

Dear Legacy Adult Family,

These last four years have been some of the greatest years in ministry for me. This was my first assignment as an associate pastor. It was a great learning experience. I've accomplished some things and probably done a rotten job on others. I am so thankful for the opportunity that has been given to me as the Legacy Adult Pastor. My time here in this role has come to an end. I am thankful that we are staying here. My wife loves serving in the music ministry and is thrilled to be able to stay. I will still be serving part time in Pastoral Care and teaching.



Do you know one of things that has become increasingly difficult for me as I have grown older? Change. We get used to things and love it when they continue without change. One of the reasons for that is "fear." We have a fear of the unknown, don't we?

I'll never forget when I was a little boy. Do you remember coming home from school, taking your school clothes off, putting on your "regular" clothes and going outside and playing until dark. I did that one day. I was playing at my friend's house who lived a few streets away. I was supposed to be home by dark, and I wasn't – time had gotten away from me. Now, I had to walk home in the dark. It was frightening to a little boy.

My dad was a long-distance truck driver. As I walked toward the street to connect with the other streets and head home, I heard a semi-truck. It was my dad coming home after a long trip. He always parked in a lot that was close to my friend's house. I ran towards my dad's truck. I was so thrilled when I saw him coming down from the cab of his truck. I hugged him and had to answer why I was still out after dark. But I got to walk home with my dad.

We walked through the spots that always scared me in the dark. I didn't mind because my dad was with me. He was big and strong and could protect me if need be. I could smile in the dark and feel confident because I was with my dad.

I know we don't know "everything" in the future. Who is going to take Pastor Chris's place? Will he do things the way Pastor Chris did them? We may not know at this time, but, our Heavenly Father is walking with us every step of the way. He still has everything in control. We don't have to fear because God will never leave us nor forsake us. We can rest in His presence because He's got it all taken care of before we even can ask Him.

I want to thank all of you for allowing me to serve you these last four years. I can't put together enough words to say how much I appreciate all of you. May our wonderful Heavenly Father hold you close in the hollow of His loving hands!

Love, Prayers, and Blessings,

Pastor Chris

Chris Whaley | Former Legacy Adult Ministry Pastor

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#### ON WINGS OF FAITH

Suddenly there came a sound from heaven, as of a rushing mighty wind, ... and they were all filled with the Holy Spirit.

Acts 2:2-4, NKIV

I understand that a turkey and an eagle react differently to the threat of a storm. A turkey reacts by running under the barn, hoping the storm won't come near. On the other hand, an eagle leaves the security of its nest and spreads its wings to ride the air currents of the approaching storm, knowing they will carry it higher in the sky than it could soar on its own. Based on your reaction to the storms of life, which are you? A turkey or an eagle?

It's natural for me to be a turkey in my emotions, but I have chosen to be an eagle in my spirit. And as I have spread my wings of faith to embrace the "Wind," placing my trust in Jesus and Jesus alone, I have experienced quiet, "everyday" miracles:

His joy has balanced my pain.

His power has lifted my burden.

His peace has calmed my worries.

So . . . would you spread your wings of faith and soar?!

Blessings, Anne Graham Lotz

## THE ASSURANCE LIFE GROUP

The year 2019 reminded us of the lyrics "Through it all we learned to trust in Jesus. We learned to trust in God. We have learned to depend upon His Word." Each week we are inspired by the teaching of scripture to love like Jesus and evangelize like Him. We appreciate Theron Guthrie and Bill Emery's dedication to teaching God's word every Sunday.

Sharing God's love has been paramount to our class. We pray and support The Lydia House, missionaries, Tiffany Dewitt, and Matt and Jen McGee. Additionally, members of the class serve in many areas of the church.

We continue to fellowship with each other with luncheons and other activities. The highlight of this year was an extended celebration of Fran Olson's 90th birthday. It was a beautiful celebration and a wonderful time of fun!!

The year came to a close with celebrating Christ's birth at La Cantina Steak House, and we ushered in the New Year at Bonefish Grill. We enjoyed our fellowship together at both events.

God's Grace has been shed upon us. We thank Him for all the blessings. Our prayer is that our Father will bless you in every way.

With Christian Love, The Assurance Class

### **FAMILY TIES LIFE GROUP**

The class now known as Family Ties dates back to the days when First Baptist moved out to the 33rd St. campus. Still going strong and including several original members, the group meets during the second hour, following the early service.

Led in weekly Bible study by a team of experienced teachers, the group is also active both in service to the Lord and in providing close fellowship . . . a "spiritual family" in fact!

Family Ties is blessed with a large group of "snowbirds" from as far north as Canada, who join us each year and actively participate in both our Sunday classes and other service and social functions. In late March, we again dedicated our annual Spring Fish Fry to them as a fun send-off before they start flying away to the north and east. The large crowd gathered at the Orange County Sportsmen's Association facility on the Butler Chain, where we feasted on fresh fish and all the trimmings. Boat rides, some singing and a devotional by former class member, Derric Johnson, were included in the festivities.

The fish fry has been so well received by our members over many years, we decided in 2014 to take it "on the road!" Asked if we would like to provide a meal for a group of Christian college students working with Rock Ministries for the summer, we said, "How about a fish fry?" The ministry, led by First Orlando members Brian and Suzette Wood, hosts the students who work for the summer months in secular jobs in the central Florida tourism industry. In their off-hours, they conduct ministries such as pool-side puppet shows and Good News Clubs as well as forming singing and entertainment groups. These often take place in the same hotels or amusement parks where they work and open doors for sharing Christ.

Last July, for the sixth consecutive year, Family Ties provided the Rock Ministries group with a fish fry and home cooking and we look forward to meeting and serving this summer's group of wonderful, dedicated young people! Our class has also regularly provided needed help to New Missions, headquartered in Orlando, New Missions has operated Christian schools and medical clinics in Haiti for many years. Usually starting in early fall, individuals and church groups from around the country send thousands upon thousands of shoeboxes filled with Christmas gifts for the Haitian school children. Many of our class members assist in checking each box and preparing them for shipping.

Like so many Legacy Adult classes, Family Ties provides a place for learning more of God's Word while at the same time offering members encouragement, support, strong fellowship, and a variety of opportunities to serve!

Submitted by Bob and Smilie Faust

# THE GLEANERS LIFE GROUP

The Gleaners are blessed to have 'winter visitors' who attend our class every year. Among those who come to the Gleaners class are Clarence and Jackie Torkelson. Clarence and Jackie spend about three months every year (January through March) in Orlando volunteering at Wycliffe Associates ministries in Lake Nona. They do whatever is needed on the campus to serve those who live and work there, visitors who come to the Wycliffe campus, and the missionaries that Wycliffe supports around the world. Clarence and Jackie's home is now in Indiana but they have a history of living in Alaska and still have children who live in Alaska. They are both very talented people!!

To share a little bit about Clarence, he is "a man of all trades" and knows a lot about a lot of things! He is called upon by Wycliffe to be the electrician on construction design and work crews at their new construction over the years and now heads up the electrical maintenance. He went to Faith Academy, a missionary school in the Philippines, in 2007 to head up the electrical work on a new auditorium. Back in 1992-93, Clarence and Jackie took their family (8 children at the time) to Ecuador to work on Hospital Voz Andes in Quito. While there, Clarence visited the Coca Codo Sinclair Dam in Ecuador, a hydroelectric dam built by HCJB. At that time he prayed that God would allow him to work on a hydroelectric dam someday. While in the Philippines he read a book called, "Miracle at Tenwek" about a missionary hospital in Kenya. In 2014 he was asked to go to Tenwek Hospital and work on the hydroelectric dam there to bring more power to the hospital. So his prayer to work on a hydroelectric dam was answered 22 years later! He was also excited to be at the hospital he had read about 5 years earlier.

Over the years Jackie has worked in various offices helping at Wycliffe Associates. Currently she is working on an exciting project that will bring God's word to the deaf illiterate population.

The project that Clarence enjoyed the most and has a great story to tell about how he got involved, was his work on The Ark Encounter in Kentucky. Many of our legacy adults traveled to The Ark over the last couple of years and all were amazed at the size and grandeur of The Ark. Most of all, was the joy being a part of the Biblical history that surrounded every corner, the displays that helped visitors to learn more and be a part of the story. If you have never been, we encourage you to make the trip. You'll never think of Noah's ark the same again. And, it might be possible to invite Clarence and Jackie to your class to hear some of their stories! You will be blessed. But remember, they belong to the Gleaners!!

Submitted by Faith Pinson

THE SEEKERS LIFE GROUP

"But seek first His kingdom and His righteousness, and all these things will be given to you as well."

Matthew 6:33

Four years ago, at the invitation of friends, we attended The Seekers LIFE Group. We had attended the traditional service the previous Sunday and had been overwhelmed by the warm welcome, the worship, and the preaching. God spoke to us in a supernatural way and our concerns of being lost in a mega church disappeared.

Then we wondered in which LIFE Group we would be comfortable. Deciding to attend The Seekers, we were met with welcoming smiles and a handshake at the entrance. As we stepped inside, we were overcome by the feeling that we were home, in spite of not knowing the people or the teachers. We just knew THIS was the place for us to grow in the Word of God.

We were thrilled by the team teaching of Jim and Shirley Cashion who KNOW the Word of God and teach in the most interactive and entertaining way. Their leadership is an example to be followed. They are God's servants and diligently teach with love, knowledge, authority, and Humility! They exalt and glorify the Lord in and out of the classroom!

The Seekers are much more than just a group that meets every Sunday. They are a group of believers that love and care for each other with the love of Christ. They share each other's joys and sorrows and are quick to help in time of need. They learn from each other as well as from the teachers. No one ever feels left out. They are also prayer warriors who lift up the needs of fellow classmates to the Lord.

The Seekers also have the gift of serving, according to God's command in Matthew 28:19 – 20. They are actively involved in mission trips in various parts of the world and have a passion to support missionaries in prayer and many other ways.

The class is also actively involved in supporting cancer survivors and spreading the Gospel to those in prison, Lydia House and the Baptist Children's Home. They also prepare shoeboxes for Haiti and other places – and do so while enjoying fellowship together.

Age is not a limitation in this wonderful LIFE Group. Besides being bathed in the Word of God each Sunday, their desire is to serve the Lord through their experiences, knowledge and skills – TO HELP AND COMFORT the needy and bring the lost to Christ.

We thank the Lord for the day He led us to be a part of this wonderful class.

Submitted by Remy Arce

### IS THERE REALLY A TIMBUKTU?

Lowell Bowman was born in the city of Timbuktu, Mali, West Africa, the first of 4 boys born to CMA missionaries. Timbuktu usually refers to the "most distant place imaginable." The real Timbuktu is located on the southern edge of the Sahara Desert near the Niger River. It was the endpoint of a Saharan caravan route.



Missionaries were sent home during WWII, so Lowell went to grades 1-4 in Ohio. The first day of 1st grade, each child shared where he was born. Lowell stuck to the story that he was born in Timbuktu, causing the teacher to call his mother. His mother told the teacher, "He's telling you the truth and all was well.

Returning to Africa after the war, Lowell and his brothers spent 9 months each year in a mission school in Guinea. The mission school had only 6 grades, so Lowell transferred to a boarding school in Zellwood, Fla., where he graduated, separated from his parents who still served in Africa. Then he went to college in Nyack, NY, and Seminary in Hartford, Ct.

He married and returned to Mali as a missionary where he managed medical clinics, did itinerate preaching in the villages, supervised a Christian bookstore, managed a translation project, began a youth camping program and a French film ministry. He oversaw a multi-national seminary program and began the first Christian broadcasting program on a 500,000- watt Muslim radio station.

He returned home to work in business and churches in Minnesota and Florida for 12 years. He wore many hats since he was Project Director of World Relief's program to teach English and cultural orientation to 5,500 Amer-Asian children from Viet Nam, Laos, Cambodia and the Philippines Refuge Processing Center for 2 ½ years, directed 11 medical clinics and a staff of 7 different ethnic backgrounds, and helped oversee two large flourishing churches (services in 5 languages); as well as many home Bible study groups.

Lowell and Ruby met in Orlando in 1995 and have now been married 20+ years. They have been on many short-term mission trips together. They served at Mercy Ships' Headquarters in Tyler, Texas, for one year managing the Guest House and Coffee Shop. They have been members at First Baptist for 8 years and belong to the Seekers' Class.

### **TECH TALKS**

### Testimony of a Young Adult TECH

The first Tech Talk session took place in January. Much benefit was gained from both our own Tech Team and the Legacy Adults. Below you will read how one from the Tech Team benefitted from that session. There was another session in late March. We are trusting there will be several more during the remaining part of the year.

Our residency-legacy tech event was very meaningful to me, and to many others. I personally helped a cheerful lady who had some questions about using and saving storage space on her tablet. She uses it to Skype with her grandson. Pastor Doug Hankins and I helped her to know how to use her storage space effectively, but that was not the most meaningful thing that we were able to accomplish. True, we did help to improve the modern technology abilities of some of the most valuable members of our church, but it was the conversations that we had that added true meaning to our endeavors that day.

We learned that legacy adults have long histories of experience, sometimes experiences we can't even imagine. These long histories lead to much knowledge and wisdom that need only be shared. With such an advantage in years, our legacy adults know what a person needs to follow to have a full life, that is, what things in life are truly the most important. They know what situations to focus on, and also which ones are merely fleeting worries that will be gone in the blink of an eye. Most of all, they had long histories of their relationships with Jesus.

What most encouraged and helped me was how the age-wise legacy adults knew what it means to live a full life for Jesus, to be with Him, and follow Him for a lifetime and to the glory of God. They made mistakes, and they had victories, and they are eager to share these learned pieces of wisdom with us, especially those of us younger in years and in need of wisdom and guidance. Such meaning and wisdom is a gift, one I dearly hope I am willing to share as I advance in years, and one I hope others would take the opportunity to listen, and I owe it to the legacy adults for teaching me.

Submitted by a Young Adult

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### ST. AUGUSTINE NIGHT OF LIGHTS

"One big family," was a statement made by one of our first-time travelers. Our prayer on every trip is that we get to know, love, and help each other, as well as enjoy the sights.

Our free time was spent enjoying the history of the old city, visiting the old churches, and happily sitting on the benches people watching while enjoying a huge ice cream cone.

After our delicious meal, we boarded the trolley for our tour of the beautiful lights in the city as we wore our special Christmas glasses. God blessed us with a perfect trip, including the weather.

Please check any special announcements that come to your class for future trips. Looking forward to having many more join us on upcoming trips.

Submitted by Sue Cates



### CANCER MINISTRY

You. Have. CANCER.

These words utterly changed my life.

After recovering from brain surgery in late 2016, I was grateful to be alive, thankful God healed me. I returned to work and resumed a normal life. However, seven months later, I was diagnosed with colon cancer and had another operation to remove the diseased portion of my colon and left fallopian tube. This all occurred when I was forty years old.

I did not expect to be a cancer patient. I did not expect to have two life threatening illnesses consecutively. I did not expect to endure two major surgeries and months of recovery. I did not expect Stage III Colon Cancer and three months of chemotherapy. I did not expect to lose my hair. Nevertheless – this happened and I was in utter shock. Thankfully, I had a superior medical team. My family was my Rock. I had the love and support of friends, colleagues and my students. Yet - I still needed more. It needed to be in an environment where people could personally identify with my story, struggles and challenges. I needed a support group.

I began to search for a Christ-based, health related ministry and found the Cancer Support Group at FBO. The group was started and is led by Dick and Barbara Jarvis. Their personal journey with cancer was heartbreaking yet inspirational. I attended my first class while still undergoing chemotherapy. They welcomed me with open arms and I knew I was in a safe place. I could be vulnerable and express my true feelings without fear of making someone else feel sad or uncomfortable. They understood...everyone in

My cancer is now two years in remission. I still attend the monthly Cancer Support Group meetings. We are a family. A family created from the trials and tribulations of life. A family filled with the love of Christ. A family continually demonstrating God's greatness, grace and empathy.

Submitted by Kourtney Baldwin

We, at the Cancer Support Group, meet every third Wednesday from 6:00 – 7:30 pm in E2-340. We are a group of folks who have cancer, are cancer survivors and are caregivers. We (Ron and Barb) became part of the group when I (Ron) was first diagnosed. This group has given to us the support we may not even realize we needed through prayer, fellowship, concern and fun. We laugh a lot and cry when we need to.

Dick and Barbara Jarvis lead the group with much compassion and concern. We are never asked to share what we may feel uncomfortable with and all are very respectful of that fact. Our meetings usually consist of some jokes (laughter is good medicine), prayer requests for those who would like us to pray, a devotional and often just open time of heartfelt love for each other in a family atmosphere.

Our desire is to live out 2 Corinthians 1:3-4 and which says, "Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort; who comforts us in all our affliction so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God." (NASB).



Please feel welcome to come and join us in this journey.

Submitted by Ron and Barb Collison

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What Kourtney, and Ron & Barb don't mention is how they have in turn blessed others. This is the nature of the group – to encourage and support each other.

The Cancer Ministry also supports patients and caregivers one-on-one. Survivors minister to individuals spiritually through prayer and a listening heart, as well as in practical ways. The Ministry also offers educational and motivational programs on cancer treatment and side effects, nutrition, stress, and other subjects.

In addition to the Cancer Ministry Support Group which meets the 3rd Wednesday of each month, there is a separate Breast Cancer Support Group which meets every first Wednesday. For more information, please contact the Cancer Ministry at 407-514-4338.

You can't change your beginning, but you can start where you are and change the ending.

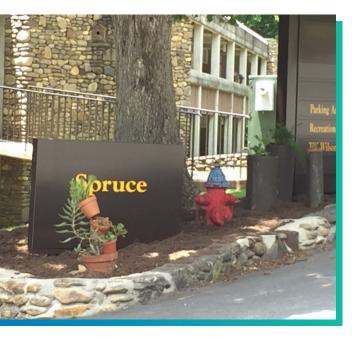
C.S. Lewis

### **VACATION WHILE SERVING**

A Volunteer Haven For The Young And The Not So Young!

Do you have a yearning to go to the mountains of North Carolina for a vacation and serve at the same time? Located in Ridgecrest, NC, just east of Ashville, NC, Ridgecrest Conference Center is what you are looking for. All during the year you will find adults of all ages – some retired, some still working, but all giving their time as volunteers. Volunteers are key to Ridgecrest being able to effectively serve their guests. People with an authentic and growing relationship with Jesus Christ and who have a servant's heart and a desire to make a significant difference in the lives of others may apply.

You can make a commitment based on the amount of time you have available. They like for you to volunteer at least two weeks at a time, but many for longer time periods. Traditional conference housing and full campsite hook-ups are provided. The hotel-style rooms include a fridge, microwave, phone, coffeemaker, and linens. There is a laundry room and a full kitchen available for your use. When meals are being served to guests, meals are provided for volunteers also.



There are a variety of ministries from which to choose, such as food service and food outlets (preparing food, baking, hosting, running registers, serving food, etc.), hospitality and guest relations (greeting on arrival days, driving trams, or selling merchandise in the retail shop), facility maintenance (maintenance, carpentry, painting, landscaping and much more, based on your skill set). Workdays are only 6 hours per day (30 hours per week). On your 2 off days, there is plenty of time to explore the beautiful mountains and sites in the area.

Summer Staffer positions for college-age students are also available. Students stay the entire summer and as they work, they receive training in many areas. The Summer Staffers are paid dormitory housing and food along with a chance to meet new friends and make new connections. If you have a child/grandchild who is college age and looking for a summer job, go online to Ridgecrest Summer Staffers for further information.

For volunteer information/application, go to https://ridgecrestconferencecenter.com/ to complete an application and/or get additional information.

Some Legacy Adults have volunteered for several years. It is enjoyable and many continue to volunteer summer after summer! If you are interested or want additional information contact Jim or Pat Wortham at jimpatwortham@cfl.rr.com.

Submitted by Pat Wortham

I don't know what the big deal is about old age.
Old people who shine from inside look ten to twenty years younger.

Dolly Parton, US country singer

#### TESTIMONY FROM GRIEFSHARE MINISTRY

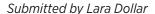
It has always been my belief that out of every situation something good comes from it. I find hope and comfort knowing that my husband is no longer suffering from cancer and we will be reunited in God's kingdom. I never

asked God "Why me?" It took time, but I started to see that God has a plan for me. Being a widow has truly strengthened my relationship with our Heavenly Father. My involvement with church has also grown tremendously – it started with Grief-Share.

GriefShare is a valuable tool to give guidance through this tough journey. The class helps to put things in perspective, and I was able to accept the hard work necessary to once again find purpose and joy for my life. Moving forward has been possible through my faith and the fellowship I received at GriefShare. Sharing with others who are enduring the same type of pain keeps you from feeling isolated. I have experienced God using others widows to show me that the next chapter of my life can be greater than before.

Although, I wasn't expecting to be a widow at such a young age, I have been blessed by many people and situations during this time. I now realize that God has never left my side. I have already seen Him use me to comfort another widow at the beginning of her journey through grief. Helping someone else is so powerful!

During painful times you have to seek Him. There is great power in prayer and He is the only One that can bring your peace. I'm truly thankful for the marriage I was blessed with and now I focus on God and His timing for my life.



GriefShare meets January 8 - April 8, 2020 9:30 a.m. or 6:00 p.m. Faith Hall 301B

For summer **GriefShare Round Table** discussion groups are held during the summer and will take place on Wednesday, May 13, June 10, and July 8, at 6 p.m. in Faith Hall 301B. This one-hour, one-time experience is open to anyone who has lost a friend or loved one by death. Each Round Table session is unique and will cover different topics. What you experience at our Round Table is a very brief exposure to the regular GriefShare program.

Please join us and bring a friend, if you wish.

# **CALLING ALL BARGAIN HUNTERS!**

Drop by our thrift store called SECOND CHANCES, located at the corner of L.B. McLeod and Bruton Boulevard to meet our new manager, "Rusty" St John." Rusty has had 25+ years of retail management experience. She hails from Michigan and has spent the last 22 years in Orlando. Since 2014 First Baptist has been her church home. She is also a Care Group leader in the Seekers LIFE Group.

Lots of changes have taken place since Rusty's arrival. All of the changes have helped make shopping at SECOND CHANCES more enjoyable. All of us volunteers have enjoyed our work and love getting to know this friendly helpful lady who loves our Lord and wants everyone to feel welcome and loved.



Volunteers are needed! Please pray about being on the team. You can choose your days and hours. The store is open Tuesday, Wednesday, and Thursday from 9 AM to 5 PM. On Mondays volunteers restock from 9 to 1. We accept household items, (not large furniture), clothes, kitchen wares, games (with all the pieces), small tools, and bric-a-bracs. Donations are welcome on Tuesday, Wednesday, and Thursday from 9 to 5.

If you would like to serve, contact Rusty at RusselineStJohn@firstOrlando.com or call 407-514-4274.

We hope to see you SERVING or shopping soon!

Submitted by Linda Dore and all Second Chances Volunteers



### SCHOLARSHIPS FOR GRACEVILLE MISSION TRIP 2020

The time for the 2020 Graceville Mission Trip is quickly approaching--Sunday, June 14 – Friday, June 19, 2020. It may seem like a long way off to you, however, in order to know how to plan, we are reaching out to you for scholarship support for our children ages 6-18. God has graciously provided exactly what we need each year and we are looking forward to seeing what He will do this year. Of course, right now we do not know how many children will be participating in the mission trip, however, the average number of children previously was 30. The children ages 6-9 need \$50 per scholarship; ages 10 and up need \$125 per scholarship. Any amount contributed is appreciated and will go toward scholarships.

We cannot convey to you the joy these children feel as they serve Jesus. The younger ones under 10 attend Grace-ville Bible School, which some team members prepare and provide. It's a sweet time for the children while their parents are engaged in a project. Children 10 and up go alongside their parents, learning some skills. They take great pride in being able to serve in this way. The parents are especially grateful for this financial support for their family. This is a very family-friendly mission trip.

If you wish to contribute to a scholarship, please make checks payable to First Baptist Church Orlando and mark on the "for" portion of the check "Graceville Mission Trip." Please give it to either Jim or Pat Wortham or mail it to Jim Wortham, 104 Miller Court, Ocoee, FL 34761 and he will give it to the mission's office so that the funds get to the Graceville Scholarship Fund. If you donate online, please note that it is for the Graceville Mission Trip and call/text Jim Wortham at 407-230-5993 so funding can be tracked. We appreciate all the support we receive because it makes an already affordable mission trip affordable to each family who receives this help. Thank you once again for your support.

Submitted by Pat Wortham

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## **2-INGREDIENT BROWNIES**

4 large Eggs 1 cup Nutella Powdered sugar, optional

- Preheat oven to 350°.
- Line an 8x8 brownie pan with parchment paper; set aside.
- Place the eggs in your mixer's bowl and beat for 5 to 7 minutes, or until the eggs have tripled in size. This may take up to 10 minutes with a handheld mixer on high.
- Heat the Nutella in the microwave for 60 seconds. Remove and stir.
- Slowly pour a stream of the warm Nutella over the eggs, beating until mixture is thoroughly combined.
- Pour batter into prepared pan and bake for 30 to 35 minutes, or until a toothpick inserted in the middle comes out with very few crumbs.
- Remove and let completely cool before cutting.
- Dust with powdered sugar.
- Cut into bars and serve.

### **HOW TO STAY YOUNG**

- 1. Throw out nonessential numbers. This includes age, weight, and height. Let the doctors worry about them—that is why you pay them.
- 2. Keep only cheerful friends. The grouches pull you down.
- 3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. An idle mind is the devil's workshop.
- 4. Enjoy the simple things.
- 5. Laugh often, long, and loud. Laugh until you gasp for breath.
- 6. Tears happen. Endure, grieve, and move on. The only person who is with us our entire life is ourselves. BE ALIVE while you are alive.
- 7. Surround yourself with what you love, whether it's family, pets, keepsakes, music plants, hobbies, whatever. Your home is your refuge.
- 8. Cherish your health: if it is good, preserve it, if it is unstable, improve it, if it is beyond what you can improve, get help.
- 9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt is.
- 10. Tell the people you love that you love them at every opportunity.

AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.



#### **LEGACY LIFE GROUPS**

#### 7:30 a.m.

**SCRAP IRON** - Room E2 306 • Teacher: Larry Margarella Contact: Mordy Brooks, 407-339-0196 ab300z@aol.com

#### 10:00 a.m.

AGAPE - Room E2 306 • Teacher: Dr. Bill McCurry Contact: Carolyn Moore, 407-884-5432 smoore682@centurylink.net

ASSURANCE - Room E2 309 • Teachers: Bill Emery and Theron Guthrie Contacts: Kathy Emery, 407-625-5473 kathyemery@firstorlando.com Glenda Guthrie, 407-967-1914 gguthrie45@gmail.com

**BEARERS OF THE WORD** - Room E2 207 • Teacher: BobWittmeyer Contact: Bob/Ruth Wittmeyer, 407-299-8478 rwittmey@bellsouth.net

**CARE BEARERS** - E2 307 • Teacher: Roger Stevens Contact: Roger Stevens, 407-876-3823 rstevens@wservices.org

**FAITH FELLOWSHIP** - Room E2 312 • Teacher: Jim Moore Contact: Jim Moore, 407-384-0563 vol1@bellsouth.net

**FAITHFUL FOLLOWERS** - Room FH 334 • Sylvia Downes Contact: Dianne McKenzie, 407-277-9510 diannemckenzie@bellsouth.net

**FAMILY TIES** - Room E2 319 • Bob Faust and others Contact: Bob/Smilie Faust, 407-296-6786 rfaust@cfl.rr.com

**FOCUS** - Room FH 353 • Teachers: Varied Contact: Ann Mette annmette@aol.com

**GLEANERS** - Room E2 310 • Teacher: Bob Hudson and Team Contact: Bob/Ruth Ann Hudson, 407-896-6840 coachandnana53@gmail.com

**JOY CLASS** - Room E2 311 • Louise Ward Contact: Sharon White, 207-451-8640 sharonw4211@gmail.com

**LIGHT OF THE WORLD** - Room WC 139 • Rotating teachers Contact: Roy/Jill Miller, 407-363-7986 royandjill@cfl.rr.com

**PAUL'S DISCIPLES** – E2 208 • Teachers: Paul Waters/ Bob Buck Contact: Joyce Sims, 407-549-5432 jmsims510@gmail.com

**PEACE SEEKERS** - Room FH 346 • Teachers: Charles Bell, Dick Hissam, Pat Phillips Contact: Mary Simon, 407-869-7750 maryeesimon@gmail.com

PRESSING ON IN GRACE – WC 124 • Teacher: Pastor Chris Whaley Contact: Herb Tillman, 407-925-3663 hat@cfl.rr.com

**SEEKERS** – WC 132/134 • Teachers: Jim and Shirley Cashion Contact: Jim/Shirley Cashion, 407-831-0230 jcashion@cfl.rr.com

**SERVERS** - Room E2 308 • Teacher: Ray Shands, Dr. Will Butler Contact: Ray/Darla Shands, 407-331-5616 rdshands2@cfl.rr.com

**SOLID FOUNDATION** - Room FH 144 • Teacher: Rosia Henderson Contact: Beverly Fleury, 407-539-2241 bfleury@live.com

**SON RISERS** - Room E2 316 • Teacher: Jim Gallery Contact: Jim or Sue Gallery, 407-851-2914 jimgallery@bellsouth.net

**SOULDIERS FOR CHRIST** - Room FH 350 • Teacher: Bob Riemer Contact: Bob or Lynne Riemer boblynne.riemer@comcast.net

VICTORY CLASS - Room E2 315 • Teachers: Team Teaching Contact: Jim or Pat Wortham, 407-656-7303 jimwortham@cfl.rr.com

E2=Education Building, FH=Faith Hall, WC=Worship Center

If you have articles for Legacy Links, please contact Hazel Hamlin at: hazham927@gmail.com Please write, "LEGACY LINKS" on the subject line. Thank you!

