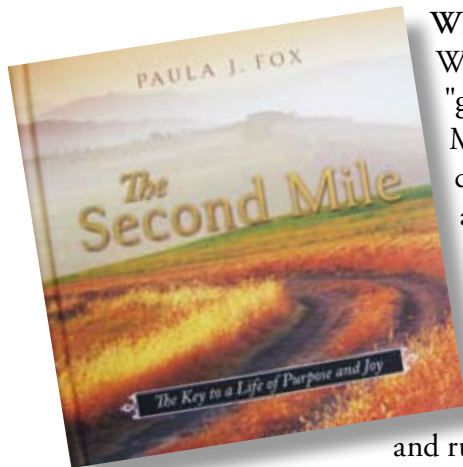


The Second Mile

by Paula J. Fox

*"If someone forces you to go one mile,
go with him two miles."*

– Matthew 5:41



What is the second mile?

We often hear the phrase, "going the Second Mile" in our modern conversation, but it actually has its roots in first-century Palestine. During Bible times, the Romans had conquered much of the known world

and ruled with an iron

hand. By Roman law, a Roman soldier could compel a subject of one of the conquered lands to carry his backpack, or "load," for him one mile, but only one mile. The Israelites resented the oppressive rule of the Roman occupation and would obey the law by going one mile, but not one step more. Second Mile living is not based on feelings and emotions but on choice. We can choose to act out of love for others not because they deserve it, not because it is required of us, and not necessarily because we feel like it, but simply because it is the guiding truth in our lives. The choice to go the Second Mile is the key that unlocks the secret of joy in difficult circumstances. It has the power to transform a tiresome, menial task into a joyful act of giving; to infuse a contentious relationship with a new spirit of kindness and generosity; and to change an individual's self-perception from that of a victim to a victor. It involves striving for excellence and finding joy in the process doing more than what is required taking control of one's own destiny by a conscious act of giving extra time, energy, resources as a gift, not because we have to, but because we choose to.

Hardbound book available at Pierre's Digital Print Center

White Corn & Bean Salsa

*Just in time for fresh summer corn,
this cool and refreshing side is sure
to please!*

Ingredients:

- ¼ c. canola oil
- ½ c. sugar
- ½ c. white vinegar
- ½ t. pepper
- ½ c. diced green pepper
- 2 cloves garlic chopped fine
- ½ c. diced red onion
- 2 c. black eyed peas, cleaned and drained
- 1 c. white corn: fresh (cooked, cooled), canned (drained) or frozen
- 3-4 shakes tobasco (optional)

Mix sugar, vinegar, and oil. Combine all ingredients. Refrigerate overnight. Serve with tortilla chips of your choice.



Available October at Pierre's Digital Print Center...



Proceeds to benefit Salvation Army and Care & Share of Erie County

1

The dirtier I am, the whiter I get. Leave a mark on me when you stand. I'll leave a mark on you when you sit. What am I?

2

What has a foot but no legs?

3

It's got twists and turns, but has no curves. Twist it to fix it, turn it to ruin it. What is it?



Sunflowers

Sunflowers belong to the Asteraceae family of flowers. Flowers from this family are like two different types of flowers combined. The center is made up of tiny clusters of florets with larger petals, called rays, extending outward. Sunflower seeds are edible and can be eaten raw or cooked. Oil can be extracted and used for cooking and soap making.

Types of Sunflowers:
(find in word search)

- American Giant
- Red Sun
- Teddy Bear
- Velvet Queen
- Irish Eyes

Other flowers in the Asteraceae family:
(find in word search)

- Marigold
- Zinnia
- Chrysanthemum
- Daisy
- Aster

D	A	S	T	E	R	C	E	S	R
L	M	U	T	R	F	H	Y	S	C
O	Q	N	A	C	I	R	E	M	A
G	M	O	S	M	T	Y	S	E	B
I	I	O	E	E	X	S	T	S	B
R	B	A	V	F	J	A	U	D	I
A	T	L	N	Z	I	N	N	I	A
M	E	Y	R	T	F	T	M	Q	Y
V	D	E	C	L	B	H	U	X	S
D	D	K	O	A	G	E	V	I	I
K	Y	W	V	H	E	M	A	T	A
X	E	L	N	N	N	U	S	R	D
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