



Waldo Avenue

Restoration Branch

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Donna's Testimony

By Donna Rodgers

It was back in 1977 when my gathering experience led me to gather to Independence, Missouri. I came here not knowing what to expect or what I had truly experienced. But upon finally being here, in this place, I heard the term "Zion" mentioned constantly. It sounded wonderful. A place I wanted to live is a place I wanted to see come to pass as I learned more.

It became the constant desire in my heart, and spoken a lot by those that I met, as I finally settled in. With my children now to raise and no one to lean on to teach me in my household, I depended on others (my church family) to pick up bits and pieces here and there of what Zion was supposed to be like. I remained hopeful that one day my family and myself might be permitted to be a part of such a wonderful place where the Lord would come and we would see and have interaction with Him. Years went by and "*life was busy*" as those years passed. My prayers for Zion and thoughts of it as I look back became cluttered with daily living, yet still that hope in my heart remained, just not as often or strong as it did. It was just interrupted by other things.

At this time, I was attending a wonderful congregation in Atherton. The people there were great. Our services centered on Zion, God, His Son and the Kingdom. We were a close family. When one hurt, we all hurt. When one had a need, we took care of them. We had a wonderful bond, both young and old. We worked together in love and service to one another. Our priesthood were powerful. Their words left us pushing to move stronger

together and we did.

Then the saddest, most frightening time came. When I went to church one day, men whom I had never seen before were sitting in the chairs up front where our priesthood once sat. I did not have the understanding to know exactly what was going on. I had no one in my home to teach me or help me to understand the things that I was witnessing and seeing before me.

Then a moment came during church that morning I will never forget. As best I could understand, we were given an alternative to go with what they wanted or leave our church home. The church got quiet and no one spoke. Just silence. Then all rose up from our seats and one by one we took a stand together and filed out of our building. I held the hands of my children as we left.

The most calming, beautiful song started flowing from the mouths of everyone singing - *Redeemer of Israel*. It was the most beautiful, humbling time I can remember as those walls held many memories. I cannot say what we experienced had no negative effects, even though we moved out in unison together. It had left a void, an open wound. Knowing our leadership had not taken into consideration the effect it would have on their people. Nor did they care.

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My newest prayer is:

Lord, settle it. Settle my mind, heart, spirit. Allow me to be anxious for nothing. Fearful of zero.

A Love Poem *By Marilyn Middleton*

<i>Fill me with Your love, Lord. Til it is overflowing. Fill me with Your love, Lord That goes beyond my knowing. Until I see the change in me That comes when love abides And I become more loving To all, and more besides. For once Your love consumes me I love You more than ever. And I see my love for others Grow, and return void never. Through Your everlasting love I can freely receive The blessings that You have for me If only I trust and believe.</i>	<i>Jesus died on the cross for me. He suffered agony and sorrow So that my sins might be forgiven And I have a glorious tomorrow! When I don't fully realize And accept that great gift given. I deny the power and love for me That came from the courts of Heaven. Not only are my sins forgotten But by His stripes I am healed Made whole and free from sickness By His stripes, it's all revealed. So ever let me come to Thee With a heart open to receive The blessings and favor</i>	<i>You have for me When I truly trust and believe. Help me fully to accept all You did For me on the cross of Calvary And then, triumphant over death Giving me Your victory! Because of Your everlasting love I come to You as Father, Redeemer, Savior. Knowing that through nothing I have done You choose to bless and show me favor. So fill me with Your love, Lord So I will love more, too. Family, friends, and others But most especially You!#</i>
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The happiest people are those who forgive, forget, love, help, care, and smile - they are givers.

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- Many years have passed since then. I have been to several congregations but never have I felt they duplicated the experiences that I had back in that old church on the Atherton bottoms.

Today at Waldo congregation, our fine priesthood are working so hard to keep their flock intact. Keeping us safe from the enemy entering this small group of God's people. Keeping us safe from another thing to enter in amongst us to disrupt and cause another hurt to fester or to create a slow healing wound among God's people.

I pray to see that excitement for Zion's return in my heart like it once did. And see the love

of God radiate from a people that fill the walls of this place. Even though our numbers are small, God is a God of miracles! Let us be the clay that He works with and molds into His final product.

The Waldo church family holds all those qualities of love that I have missed for many years. Let us stand together and become one of His finest pieces of work. My excitement has been rekindled after years of being dormant.

Lord give me strength for the task ahead. In spite of my weaknesses and sin, please help me to keep Your Son shining in my life is my hope and prayer for all. Amen.#

7 Tips to Make You Feel More Grateful

1. **As soon as you open your eyes in the morning, say *Thank You*.** Breathe in and out. Think about the wonder of what just occurred.
2. **Start a gratitude Journal.** What are three things you are grateful for today? Write them down. At the end of the month you'll marvel at your list.
3. **Take a new path.** Whether walking or driving, you never know what you might discover when you switch the route you take every day.
4. **Ring out.** Set an alarm on your phone or watch for a certain time each day to say a prayer for the helpers in your life.
5. **Keep an attitude of gratitude.** There's a reason this is one of the most popular 12-step sayings. Are you feeling discouraged? Look for the positive in your situation - then pay attention to how your mindset shifts.
6. **Little things count.** Research shows that daily acts of kindness boost happiness. They do not have to be big. What matters is your intention.
7. **Say grace.** It doesn't have to be just before meals. Are there other moments throughout the day when you can give thanks?#

Satan got Adam and Eve to focus on one fruit when God had given them a whole garden.

That is how he works.

He gets you to focus on that one thing you do not have, instead of all the blessings you do have.

Trust that God knows what you need, and will supply it when you truly need it.

Gods Perfect Timing

At the combined prayer service, April 15th, a brother shared his testimony. Someone contacted him with a packaged program - techniques pertaining to the work he does. They offered this to him, normally costing around \$5000 to \$7000, for free. The owner had obtained it but never opened it to use it. He gladly accepted it. Sometime later he decided he could use this and would like to read about it. When he opened it and began studying it he realized he needed more help than just his understanding. Contacting the institution that developed the program he found out they were beginning, the next day, training sessions in this program. Seven days for 5 hours a day they were teaching the techniques he desired to learn. The catch was they told him the registration window had closed, it was too late, and even if it weren't he would need to purchase the program ahead of time which would take some time for him to receive the materials. He informed them he already had the materials, would they allow him to take the training. Yes, they would. God's perfect timing!

I read the following testimony recently. A teacher came home from work one day and found a large UPS box addressed to him, on his front porch. He had not ordered anything, and yet the label clearly had his name on it. It was from the American Bible Society. Inside were Bibles.

In the class he taught, Psychology, was a woman whose husband was a pastor. The next day when he went to school he saw her and told her of the odd package he had received. Her eyes lit up and she told him that she and her husband were trying to start a Bible study, but they couldn't afford Bibles for their new members. He asked her how many she needed and her reply was 19.

Weeks later a friend told him she had been impressed to donate the Bibles to him convinced he would know who to give them too. Why she sent 19, exactly, 19, she couldn't quite explain.

God's Perfect Timing!#

How to Pray and Get Answers

- Prayer to God should be prayer to **GOD**. We need to take into account the greatness of the One we pray to, and be assured of His ability to answer our supplication. This will occur when we are convinced that nothing, absolutely nothing, is too hard for Him.
- We strengthen our faith that there is nothing God cannot do by reading the many accounts in the Scriptures and in history of miraculous ways God has stepped into the human life-stream and met the needs of His children.
- Following the example of others, venture out yourself. Knowing that what you are praying for **IS** the will of God. Step out and give it your whole self. Pray without ceasing for it. Then stand back and see the answer come.
- For successful prayer, your life must be right. Look inward for any unconfessed sins or unworthy practices that are hindering your oneness with God.
- Have a time and place for prayer. God will hear our prayers any time and in any place, but it is wisdom to have a specific time and place set apart to commune with Him. Real prayer warriors do this and Scripture agrees. The time should be adequate to cover the needs. The place - a place of quietness and solitude. It doesn't need to be elaborate - a closet, corner of a room, a chair. You'll be blessed by the results.
- Prayer must be scripturally agreeable. It's a waste to pray for things the Scriptures say are forbidden. It's true wisdom to fashion our prayers in agreement with scriptural principles. Scripture and prayer compliment each other. They both aid in a knowledge of the other. A good knowledge of Scripture will aid in the success of prayer and answered prayers are a great commentary on the Scriptures.
- God honors definiteness in prayer. When we

pray we ought to be specific. None of this vague - "*whatever God wants*". What He wants is straightforwardness in our requests so we can "hear and see" His answer clearly. He is fully aware of whether or not we truly want the answers we request. Honesty is the best policy in prayer.

- Persevere! Some times God answers right away sometimes not. Sometimes God chooses to answer when the time is right - it may be days, months, even years. If the need is there, and if the answer would be to the glory of God, then nothing should interfere with the continued petition. God expects us to be patient, continue to ask - persevere.
- Let the majority of your prayers be for others. Not that we cannot ask God for our own needs. We can and should. God wants His prayer-helpers to reach out. Our petitions should encircle the world. We should seek to do the will and work of God on missionary fronts. So not only our needs are abundantly met, but others as well.
- Prayer's greatest condition however, is a simple one. It is just to pray. Not talk about it, not reason about it, not preach about it, not analyze it, not dissect it, but -- **pray!**

Taken from a booklet entitled How to Pray and Get the Answer, a Christian Guidance Book by William W. Orr. Published by Scripture Press Publications, Inc. Wheaton, Ill, 1971.#

Hate no one,

No matter how much they have wronged you.

Live humbly,

no matter how wealthy you become.

Think positively,

no matter how hard life gets.

Give much,

even if you have been given little.

Forgive all,

especially yourself.

And never stop praying for the best for everyone.#

Forgiveness

The act of forgiveness is one of the most difficult things asked of us. Yet it is one of the most necessary to maintain mental, spiritual and physical health. Below are a few points about the skill of forgiving:

- **Forgiveness changes the present not the past.**

It is not about changing the person who hurt you, nor is it about condoning their actions. It is a personal choice we make to heal ourselves. Letting go means deciding we aren't going to allow anger or bitterness to poison our lives.

- **Put your hurt into words.** When someone

mistreats you, you have a very real reaction. Your blood pressure shoots up. Your muscles tense. Your body's ready to do one of two things: fight or flee. It's an instinctive response. Then the brain kicks in and becomes aware - there's grave danger and normalize the body. But if you cannot get past this anger your stress level skyrockets. Take a first step and confront those feelings. Write the emotions you are experiencing down, be specific. You can't address a problem if you won't acknowledge it.

- **Be specific about what happened.** Just as important is knowing what caused your hurt and why it matters so much to you. This is different from describing your pain. You are acknowledging that something specific did happen to you. Write it down and share it with a trusted friend. This helps you understand yourself in a deeper, more healing way. The thing that hurt you is in the past. By remaining resentful, you are only re-inflicting that pain on yourself.

- **Change the channel to positive.** Imagine your life is a 500-channel TV lineup. On Channel 51 there are nature shows. Channel 14 features love stories. Channel 128 has inspira-

tional programming. But, of course, there are channels that are frightening, cause worry, and some even make you angry. Those are what you flip to when you feel betrayed. The problem comes when that's all you watch for weeks, months or even years. You miss the amazing, life-affirming things happening all around you. Forgiveness comes through deliberately changing the channel to the positive. Do things that focus your attention away from yourself and your past hurt. Call a friend you haven't talked to in a while. Get involved at church. Keep at it day after day until positivity blots out the negative. Your stress and anger will ease and you will find

that you have become a forgiving person.

- **Pray for comfort.** For some people just knowing forgiveness is an option can be immediately freeing. But for most of us, forgiving takes time and effort. One of the best ways to get into a forgiving

frame of mind is through prayer. When you feel your anger resurfacing, your body tensing, pray. Take a deep breath, pushing your stomach out then relaxing it as you exhale. Do this with each prayer you say. Prayer is calming. It forces your mind to slow down and redirect your thoughts away from yourself.

- **Practice, practice, practice.** Forgiveness is a life skill you can learn and get better at. Look for small ways every day to forgive .

- **It's good for the body.** When you forgive it releases the stress you have built up from focusing inward on your pain. Prolonged stress has a negative effect on your body. Studies have shown that stress increases heart rate, causes upset stomach and sometimes dizziness. Those who choose to forgive find less of these symptoms when dealing with stressors. Forgiveness is life changing. Why not take the first step into a brighter and blessed future.#

Holding a grudge doesn't make you strong, it makes you bitter. Forgiving doesn't make you weak, it sets you free.

Absolute Surrender

Submitted by Pat Johnson

I recently heard someone say: *The amount of good things in your life depends on your ability to notice them.* I can't see it any other way now.

When you train your eyes to notice the good, your heart starts collecting it everywhere. And slowly, without forcing anything, life begins to feel fuller, softer and more meaningful.

Because abundance isn't about having more - it's about recognizing what's already here.

I have been to rock bottom.

I have stood by seas that refuse to split open for me.

I have wandered to places that felt void of human compassion.

I have felt lost and disconnected and out of place.

*And I have stared at the sky,
wondering when it would finally be my turn to heal.*

*And in every dark chapter, every page that I tried to rip out and blame Him for,
God kept saying: That's the best part.*

*And I didn't understand it at the time but,
I think that I know now.*

Rock bottom is where we realize that the keys in our hands don't fit any doors.

Rock bottom is where God meets us at our worst and reminds us that the Rock that we are standing on - is Him.

Ullie-Kaye#

***Most of life's battles happen in your own head.
You are not fighting traffic, a boss, or a bad day.
You are fighting how you think about those things. The real enemy isn't the problem. It's your reaction to it. Change the way you think, and you change everything.#***

10 Tiny Traditions Kids Remember Forever

1. A random "Yes Day" - one day where you say yes more than no.
2. Whispering "I love you" while they fall asleep - the last words their heart holds that night.
3. A "courage candle" - light it whenever they are scared or nervous.
4. Turning their ordinary day into a hero story before bed.
5. Tiny surprise notes in their bag or lunch.
6. Friday night dance breaks in the living room.
7. Morning hugs before the world gets busy.
8. A secret family handshake only you share.
9. Quiet drawing time together without phones.
10. A "worry jar" where kids leave their fears before bed.

Because the little things you repeat become the childhood they remember forever.#

**Controlling my mouth
is the easy part,
It's the subtitles on my face
that's the problem.**

