

Covering My Mouth



by Dawn Reed
E. Ky. Columnist

Working in a dental office requires many more layers these days. Accord-

ing to cdc.gov, "the virus that causes COVID-19 is thought to spread mainly from droplets produced when an infected person coughs, sneezes, or talks". Whether you agree with masks in public or not, you surely want your dental professionals covering their mouths!

For our protection, and the protection of our pediatric patients, we wear N95 masks, surgical masks, glasses, and face shields-provided by eKAMI (East KY Advanced Manufacturing Institute) in Paintsville. Over our scrubs, we wear thick surgical gowns. Gloves are worn almost every minute. By the time we are completely dressed, we look like we are going into space!

The N95 mask was a pill to get used to, pressing so tightly to my face that at first it was hard to breathe. After the first few days, I had a scratchy throat from mouth-breathing. The second week, I realized I was continuously holding my mouth open in a yawn position to keep it from going into my eyes. (My co-workers had their mouths open, too; I just couldn't tell.)

We were all surprised after putting on two masks and a face shield that it diminished our hearing!

Since Corona, the new waiting room is the parking lot. Parents, grandparents, and guardians wait in the comfort of their cars as their children and teenagers are quickly seen, without coming in contact with anyone else. In 90+ degree weather, walking back and forth to the patients' vehicles, the N95 becomes a small oven on the face. Water drips into my mouth and I can feel sweat rolling down my back. If I'm not thinner by the end of summer, I'm gonna be sooo mad!

It's not unbearable. Just inconvenient. But when the heat soars, the sweat drips, and the coverings bind, frustration sets in. It's easy to begin complaining.

There are a few pros about the N95 masks: They hide double chins, wild hairs, moustaches, and zits. They actually save you time getting ready for work since you can't wear makeup. And there's no need to fix your hair

because the double elastic straps can destroy any hairspray or treatment.

Wearing an N95, surgical mask and face shield reminds me that I need to be careful what comes out of my mouth! Something contagious could spew if I cough, sneeze, talk or even laugh.

As a follower of Christ, I need to be careful about other things besides germs-that spew from my yap! Long before the Coronavirus, the Bible has encouraged me repeatedly to watch what I say. Ephesians 4:29 instructs: "Do not let any unwholesome talk come out of your mouth, but only what is helpful for building others up..." "Unwholesome" not only includes curse words, but also hurtful, cutting, and critical words. Just because I'm an American doesn't mean I should say everything I think! I need to build others up with my words, not tear down-even if it's hot outside!

Psalms 39:1 screams face masks: "...I will keep my tongue from sin; I will put a muzzle on my mouth..." I'm realizing I need something to cover my mouth at all times!

seeds of Hope



A family in Calgary, Alberta, Canada purchased a well trained and very expensive guard dog to protect their home and belongings. It brought them great peace and comfort and reduced their fears of someone invading their home. One evening as the family gathered together to watch their favorite television program the dog began to bark. "Hush, Sarge," said the father. But Sarge refused to stop barking and looked anxiously from one family member to another. They refused to be bothered as they watched the show. It was too entertaining. Finally, the program was over and the father excused himself and went upstairs to go to

bed. As he entered his bedroom, he realized that the dog had been trying to get their attention. A thief had carefully and quietly entered their home, opened their safe and stolen their most valuable possessions. The warning of the dog could not get their attention and alert them to danger.

"Today," (or listen now) warned the Psalmist, "if you hear His voice, do not harden your hearts!" Often God tries to "get our attention" to warn us of impending dangers. He does His best to speak to us through His Word or a friend, a verse of Scripture or a sermon. He reaches out to us in love and compassion - anxious to warn us of the attractiveness of sin, the power of temptation and the destruction that awaits us. But, like the family in Canada, we are so often too involved in the things of this world to hear His warning.

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Plotting and Planning Our Course in Life

by BOB CASEY, preacher
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Just recently, I was reviewing a piece of paper in the which I had planned and plotted the descriptions for its future use. Then, I remembered that many times when planning to make a trip somewhere that I was unfamiliar with, I needed to confer with a map of that particular place, lest I become confused or lost. Then, as my mind allowed, I thought, this is, and should be, the way we live our lives. In **Proverbs 16:9**, it is written, "A man's heart deviseth his way: but the LORD directeth his steps." And so it should be with our lives. We may make a plan to journey somewhere but need a map to get there safely. In **Jeremiah 10:23**, it is written, "O LORD, I know that the way of man is not in himself: it is not in man that walketh to direct his steps."

All of us today are on a journey, and there are only two places to enter when our journey is ended. We are compelled by our Lord to make our journey toward a good outcome. **Matthew 7:13-14** says, "Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: ¹⁴Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it." Then in **Psalms 119:9**, "Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word."

Is there a way we can know for sure that is the right way? Yes! In **John 14:6**, Jesus says, "Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." Then again, our Lord says in **John 10:7-11**, "Verily, verily, I say unto you, I am the door of the sheep. ⁸All that ever came before me are thieves and robbers: but the sheep did not hear them. ⁹I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture. ¹⁰The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have

life, and that they might have it more abundantly. ¹¹I am the good shepherd: the good shepherd giveth his life for the sheep."

In a personal way, I am asking you, "Have you, and are you, plotting and planning a course for your life?" I suggest that you plan your life around the teachings of our Lord Jesus Christ. Yes, he is the only way to eternal life for all who will obey him. Just a five-second reading of Hebrews 5:8-9 will clearly declare it. And also we can reinforce it with **Acts 4:12** which says, "Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved."

In what name are you trusting? In whom is your guide, can his map be trusted? All of us understand that when a map is made, it means someone has been there before. God planned our course by sending his only Son from Heaven to this earth; from conception to his birth, his life, his death, his resurrection; and instructions to get to where he awaits all who follow his well-planned map. I ask, "I there any one else who has done so much for you? Has anyone else but Jesus died that you might have everlasting life?"

To any who may be following the pleasures of this life, let me strongly remind you that all the pleasures will soon pass away; then what, or to whom will you turn?

If you are alive today, there is set before you an open door or gate, and you will make the choice of which you will enter. If you make a bad choice, no one can be blamed but yourself. But, our Lord wants you to choose the door of eternal life, so you can make this choice today by hearing Jesus, by believing Jesus, by repenting of all your past sins, confessing his name before men, and be baptized for the remission of your sins. The results will be, your sins are all forgiven, you begin a new life of faithful obedience unto death; then a crown of life can be yours. Take a moment and read the words of the Apostle Paul, see what he says in 2 Timothy 4:6-8. We should all thank God for these words.

Attend with us next Lord's Day. We will be glad you came.
Sincerely, Bob Casey, (1-859-369-4165), local

BIBLE WORD SEARCH

by Elie's Spiritual Treasures

DEUTERONOMY 1:11

May the **LORD**, the **God** of your **ancestors**, **increase** you a **thousand times** and **bless you** as he has **promised!**

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S B D P B L E S S M
D R C E U O Y B A Y
W O O U S A V Y X R
A Z G T S I L P R U
F K P E S O M Y F B
Z I M J R E M O U D
X I E D K P C M R H
T A R X W J J N A P
I N C R E A S E A X

Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

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Bible Word Search Answer on Page 9

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Stickeler's Puzzle

STICKELERS [sic]
by Terry Stickels

Here's a "trickledown" puzzle. The rules are simple; you merely change one letter on each line to make a new word and continue until you reach the final word.

SPOKE

CHARD

EXAMPLE: COAT

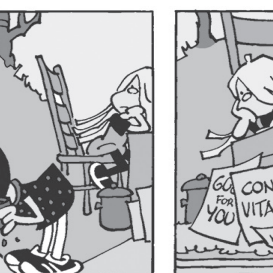
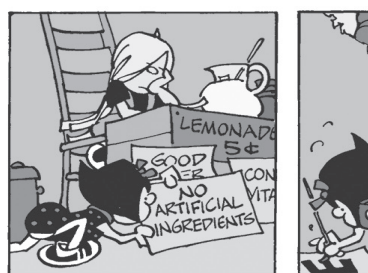
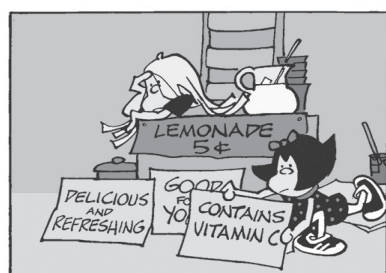
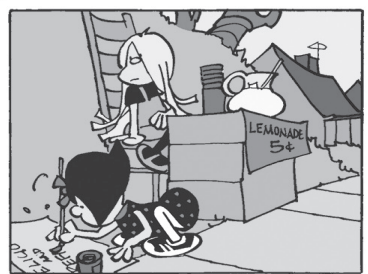
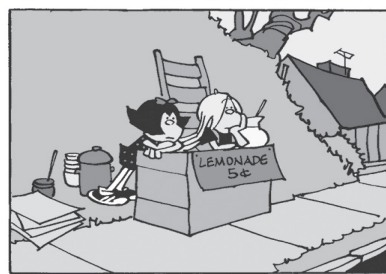
VASE

ANS: COAT
COAT
CAST
CASE
VASE

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Stickeler's Answer on Page 9

TIGER



creatures ate the carcass of Jezebel? She-bears, Dogs, Frogs, Worms

4) What was the first bird released from Noah's Ark? Raven, Pigeon, Sparrow, Dove

5) In Proverbs 15, what does "a soft answer turneth away"? Wisdom, Scorn, Wrath, Fear

6) From Joshua 2 who hid two spies on a roof? Hosea, Ezra, Satan, Rahab
Answers on bottom of Page 9

"Test Your Bible Knowledge," with 1,206 multiple-choice questions by columnist Wilson Casey, is available in bookstores and online.

by BUD BLAKE