

Alleluia

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Be an Alternate Society

The Lord's Day Meal: A Part of Our Alternate Society

By Bob and Kathy Visintainer



One of our family's favorite Veggie Tales songs features Madame Blueberry singing the refrain----"A thankful heart is a happy heart." Singing fruit is perhaps an appropriate image to bring in when we think about the special part of Alleluia life called the Lord's Day Meal. It is a feature of our lives that sets us apart from the typical ways that a 21st century family might spend a Saturday evening. We punctuate our lives every seventh evening with a distinctive event that refocuses us on the true provider of our material and spiritual blessings, and refreshes our hearts with humili-

ty and gratitude.

The world we all live in is ever more and more absorbed not only in ambition, busyness, avarice and desire for more and better possessions, but also with an almost frantic effort to fill the broken cisterns of empty, lonely hearts. Many live as if they believe that they are the masters of their own lives and that all happiness lies in wealth, achievement and gain.

As an alternative to this society that is driven and obsessed with materialism and consumerism, we are a society that must not chase after all the goods of the world, but must focus on the gifts and goodness God has given us. How does the Lord's Day Meal help us to understand that gratitude brings happiness, an idea that is so counterintuitive to the worldly way of thinking?

First of all, celebrating the Lord's Day as a way of keeping the Sabbath is one of the distinctive marks of God's people – they observe the Sab-

bath and keep it holy. It is a sign of a special relationship with God, a sign that we belong to Him and that we honor Him. Ezekiel 20:20 says; "Keep my Sabbaths holy, that they may be a sign between us. Then you will know that I am the Lord your God." To have a special sign between us and God that we are His and He is ours is an immense privilege. It exalts us and humbles us at the same moment. May we never take it for granted!

Secondly, it helps us to cultivate gratitude in ourselves and our children, which also fosters humility. Returning thanks to God for all of our blessings, large and small, and blessing God for the goodness of the earth that brings forth food and drink helps keep us mindful of our place in His creation, as well as His tender care for all our needs.

And lastly, pausing to reconcile and repair any brokenness in our re-

Robert and Kathy Visintainer are the parents of five children, two still at home. Married since 1987, they have been Full Covenant members of Alleluia since 1990 and attend Church of the Most Holy Trinity in Augusta, Georgia. Robert is VP of Engineering at GIW Industries and Kathy is a part-time teacher in the Alleluia Community School and serves on the Formations Team.

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Lord's Day Meals with Children

Dan and Rebecca Krementz

There definitely is no set tradition for Lord's Day Meals (LDM's) in the Krementz home. To be honest, sometimes there is no Krementz LDM. Sometimes we forget or circumstances overcome us, but we are always blessed when we make the effort to have an LDM.

Because we have small children, we often limit the LDM to the Short Version, which includes a few Scriptures, sharing the bread and giving thanks as we share the wine. The children all enjoy the passing of the cup, the opportunity to give thanks, and

of course the opportunity to have a sip of wine.

Last Saturday, Dan read the Sunday Catholic Mass Gospel reading and led a discussion on it. Often Rebecca also lights the Lord's Day Candle. We learned quickly that in our home the Lord's Day Candle needs to be extinguished pretty quickly after the meal.

We at times do the full-blown Alleluia LDM ceremony, especially when we invite guests. The boys enjoy reading the readings (and do a fine job). We have noticed that the

children remember the Scriptures and get excited when they hear the readings in a different context. For example, last week Rebecca was reading the Gospel reading of "my yoke is easy and my burden is light" during family prayers and the children immediately lit up and recognized it as a LDM Scripture. This is one of the very positive fruits of having family LDM's. We also think it is an integral part of our being an "alternate society" – one that sets aside the Lord's Day as a day that is consecrated to resting in the Lord and with our family.

Daniel and Rebecca Krementz have been Full Covenant members of Alleluia Community since 2005. Daniel is a Support Group Head while Rebecca is a nurse currently being a stay at home mom. They have four children and attend Church of the Most Holy Trinity in Augusta, Georgia.

On the Job as a "Trained Professional"

By Ania Hatfield

This past May I had the privilege of attending the Virginia Beach Conference in Norfolk. It was one of the most Holy Spirit filled adventures of my entire life! A few of us high schoolers were asked to go to help out and to be "professionally trained and highly experienced prayer teams," which came as a bit of surprise when we were introduced and were asked to stand in a room in which the average age was 50. Being the only teens there, it seemed strange that we would be the "trained professionals." But the Lord worked through us in more ways than we could ever imagine.

When we left for the conference, my expectations were high. Well, that's what I thought. I knew we were

there to help and change people's lives, but I never guessed my own would be changed. During the weekend, I had the opportunity to pray for a man, and before we started, I asked the Lord to give me a word for this man. I soon forgot about the prayer as we continued to pray. After we said "Amen," he looked straight at me and said, "You have a word for me." Before I knew it, words spilled out of my mouth. The Lord really boosted my faith as well as that man's.

I also had the opportunity to pray over a woman for deliverance. It was incredible to see what God can do. We hear and read about this stuff through the Scriptures and experiences that people have had, but it was very new to me. It still is. This experi-



ence left me quite shaken for a while, but I wouldn't trade it for the world. I got so much from it. One of the best times I have ever spent with just me and God came shortly after the prayers, and I can still feel what I felt in that room. LOVE.

So many other wonderful things happened at this conference that if I were to tell them all, I could write a

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Mother Teresa's Humility List

1. Speak as little as possible about yourself.
2. Keep busy with your own affairs and not those of others.
3. Avoid curiosity.
4. Do not interfere in the affairs of others.
5. Accept small irritations with good humor.
6. Do not dwell on the faults of others.
7. Accept censures even if unmerited.
8. Give in to the will of others.
9. Accept insults and injuries.
10. Accept contempt, being forgotten and disregarded.
11. Be courteous and delicate even when provoked by someone.
12. Do not seek to be admired and loved.
13. Do not protect yourself behind your own dignity.
14. Give in, in discussions, even when you are right.
15. Choose always the more difficult task.

Each of these has depth to them. If we will really ponder each one, I think we will see there are many areas that God wants to work in our lives to grow more in His humility and be like our Humble King, Jesus.

Jesus said, "Whoever exalts himself will be humbled and whoever humbles himself will be exalted".

We need to recognize and accept our complete dependence on God the Father as Jesus did. When we follow the examples of humility in the list above, we will be admitting we are sinners and we are creatures and that we need our Creator and are completely dependent upon Him as Jesus admitted He was.

Lord, help us to recognize the ways we are prideful and help us to be like you and walk in Your humility, completely dependent upon You to live the way you want for us to live.

Thank you Father God.

In Jesus name.

Amen

By Vanessa Milligan

Honoring the Sabbath

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relationships with one another and with God is a small investment that yields a rich harvest in our families, our personal lives and our community life. It reminds us that our true riches are in our relationships, and most of all in our relationship to God.

When we pause in our weekly routine of work, look back on the days just past and count the blessings that have come to us, we grow happy because we acknowledge the provision of God in our lives. It shows us that we are capable, yes, of making and becoming, creating and doing fruitful things, but even more importantly that God is with us, He is active in and through us, and the life He has given us is good. The practice of regular thankfulness brings us into contentment with what we have – which brings rest to our souls, and allows joy to find a place in our hearts.

Trained Professional

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book. Maybe I should do that sometime. Please feel free to ask me about them because I would love to share them with everyone! Praise the Lord!

Ania Hatfield is the daughter of Full Covenant members Andy and Janet Hatfield and will be in the 11th grade at Alleluia Community School this fall.

Finding Healing at a Conference

By Hannah Garner



The Virginia Beach Conference in May was a great experience! I wasn't really excited when I heard about it. I thought it would be boring and more for the adults, not teens. When my Aunt Mary passed away the week before the Conference, this made me more determined not to go. I was mourning and did not want to leave my mom home alone after all that had happened. Our whole family was planning to attend the conference, but my mom decided not to go. I wanted to stay home with her, how-

ever, she really wanted me to go and felt that I needed to go. I did not want to stay in a hotel (no matter how nice it was) or drive seven hours in a van with a bunch of people. Nonetheless, off I went, expecting to receive nothing out of the weekend.

The talks during the conference were encouraging, but Wouter's talk inspired me the most. He talked about Pentecost and the Gifts of the Holy Spirit. He gave a great analogy about the Gifts of the Spirit and how they pour into us like chocolate syrup in

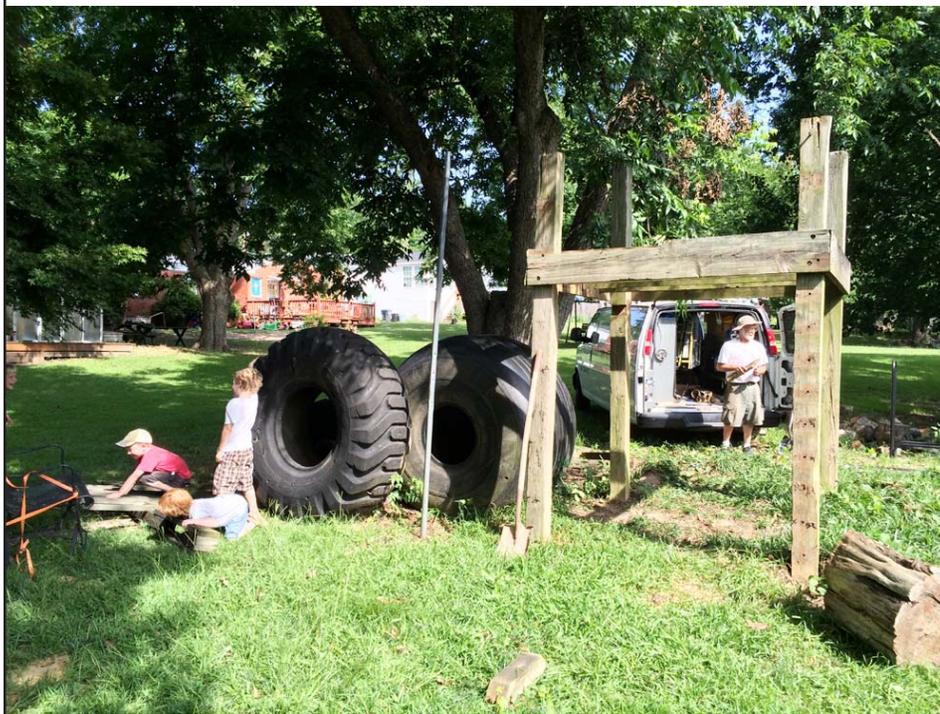
milk. Just like the chocolate syrup needs to be stirred in the milk, the Gifts of the Holy Spirit need to be stirred up in us or they will just sit there and will not be used.

Later that day before a different talk began, everyone started to pray in the Spirit. I closed my eyes and stayed silent and listened to the different tongues. I could feel God's presence in the room and during that short time of silence in prayer, I felt peace, love and joy.

The healing service the last night of the conference was the best I have ever attended. People were being slain in the Spirit left and right. Also many spiritual, physical and emotional healings were taking place. Although I was not involved in a healing of the deaf or blind or an ailment of that sort, there was a peace in every person that was not present in them before I prayed with them.

The Virginia Beach Conference was a great experience. Not only was it loads of fun, but it helped me find healing in my time of mourning, and I hope we have it again next year.

K Block Fort Needs Repairs



Demolition and Fund Raising has begun for the highly anticipated new "K Block Fort"! Please consider making a donation at the office towards the restoration of this great Alleluia monument.

Hannah Garner is the daughter of Full Covenant members Craig and Joyce Garner and will be a 10th grader in the Alleluia Community School this coming fall.