stewardess was getting out the AED.

I asked how I could

help and introduced

myself as a physical

therapist with training in CPR and

basic life support for

providers. The

stewardess holding

the oxygen mask

explained what

happened. She said

that the man had

been sitting in the aisle seat and stood

to let a mom take

care

health

# THE GOOD NEWS GAZETTE

### THINK ON THESE THINGS...

Philippians 4:8-9

#### FOR SUCH A TIME AS THIS...

I didn't get to sleep until around 2 AM, so my 6:30 AM alarm seemed to go off way too early. I dressed, packed up, ate breakfast, and checked out of my hotel to catch the 8 AM shuttle to Love Field. My flight wasn't scheduled to depart Dallas until 10:20 AM, but the hotel staff said I needed to go early because of the lengthy check in and TSA search procedures. I was flying on Southwest Airlines to Kansas City, Missouri with an 11:45 AM arrival time. I planned to take a nap on the flight to catch up on my sleep. If I couldn't sleep, I had a book to finish.

Boarding with group C, I was the 5th from the last person to get on the Boeing 737 that held about 150 passengers and crew. Aisle and window seats were filled throughout the plane, but I found a middle seat in row 13. I settled in between a woman in the window seat and a man on the aisle. Neither were interested in introductions or conversation, so I took out my book to read. As we taxied, I said a prayer for the pilots and a safe flight.

Once in the air, I dozed until the stewardess asked, "Something to

drink?" To my surprise honey roasted peanuts came with my Coke. That doesn't happen on American flights. Alert after enjoying my refreshments, I decided to continue reading my book and taking notes. About half way through the flight, a stewardess' voice came over the intercom calmly asking if someone with medical training could come to the rear of the plane. From row 13, I didn't see anyone get up in front of me but assumed someone behind me answered the call. I continued reading. A few minutes later, the stewardess came back on the intercom repeating her request for medical personnel to come to the rear of the plane. This time her voice held a more urgent and distressed tone. Did they need more help or had no one yet responded to their calls for help? Turning to the man on my left, I said urgently, "Excuse me, let me out!" Unbuckling my seatbelt and quickly stowing my book, I hurried to the back of the plane. Evidently, no one else had responded to the calls for help. As I approached the rear of the plane, two stewardesses looked at me with relief. One held an oxygen mask and was attempting to place it on the face of an older man lying prone and unconscious across the last three seats of the plane. The other



Photo from Wikipededia reference on Southwest Airlines

her child to the rest room. As the she touched his shoulder to thank him for being patient with the somewhat disruptive child, he suddenly passed out and fell facedown across the seats. The stewardesses weren't sure what to do, or why he collapsed. They wanted someone with medical training to assess the man and situation to determine what needed to be done.

As I assisted with the in flight emergency, I was thankful for the many teachers, professors, and mentors that prepared me to serve in the medical profession. I was glad for my CPR and AED training. Though I would never have imagined a flight crew needing me in an onboard emergency, I was equipped and ready to act and address the situation at hand. I didn't know how things would ultimately turn out, but I knew I had to do my best to serve the unconscious man and the flight crew. I also knew, that I was the only one that stood up to help. In a plane with around 150 people on board, it was hard for me to believe that I was the only person on board with any medical training. I felt sure there had to be someone else. If there were, they never answered the first or second call for help.

Once my role in the emergency was done, my mind recalled the story of Ester in the Bible. I'd like to share my thoughts about that story in relation to my Southwest flight. Ester was a Jew and King Xerxes' queen. King Xerxes ruled an extensive kingdom from India to Ethiopia that included 127 provinces with its people speaking many different languages. King Xerxes married Ester in the seventh year of his reign and was not aware of Ester's family or nationality. Through an interesting series of events, the king, unknowingly, allowed his second in command, Haman, to create an edict "to destroy, kill and annihilate all the Jews throughout the kingdom - young and old, women and little children - on a single day, the thirteenth day of the twelfth month." Ester 3:13 (NIV).

Haman wanted to destroy all of the Jews because he hated one particular Jew named Mordecai. Mordecai had repeatedly refused to bow down to Haman, and this enraged him. Mordecai was a relative of Queen Ester and had raised her after her parents' deaths. Because of Haman's order, "In every province to which the edict and order of the king came, there was great mourning among the Jews with fasting, weeping and wailing. Many lay in sackcloth and ashes." - Ester 4:3 (NIV) When Ester saw the distress of Mordecai and her people she sent one of her attendants, Hathach, "to find out what was troubling Mordecai." Ester 4:5 (NIV)

Mordecai explained to Queen Ester's attendant everything that had happened and what was set to transpire. Mordecai, through Hathach, urged Ester to go before the king to plead for the lives of the Jews, but Ester was reluctant. Though she had been married to the king for five years, he had not called for her for the previous 30 days. The Bible savs that In those times, there was but one law for any man or woman who approached the king without being summoned. He or she would be put to death unless the king extended his gold scepter to him or her. When Ester told Mordecai of the penalty of death to those who came before the king

without being summoned, he replied, "And who knows but that you have come to a royal position for such a time as this?" Ester 4:14 (NIV)

In response to Mordecai's words, Ester's called for a three day fast for herself, her maids, and among all the Jews in Susa. Queen Ester said, "When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." Ester 4:16 (NIV) Ester, knowing that she might not only fail to save her people but might be put to death by her husband, the king, stepped out in faith to answer the call for help to try to save her people.

In our world today, there are times when each of us are called to step up and out on faith. What will we do? On the Southwest flight I took recently, I had no idea, I'd be called upon or needed in any way. I didn't respond to the first call for help because I felt certain that someone else would respond? Statistically speaking, there should have been others aboard who were in the medical field. If there were, they didn't admit to it. When the second call for help came, I still had a choice to respond or not. I thought- what if, like Mordecai's words to Ester, I was on that plane, at that time, in that situation "for such a time as this?" Was I willing to be used and useful in the emergency? Like Ester, I did not know what the outcome of my involvement would be, but believed that I needed to step out into the aisle and up to whatever challenge awaited in the rear of the plane. Could I help? I didn't know. Once I knew the situation I wondered, would the man live? I didn't know. Would I be responsible for his outcome? I didn't know. What I did know, was that I needed to do my best in that moment to help. The question for Ester was whether she would let God use her in her position as queen with her talents and skills for his purposes or

not. That question remains for us today. When we hear the calls for action to fulfill God's purposes in our world, will 1... will you... respond? Are we willing to use our positions, talents, and skills to further God's will to a lost and dying world? Challenges and opportunities are everywhere around us. The question remains, will we answer the calls "for such a time as this?"

#### **Robin Robbins House**

P. S. The book of Ester is only ten short chapters long and worth the read for more details on the story. I find the words of Mordecai in Ester 4:14 of interest to ponder in more detail within the context of the whole story. I hope you will think on these things...

#### What Does the Bible Say?

Who did King Herod think Jesus was?

What had John told King Herod about Herodias?

Who was Herodias?

Why was Herod afraid to kill John?

Who danced for Herod at his birthday party?

What did Herod promise to give the girl who danced at his birthday party?

For what did the girl ask and on whose prompting?

What did the girl do with her gift from King Herod?

Who buried John?

What did Jesus do when he heard of John's death?

Who followed Jesus when he left by boat?

What did Jesus have for the crowds and what did he do for them?

What did the disciples want Jesus to tell the crowds?

What did Jesus tell the disciples to do for the crowds?

How much food did Jesus and his disciples have?

What did Jesus do when he looked up to heaven?

How was food dispersed to the crowds?

How many men ate that day?

Were women and children fed as well?

How many basketfuls of broken pieces were left over?

After the meal what did Jesus make the disciples do?

What two things did Jesus do after the disciples left him?

What was against the boat on the lake?

What time did Jesus go out to the disciples?

How did Jesus get to the boat?

What did the disciples think they saw as Jesus approached?

What did Jesus tell the disciples as he approached them?

What did Peter ask of Jesus?

What did Peter do on the water?

Why did Peter sink?

What did Peter say as he began to sink?

How quickly did Jesus respond to Peter?

What did Jesus say to Peter?

What happened when Jesus and Peter got in the boat?

What did the disciples say to Jesus when he got in the boat?

Where did the boat land?

What happened when Jesus came to Gennesaret?

Who were healed by Jesus at Gennesaret?

## Answers to these questions can be found in Matthew chapter fourteen.

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To subscribe, email your request to Robin at <u>thegoodnewsgazette1@gmail.com</u>.

# CHICKEN SALAD RECIPE



Mix together in a bowl

1 Roasted Chicken - skinned, deboned and chopped up in small pieces

1 bunch of celery chopped finely

1 can pineapple tidbits without the liquid 2 cups green grapes cut in 1/2 or 1/4ths Equal parts mayonnaise and Miracle Whip to mix together with

1 package of cooked bow tie pasta al dente (paste should not over-cooked but slightly firm)

Refrigerate for 1 hour or overnight before serving.

Photo by Robin Robbins House

I hope you enjoy it.

This recipe was given to me by Jackie Rockhold. — Robin

# **Memory Verse**

"Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Isaiah 40:28-31



Photo by Robin Robbins House