

A2S Post

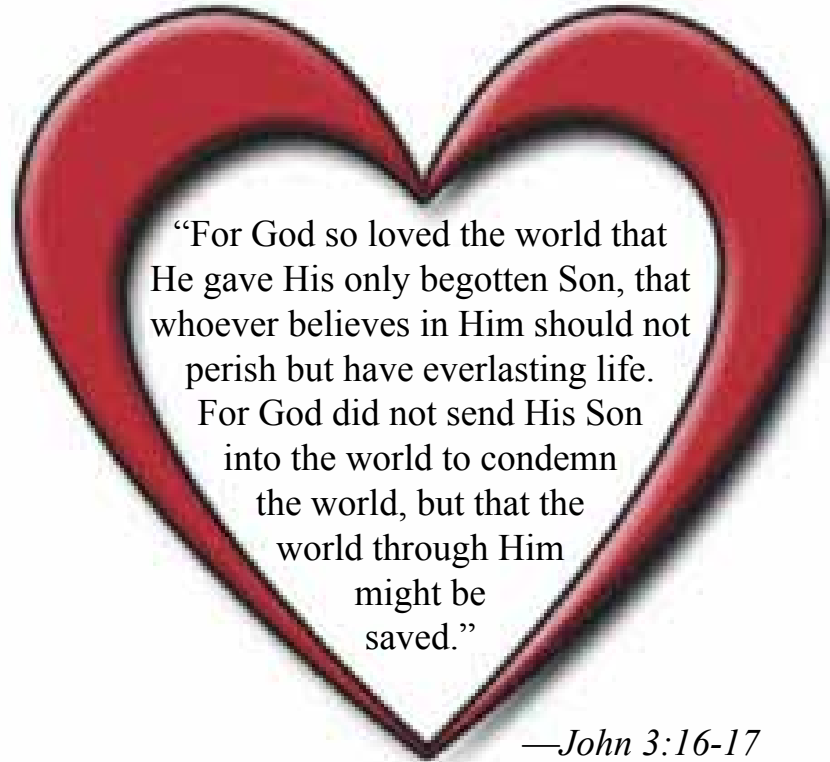
Able to Serve

a news digest published by the Able to Serve team in Garner, NC

Remember to ask your family and friends to "like" Able to Serve's Facebook page. We are halfway to our goal of 1,000 "likes"!

You Are God's Valentine

by Bill Young



—John 3:16-17

Always remember how much God loves you!

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Able to Serve™ is a faith-based 501(c)3 nonprofit organization founded in 2003. Our mission is to get involved in the lives of individuals who have intellectual and physical disabilities and help them get involved in our community.

A Poem about Friends

by Stephanie

People come into our life disguised as angels, and sometimes angels come into our life disguised as people. It is possible to see God anywhere. All it takes are open eyes and ears and the willingness to see miracles. They are everywhere. God is as available as we are.

Having friends that inspire us to rise to higher and greater levels is an awesome gift. Surround yourself with people that inspire you to do better and inspire your friends as well. It is a profound truth that the people we spend time with shape the path that we travel.



Thank You, Ms. Pat

by Becky

I want to just take the time to say *Thank You* for all you have done in volunteering with Able to Serve on Wednesdays and teaching us wonderful creative movement dances such as "Holy Spirit" and "Silent Night." I have so much fun learning them! You are one of kind, and we appreciate you!

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

1 Corinthians 13:4-7



We want to thank the Garner Senior Center Woodcarvers for sharing their craftsmanship with us. Beautiful work!

Easy Ice Cream Sandwiches

What You Need

- 2 cups vanilla ice cream, slightly softened
- 1 cup chopped peanuts, divided
- 30 CHIPS AHOY! cookies

Make It

Mix ice cream and 1/2 cup nuts in airtight container. **Freeze** 20 to 30 minutes or until firm enough to hold its shape.

Spoon about 2 tablespoons ice cream mixture onto flat side of each of 15 cookies. Cover each with second cookie, top-side up, to make sandwich.

Roll edges in remaining nuts. **Freeze** 2 hours or until firm.

God Says Who We Are

by Bill Young

The Bible, God's written Word, is also God's love letter to each one of us. It is filled with messages that God has for us. The world also has many words and messages that it sends to each one of us. Television, the Internet, magazines, and the news media continuously send messages to us that are powerful, persuasive, negative, destructive, and wrong. They give us a picture of who the world wants us to be that is completely false. God, our loving Heavenly Father, is the only One who has the wisdom, power, and authority to tell us who we really are. As we begin the year 2013 together, let's remember who God says we are.

- You are loved. (John 3:16-27)
- You are beautiful. (Psalm 45:9-11)
- You are unique. (Psalm 139:13-16)
- You are special. (Ephesians 2:10)
- You are created for a purpose. (Jeremiah 29:11)
- You are lovingly cared for. (Ephesians 3:16-19)
- You are precious. (1 Corinthians 6:19-20)
- You are strong. (Psalm 68:35)
- You are chosen. (1 Peter 2:9-10)
- You are forgiven. (Psalm 103:8-12)
- You are a new creation. (2 Corinthians 5:17-19)
- You are protected. (Psalm 121:1-8)
- You are empowered. (Philippians 4:11-13)
- You are My friends. (John 15:9-17)
- You are My family. (Ephesians 2:19-22)
- You are Mine. (Isaiah 43:1-7)

Prayer: Loving and gracious God, thank You for telling us who we really are through Your written Word, the Bible, and through Your Living Word, Jesus Christ. We pray in the name of Jesus Christ, our Lord and Savior. *Amen.*

Give Abilities a Chance

by Michael

Many of us come to Able to Serve with a unique set of challenges. Most of us have the sign *disability* hanging over our heads as we go about the day. We get looks from people that clearly display we are "different" from everyone else. You can almost feel them picking out your so called "flaws."

Let's back up and go back to the word *disability*. Look at the word closely. Contained within the word *disability* you come across the word *ability*. At Able to Serve we go by the motto of **giving abilities a chance**. Through ATS we get the chance to showcase our potential and show the community what we **can** do. The new things we **can** learn if **given a chance** to do so. At ATS the word *disability* is not in our vocabulary. The *ability* is all that matters to us.

ATS offers a chance for growth, creativity and a chance to do to the best of our ability reach out to the community through public service projects. Most important, ATS is a family. Once you join ATS you know that the friends you make here have your back and will not let you down.

The opportunities Able to Serve offers are endless. You never know when your giving abilities a chance what's on the horizon.

Bowl-a-Thon

Able to Serve's annual bowl-a-thon is Saturday, April 13. You can pick up your pledge packets beginning the first week of February. Our goal for this year is \$5,000.

Registration is \$15 per bowler. Ask friends to form a team so you can compete for the Able to Brag trophy!

A Joke from Jessica



A young boy and his family were visiting a church for the first time. As they walked the halls to the sanctuary, the boy noticed all the pictures that lined the walls.

He inquired about a picture that had a group of men in uniforms. "Who are all those men in that picture?"

The usher replied, "Why, those are our boys who died in the service."

Dumbfounded, the boy asked, "Was that the morning service or the evening service?"

Coming Up at Able to Serve

Friday, February 15—Reading Buddies Celebration
 March 28—April 7—Closed for Easter/Spring Break
 Saturday, April 13—Bowl-a-Thon