



Mr. and Mrs. Don Phillips

50th Wedding Anniversary Celebrated

Leanne and Don Phillips were honored with a reception on the occasion of their 50th wedding anniversary at West Side Church of Christ in Seminole on December 15, 2012. Don and Leanne (Turner) were married on December 29, 1962, at First Christian Church in Crane.

The reception was hosted by daughters Paige Pipkin and husband, Vann; Phillip and Kaitlyn of Midland; Corey Stephen and husband Brandon; Andrew Barrientes and Kagan Pope of Mineral Wells and Nanette and Lanny Phillips, brother and sister-in-law of Odessa.

Guests were seated at several round tables which were decorated with gold streamers and objects of various sizes in gold. Other decorations included pictures of the bride and groom and their parents and mints wrapped in gold foil. Guests were encouraged to write a message to the couple on a picture frame mat which was a gift for them and to sign a quilted wall-hanging piece made by the bride's cousin, Suzanne Burden of Crowley. Lanny Phillips, brother of Don Phillips, honored those gathered with an A Capella solo of "The Anchor Holds" as a special addition to the reception.

The festive occasion was attended by several special out-of-town guests from Coleman, Early, Whitehouse and Midland, and many friends of the couple wished them well with cards and gifts. Also in attendance was Mrs. Anna Turner, soon to be 101 year old mother of Leanne Phillips.

Kids Korner

Creating a Healthy Eating Experience

Encouraging children to eat healthier foods involves more than just telling them to what to eat. As children interact with foods, they begin to form life long food associations that will affect their eating habits later.

You may have heard the term positive food association and negative food association. Essentially, depending on the experience children have with foods, they may form a positive or negative feeling about that food.

If children get in trouble for not eating vegetables, they may form an association with "vegetables" and "getting in trouble". Later on, subconsciously, they may shy away from vegetables because they are remembering unhappy memories with that food.

Our goal is to help children form positive associations with healthy foods. Here are some tips to help your child form happy experiences with healthy foods.

Set realistic expectations. You don't want to get frustrated and upset if your child does not want to eat healthier foods. This will only make mealtimes miserable for you and them and that won't help them improve their eating habits. Trying to force them won't really help either. Remember, you don't want to win "the battle," you want to win the war! Patience and persistence are the keys to your success.

Here are some general guidelines to help you promote a positive and encouraging atmosphere to kids.

Keep them involved and try to find different ways for them to have repeated exposure to fruits and vegetables.

Some studies say that it could take 15 times of seeing a particular fruit or vegetable before the child will try it.

Be a great role model and show your children how much you enjoy fruits and vegetables.

Forget the nagging, it only makes eating fruits and vegetables a "punishment" for kids. We want kids to associate fun and positive memories with eating these healthy foods.

Avoid using any foods as a reward.

Talk with other parents and share ideas and recipes.

Mirror Ministries

Our Commission

By Daphne Delay

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As I sat down in my favorite spot to spend some time with the Lord today, I couldn't help but think about the Great Commission.

Turning to the Book of Matthew, Mark, Luke, and John, I read each of their accounts of the instruction given to them by Jesus. Considering that we are now His disciples also, these apply to us.

In Matthew, Jesus said, "All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age" (Matthew 28:18-20).

Jesus had retrieved the authority Satan stole in the garden from Adam. His commission now was to send out disciples with His authority to GO! The Holy Spirit once said to me, "Jesus didn't say 'Wait for an invitation...'" He instructed us to go make followers, learners, disciplined ones, pupils of the Master.

The Book of Mark recounts that after Jesus appeared to several disciples, some did not believe them when they reported it. Jesus rebuked their unbelief and hardness of heart, and said, "Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up

serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover" (Mark 16:14-18).

Jesus warned them that many will struggle believing, but evidence of God's power will go with those who preach the gospel. In fact, the Bible says as these went out, the Lord worked with them confirming, establishing, and validating the message with indisputable evidence and indications of the Holy Spirit (verses 19-20). This is our mandate also.

In the Book of Luke, we find is that throughout Jesus' time on earth with His disciples, He told of things to come. Then after He arose from the dead, "He opened the understanding [of His disciples] that they might comprehend the Scriptures. And He said, 'Thus it is written and thus it was necessary for the Christ to suffer and to rise from the dead the third day, and that repentance and remission of sins should be preached in His name to all nations, beginning at Jerusalem'" (Luke 24:45-47).

Many people will question the message we preach, but preach it anyway! The Holy Spirit will open their understanding. And remember, some of the best sermons are those that are preached with no words. Our lives are living testimonies of the power

of God.

And lastly, in the Book of John, Jesus told Thomas, "Blessed are those who have not seen and yet have believed" (John 20:29). Our message must be believed by us first, before it will ever be believed by the world. But that's not all. Jesus later asked Peter, "Do you love Me?" Peter said yes, of course. Jesus said, "Feed My lambs [My young disciples in the Lord]." A second time, Jesus asked him. Peter again said yes, of course. This time Jesus said, "Tend My sheep [My mature disciples need looking after]."

And a third time, Jesus asked Peter, "Do you love Me?" Peter was grieved that He would ask again, and emphatically said, "Yes, Lord, You know that I love You." So Jesus said, "Feed My sheep [keeping them well fed also] and follow Me." (John 21:15-19)

We must remember Jesus cares about His sheep as much as He cares about the salvation of the world. Our commission involves both. So as you go out today, go with the commission on your mind, in your heart, and in your steps. Jesus is with you!

(Editor's Note: Seminole resident Daphne Delay is an author, speaker, and the founder of Mirror Ministries. More devotionals can be found at www.mirrorministries.org.)

Birth Announcement

Brock

Amanda and Brian Brock of Seminole are the proud parents of a baby boy, Jagger Brock.

Jagger was born at Midland Memorial Hospital in Midland on December 21, 2012. He weighed 6 lbs. 5 oz. and was 19.5" long.

Grandparents are Teresa Brock and Ron and Kathy Adam of Seminole. Great-grandmother is Odessa Hughes of Seminole.

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