopping. Everything was so expensive! It was interesting to see everything though...people were constantly begging for money and trying to sell things. A little boy followed us through most of the town saying, "Money please, I'm hungry." It was so sad.

Bro. Lorenzo told me a story today, translated by Bro. Bill, that really made reality hit. He owns a truck business that transports bananas to the factories. Well, because he makes money with that, these men took his wife ransom for twenty-four days, and blindfolded her with tape. Eventually, they took him as well and beat both of them. When they let them go, they took them out to a sugar cane field and started shooting at them. He said when they were far enough away they fell to their knees praising God.

I could not imagine something like that happening. It would be the scariest thing...I'm just so thankful



to God for His protection for them, and for us in America. If something like that happened in the U.S. the government would at least help look for her, and continue searching for the men that did it.

I hope I never take anything for granted again. I'm going to cherish my loved ones more than ever. Before I came here, I tried every day to be content with what I had, and thank God for everything, and not to be so selfish...but you know, until you see things like this first hand, you can't change just by thinking about it. You have to go through the experience of visiting a third-world country. It's very sad and kind of hard... but it's good to see. I know I will be different when I get home.

End of Day 3

Alright, so we left for Tegucigalpa around 2 p.m. We drove all through the mountains, which was simply gorgeous! We stopped and had a service in a little village on the way. Paul did a great job on the service again. I noticed that before service, every one of those people would kneel down and pray, even if they were late. The church was packed, even with people outside looking in the windows trying to hear the service.

Well, we are all getting pretty good at communicating with the people! We are constantly talking to each other in the very little Spanish we know. And by the way... the pizza here is amazing.

Day 4

All of the vehicles here are five-speeds, and from the 70's! It's kind of cool but also not very lucky to someone that gets motion sickness very easily...me. They also have all Texaco gas stations here...you don't see those anymore.

Haha! So we all realized that all of the churches have the women sitting on the left side and the men sitting on the right side...well two nights in a row all of us girls sat in the front row on the guy side, and FINALLY realized we weren't supposed to when, on the third night, Wesley sat with us on the girl side and they made him move haha.

It's amazing how different everything is here...I'm going to miss it. We have been having a great time! Today Bro. Carlos and his son Nathaniel took us to the



top of the mountains to get some pictures of the city. It was actually like a garden that we went to with these old Mayan ruins kind of...I think. It looked Mayan to me. Anyway, afterwards we went to a big mall and got to buy some souvenirs at the only Honduran stand in the whole mall. I also had my first bubble tea. A fruity drink with giant tapioca pearls in it...or in Lindsey's words, "Fruity pebbles with boogers in it!"

I've heard so many different things from so many different people about what I would see here, and it all freaked me out quite a bit. Yes, there is a lot of poverty, and a lot of garbage on the sides of the street and in the rivers, and they don't have the luxuries that we have at home...but there is so much kindness from the people in the churches. Everyone does whatever they can to make us welcome and comfortable...it makes you feel kind of bad actually. Like, you don't deserve it. I will never forget amazing people I have met here.

In the city...people are crazy! They drive all over the place, very fast! People on bikes are weaving in and out of vehicles, and people are walking all over trying to sell things. It's kind of overwhelming at times.

The brothers that are with us though, have taken great care of us. They are very protective. I pray that the Lord blesses every single one of them.

Every church we have been visited has been very different in appearance...but their kindness towards us and their love for God has been the same. They are all so genuine. Every night they make us a huge meal and

"I noticed that before service, every one of those people would kneel down and pray, even if they were late."

"This has been the best experience of my life."



don't let us stop eating until they are sure we are full haha! You would think we were celebrities with the way they treat us. I haven't got sick once! I'm very thankful for that...God has really blessed us on this trip.

Day 5

Today we walked to the town square and went to a market. It was interesting to walk through the streets. It's so sad, people are constantly begging for money. I wish I could help more...

We had a really good service tonight! Even though Bro. Paul is preaching services we have heard a couple times, it still speaks to me and they get better every time. His sermon touched a lot of people tonight...they all love him!

After church we were basically mobbed by everyone! They all came up and gave us hugs, kissed our cheeks, and tried their very best to talk to us. We can sort of figure out what they are saying...kind of. I'm going to miss them all.

In a way I'm ready to go home...but then it's right back into all of the stressful decisions I have to make. But you know...it only seems stressful to me because it's the only thing I have to deal with. It's nothing compared to what the people here have to deal with. Some have to figure out how they will get from meal to meal each day...some have to worry about people invading their home for anything they can find. I hate how selfish I can be without even realizing it.

All of the buildings here have bars on the windows

and are surrounded by gates with spike at the top. All of the churches we have been to have had those gates... and they lock us in.

The churches get so full they have people standing all around the building to hear the Word of God. It's amazing they are all so hungry for it...even people out on the streets and in the restaurants and hotels.

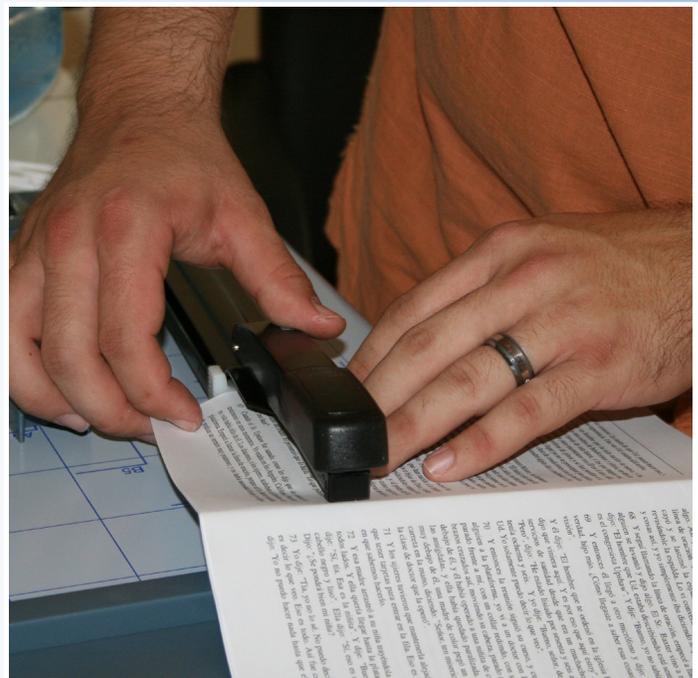
Day 6

Oh man...that guy that drove our mini bus around today was a terrible, terrible driver! We have been back at the hotel for an hour and I'm still sick! We all got really sick...we had to make him pull over for a bit.

Today was fun, minus the bad driver. We went to the Valley of the Angels Park for a youth meeting and picnic. They sure do love their soccer, and they are very good at it! Our guys played a game, Honduras vs. the U.S...yea...we lost.

After the picnic we went to the market for our souvenirs and food. It poured down rain and we all got sunburned!

Well tomorrow we head back to San Pedro then to home. I think I'm ready to be home...I miss everyone. But part of me will miss it here so much. This has been the best experience of my life. I wish I could explain how I feel but I can't. It's just a bunch of emotions mixed together. I will be back though...and soon hopefully. I made wonderful friends and memories here. I thank the Lord for keeping us safe and blessing us so much on this trip.





THE MESSAGE HUB JOSIAH CORNETT

You have just read a great account of a young person's first mission trip, an experience I highly recommend. Now I would like to share with you a little more about the Message Hub, which is why we were in Honduras setting up print stations

This past year has seen a revolution in the way that we as believers can spread the end-time Message throughout the world. Utilizing the power of the Internet and making use of the lowered cost of computer hardware due to the advancement of modern day technology, Bible Believers initiated a physical network of print stations for the distribution of the Message. These printers have access to the Message in 39 languages through the online Message Hub (<http://messagehub.info>) and are each capable of printing over 1000 sermons a week. Likewise, individual users around the world may access the the Message Hub and print their own copies of sermons from their home computers

This new means of distributing the Message greatly simplifies the logistics of getting the Message to the people as the costs and complications of shipping large quantities of books along foreign trade routes to distribution centers in 3rd world countries are no longer present. That 14,437 sermons were downloaded between October 20th and November 19th of 2009—only 4 months after the beta release of the Message Hub—clearly proves the merit of such a system for connecting believers with the resources of this Message.



TEEN TALK: GOD'S LOVE

AMARIAH LAFONTAINE



AMARIAH LAFONTAINE

Most teens our age have a lack of confidence and that's why we need the Lord in our lives. It's a struggle every day for us in things like music, swearing, and depression—we all have different temptations. But God is the only one who can change that. You may think "I know God is the answer," but think of it this way: why not fall in love with the Lord instead of just believing in him?

God will never fail you like friends will. He's always there for you, he won't love you one day and hate you the next. Now, I'm not saying friends will fail you. Some friends can be true to you. What I'm saying is, no one will ever love you as much as God does. His love is unconditional no matter what you do. Maybe right now you feel like nobody loves you.

You may be depressed thinking why life won't just end. But why not enjoy life?

Enjoy being with your friends and family and be free to be yourself. But the only way you can have that freedom is if you have freedom in your heart.

I want to share something with you that will show you what God's love has done for me in my life. When I was born, my heart stopped beating because I went into shock from dehydration due to salmonella. My grandma was in the hospital room when my heart stopped beating and my grandma yelled out saying "Satan, I rebuke you in the name of the Lord Jesus Christ!" and in that very moment my heart started beating again. I will never forget what God has done in my life. He loved me that much to give me my life back.

Sometimes you wonder "Is God even there?" or "Is He hearing my prayers?" He is there, but the only way you know is if you let him in your heart and draw peace from even the little confirmations that He gives you. When you have this peace you know He is there. This peace brings the confidence that we are searching for.

I DIDN'T HAVE TIME

I got up early, one morning,
And rushed right into the day.
I had so much to accomplish,
That I didn't have time to pray.

Problems just tumbled about me,
And heavier came each task.
"Why doesn't God help me?" I wondered,
He answered, "You didn't ask."

I wanted to see joy and beauty,
But the day toiled on, gray and bleak
I wondered why God didn't show me,
He said, "But you didn't seek."

FEATURETTE

I tried to come into God's presence,
I used all my keys at the lock.
God gently and lovingly chided,
"My child you didn't knock."

I woke up early this morning,
And paused before entering the day.
I had so much to accomplish,
That I had to take time to pray.

-Author Unknown-



FRANCIS SCOTT KEY

"This Be Our Motto: IN GOD IS OUR TRUST"

JENNIFER HAMILTON

O'er the land of the free and the home of the brave! Such a simple line, yet it causes crowds to explode with cheers and evokes powerful emotions. It is a line that comes from our national anthem. We sing it at baseball games, learn it in school and find it printed in church hymnals all over the United States. It is a song that reminds us of the sacrifice of those men and women who have died for what they believe. Our national anthem as with most of our American history has had the parts of the song that remind us of our Christian heritage erased and they have been long forgotten. Ask anyone you meet and they can quote the most recognized verse that begins with, "Oh, say can you see?," but what about the last stanza?

*Blest with vict'ry and peace, may the Heav'n rescued land
Praise the Pow'r that hath made and preserved us a nation!
Then conquer we must, when our cause it is just;
And this be our motto: 'In God is our trust'!*

The anthem was written just after the British had swept through Washington D.C., wiping out the city and burning major buildings, including the Capitol Building and the White House. The next major attack would be on Fort McHenry, near Baltimore, Maryland. The British Navy fleet was anchored off-shore, just within sight of the fort ramparts where our stars and stripes banner was flying. Several leading citizens were being held captive on British ships, so the American government sent a lawyer, Frances Scott Key, to negotiate a trade. He rented a small rowboat and boarded one of the British ships. The British captain agreed for an exchange of prisoners, one American for one British. After the terms of the exchange had been established, the British captain detained the American men, informing them of the planned attack on Fort McHenry. Key explained to the captain that the fort was not a traditional armed fort, but was home to many women and children. The captain pointed to the flag billowing in the wind, "They can be saved," he said. "All they have to do is lower that flag, surrendering to Britain". For the next twenty-five hours, Key watched helplessly behind enemy lines, as canon fire exploded along the shoreline. As the frayed and war-torn flag glowed in the setting sun, Key and the other prisoners prayed.

Dawn broke across the horizon as the last thundering rumble of conflict ended. Not knowing which army was victorious, Key leaned over the ship's hull and stared at the horizon as the sun began to rise.



JENNIFER HAMILTON

*What is that which the breeze, o'er the towering steep,
As it fitfully blows, half conceals, half discloses?
Now it catches the gleam of the morning's first beam,*

*In full glory reflected now shines in the stream:
'Tis the star-spangled banner! Oh long may it wave
O'er the land of the free and the home of the brave!*

The small torn flag that had flown above the fort the night before was gone, billowing proudly in its place was a 32 by 40 foot "Old Glory." Fort McHenry had won! The prisoner exchange was concluded and Key rowed safely back to shore, where he penned the words to our national anthem.

The inspiring words of this song, and many others were written by devote Christians who founded our nation. These Christians were men and women who fought more for the freedom to worship, than for the freedom from "taxation without representation." The history of our nations fight for independence is full of heart-gripping and inspirational stories that modern textbooks conveniently omit because of the religious stand that these men and women have taken. The history of Frances Scott Key is one such story. He was a dedicated Christian man, praying and holding devotions for his family and servants twice a day. He was active in his church and wrote several beloved hymns, including "Lord, with Glowing Heart I'd Praise Thee." His faith and convictions led him to live a pacifist lifestyle. However, his great faith that, "In God is our Trust" compelled him to lay aside his own safety and set out to help liberate a friend that had been captured by the British. That journey of faith and the events that transpired inspired him to write the very song we hold as our national anthem.

The next time you hear the awe inspiring tune that is played to honor those who have died for our freedom and to honor the land of the free and the home of the brave, remember our nation was built by men and women who believed "*In God is our trust.*"





WINTER YOUTH RETREAT

DECEMBER 27
TO
DECEMBER 31 2010

Winter Youth Retreat is a time to “come away” and be strengthened as young Christian adults, through in-depth studies and preaching on subjects relevant to youth and conditions in the age they live in. The retreat is not a social event, but a place for Christian youth to focus on the things of the Lord. We come together to know our place in Christ and enrich our walk with Him. We reserve the right to refuse anyone attendance to the retreat with purposes other than those stated above.

Age: 17 and up (no exceptions, please)

Cost: \$185.00 USD - This includes lodging, meals, and all study materials for five days and four nights. Note: We are unable to give refunds after December 12th.

Place: Fa-Ho-Lo Camp and Conference Center
3000 Mt. Hope Rd. Grass Lake, MI 49240

Ministry: Studies and Preaching directed by Brother Barry Coffey and Brother Paul LaFontaine.

Schedule: Retreat opens at 10:00 AM on December 27th (Monday). Sessions and services begin that evening and go on each day (morning, afternoon, and evening) and ends with a late service on Thursday, December 30th.

Things to bring:

- Bible, notebook, warm clothes and coat. There will be walking between buildings.
- Dress clothes for the AWARDS DINNER.

Registration:

All participants must pre-register and prepay either by PayPal or U.S.P.S. Deadline is November 30th or when we fill up. Space is limited, early registration is highly recommended!

For more information, go to www.literallife.org and click on “Winter Youth Retreat.”





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BOXER-REBELLION-1900
PERSIAN
GULF