

Our Gift to You

# Be Inspired

Faith at Work

HELPING  
**Families...**  
Share the **HARVEST**



Discover the **Joy**  
of **Giving...**





So Many Ways to Be...

# Thankful

*Among the things you can give and yet still keep are your word, a smile, and a grateful heart.*

—Zig Ziglar

*Let us always meet each other with a smile, for the smile is the beginning of love.*

—Mother Teresa

*When you are grateful, fear disappears and abundance appears.*

—Anthony Robbins

*When we lose one blessing, another is often most unexpectedly given in its place.*

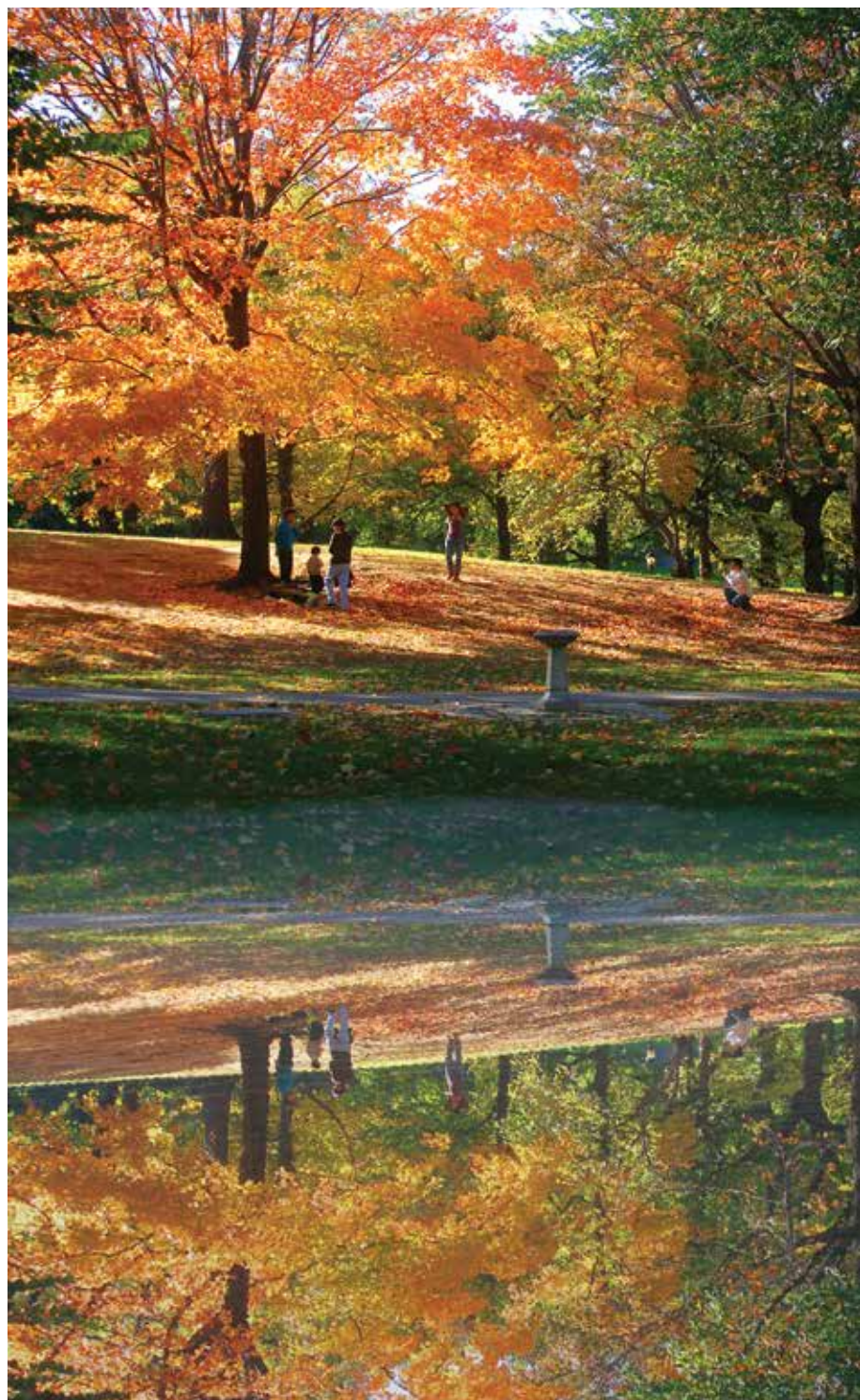
—C.S. Lewis

*Often people ask how I manage to be happy despite having no arms and no legs. The quick answer is that I have a choice. I can be angry about not having limbs, or I can be thankful that I have a purpose. I chose gratitude.*

—Nick Vujicic

*Always be joyful. Never stop praying. Be thankful in all circumstances for this is God's will for you who belong to Christ Jesus.*

—1 Thessalonians 5:16-18





# Inspired

Faith at Work

*BeInspired* is a Christ-centered magazine sharing uplifting stories and encouraging faith in the home, work and marketplace.

Published by Faith at Work, a Christian non-profit dedicated to sharing the Good News and encouraging positive living.

*In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.*

—Matthew 5:16

Becky Johnston, *Chief Creative Officer*  
Becky@BeInspiredNetwork.com

Scott Brunscheen, *Director/Faith at Work*  
Scott@FaithatWorklowa.org

#### CONTRIBUTORS

Amanda Marsh  
Heidi Vermeer-Quist, Psy.D  
Kevin Duis  
Shutterstock.com  
Anthony Correia/Shutterstock.com

Faith at Work, Inc.  
5585 North East 16th Street  
Des Moines, Iowa 50313  
515.419.1059  
FaithatWorklowa.org

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Harvest Time in Iowa...

# A Season to Share

Just as Iowa farmers all across the state anticipate a bumper crop this fall, you too can reap a long-lasting harvest by the bushel as we celebrate this season of Thanksgiving. While taking time to give thanks for all our blessings—those seen and often unseen—it is a time of giving as well as receiving.

With the Worldwide Random Acts of Kindness Day falling on November 13 of each year, it offers plenty of opportunities to share a bit of kindness as you go through the routines of your busy everyday life—from carrying groceries or raking leaves for a neighbor.

On pages 13-16 you'll find more than a dozen quick and easy ways to bring a smile, lift a burden or just walk alongside another fellow traveler on life's journey. And, just think how good you'll feel if you make sharing a random act of kindness an ongoing habit for everyday of the year!

We are also delighted to share with you several local families—Dan and Diane Folkers, Mike and Dawn Schneider—who practice giving back on a daily basis as well as the highly respected Billy Graham Evangelistic Association with an established global ministry of outreach to others for more than 60 years! Our hope is that you will be inspired to follow their example in helping families share the harvest as you, too, discover the joy of giving.





Dan & Diane Folkers' Journey...

# Flying Far & High

As with almost any parents, attending their son's wedding was a priority for Diane and Dan Folkers from Norwalk, Iowa.

However, the logistical challenge was about as difficult as you could find anywhere on the planet for these Christian missionaries currently who are serving Wycliffe Bible Translators in Papua, New Guinea.



To make it home for Dustin and Amy's September wedding involved taking a small plane from their Highlands village to Port Moresby (the country's capital), a small commercial plane to Brisbane, Australia, followed by a flight to San Francisco and finally to home...traveling a total of more than 8,000 miles and some 30 hours! The Folkers were home for just two weeks—for the wedding and to spend time with daughter Shawna, her husband Vince, and three growing grandkids before they had to return to this tropical island north of Australia's coast.

Dan graduated from Indian Hills Junior College in Ottumwa with a degree in aircraft maintenance, where Diane received her Associate's Degree in Business. Dan was employed as an aircraft mechanic in Des Moines for many years, while Diane taught at



Des Moines Public Schools Cowles Montessori. But it was after a trip to Asia that Dan and Diane felt they were called to become full-time missionaries. After much thought and



prayer, and encouragement from friends and family, Dan and Diane made a commitment to serve Wycliffe Bible Translators.

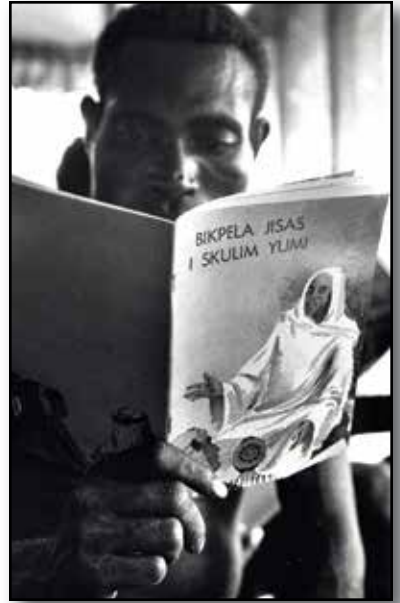
They began their journey of faith in January, 2010 by taking part in many cross cultural trainings sessions before making a four-year commitment to help Wycliffe serve remotely-located tribal groups of Papua New Guinea. Tropical, with high humidity, the island is six degrees off the equator with nearly equal days and nights year-round.

So what do a trained aircraft mechanic and teacher do in full-time ministry? Dan was accepted by Wycliffe to use his skills as an Aircraft Technician, serving Wycliffe's aviation department on the island to keep four small planes and two helicopters safe and reliable. Diane, a provider of early childhood education with the



Des Moines Public Schools for more than 20 years, was accepted by Wycliffe to continue her work as a teacher by serving the many missionary and national children.

With dense vegetation and few roads, flying is critical to Wycliffe's work where the island in which Papua New Guinea is located is larger than the state of Texas. In addition, the country includes more than 600 islands with 7.5 million people who speak an estimated 830 different languages. Planes used by Wycliffe can seat 10 translators, help take coffee to the market for villages, and carry other supplies. In fact, villages make their own runways for planes as they know that is one way to advancement. Education is another, and in the classroom sponsored by Wycliffe, it is not uncommon



to have as many as 10 nationalities represented, with some families saving every penny to invest in sending their kids to school.

The Wycliffe base-camp is at 5,300 feet elevation atop a mountainous range in the village of Ukarumpa where it is cloudy and foggy every day. Living in Papua New Guinea is expensive, and safety is important. A box of cereal or a chicken can cost as much as \$16 each. The water from the ground or river is not drinkable, but instead must be caught off the roof from rains and stored. The village, established 50 years ago by missionaries, is enclosed by a 12-foot chain link fence with a 2-mile radius guarded by hired security to protect the 200 homes and people living there.

Although technology has helped, translating a Bible is still a slow and intentional process focused on relationship by: 1) finding a people group, 2) befriending the people, 3) learning their language, 4) printing their language, 5) translating the Bible, 6) printing the Bible in their language, and 7) holding a dedication (celebration) in which Bibles are presented. Since serving in Papua New Guinea, Diane and Dan have witnessed four dedications of translated Bibles given to five different people groups, with an estimated 10,000 receiving God's word in a language they understand best, their heart language.

**Editor's Note:** Diane and Dan Folkers sold their home and all that they owned to become missionaries. Even with that commitment, they would not be able to serve Wycliffe without raising their own support of \$4,600 per month to cover expenses. Contributions currently come from family, friends and Fellowship Community Church, their home church in Norwalk. To join in and help support their work as missionaries, contact [Dan\\_Folkers@sil.org](mailto:Dan_Folkers@sil.org) or go to [www.wycliffe.org](http://www.wycliffe.org) to [donate/missionaries/Dan & Diane Folkers](#).

## Wycliffe Bible Translators

The Bible is one of the oldest and by far the most popular books of all time. But is it just a book, or is it much more than that?

At Wycliffe, they believe the Bible is literally God's Word to us, and they think every person deserves to hear it or read it in a language they clearly can understand.

Here is the challenge. Not everyone has access to God's Word. In fact, people from nearly 2,000 language groups are still waiting for their Bible translation to begin. That is nearly 200 million men, women and children who do not have a single word of the Bible in a language they can clearly understand.

When people get the Bible in their own language, lives often change in amazing ways. Wycliffe has seen people freed from addictions, saved

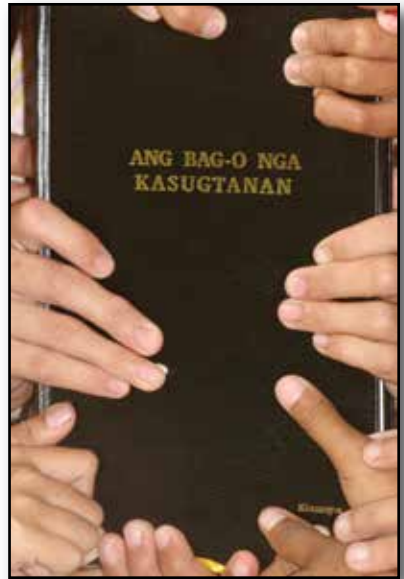


from violent life-styles, and rescued from very dark corners of their own hearts. Men and women have found forgiveness for past wrongs, and relationships have been restored. Each empowered by the truth and wisdom of God's Word. But the most important thing about the Bible, the thing that makes translation so crucial, is that it leads people to Jesus Christ and a right relationship with God.

That is why Wycliffe exists and why they are working with more than 1,500 language communities right now to help them get God's Word. And they won't stop until all people have the Bible in a language they can understand.

## The worldwide status of Bible translation, according to Wycliffe...

- Almost 7,000 languages are known to be in use today in the world
- More than 500 languages have the complete translated Bible
- More than 1,300 languages now have access to the New Testament and a portion of the Bible in their own language
- More than 2,300 languages across 131 countries currently have active translation and linguistic development work in progress
- About 200 million people, speaking some 1,800 languages, are still in need of a Bible translation project



The roots of Wycliffe Bible Translators goes back to 1917 when missionary William Cameron Townsend went to Guatemala to sell Spanish Bibles. He discovered many people only spoke Cakchiquel, a language used in the Central Highlands, and didn't have a translated Bible. Cam dropped everything for the next several years to translate a Bible into their language. With the completion of the New Testament, a worldwide movement began in 1942, when Cam founded Wycliffe—named after John Wycliffe—an Oxford scholar and early advocate for translating the Bible into common language in the 1380s. The Wycliffe Bible bears his name. Wycliffe Bible Translators is a Christian non-profit. With its Vision 2025, Wycliffe is committed to a Bible translation project in every language still needing one, by 2025.

## 15 Random Acts of Kindness...

# It's the Little Things

Each year Worldwide Kindness Day is celebrated on November 13. It is the perfect day for sharing random acts of kindness with others. Whether your act of kindness is offered to family, friends or even strangers, you'll be surprised at how something so simple can make such a difference. Once you get into the kindness habit, think of how great it would be to practice it every day!



**1. Visit Someone Who Is Lonely**—Offer your companionship to someone who is lonely in exchange for their wisdom or a lifetime of stories.

**Mow A Neighbor's Lawn**—For people who work long hours or those who have a physical disability, offer to mow their lawn or rake their leaves. You'll be helping keep your neighborhood beautiful and making a neighbor happy.

**2.**

*The great acts of love are done by those who are habitually performing small acts of kindness —Victor Hugo*

# 3.

## Visit An Animal Shelter—

Even if you don't have the means to adopt a pet, you can still comfort an animal at a shelter, while relaxing and reviving yourself from the stress in your own life.



# 4.

## Donate Used Books To A Library—

Many children in your community don't have access to books because of financial or other reasons. That's why libraries are a great resource. Anyone can sign up for a library card and enjoy thousands of books for free.



# 5.

## Start A Piggy Bank For A Cause—

Keep your spare change in a piggy bank and when it is full, donate it to a cause or charity of your choice.



## Ask If You Can Help—

The next time you see someone who looks down or frustrated, offer to help them.

# 6.



## Return Emails Promptly—

Returning emails promptly is a great way to show someone respect. When you return an email right away, that person knows that they matter to you.



# 7.



## Cook A Meal For Someone—

Cook and deliver a meal to a friend who needs it. Perhaps you have a friend who is busy with a new baby

**8.** or sick child—they might not have had time to go to the grocery store! Bring someone a meal and save them the time; it will be a huge stress reliever!



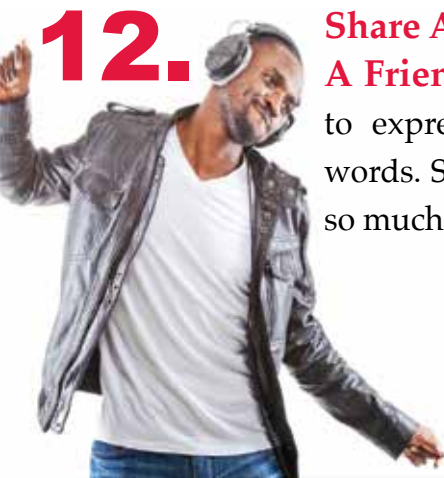
**9.** **Make Time For Silly—**Is your schedule jam-packed? Well, why not make a little time for just being silly? Let loose a little and enjoy life again!

**10.** **Donate Your Vehicle—**Do you have a vehicle you don't need or want? Before you decide to sell, consider donating it to a local charity like Teen Challenge of the Midlands, [tcmid.org](http://tcmid.org).





**11.** **Be Generous With Compliments**—You've probably experienced what it feels like when someone says something nice to you. Even a very simple compliment can brighten your day, and make you feel better about yourself.



**12.** **Share A Music Playlist With A Friend**—It's not always easy to express how you feel with words. Sometimes music can say so much more than you can.



**13.** **Bring In Your Neighbor's Trash Cans**—



It will only take a couple of extra minutes if you pick it up just after you pick yours up.

**14.**

**Clean Out Your Closets**—Make an effort to find unused items in your closets and drawers and donate them to a local shelter or charity organization.

**Be A Positive Person**—Having a good attitude can do wonders for both yourself and those around you!

**15.**



National Christian Foundation...

# Dreaming Big

With God's grace, they're dreaming big. Recently in Des Moines, the Iowa Generosity Council (IGC) was created—a group of leaders in the community focused on philanthropic support of Christian non-profit organizations, with the help of the National Christian Foundation's Heartland office in Kansas City.

Every day, the team at the National Christian Foundation (NCF) helps generous-hearted people simplify their giving, multiply their impact, and experience the joy of sending more to their favorite causes than they ever dreamed possible. So whether passionate about more Bibles for local churches, more healthy Christian marriages, more clean water, or more justice...they are dreaming big.



**Creative giving solutions with impact...** From the simplicity of the Giving Fund to the multiplying power of Asset-Based Giving, creative solutions offered by NCF provides expert help to givers who then experience less paperwork, fewer taxes, more joy, and more impact for the charities they really care about. NCF also serves professional advisors and ministries and churches. Since 1982, this has resulted in more than \$5 billion in grants to over 30,000 charities.

**NCF vision, mission, and beliefs...** NCF believes God is moving hearts to give like never before, around the corner and around the world. So they want to be there—on the frontlines of this modern day generosity movement, and they are here to help people from all walks of life who want to be a part of it.

- Vision: Every person reached and restored through the love of Christ
- Mission: Mobilizing resources by inspiring Biblical generosity



**People with hearts as big as yours...** NCF is comprised of a team passionate about the joy of giving and the impact it makes in our world.

Even better, they share the Biblical view of generosity that inspires.

For more about the Iowa Generosity Council or National Christian Foundation, contact Todd Herrman, Vice President of Outreach, NCF Heartland, (913) 310-0279, [therrman@nationalchristian.com](mailto:therrman@nationalchristian.com) or visit [www.nationalchristian.com/heartland](http://www.nationalchristian.com/heartland)

**Iowa  
Generosity Council  
Board Members...**

Beth and Jim Blessman

Mike Canney

Larry Clauson

Eileen and Keith Denner

Julie and Brian Donaghy

Bill Gustoff

Adam Obrecht

Gary Rosberg

Johnne Syverson

The Most Precious Gift...

# Your Time

Time is one of life's great equalizers. As individuals, while our work, finances and experiences may be unique, at the end of the day we all have the same amount of time that has passed—24 hours or 1440 minutes.

Even Steve Jobs, the late founder of Apple Computer and one of America's wealthiest, is quoted as saying, "My favorite things in life don't cost money. It's really clear that the most precious resource we all have is time."

So, if time is our "most precious resource," the question is how do we use it? Do we spend time on ourselves or give it away to others?

When you give someone your time, you are giving a portion of your life that you will never get back. Or do you?

There is a different kind of return received from the smile of a child or the words of a neighbor helped that are priceless. The choice is yours...

*Choose today whom you will serve...  
as for me and my house, we will serve  
the Lord.*

—Joshua 24:15





100+ Men on a Mission Shared by...

# Mike Schneider

*I refuse to sit around and wait for someone else To do what God has called me to do myself* —Lyrics from “I Refuse” by Josh Wilson

Like the lyrics to one of their favorite songs, to know Mike and Dawn Schneider is to know a couple who “refuses to sit around and wait for someone else...”



As parents of two sons, Kellen now a junior at Belmont College in Nashville, and Cory, a senior at Valley High School, Mike and Dawn are constantly on-the-go by helping at Lutheran Church of Hope with youth programs, or helping friends and neighbors—and everyone is their neighbor. Cory, with undiagnosed special needs, lights up every room he walks into and was recently named Valley High School’s Homecoming King.

Over the years, the Schneider family has been personally impacted on the receiving end of services provided by non-profits.

So when Mike heard about an opportunity to turn the tables around and do something to give back to local non-profits that mean so much to families like theirs, Mike just had to do something.

It was at Caribou in West Glen when Mike first heard about the concept of people gathering together quarterly to make an impact in helping local non-profit organizations. The local group of women were called “100 Plus Women Who Care.”

The concept is quite simple. Organize a group of 100 or more women who each want to make a difference and who agree to meet once a quarter and commit to write a \$100 check to a local non-profit at each quarterly meeting.

At the meeting, names of local non-profits are submitted by any member and put into a hat or bowl, three names are drawn and the members who submitted the non-profits names are given a specific amount of time to present the need of the non-profit and answer questions.

After the last of the three presentations, members vote. With the results tallied—all members are asked to write a check directly to the organization with the most votes. With 100 or more members, the impact is an immediate \$10,000 gift to one of three deserving non-profits.

Mike was intrigued with the concept, and contacted Des Moines co-founder Sue Kenny to learn more. In meeting with Sue, Mike learned this idea was birthed in Jackson, Michigan by Sue’s cousin, Karen Dunigan. What amazed Mike was that Jackson is his hometown, and he attended school with Karen. Inspired by this “one woman who saw a need” and her idea that had spread across the country to other cities—in both women’s and men’s groups—Mike knew he must share this concept with men in Des Moines.

Mike began by sharing the idea with eight or nine guys he knew and asked if they would each make a commitment to invite



ten or more other guys. At that first meeting, three presentations were given by three members of 100 Men. Gigi's Playhouse—serving children and adults with Down Syndrome—was selected as the group's non-profit to support. Mike remembers surprising Gigi's Playhouse with the one hundred \$100 checks, and with tears in their eyes learning from the staff that it was two times the largest gift the charity had ever received!

Since that first time of sharing in 2011, 15 quarterly meetings have collected more



than \$150,000 in total that has been donated to local non-profit organizations. Examples of non-profits chosen in 2015 include



Central Iowa YFC (Youth for Christ), Fellowship of Christian Athletes, and NAMI Iowa that serves people of all ages with mental illness.



All 100+ meetings for Men on a Mission continue to be held at the Holiday Inn & Suites, 6075 Mills Civic Parkway in West Des Moines. Friends at KCWI 23's Great Day helps create awareness.

The next meeting is scheduled for 5:30 PM, Tuesday, November 10 with a 5:00 reception at Johnny's prior to the meeting. No cost to join, with members of all ages who share the vision to impact local non-profits—just bring your checkbook!

Or, for women—consider joining 100 Women Who Care. Even better, follow Mike Schneider and Sue Kenny's examples, and start one yourself with your friends!

For more information, visit [www.100MenonaMission.com](http://www.100MenonaMission.com) or [www.100plusWomenDSM.com](http://www.100plusWomenDSM.com).



**Billy Graham Evangelistic Association...**

# Always Good News

Many are familiar with the book *Unbroken, A World War II Story of Survival, Resilience, and Redemption* the best-selling book by Laura Hillenbrand, as it spent more than four years on the *New York Times* best seller list, 14 weeks at number one, and is the 5th longest-running nonfiction best seller of all time. Universal Pictures with Angelina Jolie directing adapted a feature film based on the story. The film, now being seen on HBO, received a wide release in December of last year, and grossing more than \$161 million world-wide.

But one important piece of the story not included in the movie was the impact in which Billy Graham had on this true-life story. Louie Zamperini, late in life received international recognition for his steadfast survival as an American prisoner of war, but his greatest victory was after his release as a POW and return to the U.S.

Zamperini drank heavily and had nightmares about strangling his former captors. In 1949, his wife attended the Billy Graham Crusade in Los Angeles and Louie reluctantly accompanied her. He accepted Christ as his savior, was born again, forgave his captors, and his nightmares stopped. Billy Graham disciplined him and Zamperini became an evangelist, established a camp for wayward boys and many other life-changing mission outreaches.

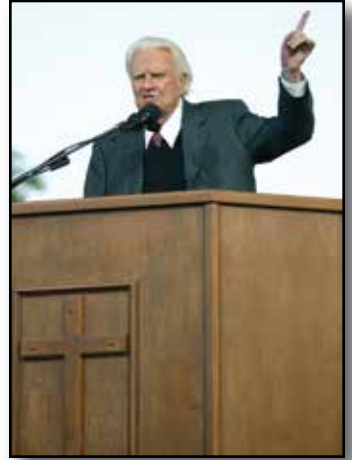
That same September 1949 "Christ for Greater Los Angeles" Crusade caught the attention of newspaper magnate William Randolph Hearst. The resulting national and international news coverage launched Billy Graham into prominence.

Then, in September of 1950, The Billy Graham Evangelistic Association (BGEA) was incorporated in Minnesota and a few

months later the first “Hour of Decision” radio program aired. Just a year later, in September 1951 the “Hour of Decision” television broadcasts begin airing over the ABC network. The following month, BGEA released its first film, “Mr. Texas,” that was followed by more than 130 other films through the years.

For more than 60 years, Billy Graham has logged millions of miles and reached many more millions of people through his growing global ministry.

In 2001 BGEA announced the move of headquarters from Minneapolis to Charlotte, North Carolina, the city where Billy Graham was born. Currently, the following are some of the ministries of the Billy Graham Evangelistic Association.



**Billy Graham Crusade...Franklin Graham Festivals...**

**Will Graham Celebrations...** Since the first city-wide crusade in Grand Rapids, Michigan in 1947, Chairman/ Founder William Franklin “Billy” Graham II has preached the good news of God’s love to nearly 215 million people at hundreds of Crusades, missions and evangelistic rallies, in North America and around the world.

His son, Franklin Graham III, has preached more than 170 evangelistic festivals in 37 states and 45 countries since 1989.

Will Graham is the third generation of Grahams to proclaim God’s love under the banner of the Billy Graham Evangelistic Association. Will has spoken to audiences across six continents since beginning his evangelistic ministry in 2006.

**Billy Graham Library...** The 40,000-square-foot Billy Graham Library in Charlotte, N.C., opened in June 2007 and chronicles the life of evangelist Billy Graham. Its purpose is to continue the more than 60-year legacy of the Billy Graham Evangelistic Association

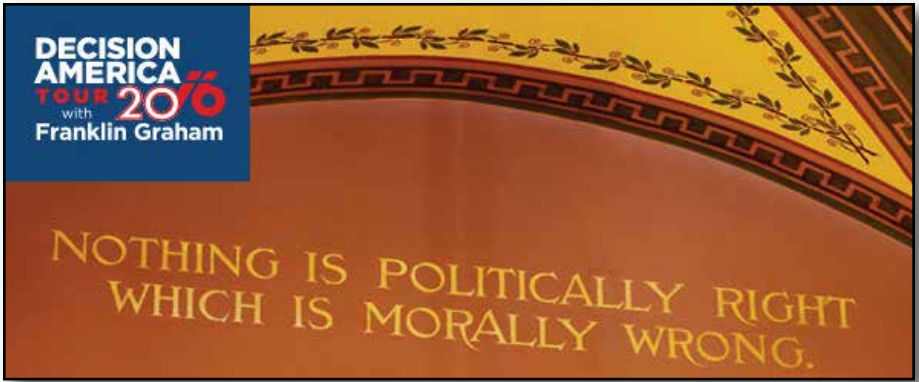
to deliver the simple Gospel message. More than 900,000 have visited the Library since its opening. Visit [billygrahamlibrary.org](http://billygrahamlibrary.org) for more information.

**Billy Graham Training Center at The Cove...** Located in the Blue Ridge Mountains on 1,200 acres in Asheville, N.C., the Billy Graham Training Center at The Cove offers guests in-depth seminars; personal spiritual retreats; concerts; programs for seniors, women and church or ministry leaders; and many other inspirational events throughout the year. The Cove is also available for group events for Christian churches and nonprofit ministries. Visit [thecove.org](http://thecove.org) for more information.

**Internet Evangelism (SearchforJesus.net)...** When individuals enter specific search phrases, Billy Graham Evangelistic Association's Internet evangelism outreach directs them to special websites that address their concerns, and offer a presentation of the Gospel. Trained volunteer "E-counselors" are available to chat.

**My Hope...** Through the project's focus on relationship evangelism, churches and individual Christians across entire countries are encouraged and equipped to pray and reach out to friends, family and neighbors using one of several evangelistic video programs featuring life-changing testimonies and powerful messages from Billy Graham. Launched in 2002, My Hope has been implemented in 59 countries to date, with more than 10 million people making a commitment to Christ. Visit [myhopewithbillygraham.org](http://myhopewithbillygraham.org).

**Billy Graham Rapid Response Team...** The Billy Graham Rapid Response Team was developed following the attacks of Sept. 11, 2001. It has since grown into a nationwide network of hundreds of chaplains who are specifically trained to offer hope in the wake of man-made and natural disasters. Since the ministry was launched in 2002, it has deployed chaplains to more than 190 disaster zones.



**Decision America Tour...**Evangelist Franklin Graham and the Billy Graham Evangelistic Association will conduct prayer rallies in all 50 states next year, kicking off the tour in Des Moines, Iowa. "I do not believe Republicans or Democrats or any other party can turn this nation around—only God can," says Graham, president of the Billy Graham Evangelistic Association. "God hears the prayers of His people, so we'll be calling on Christians in every state to pray fervently and faithfully for America." The focus will be to challenge Christians to pray for the U.S. and its leaders, and to live and promote biblical principles at home, in public and the ballot box. The tour will not endorse political candidates or legislation, and no candidates or current public officials will speak at any of the rallies.

Sign-up and volunteer to be a part of, or plan for your church or group to join, Franklin Graham at the Iowa State Capitol.

For more information, go to [www.DecisionAmericaTour.com](http://www.DecisionAmericaTour.com).

**WHERE:** Iowa State Capitol Grounds,  
1007 East Grand Avenue, Des Moines, Iowa

**WHEN:** January 5, 2016, 12 p.m.

**Editor's Note:** The Capitol building in Des Moines, Iowa, has an archway that bears this phrase: "Nothing is politically right which is morally wrong." What a great reminder that God's law is the ultimate authority as Iowa hosts the traditional kickoff caucus for presidential campaigns in January.

Heidi Vermeer-Quist...

# Today is a Gift

During my inpatient psychiatric practicum, a resident female patient kindly ministered to me. While I'm not sure if she could see that I was stressed out, she offered to share some words of encouragement.

This patient related that during a difficult time in her life, a priest blessed her with these words of wisdom: *Yesterday is history. Tomorrow is a mystery. Today is a gift, and that is why it is called the present.*

She likely had no idea how much I needed to hear those

words, and how they still ground me (and hopefully you) today.

I'd like to invite you to take a minute or two to meditate on the wisdom of those words as they have been adapted for *Gardening Your Life*:

**Yesterday is history**—the best we can do is learn from it.

**Tomorrow is a mystery**—turn it over to God's loving hands.

**Today is a gift**—each breath, each blessing—and that's why it is called the present.



Live in the Precious Present. The present is a gift from God.

We are free to turn our minds toward thanksgiving and prayer with God at all times. As we choose to give thanks and pray, we release ourselves from the prison of our own minds.

St. Augustine, an early church father, stated once, My heart was restless until it came to rest in You, O Lord.

I concur. My heart is restless and needy. Only God, the true fount of every blessing, can satisfy and calm my needs each hour of every day.

As the holidays approach, add in at least one nurturing activity each day to reinforce an “attitude of gratitude.”

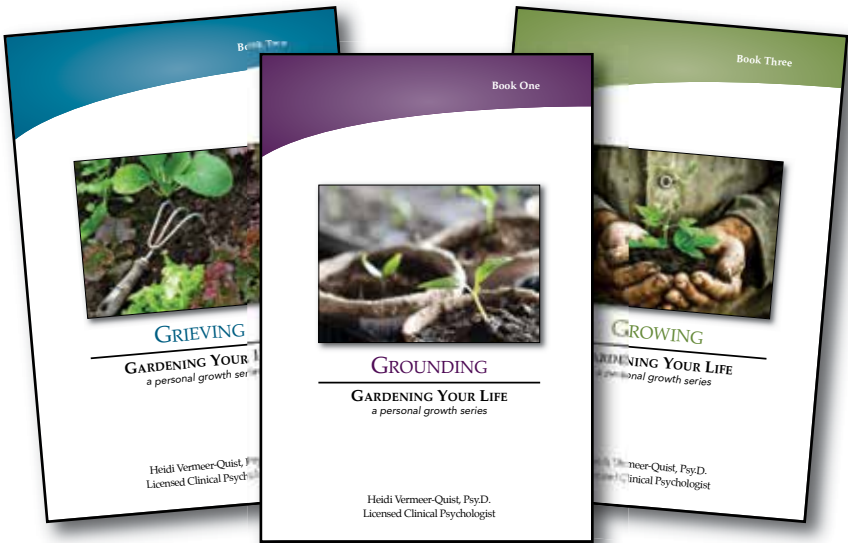
**Here are a few examples:**

- rub some fragrant lotion on your hands and feet
- drink tea with honey
- enjoy a short walk or jog
- meditate for 5–7 minutes focusing on breathing and your five senses

- explore the outdoors with a pet or a child
- taste and enjoy a snack (I recommend savoring pumpkin or banana bread)
- spend time with a friend
- read something fun—a book, magazine or comics
- soak in a warm, relaxing bubble bath
- relax in front of the glowing coals in a fire pit or fireplace
- watch a football game or some other sporting event
- shoot hoops or toss around a football
- attend a concert
- slowly sip hot chocolate or coffee
- knit a scarf or hat in your favorite colors
- cook or bake something
- take some photos

As you participate in any of the above nurturing activities, relax and reflect. Plant yourself close to God’s limitless river of life.

a personal growth series



## GARDENING YOUR LIFE

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*Mental health is a lot like gardening. We need solid **grounding**. When we **grieve** it feels like pruning, but it is necessary in order to work through hurts and losses. Through this process we learn how to let go of lies or myths we thought were true. Then we **grow** and prosper as we participate in a **grateful** community. All along the way we need to soak up the nourishment God provides for life.*

Heidi Vermeer-Quist, Psy.D.  
Licensed Clinical Psychologist



*Heidi Vermeer-Quist...*

# Gardening Your Life

From my many years of clinical practice in the field of mental health, Heidi Vermeer-Quist has found that common core problems cause many of us to struggle. Fortunately, there are also common skills that we can use to recover and live well.

The purpose of this series is to empower us with effective strategies for healthy living. From a Christian perspective, God (our Master Gardener) provides us with the “gardening” analogy of healthy living throughout the pages of the Bible.

Just as a plant draws its life from the soil, water, sunshine, and good gardening, so we draw our lives from God’s gifts to us here on earth and from His presence here with us—to not only survive but also to thrive. In *Gardening Your Life*, the **core concepts** lead to developing **gardening skills** to help absorb life-giving elements.

**Editor’s Note:** Book One of this personal growth series is now available. For additional information or to order, please contact the author at:

*gardeningyourlife@gmail.com.*



## About the Author:

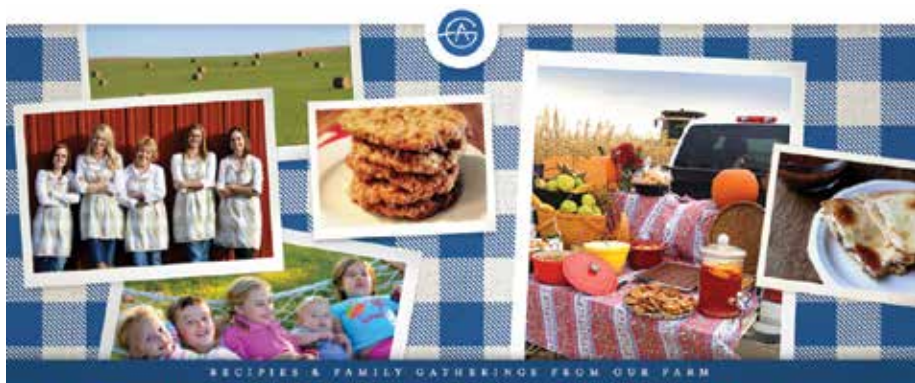
Heidi Vermeer-Quist, Psy.D. is a licensed clinical psychologist as well as a wife, mother, musician and family business consultant.

In 2002, Heidi helped to establish the Des Moines Clinic for Pine Rest Christian Mental Health Services that has grown into a fully-staffed outpatient mental health clinic.

In 2012, Heidi teamed up with her husband Chad, who serves as a Physician Assistant with an earned MBA, to found Vermeer Quist Consulting, now working part time with other family businesses to assess and improve, business and ownership processes. ([www.vqconsult.com](http://www.vqconsult.com))

From Our Kitchen to Yours...

# The Gingham Apron



**FAITH, FAMILY, FARM:** The five bloggers are from one farm family (inset): Jenny Herrick, Annie Boyd, Denise Herrick, Molly Herrick and Shelby Herrick. (To enjoy more of the Herrick family's favorite recipes, activities for children and more, go to [theginghamapron.com](http://theginghamapron.com).)

It just wouldn't feel like fall without our annual trip to the pumpkin patch, an afternoon spent among the backdrop of the vibrant autumn colors. Before heading to a local pumpkin farm, we pack the guys' coolers to take with them as they head back to the fields. After loading up the bags, strollers and snacks, away we go.

Once we arrive at the pumpkin farm, it is a blur of kids running among the pumpkins, little ones peeking over the mums, feeding the farm animals and riding the horses with the cameras flashing. Laughter, smiles, sticky hands and faces fill our afternoon. We pick out our pumpkins and have them weighed; a hayride for some and the tire swing for others.

It is with great gratitude, that we look at what this past year has brought—perhaps a new family member or two, a lost tooth, a new tooth, running, skipping, and reading galore. Countless blessings and memories abound. What joy this afternoon at the pumpkin patch brings each year. —*Shelby Herrick*

Annie's Double Layer...

# Pumpkin Pie

I make a double layer pumpkin pie, which has become a staple in our home during the holiday season. I found this Kraft no-bake recipe in a magazine many years ago, and my husband requests it every year for Thanksgiving and Christmas gatherings.



1 8 oz. package cream cheese or Neufchatel cheese

1 c. plus 1 tbsp. skim milk, divided

1 tbsp. sugar

1 8 oz. tub low-fat Cool Whip, thawed and divided

1 ready-made graham cracker crumb crust

1 15 oz. can pumpkin

2 3.4 oz. packages Vanilla Flavor instant pudding

1 tsp. ground cinnamon

½ tsp. ground ginger

½ tsp. ground cloves

1. Beat cream cheese, 1 tbsp. milk and sugar in large bowl until blended.
2. Stir in half the Cool Whip.
3. Spread onto bottom of crust.
4. Beat on low speed, the remaining milk, pumpkin, pudding and spices for about 2 minutes until mixture is thick.
5. Spread over cream cheese layer.
6. Refrigerate 4 hours or until firm. Serve topped with remaining Cool Whip. (optional)

Serves 8





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All the Comforts of Home...

## Next Door

A tired-looking dog wanders into a guy's yard. He examines the dog's collar, feels his well-fed belly and knows the dog has a home.

The dog follows him into the house, jumps on the couch, and falls asleep. The man thinks it's odd, but lets him sleep. After about an hour, the dog wakes up, walks to the door and the guy lets him out. The dog wags his tail and leaves.

The next day the dog comes back and scratches at the door. He opens the door, the dog comes in, jumps on the couch, and falls asleep again. The man lets him sleep. After about an hour the dog wakes up, walks to the door and the guy lets him out. The dog wags his tail and leaves.

This goes on for days, so the guy pins a note on the dog's collar: "Your dog has been taking a nap at my house every day." The next day the dog arrives with another note pinned to his collar: *He lives in a home with four children—he's trying to catch up on his sleep. Can I come with him tomorrow?*







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We hope you will enjoy this issue of *BeInspired* Magazine. We've gathered encouraging stories of faith, hope and love you'll want to share. Thanks to support from our sponsors, it's our gift to you.