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THE LAMP NEWSLETTER

"Thy word is a lamp unto my feet, and a light unto my path" (Psalm 119:105 KJV).

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Can God Depend Upon You?

Can God Use You?

What good are you to God?





Mrs. Wanda J. Burnside
Founder & President

Dear Readers,

Here it is, Christmastime. There are so many things to say and express about this time of the year. It is really full of messages, greetings, songs, music, lessons, thoughts, impressions, feelings, and emotions. Now, Christmas is a time to closely consider numerous things.

I've got Jesus on my mind! He is Lord of lords and King of kings. He is our Lord and Savior! He is EVERYTHING! In the Old Testament of the Bible we find that Isaiah 9:6 declares:



"For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace."



GLORY TO GOD! YES! YES!

BUT GOD SAID, "I NEED YOU!"

When I was rejoicing and celebrating the good things about Jesus our Savior, I heard the voice of God say to me, **"I NEED DEPENDABLE PEOPLE!"** I could feel His presence. I stopped right there in the kitchen.

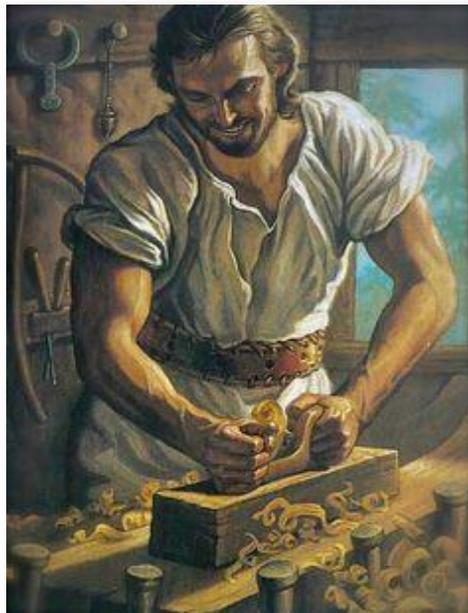
I heard Him again. He said, ***“I WANT TO USE YOU and MY CREATION FOR WHAT I WANT TO DO.”***

Now, God had my full attention. I sat there at the kitchen table and wondered what He was going to show me and teach me to understand.

There was a silence... and then...He spoke again. ***“To bring My Only Begotten Son, JESUS, into this world, I used my creation for this purpose and mission. I used a host of angels, the angel Gabriel, the stars in the sky, a donkey, camels, the shepherds in the field watching their sheep, the Wise Men and more.***

I picked a young virgin named Mary to be touched by the Holy Ghost to conceive the life of My Son in her womb. She carried My Son in her body. She gave birth to Him.”

I CHOSE HIS EARTHLY FATHER! I CHOSE JOSEPH!

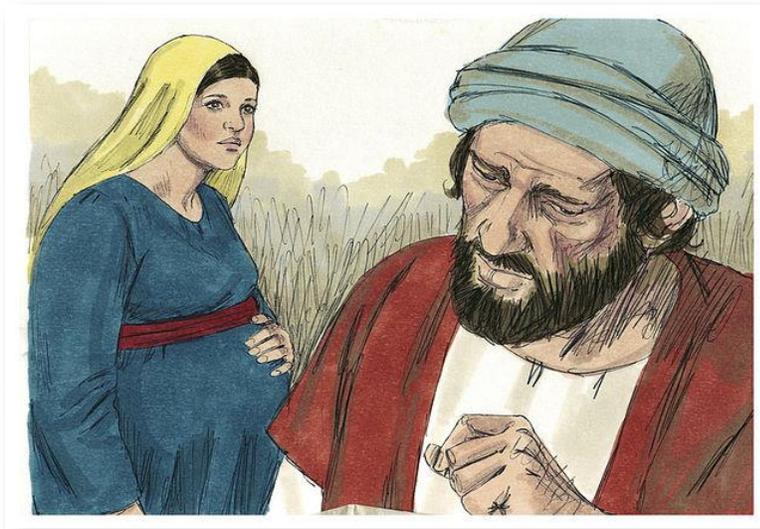


Joseph was a carpenter. He was busy doing what he could in life. It is important to have something to do. Do not be unoccupied. Do not be idle!

Well, I listened and waited for Him to say more. Then, the silence returned. I waited, but only a deep and heavy silence was present.

Really? Joseph?

In that moment of silence in my kitchen, I began to closely consider what God had said to me. I sat there and thought about Joseph. Growing up, I was taught by many preachers and missionaries that Joseph was only there, in the picture, because he was engaged to Mary. Then, Mary became pregnant by the Holy Ghost...and in fear she had to tell Joseph what happened. It was on her to convince or make Joseph believe her.



But, it wasn't Mary's job to make Joseph understand what happened to her. God did not put her in this difficult situation between her and Joseph. He had a plan and He took care of all of the details. He was in control.

JOSEPH WAS GOD'S MAN!

God had considered Joseph. Just imagine...our Heavenly Father selected a man on earth to become His Only Begotten Son's earthly father!

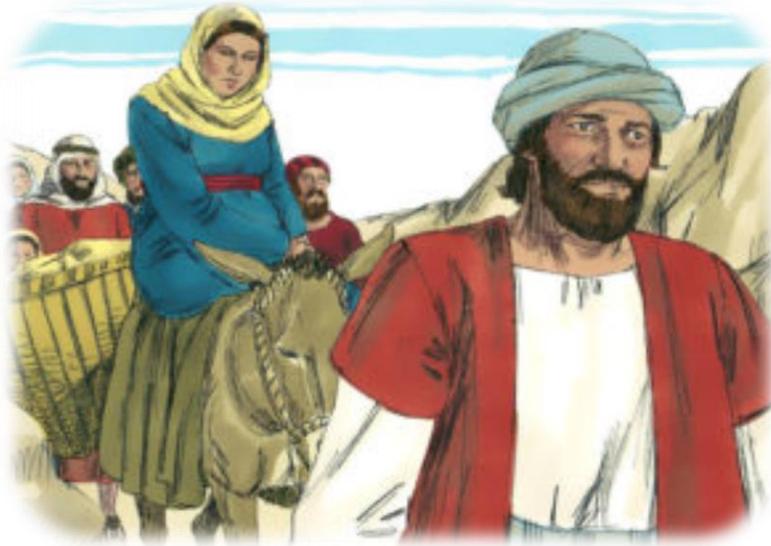
Now, the angel of the Lord told Mary that she would bring forth our Savior. He told her many things about what was going to happen. She believed and accepted what this heavenly messenger said.

Matthew 1:19-21 states:

¹⁹ Then Joseph her husband, being a just man, and not wanting to make her a public example, was minded to put her away secretly. ²⁰ But while he thought about these things, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not be afraid to take to you Mary your wife, for that which is conceived in her is of the Holy Spirit. ²¹ And she will bring forth a Son, and you shall call His name JESUS, for He will save His people from their sins."



God said, *"You can depend on Me to speak to you. I can use people who will listen to Me and follow My instructions. The Holy Spirit will lead and guide you."*



At this time, it was required for the people to take care of urgent business in their land. It was tax time and census time. Joseph and Mary knew that they had to go and take care of that business. So, Joseph married Mary and off they went together, pregnant Mary and amazed Joseph.

This is when the Lord spoke to me again! He said, ***“I NEED PEOPLE WHO WILL DO WHAT IS RIGHT. I WILL USE THOSE WHO WILL TRUST ME IN THE MIDST OF EVERYTHING GOING ON.”***

God said, “Joseph and Mary went on the rough and bumpy road to do what is required of them. They did not use any excuses. They just went on.

Life presents rough and bumpy roads, but you must press on. I can depend on those who keep My Word in their heart and have an obedient spirit. I need the faithful and determined ones to seek My Way.”



Then He said, “Joseph stayed in his position to lead, guide and walk on. He did not turn back. The steps in his life brought him to a pathway that was up and down. I can only use people who follow the right path and stay on it. Joseph did not look back. He continued to walk on. I cannot use people who look back and turn around.

Life has walls that come to block or hinder your vision. But, stay focused and continue your mission.



“Joseph continued on with Mary as they passed by a change in their surroundings. Joseph knew that they would travel on a narrow road and alongside the mighty sea. He understood that he was responsible for safely guiding Mary and My unborn Son near this dangerous edge.

Yet Joseph depended upon Me to keep him steady and calm in this circumstance. He remained calm. He leaned on Me!

I want people who will lean on Me for their direction.”



He continued, *“Joseph continued on! He did not let anything stop Him.”*



“Wanda, the road in life, to go where you are assigned to go, can look so long. You can wonder in your heart if you will ever get to your destiny. You will begin to feel like you’re all alone. You will feel like it is taking you too long to accomplish your goals. Satan wants you to give up. He doesn’t want you to press on.



But, Joseph and Mary were determined to reach their goal. They were on a godly assignment and they went on. They refused to let anything block or stop them.

I want those who will shut out things that come to stop them from reaching their goals. I can use those who are looking ahead and not at the clock in life. I have a time and season for My people to be released into their destiny. I want them to depend on Me to bring them through!"



*"Trust in the Lord with all **your** heart, And **lean not** on **your own understanding**; In all **your ways** acknowledge Him, and He shall direct your paths"*
(Proverbs 3:5-6 NKJV).



THE NIGHT - THE DARKNESS WILL COME



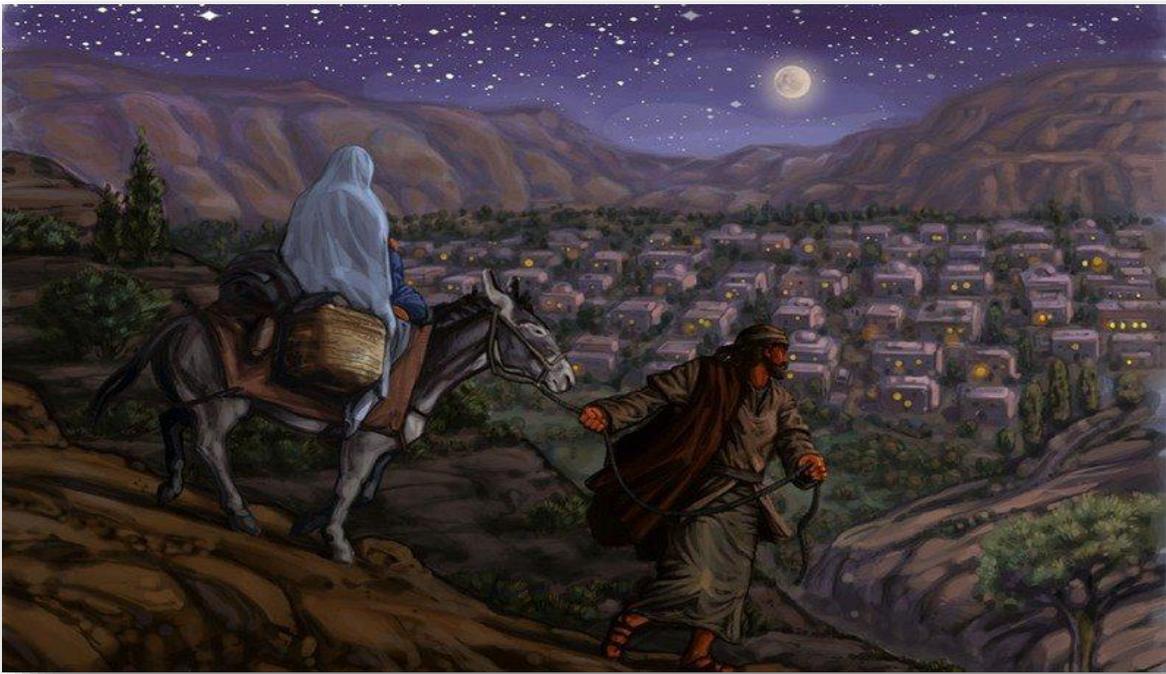
God said, *“Joseph and Mary walked many miles. They pressed on in the daylight. They even traveled in the night time. Joseph stopped and rested when they could, but they went on in the night.”*

There are dark times in life that come from tests, trials and tribulations. You won't want to be doing anything but give up or say, 'I cannot make it!'"

I want those who will serve Me in their dark moments. I want to have them walk on in their times of hurt, sorrow, disappointments and trials. Don't throw in the towel. I can use you! I want to use you!"

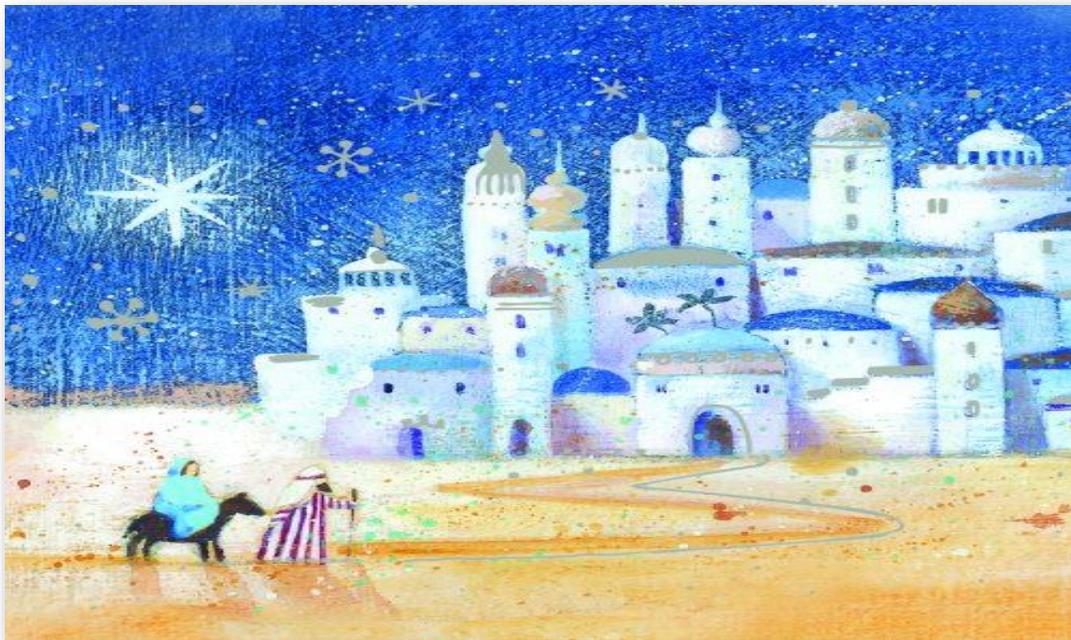
DAY WILL COME!





“Then the night will return ...

However, you have to continue to see and believe that I will bring you to the place that I have for you. Joseph was eager to go on and get to his destination. He was ready to receive what I had for them.”



IN BETHLEHEM

After a very long, long, long journey to Bethlehem to pay their taxes and to be registered in the census, Mary was about to have baby Jesus! Joseph desperately looked for a place for them to stay. He wanted to get the best accommodation he could find for them. However, with the city being so crowded with people coming to town to take care of their taxes and the census, there wasn't a decent place to stay. Joseph went from place to place looking for an innkeeper who would invite them in to stay. But, they only remarked, *"There is no room in this inn"* (Luke 2:7).

"As difficult and complicated as things were for Joseph and Mary, with the soon birth of My Son, JESUS, Joseph did not become frustrated. He calmly dealt with the situation. He had confidence that I would provide for them," God said to me.



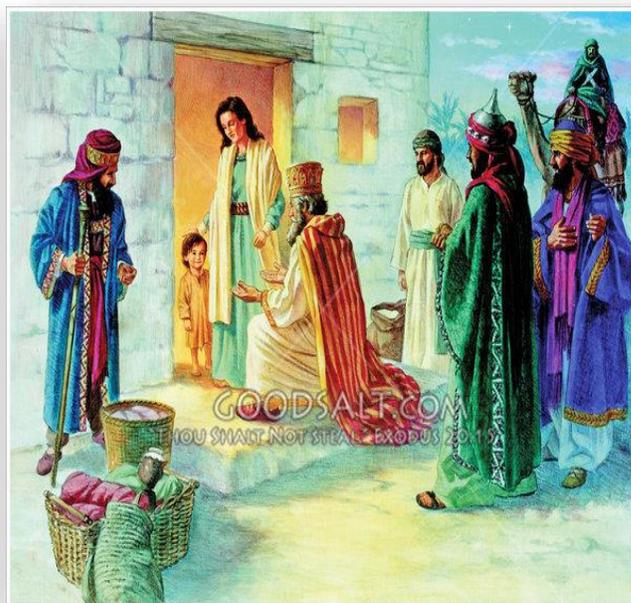
"And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them" (Romans 8:28 NLT).



God continued to speak to me, *“Joseph showed tenderness and concern for My Son and Mary. I can depend on those who are concerned about what is important to Me. I will use those who put My assignment first. Those people have a heart for Me.”*



“Joseph was attentive, caring and very thoughtful. I could depend on him to be protective and to let the Holy Spirit be manifested and work through him. Joseph surrendered to what was needed of him and yielded his spirit to allow the Holy Spirit to be in control. I need people like that.” This is what the Lord said to me.



GOD said, ***"I Need You to be Humble and Respectable"***

Joseph and Mary welcomed two different groups of people to visit Jesus: shepherds and Wise Men. They were humble and showed great hospitality to the shepherds who were hired to watch sheep in a field at night. They allowed them to come in and worship Jesus.

A few years later, the Wise Men traveled from the east following the star that guided them to the place or house where Joseph and Mary lived with Jesus. Joseph did not get in the way or interfere with them. He did not tell them to give those precious gifts of gold, myrrh and frankincense. He acknowledged that they were for Jesus, the King of kings.

God said, ***"Follow Directions and Move Accordingly"***

Following the visit of the Wise Men to the home where Jesus lived with Joseph and Mary, they were to return back to King Herod. He told them to come directly to him so that he could also come and worship him. However, that was not the truth. He wanted to come and kill Jesus! King Herod did not want Jesus to take over his kingdom. The Bible states (*in Matthew 2:8 NLT*):

"Then he told them, "Go to Bethlehem and search carefully for the child. And when you find him, come back and tell me so that I can go and worship him, too!"

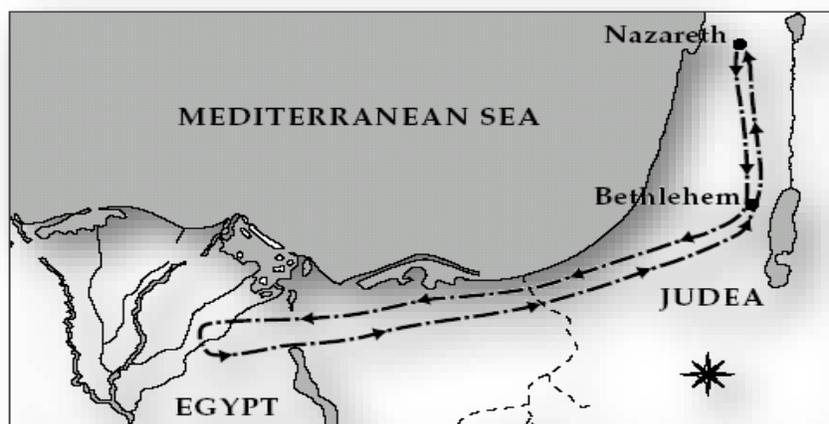
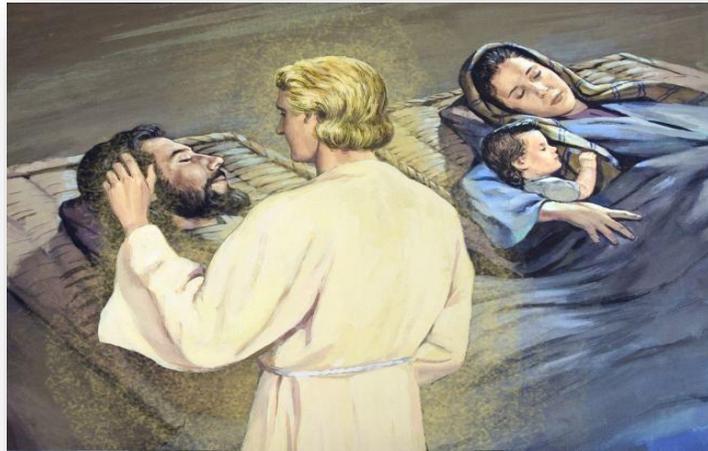
The Wise Men did not return back to King Herod because in a dream they were warned to go another way. So they did! They returned to their own countries.

The Escape to Egypt

¹³ When they had gone, an angel of the Lord appeared to Joseph in a dream. "Get up," he said, "take the child and his mother and escape to Egypt. Stay there until I tell you, for Herod is going to search for the child to kill him.

¹⁴ So he got up, took the child and his mother during the night and left for Egypt,
¹⁵ where he stayed until the death of Herod. And so was fulfilled what the Lord had said through the prophet: "Out of Egypt I called my son".

(Matthew 2:13-15 NLT).





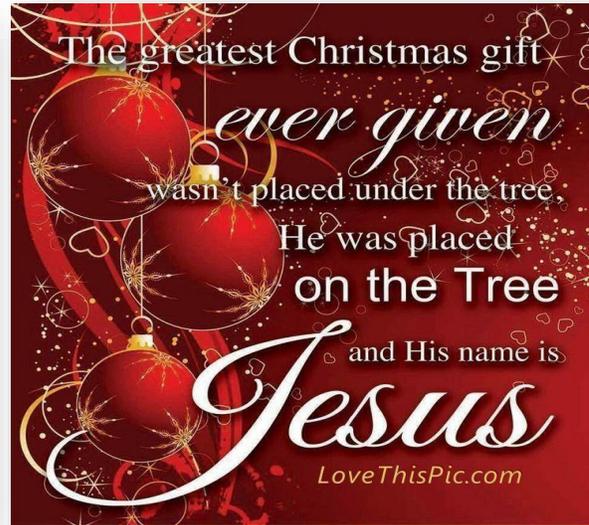
The Return to Nazareth

¹⁹ After Herod died, an angel of the Lord appeared in a dream to Joseph in Egypt ²⁰ and said, "Get up, take the child and his mother and go to the land of Israel, for those who were trying to take the child's life are dead."

²¹ So he got up, took the child and his mother and went to the land of Israel. ²² But when he heard that Archelaus was reigning in Judea in place of his father Herod, he was afraid to go there. Having been warned in a dream, he withdrew to the district of Galilee, ²³ and he went and lived in a town called Nazareth. So was fulfilled what was said through the prophets, that he would be called a Nazarene.

JOSEPH - GOD'S MAN!

Joseph was faithful, obedient, humble and a great servant of God to the end. He followed God's instructions and never turned back. This is what God wants from all of us! We must be **DEPENDABLE!** WE MUST live for God and let Him take full control of our lives.



Merry Christmas from...

Minister Sandra Hickman

The Australia Ministry Leader and Staff Writer

Inglorious Imperfections

Bagging Out! I don't like bagging out (saying negative or hurtful things) people. It leaves a sour taste in my mouth. Better to feel the compassion of the King than bitter words of the flesh rising up into my mouth. It even hurts me to say those bitter things. I'd rather steer clear of conversations where people are bagging (speaking bad words against someone) out others.

I am NOT perfect! No, I'm far from it. When I've said, or say things which I'm sorry for and not proud of, there is a certain distinct pain attached to it. It's a sting of feeling separated from God. Even temporarily, sin separates. And even the tiniest degree of separation from Him is unbearable. This is why as soon as those words are out of our mouths, or even in our thoughts, we inevitably follow them with a "Please forgive me Lord"

We know it's wrong. We also know that every now and then, our old ingloriously imperfect selves rise up their ugly heads. We have to be watchmen on our own walls and slay those thoughts and words before they get time to breathe! And let us remember that



our Maker did not, and never does, bag us out! His love covers the multitudes of our sin. It's of such great importance to always look, learn and listen, by the examples of our Savior. Living in obedience to God is living in love. The New English Translation (NET Bible) says in John 14:23.... "Jesus replied, "If anyone loves me, he will obey my word, and my Father will love him, and we will come to him and take up residence with him" Jesus teaches us that our obedience and love for Him, go hand in hand with residing with Him.

I know just how ingloriously imperfect I am. I also know how gloriously perfect, and righteously saved I am! My Bible speaks about the great care God used when he made me. I was designed to be a perfect specimen in His image. We all were. In the words of that beautiful Psalm 139:14, (NKJV) "*I will praise You, for I am fearfully and wonderfully made; Marvellous are Your works, and that my soul knows very well.*"

Our "righteously saved" comes from the Saviour, the One who saves. It's got nothing to do with our righteousness, it's all about Him. It was His righteousness versus our sin. He won! Thank God for the salvation plan of Jesus. His glorious perfection has been transplanted into our very being. The task is to live up to our best, as much as we possibly can. James tells us in the scriptures to bridle the tongue. James 5: 8-10 (NKJV).... "⁸ *But no man can tame the tongue. It is an unruly evil, full of deadly poison.* ⁹ *With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God.* ¹⁰ *Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so*" ... Beloveds, don't allow this smallest member of our bodies to cast disparaging words upon the lives of others.

I thank the Father in heaven for sending His only begotten Son. The tiny baby of Christmas became the Rock of my salvation. My turnaround point was Jesus! The glorious never-changing Word of God made into the flesh and blood of a man. Divinity living in a



body of temporal mortality. Nobody knew. The innkeeper would have surely given up his own room for the King of kings, if he'd only known. But that was not God's way. He wanted His Son to come as a helpless dependent child. A child who would look to his parents for love and guidance, an example for us to look to our heavenly Father for His instructions on obedience and love. Until the event that changed everything, when John the baptiser immersed the man Jesus under the waters of the Jordan river, and pulled up God the Saviour. The commencement of the earthly ministry of Jesus.

At Christmas time, this is a good message to remember. *Don't bag out anyone!* Even that "one" who seemingly asks for it. Christmas is a time of love, of giving and receiving. Presents, festivities and food ... oh we can become bloated with all the delicious festive fare! Hard to resist! Likewise, we can also become bloated with bitter thoughts and words. Families can be affected. Our obedience to our Lord will be the truest Christmas love-gift we can offer Him. Obedience to love beyond our minds, to let our spirit man which is made in the image of God, win that waging war, and to let LOVE reign!

This holy season, when things get tough or ultra busy and you're feeling stressed, brush it off! Put to death all those negatives and give life to all your positives! Life is wonderful; it is a gift from God, along with the free gift of salvation unto eternal never-ending life with Him. He adores you! Now that's something to celebrate and rejoice in as we pay honour to our Savior Jesus, the living Christ of God this Christmas.

Time to thank the Lord that His glorious perfection covers our inglorious imperfections. Let us say from our hearts "*Happy Birthday Jesus*" ... and give thanks for this baby who was our Savior in disguise. All glory to God... it's **CHRIST-MAS!** ♥

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Is it the Joy of Christmas or Not?

By Ramelle T. Lee
Staff Writer

For many of us, Christmastime is filled with anticipated excitement, while spending the holiday surrounded by family, friends and acquaintances. We share special memories with one another around the dinner table, at restaurants or special holiday programs and events throughout the season.

Everywhere we go there are reminders that Christmas is in our view. We are constantly bombarded with television advertisements offering spectacular deals to lure us into their stores. We spend hours browsing on popular shopping sites for terrific door busters to save us loads of money for gifts we want to purchase at Christmastime. We can be very easily persuaded to buy the latest electronic gadgets, or the most popular trinkets for children, teens and adults this year on their wish list.

Sights and sounds fill the airways as Christmas songs are sung on the radio and media devices of every description. The atmosphere is electrified as you begin to see signs of people sharing with one another in special acts of kindness and expressions of joy and love in many ways.

However, as I think about all that we embrace that gives us the chance to share the joys of Christmastime, the most significant pleasure for me is to celebrate the “*Birth of Christ Jesus.*” He is the ultimate reason for bringing joy to my world and for many of you. We are to always realize that without Jesus in our heart, there will be no peace or joy. So, spend this Christmastime expressing your love to Jesus and you will automatically feel the presence of God’s love all around you.

However, for many people, the reality is that Christmastime remains a time of dread and regret. It is a time when feelings of loneliness, despair, anxiety, depression and sadness begin to creep into our lives. We all want to be surrounded by feelings of happiness, joyfulness and love, as we encounter conversations that draw us into the festive holiday activities.

When you feel yourself going down memory lane and beginning to have a pity party for one, think about how you can bring joy to someone else during this Christmastime. Focus your attention on doing something special to help bring a sparkle to the life of someone else. Random acts of kindness can put a smile on a person's face who may otherwise not feel wanted or loved.

~ My prayer for you ~

“Father God, bless every reader today. Let your healing power remove any moments of regret, insecurity, doubts and fears. Restore their confidence that the enemy has attempted to destroy. Set them free from everything that has come to spoil their joy and peace. Lord, thank you for Your Love that brings a miracle blessing to their life... right now.” Amen

In my poem, *“Close the Door Now to Regret,”* you will receive courage to face those difficulties in your life that may cause you discomfort. The love of God will show you how to deal with the hurt you may be feeling inside. Give yourself the opportunity to release your cares to Jesus. He will lead you to a place of peace and rest.

Then Jesus said, *“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take your yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. For my yoke fits perfectly, and the burden I give you is light.”* (Matthew 11:28-30 NLT).



Close the Door Now to Regret

by Ramelle T. Lee



*People! People!
God wants you FREE!
He has deliverance for you,
He spoke to me and said,*

*"Bring me your hurt,
Your bitterness,
your anger,
Your crushed heart
and your grief.*

*Place your pain of regret
On my altar of sacrifice,
Watch me burn away the fat.
Let the oil of my anointing
wash your fears away.*



*In prayer and fasting,
ask God to release you from
every moment of pain,
that has held you captive and trapped in time.*

*Now, look to the Cross of Calvary
and see your way to victory!
Feel the redeeming power of the
Holy Spirit tugging at your heartstrings.
He wants to come in!
Open the door of your hurting heart,
where bitter blame
and tormenting unforgiveness reside.*

*Boldly step through the door of past regrets
hidden in your suffering spirit, mind and heart.
You are being carried on the wings of heavenly angels!*

*Rejoice!
You can escape from
that old place of dark despair and shame!*



*Give everything that hinders you to Jesus.
He will loose you from the chains of bondage!
He will comfort your troubled soul.*

*The mighty power of the Blood of Jesus
has destroyed every hurt.
You are set free!*

*Now, the door of regret has been closed forever.
Thank God for a brand new beginning.
Praise Him for your new life!*

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Trust in The Lord

By Christine V. Mitchell
The UK Ministry Leader and Staff Writer

Once again, the year has gone swiftly by and Christmas is right on our doorstep, so to speak...a time to again celebrate the birth of our glorious Saviour. When Jesus was born, that wicked King Herod issued a decree that would worry any parent ... a decree to slay all the male children in Bethlehem and its vicinity who were two years of age and under. Herod was threatened by the fact that a heavenly King was born, one who would be worshipped and adored. God saw to it that Herod's plan would fail. He guided Joseph and Mary to safety, ensuring that nothing would prevent His perfect will ~ to reveal His love to the world, through His Son, our Lord Jesus Christ.

Whatever the time of year, whatever the season, as we journey on, in our walk with the Lord, there's one thing that often comes along our pathway ...a trial, a temptation, a distraction that will cause us to worry and lose our bearings or our focus. But the Lord is our Shepherd and promises us that He will guide us ~ *"I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye"* (Psalm 32:8 KJV). He will guide us, just as He guided Joseph and Mary.

Throughout all seasons of our lives, let's ask the Lord to help us to always trust Him, no matter what our situation may be. Here is a poem that expresses such desire:

Help Me to Trust

by Christine V. Mitchell



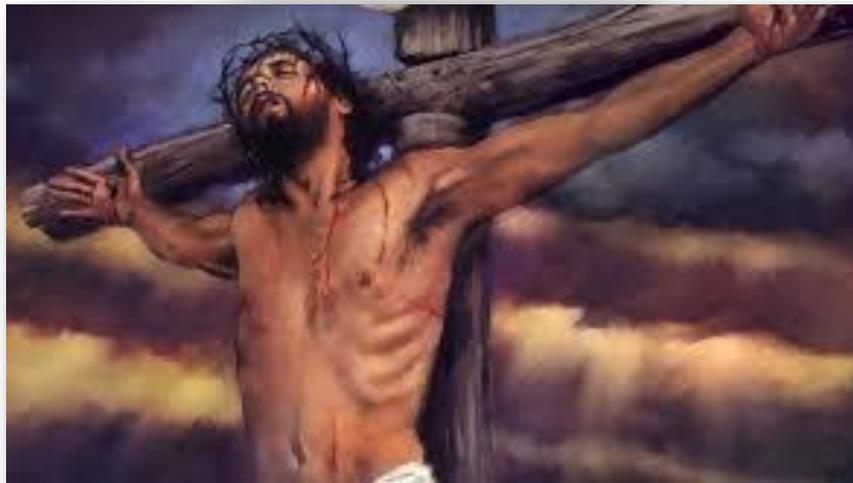
*Help me Saviour to trust in You, when it's hard to understand
To know that all my tomorrows, Lord, are safely in your hands
To remember that You promised You would guide and lead the way
As long as my heart is trusting in Your holy word each day
Help me Saviour to trust You, when the path seems dark and lonely
Help me never to turn aside, but to focus on You only*

*For You're my Friend and Shepherd, every step I take You know
You promised to always be with me and to show me the way to go
May my heart be full of gratitude, as a living fountain spring
Unfettered by my trials O Lord, Your praises ever to sing
Like a tree that's deeply rooted and like gold that never rusts
Please help me, Lord, forever to live .. a life of faith and trust*

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Jesus Didn't Save Us, to Enslave Us

By Michele-Gardner Barnes

Staff Writer

Last night, I couldn't fall asleep. I tossed and turned. Then sadness began to overcome me. The dream of finding money wasn't happening! I could hear my voice asking, "*Where did that money go?*"

As I laid in bed, I thought about many things. I began to think about what was going on in my life. I envisioned myself moaning as I picked up one bill after another unpaid bill! My thoughts shifted quickly to my to-do-list that was getting longer and longer. My mind raced to my finals at school, deadlines at work and weeks away from Christmas! My mind had turned into a computer, moving fast forward and without a delete button! Lord, help me!

I moaned as my eyes became fixed on the wall that I claim as my “prayer wall,” because it’s a wall covered with all the people I daily pray for. No, I couldn’t see the prayers or names posted on the index cards, but I know that area, a most familiar spot. I don’t have to see the actual prayer card.

Yet, I can feel the peace of God’s presence. In that silent moment, I began to sing! *“...Thank you, Lord! Thank you, Lord,...Thank you, Lord...I just want to ...Thank you, Lord.” My voice got stronger... “You’ve been so good.... Been so good...Been so good...I just want to thank you, Lord!”* I fell asleep with that song on my heart.

Now, here I am awake and preparing to talk to you. Oh, Lord! These words came to me again. Once again, I was singing and feeling free enough to sit and start our conversation or this writing with you.

My presence here today proves the devil is a liar! I’ve got to stop typing, get up, and walk through my house and PRAISE GOD! I must PRAISE HIM! And PRAISE some more! **JESUS! JESUS! How Amazing!**



Baby Jesus was born to His mother Mary and father Joseph. They were both put in a position that made them look like they didn’t have or use good judgment in the eyes of others! Because they didn’t know the purpose that God had for them and the little baby Jesus.

However, in all that Mary, Joseph and Jesus went through, they never gave up or gave in or felt ashamed to do God’s will! They never knew the ending, but they trusted God! They continued to step in the direction that God had for them. This was the direction that was pleasing to God.

Now, they did it! So, we can do it! Don't we want to serve God?

In life, sometimes the doors will close and the money will run out! Do we really know who we are in Christ? Wait and trust God! You may be failing in all that you're doing! Trust God for this too shall pass! Pray and watch God work it out!

Thank you, Lord! Thank you, Lord! And I don't know what God is going to do, but I do know what God has already done!! Excuse me as I have to get up out of my chair and hold my hands high and cry out....one more time!

Thank you, Lord, Thank you Jesus! Thank you, Jesus. There's power in the Name of Jesus! Thank you, Jesus; no weapons can form against me! *Thank you, Jesus, FOR YOU AND YOU ALONE ARE WORTHY TO BE PRAISED!*

CONSIDER THIS

Is it not a surprise that December has become the month of such pressure and temptation? Giving birth to new directions and new dreams isn't easy! Consider the loads we have to carry with the weight and fear of failure. But God is in control!

Every month, I'm met with get ready, get ready, get ready! The bills drop through my door!

But, I put each one up until I have prayed over them! I first thank God for all I have!! I wouldn't have a gas and light bill, if I didn't have a home. I thank God that I'm not homeless! My bills reflect that I have acquired things. I have made good decisions in buying the things I need the most. Yes, these are my wants and needs being provided ***and now they are my bills!*** *Thank you, Lord, Thank you Jesus!*

But now we are faced with not only needing to pay our bills, but to celebrate Christmas. But how will you celebrate Christmas? Will you forsake your arrangements with the bills... of all you have asked God for and now won't pay a bill this month because it's Christmas? Remember, ***John 10:10: "The thief comes only to steal, and kill, and destroy! I came that they may have life, and have it abundantly."***

Be careful not to allow the "advertisement world" to infringe upon our Christian celebration of the birth of baby Jesus, our Lord and Savior. We are not to be enslaved by the expectations of those who want to profit during our celebration! Jesus Christ our Lord and Savior didn't die on the cross to save us from our sins and iniquities for us to be trapped into thinking that shopping-till-you-drop and over-spending to give gifts is how to celebrate the birth of Jesus.

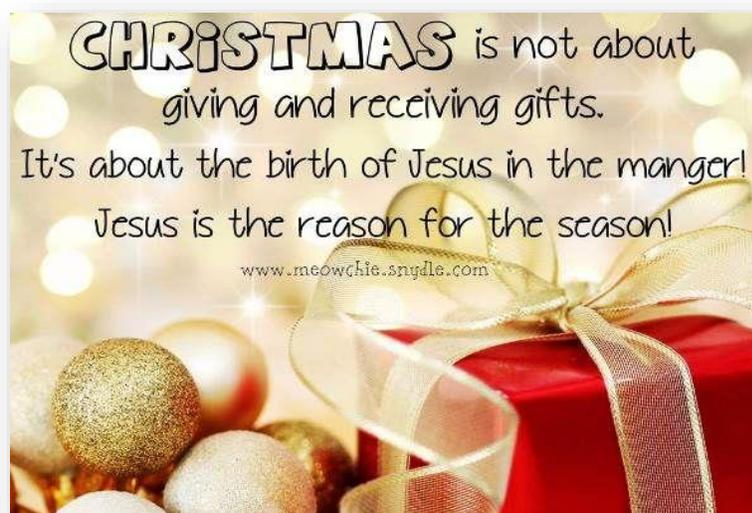
Living this way will cause pain and suffering with your health from worrying and stress. You'll be so burdened down by knowing what you did! And there is the burden of knowing that you did not meet your financial responsibilities. For some this brings on anger and losing their faith because of the endless struggle throughout the next New Year with the Christmas bills. Well, this will only cause you to repeat the cycle all over again next year! Break that chain of bondage now!

MAKE A CHANGE!

Give GIFTS from the heart of what you can and how you can give! When asked for my Christmas wish list from my family, I lovingly thought of each person's ability to financially give or buy gifts. Therefore, I asked my grandchildren for some homemade cookies, my daughter's homemade meatballs or lasagna, and my son to purchase me a CD of his new music. All of our gifts will be given from the heart or homemade. These will be the best gifts a mom and grandma can receive with thoughtful and loving hands.

For this Christmas, I will start the new tradition of giving with a love that only God has allowed me to have through His grace and mercy! My Lord and Savior Jesus Christ allowed me to live and have the freedom to choose my gifts.

I choose the gifts of love, prayers, good health, and happiness to you this Christmas. May you and your family have a very blessed Christmas and Happy New Year! My love to you all!





Merry Christmas!

How to Beat the Holiday Blues

By Dr. Mary Edwards, Our Editor

As we prepare for Christmas, this is going to be a happy and busy time for some of us. But it also can be a very sad and difficult time for others who may have lost a loved one and this is your first Christmas without that person. I want to encourage you not to let negative emotions take hold of your holidays. Let me share a few tips that I hope will work for you, as they have for me, during this time of the year.

#1 – Expect the worse

Now, isn't that a cheerful thought for a jolly time of the year? What I'm saying is be prepared that your high expectations from some people close to you may not be fulfilled. You may get a gift you don't want, or you may not get a gift at all from someone special. This may sound crazy. But I want you to envision yourself sitting under a Christmas tree, with a pretty red bow on top of your head. Then consider yourself a gift to someone. Then go out and make someone else happy. This has always chased away the blues for me.

#2 - Remember to SEE well

No. I'm not talking about having your vision checked. SEE stands for:

S = Sleep – Getting enough rest

E – Eating – Eating healthy

E – Exercising – Be sure to work off those calories from holiday foods and desserts

#3 – Avoid toxic a/k/a negative people

Who is your support team? Are these people who add to your positive emotions? Or do they contribute to your holiday blues? Be selective. If you have to be around such people, because they are family members, keep your visit as brief as possible.

#4 – Be grateful

Get a sheet of white paper and put a black dot in the middle. Now, ask yourself, “What am I looking at when I see this sheet of paper?” Many times, people focus on the black dot rather than all of the surrounding white space. Black dot equals troubles. White space = blessings. Fill in the sheet of paper with things you can be grateful for.

#5 – Give yourself permission to cry, but then...

LIVE, LAUGH & LOVE

Finally, let me leave these four words with you:

SLOW DOWN, AND REST UP!

Tis the season to be jolly! Work at it!

*In Loving Memory of
My Sweet and Beautiful Baby Sister
Regina Morna Palm
May 29, 1953 - July 31, 2017*





Regina Morna Palm
"Down through the years God has been good to me."

My Beautiful Sister Regina

from Wanda J. Burnside

Regina! Regina! Regina, you are my sweet and beautiful baby sister. Oh, how I love you so much. Now that you are gone on....my life has changed forever. It will never be the same because you are not here with me. I want to hear your voice and see your lovely face...It hurts too much to go on without you.

You blessed my life in many ways...day after day. You were caring, loving, and so kind to me. We were together and shared our lives. I could always depend upon you to be there for me. I loved spending our time together. How can I go on?

Continued from Wanda...

Regina, you have been a tremendous inspiration to me. Through the years, you have done all that you can to be there for and with me. You have stood by me with true love and concerns. And...I always wanted to do all that I could for you. It was my joy!

I have never seen strong faith and trust in God like you have shown throughout your life. I learned to have faith in God because of your strong faith. You have made me better.

I praise God that you are no longer suffering. You are free! Dance, Regina! Sing, Regina! Rejoice forevermore.

Jesus, you gave a great sister. I cannot wait to see Regina again....until then...Oh, Lord! Help me!

My Shadow

From your brother...Elder Rodger Minor Palm

Dearest Regina,

When we were younger you always followed me, your big brother, around. No matter how hard I tried to get away from you, you seemed to always be there. I just wanted to spend some time with my friends.

Like the time we, me and my friends, were going to get, but not pay for, candy from the corner store. Then, there was the time my friends were going to try smoking. Each time I couldn't do anything because I had to take you home. I missed the trouble my friends got into.

As I remember, down through the years you have always been around at crucial decision-making times in my life. Well, because of your big eyes and Big Mouth, I was kept from going astray. So I say, you were an Angel to me!!!

I will miss you dearly...

I Love you,

Rodger

From Dexter (Simmie Lee Burnside, Jr.)...

Regina's brother-in-law

I love my...sweet little sister-in-law. Regina, I will really miss you. I will miss you.

You were always so kind to me. Regina, you cared so very much. You brought me lovely things and I did the same for you. You were really good. I never expected you to go now...

Regina, you are in a much better place. I am glad. You are FREE! Now, you are happy!

In Loving Memory

*The full Obituary
of our dear sister,
Regina Morna Palm,
will be posted for reading on
The Lamp Newsletter Website
March 2018.*



Sister

Until we meet Again

*A light from my life has gone
A voice I loved is still
A place is vacant within my heart
Which never can be filled.*

*A bouquet of beautiful memories
Sprayed with a million tears
I wish that God could have spared you
If just for a few more years.*

*I hold you close within my heart,
And there you will remain
To walk with me through out my life
Until we meet again.*

*So rest in peace dear loved one
And thanks for all you've done
I pray that God has given you
The crown you've truly won.*

*Your vacant place
no one can fill
I miss you now
and always will.*



*Like an eternal flame
Your Memory will live in my heart forever*



Our 2017 LAMP NEWSLETTER

With My Heartfelt Thank You

Dear Readers,

In 2008, God called me to publish THE LAMP NEWSLETTER. I did not know what to do. I have written articles, stories and poems for other newsletters. It is always a thrilling feeling to have one of my writings featured in someone's newsletter or magazine. It is exciting to be included in their publications.

However, it is totally a very different experience to run or manage your own newsletter. There is a lot of work and tons of responsibilities. The deadlines are a major concern. I hate to get The Lamp Newsletter out to you after events, activities and news have taken place.

MY STAFF

My dear husband Simmie has stood with me since the beginning of the release of THE LAMP NEWSLETTER. He has been supportive and encouraging in every area of my endeavors with this newsletter. I praise God for him.

Dr. Mary Edwards has been the editor of THE LAMP NEWSLETTER for all of these years. She has been helpful and faithful in every way. She is very concerned about the contents and presentation of the newsletters. I am so grateful.

Now, God has given me a great staff of Christian writers and authors. This is a tremendous blessing! They are dedicated, productive and engaged with everything that pertains to THE LAMP NEWSLETTER. They are a working and writing team of anointed and skilled writers.

THE LAMP NEWSLETTER has gone International! It is unbelievable to even imagine that God would send me His choice writers to join with me with the vision and purpose for THE LAMP NEWSLETTER! I give God all of the Glory!

So, to my wonderful, talented, anointed, and precious Staff of Writers.... I Salute you! I appreciate your hard work! May God Bless:

*Minister Sandra Hickman, Ministry Leader and Writer- Australia Headquarters
Mrs. Christine V. Mitchell, Ministry Leader and Writer – the UK /London Headquarters
Author Ramelle T. Lee, USA Staff Writer
Mrs. Michele Barnes, USA Staff Writer*

NOW, TO MY READERS: *I am so thankful for your loyalty. You are the reason we write! You are the reason that there continues to be this Christian publication! You are IMPORTANT to us! You touch our hearts and lives by your interest and partnership in reading THE LAMP NEWSLETTER. THANK YOU for your comments and encouraging testimonies. Praise the Lord that what we write is a blessing to you. This means so much to us.*

So, as we close our year of writing and work of THE LAMP NEWSLETTER for 2017, we send all of you our love. You are a special gift to us! We rest our pens, note pads, computers and phones until our next 2018 deadline for our January issue of THE LAMP NEWSLETTER. Here is our prayer for you:

*“Beloved, I wish above all things
that thou mayest prosper and be in health,
even as thy soul prospereth.”*

(3 John 2)

*Merry
Christmas*



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Goodreads, and Chocolate Pages. Tribe Family Network-RESTORE! RESTORE!

Mrs. Wanda J. Burnside, Founder and President

JESUS CHRIST OUR LORD and SAVIOR

He gave His life

to

Redeem and Save Us from Our Sins!



Give your life to Him!

Follow Him!

Live for Him! Serve Him!