

*Thirteenth Sunday after Pentecost*  
*Matthew 21, 33-42*



# How to Throw a Frisbee

*If we all completely became whatever a skill teaches, Frisbee throwers would turn into graceful swans.*

—A Good Dad Observation

**Y**our kid wants to play catch with a Frisbee. But each time she hurls the disk your direction, it wobbles in the air, then veers off course and crashes into a rosebush.

Fortunately, you know the secret that will blitz her frustration and help her make those long, hovering throws of her dreams: it's all in the wrist action.

First, have her grasp the Frisbee, placing the four fingers of her throwing hand under the rim and her thumb on top. When she curls her arm in toward her body, her thumb should point right at her chest. Then have her rapidly uncurl her arm and let the Frisbee go with a quick snap of her wrist when her hand points at the receiver. By flicking the wrist, she puts spin on the disk, which makes it work like a top. This keeps it stable so it doesn't tilt.

For a longer, more hovering throw, have her aim toward you, but also slightly above the horizon. As the air flows over the Frisbee, it will act like an airplane wing, rising higher and staying aloft longer. If she wants more power to her toss, have her run a few steps before her release. Soon she'll be making smooth, graceful throws that will sail clear across a field.

Catching a Frisbee is simple. As it spins in her direction, just have her reach out and catch it by the rim. Remind her to clutch it firmly because it will be spinning.

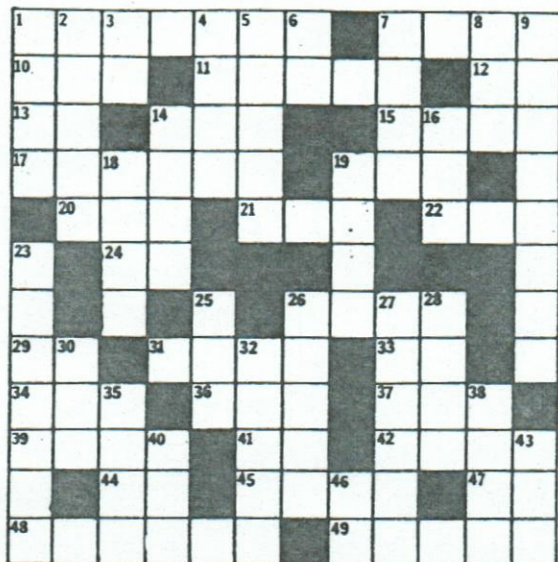
Your child will learn that like ballet or playing the violin, throwing the Frisbee is a skill that requires correct patterns of behavior. And the slow, gentle way of Frisbee throwing, with its display of elegance and grace, is a good pattern to learn.

## **A "Look-at-This!" Catch**

For more razzmatazz to her catches, your kid can work to perfect the supercool "rolling catch," in which she makes the Frisbee appear to roll across her body. Let's say the Frisbee is coming in from her left. Simply have her let the Frisbee graze her extended left hand, roll down her left arm, spin across her chest, and roll up her right arm. Then with her right hand, have her pluck the disk out of the air.



# PSALMS CROSSWORD PUZZLES



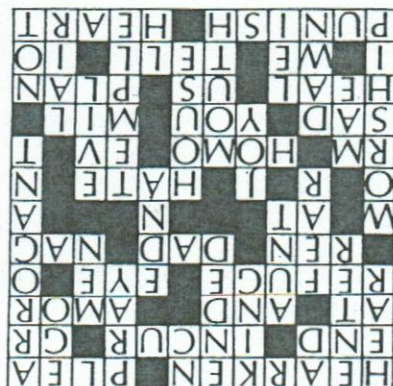
## BOOK OF PSALMS — Psalm 5

### ACROSS

### DOWN

1. "\_\_\_ to my words, O Lord."
7. "at dawn bring my \_\_\_ before you."
10. Termination point.
11. Run into or toward.
12. Grow (abbrev.).
13. Expresses contact in space.
14. Particle joining words.
15. Means "love" in Latin.
17. "all you who take \_\_\_ in you."
19. We see with it.
20. Religion Education News.
21. Short for "father."
22. To harass.
24. Alternate Team.
26. "you \_\_\_ all evildoers."
29. Room (abbrev.).
31. "\_\_\_ Sapiens" (man).
33. Evolution (abbrev.).
34. Not happy.
36. "\_\_\_, O Lord, bless the just man."
37. Small unit of measure.
39. To cure.
41. United States.
42. Organize, arrange.
44. First person pl. pronoun.
45. Informs, communicates.
47. Internal Order.
48. "\_\_\_ them, O God."
49. "\_\_\_ teems with treacheries."

1. "at dawn you \_\_\_ my voice."
2. "I will \_\_\_ your house."
3. Short for "advertisement."
4. "heed my call, my \_\_\_ and my God."
5. Finished.
6. North Carolina.
7. "to you I \_\_\_, O Lord."
8. The "self" in psychology.
9. "the \_\_\_ may not stand in your sight."
14. Sister of one's father.
16. Plural of "man."
18. "I will worship in \_\_\_ of you, O Lord."
19. Girl's name.
23. "I will \_\_\_ in fear of you, O Lord."
25. "protect them, that you may be the \_\_\_"
26. "I will enter your \_\_\_"
27. "I will worship at your \_\_\_"
28. "no \_\_\_ man remains with you."
30. Girl's name.
32. "in their \_\_\_ there is no sincerity."
35. "at \_\_\_ you hear my voice."
38. Bed of wild beast.
40. Hawaiian wreath.
43. "you God, delight \_\_\_ in wickedness."
46. Left Halfback.



## PSALMS CROSSWORD PUZZLES

# Q

## Guests

Fill in each blank with the name of a guest who fits the accompanying clue.

1. \_\_\_\_\_ was the guest of two sisters.
2. \_\_\_\_\_ was the guest of honor at a dinner party given by Samuel.
3. \_\_\_\_\_ was the guest for three days of Publius, governor of Melita.
4. \_\_\_\_\_ was provided with a guest room prepared especially for his visits.
5. \_\_\_\_\_ was given a serving five times larger than that served to the other dinner guests.
6. \_\_\_\_\_ was accused of inhospitality because he failed to kiss a guest and anoint his head with oil.
7. \_\_\_\_\_ was invited as a dinner guest and ended up living with his host and marrying his daughter.

1. Jesus (Luke 10:38-40)
2. Saul (I Sam. 9:19-24)
3. Paul (Acts 28:1, 7)
4. Elisha (II Kings 4:8-10)
5. Benjamin (Gen. 43:31-34)
6. Simon (Luke 7:40-46)
7. Moses (Exod. 2:15-21)

GUESTS