

The Family Friend



A collection of articles and quotes to aid your family in daily living.

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Don't Be Blindsided! Practice Eye Safety During the Total Solar Eclipse

*"The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light."
Matthew 6:22
(NIV)*

- Use only **certified** "eclipse glasses".
- Inspect your glasses before use. If scratched or damaged, do not use.
- Wear your glasses when looking at the eclipse.
- When the moon completely covers the sun and it suddenly gets dark, it is safe to remove your eclipse glasses. Put glasses back on as soon as the bright sun begins to re-appear.
- **Do not** look at the partially eclipsed sun through an **unfiltered** camera, telescope, binoculars or other optical device. **Do not** look at the sun through any of these devices while using eclipse glasses.
- Turn away from the sun when re-

moving your eclipse glasses.

- **SUPERVISE children using eclipse glasses at all times!**

For more information: <https://eclipse2017.nasa.gov>

—Provided by the newsletter of the Congregational Network for Healthcare, Baptist Health, Paducah, KY

Time Marches On

For some of us it's a memory; for others, you're facing it now. Sending your child off to school for the first time! I was twenty-six years old. In the words of a good friend of mine, "I could sort tigers!" I could handle anything. Nothing rattled me. ... Until I saw my little girl all dressed up in her new dress with a new book-satchel (before the days of backpacks), with this huge

smile on her "big-girl face" – ready to go to school. If someone had told me that I would have teared-up, I would have laughed. But I wasn't laughing! ... Time marches on.

And then, about 12 years later, we made a trip to Searcy, Arkansas to drop her off at college. The feeling came back. Maybe worse. The epitome of mixed-emotions! We all knew it was going to be tough. She had told me, "Daddy, I know I'm going to call you and beg you to let me come home. Don't let me." Easier said than done! ... Time marches on.

This year, Janis and I have two grandchildren starting college. Their parents will have to remind themselves, like we did – "As much as this hurts, it's the way it's supposed to be. It would really be sad if they were never willing/able to 'leave the nest.'" It's hard when emotions get piled up together, isn't it? Happy... Proud... Sad- all at the same time. ... Time marches on.

So, as someone who now has all these experiences under my belt, let me give those of you who are on the front-end of this journey a bit of ad-

vice. The one thing that is the most important from where Janis and I are now is, did you teach them to love the Lord? If you did, then all that other stuff that you would worry about... it's taken care of. Things like, Will they go to church faithfully? What kind of clothes will they wear? What will they do when they are on a



date? What will they be doing for entertainment? What will they do when their friends want to do something they know is wrong? What kind of person will they choose to marry?

That little girl/boy with that so-cute-I-can't-stand-it smile standing there with their new backpack ready to go to school for the first time is either going to make you the proudest person in the world, or they are going to break your heart like no one else could!

What are you doing to ensure that they love the Lord more than anything or anyone else in the world? Remember... Time marches on. And you can't back it up!

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Are You Fun to Live With?

While browsing through the marriage and family section of a book store, I came across this intriguing title, *Are You Fun To Live With?* I didn't read the book, but I started asking myself the same question. I consider myself honest, respectable, serious minded, devoted, loving and caring. But am I fun to live with? Well, I guess you'll have to ask my wife, Ann, to find out the answer to that question. However, I don't think I can let myself off the hook quite that easily. "Should I be fun to live with?"

The answer is "yes." Under the Old Testament law, a newlywed husband was exempt from military service for an entire year for the purpose of making marriage fun. At least that's the way I read Deuteronomy 24:5 - "If a man has recently married, he must not be sent to war or have any other duty laid on him. For one year he is to be free to stay at home and bring happiness to the wife he has married."

Most newlyweds I meet seem to be having fun. Oh, I don't mean they are taking ski trips to Colorado, enrolling in hang gliding classes or even making weekend trips to Texas Stadium in the fall so they can watch the Cowboys play. Fun is a more fundamental thing. Watch newlyweds at the grocery store. Sometimes they have a blast just selecting the food they intend to consume the next week. They have fun planning the decor in their apartment, sharing a picnic in the park, even shopping for a pair of socks. ("Are you serious?

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You would actually go out in public wearing green and gold argyle socks?") The process of learning each other's likes and dislikes ("I wouldn't serve oatmeal to someone I can't stand, much less eat it myself) is an exciting and sometimes playful adventure in mutual discovery. My wife began to wonder what kind of man she married, when she learned that I like peanut butter and sweet pickle sandwiches.

Unfortunately the thrill of mutual discovery fades after a while. He knows she adores the color purple and she knows he wouldn't eat prunes even if he were starving. The focus of their attention is aimed away from the fun things to the necessary things - raising children, washing clothes, mowing the yard and a gazillion other essential activities. In the process, we forget to have fun. Is it important to bring the fun back? I'm convinced that it is. According to Proverbs 17:22 "A cheerful heart is good medicine, but a crushed spirit dries up the bones." When your marriage fades into drabness, it's time to take steps to bring the fun back. If you've been married a long time, one of the most serious questions you can ask yourself is, "Am I fun to live with?"

by **Norman Bales**



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