



Waldo Avenue
Restoration Branch

November, 2025 Vol 09 #11

October Women's Meeting Review

The women met at Freddie and Erin's home on Oct. 17th. After a time of prayer requests and prayer they discussed upcoming events.

The Thanksgiving dinner will be at Waldo on Nov. 8th with the church providing turkey, dressing, and potatoes. Those attending could bring salads and deserts. All are invited to attend.

There will be no regular fellowship dinners in Nov. or Dec.

December 14th the Restoration Christmas choir will sing at Waldo.

Dec. 21st a special Christmas choir will sing at the a.m. service, if you are interested in singing please contact Kim Perry.

There will be no Nov. nor Dec. women's meetings.

We then discussed Twelve Extraordinary Women of the Bible, the chapter on Anna.#

Unity Center Needs

With winter coming there is always a need for blankets, coats, hats, gloves, and scarves. Men's slacks or jeans sizes 36 and under are still needed. Why not volunteer to give service? We go every Tuesday a.m. from 10 to noon, join us in helping the community.

Storehouse/Pantry

Storehouse ministry items requested:

Between Oct. 1 and the end of December we would like to collect clean, non-damaged, non-stained or torn blankets, sleeping bags, adult and children's winter coats, hats, gloves, and scarves.

Panty items requested: canned items with a current use-by date, low or no salt and no sugar-juice sweetened. Some examples - meats, fish, vegetables, fruit, and sauces. They should be foods you would consume yourself. These will be inventoried yearly so as not to accumulate expired foods in the future.

Bags for the Beloved are available.

These bags are ready to be given out to those in the community. They contain hygiene essentials like toothpaste, toothbrush, hand sanitizer, lotion, shampoo, and conditioner. Also included are a few snacks. This is a great ministry and way to show our care for those without a place to live. Why not take one or two and have them in your care to give away? Contact Donna Rodgers or Barbara Hobbs if you need anything.#

God, Jesus, Holy Spirit - We give you permission, anything you want, anywhere you want, anytime you want, and as often as you want - to change our hearts, to make them open to loving and receiving but, most of all -- giving life to those that know you not. (Tim Crowell)

Give Me thy Heart

Give Me thy heart, says the Father above.
No gift so precious to Him as our love;
Softly He whispers, wherever thou art
Gratefully trust Me and give Me thy heart.

Give Me thy heart says the Savior of men,
Calling in mercy again and again;
Turn now from sin, and from evil depart.
Have I not died for thee give Me thy heart.

Give Me thy heart says the Spirit divine.
All that thou hast to My keeping resign
Grace more abounding is Mine to impart.
Make full surrender, and give Me thy heart.

Give Me thy heart. Hear the soft whisper,
wherever thou art; From this dark world
He would draw thee apart, Speaking so
tenderly, Give Me thy heart!#

A Changed Heart

Nothing is the way to God but our Heart.
Your heart is your life, and your life can
be altered only by that which is the real
working of your heart. If, as a believer we
listen to and believe what the Lord has
said in Scripture - we are given a new
heart by our Father, with the Holy Spirit
sent into us to dwell always and keep our
heart fit to do what we are here to do. If
we aren't recognizing the Holy Spirit with-
in us - it can be remedied by ceasing to
look at what we can see in our hearts,
and concentrating our whole strength on
believing what God is doing there, and
waiting to do. Honor the Holy Spirit by
never thinking of your heart without
believing and rejoicing that God is there.
(Dying to Self by Andrew Murray pgs.112-
113).

Alma the younger, while speaking to the

church in Zarahemla about a changed
heart: *Have you sufficiently retained in
remembrance the captivity of your fathers?
Yea, have you sufficiently retained in
remembrance His mercy and longsuffering
toward them? And moreover, have ye
sufficiently retained in remembrance that He
hath delivered their souls from hell*

*Behold, He changed their hearts, yea, He
awaked them out of a deep sleep and they
awake unto God; behold, they were in the
midst of darkness, nevertheless, their
souls were illuminated by the light of the
everlasting word; yea, they were encircled
about by the bands of death and the
chains of hell, and an everlasting
destruction did await them....*

*And again I ask, were the bands of death
broken? And the chains of hell which
encircled them about, were they loosed?
I say unto you, yea, they were loosed, and
their souls did expand and they did sing
redeeming love: and I say unto you that
they are saved.*

*And now I ask of you, ... What is the cause
of their being loosed from the bands of
death, yea, and also the chains of hell?*

*Behold, I can tell you; did not my father
Alma believe in the words which were
delivered by the mouth of Abinadi? ... And
according to his faith there was **a mighty
change wrought in his heart;**...*

*And behold, he preached the word unto
your fathers, and **a mighty change was
also wrought in their hearts,** and they
humbled themselves and put their trust in
the true and living God. And behold, they
were faithful until the end, therefore, they
were saved. (Alma3:8-26)*

Give Me Your Heart

Give Me your past,
your wounds both physically and emotionally.
Go to the very core of them and
release them to Me.

Give Me your present circumstances -
cares, concerns, desires, wishes, longings.
Every part of you - give Me.

And give Me your future,
Your fears of being without and alone.
Give Me your heart.

And you'll know that I am with you and
can and will take care of you,
heal you and give you rest.

You'll know a peace,
that peace that goes beyond understanding.
You'll know a healing beyond a physical healing.
You'll experience a health beyond a physical
health.

You say you are caught up in Babylon in ways you
don't even comprehend,
this is true.

But I can and will, if you give Me your heart,
make you free from the bondage of Babylon and
it's entrapments.

Give Me your heart
and I can take away that stony heart you experience
from time to time
and will give you the charitable,
loving,
kind heart you desire - that heart I see in you now.
Give Me your heart, that is all I want.

Why the heart?

It's the most valuable thing you have, of the body -
yourself. No pretense, no putting on of a mask to
hide who you are - just you. The you I already
know. By giving Me who you are, you are telling
Me you trust Me. This will release you of tremen-
dous pressure to be what you think I want you to
be and allow My Holy Spirit - full, complete,
perfect sway in you to assist you in fulfilling the
full measure of your creation.

God, Jesus and Holy Spirit own the entire universe. Why on earth would they want just a little bit of our money? They really don't care about money. They are the ones who multiply it, they're the ones that provide everything we need. They have us involved in giving money because they want our heart more than anything. (Tim Crowell) #

The Temple is a Symbol of our Body

(From a sermon by Jacob Roberts.)

The outer court is our physical body and the Holy of Holies represents our heart. Exodus 26:33-34 inside the Most Holy is the mercy seat and the ark of the covenant:

- * Exodus 28:29 the priest was to bear the names of the children of Israel **on his heart, just as we are to pray for one another.**
- * 28:30 & 38 he is to bear the judgment and iniquity of sin of the children of Israel continually **upon his heart - praying continually**
- * 30:10 & 35 atonement is made in the Holy of Holies - **we are tempered together, pure, holy.**
- * 38:24 all that is in the Holy of Holies is pure, rich, lavish, ornate - **as our heart should be.**
- * 39:1 everything in the Holy of Holies is to do service to God.- **we are to have a servants heart.**
- * 40:10 altar of holies - **our hearts**
- * Lev. 1 **offering to God our whole heart**
- * Lev. 7 **trespasses, thanksgiving, oblation, a vow voluntary, peace.**
- * 10:13 **feast in Holy of Holies.**

The Hymns we Sing

Almost every hymn in the hymnal speaks of giving God our heart aka Absolute Surrender, such as:
Have thine own way Lord, Touch me, Trust and Obey, What a strong and happy people, I would be true, Hark the voice of Jesus calling,

When we sing these and many others we are telling the Lord we are willing to absolutely surrender our wills, give Him our hearts. We should mean what we say, in this case what we sing.

Facts About the Heart You May Not Know

- ⇒ The average heart is the size of a fist in an adult and weighs only 11 ounces.
- ⇒ Your heart will beat about 115,000 times daily.
- ⇒ Your heart pumps about 2,000 gallons of blood every day.
- ⇒ During an average lifetime, the heart will pump nearly 1.5 million barrels of blood, enough to fill 200 train tank cars.
- ⇒ A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.
- ⇒ The volume of blood pumped by the heart can vary over a wide range, from five to 30 liters per minute.
- ⇒ Every day, the heart creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back.
- ⇒ Because the heart has its own electrical impulse, it can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.
- ⇒ An electrical system controls the rhythm of your heart. It's called the *cardiac conduction system*.
- ⇒ 5% of blood supplies the heart, 15 to 20% goes to the brain and central nervous system, and 22% goes to the kidneys.
- ⇒ The heart begins beating at 4 weeks after conception and does not stop until *death*.
- ⇒ The heart pumps oxygenated blood through the aorta (the largest artery) at about 1 mile per hour. By the time blood reaches the capillaries, it is moving at around 43 inches per hour.
- ⇒ Prolonged lack of sleep can cause irregular jumping heartbeats called *premature ventricular contractions*.
- ⇒ Blood is actually a tissue. When the body is at rest, it takes only 6 seconds for the blood to go from the heart to the lungs and back, only 8 seconds for it to go to the brain and back, and only 16 seconds for it to reach the toes and travel all the way back to the heart.
- ⇒ Grab a tennis ball and squeeze it tightly; that is how hard the beating heart works to pump blood.
- ⇒ The hearts of a man and a woman in love will begin to synchronize after the couple has gazed into each other's eyes for three minutes.
- ⇒ Most heart attacks happen on a Monday.
- ⇒ Christmas day is the most common day of the year for heart attacks to happen.
- ⇒ The human heart weighs less than one pound. However, a man's heart on average is two ounces heavier than a woman's heart.
- ⇒ A woman's heart beats slightly faster than a man's heart. Continued

Facts About the Heart *continued*

- ⇒ The beating sound of your heart is caused by the valves of the heart opening and closing.
- ⇒ It's possible to have a broken heart. It's called *takotsubo's cardiomyopathy* or *broken heart syndrome* (bhs) and can have similar symptoms as a heart attack. The difference is that a heart attack is from heart disease and bhs is caused by a rush of stress hormones from an emotional or physical stress event. It primarily affects postmenopausal women. Death from broken heart or bhs is possible but rare.
- ⇒ If you were to stretch out your blood vessel system, it would extend over 60,000 miles.
- ⇒ Heart cells stop dividing, which means heart cancer is extremely rare.
- ⇒ Laughing is good for your heart. It reduces stress and gives a boost to your immune system.

An Angry Heart

(European Heart Journal, AHA, 10-2024)

Could your fiery temper be putting the squeeze on your heart health? Research says **Yes**. A new study shows that just a few minutes of anger might tighten your blood vessels. **How many minutes?**

Just 8 minutes of anger was shown to reduce the capacity of blood vessels lasting for about 40 minutes. Restricted blood flow can increase the risk of hypertension, heart attacks, and stroke. Is it worth it?

The Takeaway

Your heart affects every part of your body. That also means that diet, lifestyle, and your emotional well-being can affect your heart. Emotional and

physical health are both important for maintaining a healthy heart.

Prayer for Healing Spiritual Wounds, Cleansing the Body, Restoring the Soul

In her book, *Deliverance*, Elsie Hensley gives a four-part prayer to help release and remove the stumbling blocks preventing absolute surrender.

1. Prayer to heal spiritual wounds. Ps. 147:3 tells us - *He healeth the broken in heart, and bindeth up their wounds*. By surrendering to our Heavenly Father He alone can heal any/all wounds forever.
2. Prayer for cleansing the body, releasing trapped emotions. Ps. 51:7 says - *Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow*. This cleansing will completely delete every trapped hurtful, tormenting feeling and emotion taking these from the cells and DNA in our body and cancelling all harmful effects that these negative feelings and emotions have had on our body, spirit and soul.
3. 2 Cor. 11:20 tells us - *For ye suffer, if a man bring you into bondage, if a man devour you, if a man take of you, if a man exalt himself, if a man smite you on the face*. The prayer to break/release all bondage of the soul is effective life changing. It will break the wounds others have placed upon us through their words and actions.
4. Prayer number 4 is to free the soul from captivity. Ps. 142:7 *Bring my soul out of prison, that I may praise thy name*. The Lord will show us where our soul has been in captivity and release and reunify our fragmented soul into one to restore and heal.

We have the power to call upon the Lord as believers in Jesus Christ through His power and authority to rebuke and cast away all adversarial wounds. This is accomplished through -

Absolute surrender aka giving Him our heart.

The only one who can change a heart is the Lord but, He cannot/will not do it unless we surrender. It's as simple as that.#

The Converted Man

“If thou lovest Me”, says modern revelation, “thou shalt serve Me and keep My commandments. And behold thou wilt remember the poor and consecrate of thy properties for their support” (DC42:8a-b). The converted man does this. His prayer is: “Lord, here am I. All that I have is thine; and I will be willing to be used in every way - not only for self, but for others, that they may be blessed as a result of my life.”

This is conversion. Converted people:

- Never get miffed. They are not easily provoked and think no evil.
- They delight in truth and righteousness.
- They are always eager to listen to God and to follow His direction.
- They know that where two nations run together, God speaks to them both. Hence, they do not say *“A Bible, A Bible, we have got a Bible! All we need is a Bible! We need no more Bible!”*
- The converted person appreciates the Book of Mormon and tries to share it’s message with others.
- They regard Independence, Missouri, with an eye of faith, seeing the things that are upon the background of what he knows will be.
- They do not complain of what others fail to do. They work out their own salvation and eagerly seek to help others do the same.
- They are not afraid to mingle with those of greater ability and be subservient to them.
- They hunger for light, are willing to receive it from whatever source it comes.
- They are at peace with themselves. They are not afraid of pain and trouble

because they know *“All things work together for good”* (Rm. 8:28).

How does one become converted?

Not by being persuaded by what he ought to do. He gets converted by doing it. Blessed are they who do. (Taken from Arthur Oakman, The Converted Man, pgs. 115-117. But I changed “Man” to “They”).

We live in a day and time that calls for true conversion and action. Our spiritual condition is reflected in our actions. God is calling us to action.#

The essence of boldness is in whom do you trust.
Ivan Bird.

Julie’s Testimony

I had been praying for flannel sheets for my twin bed. A few days ago someone called and asked me if I had a twin bed. I thought she was needing one so I said, *“I do, but I’m sorry I can’t give it to you.”* she said she didn’t need a bed, but someone had given her twin, flannel sheets and she wanted to give them to me. I told her she was an answer to prayer.

She told me to let her know if I knew of anyone else that needed anything. She didn’t tell me what else she had. Ten seconds later I called her back and told her about a friend of mine who was wanting a queen size, flat, flannel sheet. She said she had one, but was planning on throwing it away because it was not a set. I said, *“Don’t do that! My friend doesn’t want a set, she only wants a flat sheet.”* I received what I had asked for and extra to share! (Julie Schroeder.#