

the CRANberry VINE



CRAN Members and Friends,

2021 keeps rolling on and is already June! We were excited at our first in person meeting in the month of April. It was a cold and windy day, but 20 members braved the weather and met for the first time after over a year! Now we are looking forward to our next meeting on June 24th. Please make plans to be there if you are able. It is not just to have fun, but it is to encourage each other as we share a meal and talk about how the Lord protected us during this time.

The government keeps relaxing the pandemic guidelines, and we hope that soon it will all be over, and just the memories remains... and the fear that it could comeback. If we are faithful keeping the guidelines established by God to control the sin pandemic, soon it will also be over. And it will not return again! Once exterminated, sin has no chance of showing its ugly head again. While we still live in this contaminated world, it pays to heed the counsel of the Apostle Paul who said: "Put on the whole armor of God, that you may be able to stand against the wiles of the devil" (Ephesians 6:11). It's a way of saying: keep your distance from sin, cover your faces and senses that you will not be inclined to look at it, and keep your hands and body clean to avoid any contamination.

What a wonderful day it will be when there will be no more guidelines to protect us from sin! The blood of Jesus is enough to eradicate this pandemic! May God protect us from sin until that day!

Sam Leonor, Sr.

President



Those who receive
The CRANberry Vine by
email, receive it in color.
Do you?

REMINDER

**Have you paid
your annual
membership
dues? Please in-
clude it with
your Retreat
Application and
mail it to our
CRAN Treasur-
er:**

Carol Hayes

103 Oakwood Place,

Apt 1,

Hendersonville NC



Cranberry Salad

1 (12 ounce) package fresh cranberries, finely chopped

1/2 cup white sugar

2 cups chopped apples

1 cup miniature marshmallows

1/2 chopped pecans

1/2 cup vanilla yogurt

1 cup frozen whipped topping, thawed

Combine chopped cranberries and sugar in a large, nonreactive bowl. Toss well. Cover and refrigerate for 3 hours. After 3 hours, stir apples, marshmallows and pecans into cranberries. Combine yogurt and whipped topping; fold into cranberry salad. Serve immediately or keeps refrigerated for a day or two.

Cranberries 101: Nutrition & Health Benefits

From Healthline

Cranberries are a member of the heather family and related to blueberries, bilberries, and lingonberries.

Fresh cranberries are nearly 90% water. Cranberries are primarily made up of carbs and fiber. They also boast several vitamins and minerals, including manganese, copper, and Vitamins C, E, and K1. Cranberry juice has almost no fiber.

Cranberries are a rich source of various bioactive plant compounds. Some of these, such as A-type proanthocyanidins, may help prevent UTIs.

Fraser's Hill. For hundreds of missionaries serving in the Far East, those two words are almost a synonym for heaven.

Located in the high mountains of Malaysia, Fraser's Hill is a quiet British-style vacation resort area. Large stone inns dot the mountain landscape surrounding a simple nine-hole golf course. Cool air and foggy mornings are a welcome change from the muggy tropical environment of the workaday world.

For years my family spent our annual vacation there. Following a grueling and gritty two-day train ride from Bangkok, we would endure the one-hour drive up curving mountain roads by taxi to our final destination.

Finally the cab would pull into the stone driveway at The Glen. A large, gracious inn staffed by quiet and friendly Asian personnel seemed like paradise after the arduous journey. Two unforgettable weeks in our near-heaven lay ahead.

I guess you had to be there to understand why this was such a treasured experience for battle-weary missionaries. Quietly efficient maid service. Three delicious meals provided right on schedule—hot, flaky apple pie, British steam pudding; plenty of toast with marmalade and peanut butter. Table games in the parlor every evening by the fireplace, punctuated by the servant's gentle query: "Ovaltine? Coffee?"

Comfortable, elegant service. And all of it ready and waiting when we got there.

That's a point I believe is worth making about heaven. When we get there, it will be ready and waiting for us.

- From *Heaven* by David B Smith

WHAT 'S NEXT?

June 24, 11:00 am Summer Potluck Picnic

Carrier Park Shelter, 220 Amboy Rd, Asheville 28806

11:30 Devotional

12:30 Lunch

Bring a dish to share for lunch.



There will be time to visit, play Cornhole, Bocce or table games and explore the park. You can even get a head start on cornhole so you're ready for the annual cornhole tournament at the Fall Retreat. We look forward to spending time with you and hope to see you there!

September 20-23 Fall Retreat at Nosoca Pines
Plans are underway for our annual fall retreat. A Retreat Application is enclosed, send it in now so you don't miss the fun!

December Christmas Lunch at Fletcher Academy
Date to be announced.

Our Father, the King, has gone to prepare a place for us. John 14:1-3 is a potent promise to every child of the King. At this very moment the heavenly White House is being prepared for its guests. Soon, very soon, we will dwell with our God, the King.

All the privileges, all the perks, all the little niceties that make being related to royalty such a delight will be ours. Best of all, we will all sit down at the supper table night after night and dine in fellowship with the King Himself.

It's great to be related to Someone like that.

-From "Heaven" by David B. Smith



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<https://www.cransda.org>

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**I am a God who Heals.**

I heal broken bodies, broken minds, broken hearts, broken lives, and broken relationships. My very Presence has immense healing powers. You cannot live close to Me without experiencing some degree of healing. However, it is also true that *you have not because you ask not*. You receive the healing that flows naturally from My Presence, whether you seek it or not. But there is more —much more—available to those who ask.

The first step in receiving healing is to live ever so close to Me. The benefits of this practice are too numerous to list. As you grow more and more intimate with Me, I reveal My will to you more directly. When the time is right, I prompt you to ask for healing of some brokenness in you or in another person. The healing may be instantaneous, or it may be a process. That is up to Me. Your part is to trust Me fully and to thank Me for the restoration that has begun.

I rarely heal all the brokenness in a person’s life. Even My servant Paul was told, “*My grace is sufficient for you,*” when he sought healing for the thorn in his flesh. Nonetheless, much healing is available to those whose lives are intimately interwoven with Mine. *Ask, and you will receive.*

Psalms 103:3; James 4:2, 2 Corinthians 127-9, Matthew 7:7

- From *Jesus Calling* by Sarah Young

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PLEASE
PLACE
STAMP
HERE

**Carolina Retirees
Association Northwest**

693 N Rugby Road
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RETURN SERVICE
REQUESTED

Peggy Peterson, editor

