



*To two people for whom I am most grateful:  
my daughter-in-law, Marianne Reddin Aldrich,  
and my son-in-law, Eric Boyd Hulén.*

Visit Tyndale's exciting Web site at [www.tyndale.com](http://www.tyndale.com)

Copyright © 2000 by Sandra Picklesimer Aldrich. All rights reserved.

Illustrations copyright © 2000 by Donna Kae Nelson. All rights reserved.

Designed by Melinda Schumacher

Published in association with the literary agency of Alive Communications, Inc.,  
7680 Goddard Street, Suite 200, Colorado Springs, CO 80920.

Unless otherwise indicated, all Scripture quotations are taken from the *Holy Bible*, New International Version®. NIV®. Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.

Scripture quotations marked KJV are taken from the *Holy Bible*, King James Version.

Some names and certain details mentioned in this book have been changed to protect the privacy of the individuals involved.

---

#### **Library of Congress Cataloging-in-Publication Data**

Aldrich, Sandra Picklesimer.

One hundred one upward glances : watching for God's touch in the ordinary days /  
Sandra Picklesimer Aldrich.  
p. cm.

ISBN 0-8423-3604-4

1. Christian women—Religious life. 2. Aldrich, Sandra Picklesimer. I. Title: One hundred and one upward glances. II. Title.

BV4527 .A43 2000  
242—dc21

00-039300

---

Printed in the United States of America

06 05 04 03 02 01 00  
7 6 5 4 3 2 1

# Contents

## **The Power of Encouragement**

- “You Good Mama” 3
- So You Think You Don’t Make a Difference? 5
- But That’s Not Fair! 7
- Just like Doris! 9
- How Do I Help a Hurting Friend? 13
- Take to Your Bed! 15
- Unexpected Encouragement 17
- Ready If Needed 19
- Impossible Standards 21
- Kindness Spoken Here 23
- The Subway Singer 25
- Do You Have a “Yes” Face? 27
- What Voices Do You Listen To? 29
- A Second Chance 31

## **The Gift of Family**

- Mysterious Flutterings 35
- Created for God’s Purpose 37
- Tender Regard 39
- What Babies Need Most 41
- If I Had It to Do Over 43
- A Precious Gift 45
- Careful—You’re Being Watched! 47
- Child Labor Is Okay 49

Out of the Mouths of Babes 51  
Aunt Sandra's Guide to Successful Vacations 53  
Pick Your Battles 55  
Calling In the Experts 57  
Prayers, Not Lectures 59  
A Good Name 61  
A Prayer Armistice 63  
Know When to Lighten Up 65  
No Lectures 67  
The Apron Strings 71  
A Faith of Your Own 73  
Three at the Altar 75



## **The Joy of the Lord**

Mama's Biscuits 79  
Isn't Jesus Sweet? 81  
The View above the Fog 85  
In God's Image 87  
Sorting the Wonders 89  
Dare to Be Silly 91  
Passing Along a Chuckle 93  
Thankfulness through the Tears 95  
Fried Bear Meat 97  
Under His Wings 99  
Nothing in His Hands 101  
So *That's* What It Means! 105  
The Breathin' Part 107



## **A Patchwork of Wisdom**

Getting Rid of the Goat 111  
One Square Button 113  
What Jay and Holly Taught Me about  
Communication 115

A Cliff-Hanging Lesson 117  
Going to Plan B 119  
The Message on a Closed Door 121  
Pull Your Own Weeds 123  
A Child's Prayer 125  
Got Any Other Bright Ideas? 127  
When the Guilt Is Heavy 131  
Loaves, Fishes, and Corn Bread 133  
A Gift to the Lord 135  
What Will the Neighbors Think? 137  
Accepting the Consequences 139  
Demanding Perfection 141  
Playing with Snakes 143  
On a Street in Old Jerusalem 145

## **Workdays, Holidays, and Every Days**

So You Goofed 149  
How to Erase Your Tapes 151  
Fighting for My Wrinkles 153  
Working Hands and Strong Prayers 155  
Bottle Rockets 157  
Quilts on the Walls 161  
Plant Your Own Garden 163  
A New Thanksgiving 165  
The "Perfect" Holiday 167  
The Warmest Gift 169  
The Thirty-Four-Dollar Christmas 171  
Watching for God's Touch 173



## **Courage**

The Many Faces of Courage 177  
Why, Lord? 179  
Fear of Tripping 183

Tempted by the Easy Way 185  
Don't Quit Now! 187  
Learning to Be Strong like Molly Pitcher 189  
Courage in Crisis 191  
A Young Mom's Courage 193  
Lord, I Can't Do This 195

## **Trust and Obey**

Running to the Mountain 199  
Real Women Ask Directions 201  
A Gentle Ticking 203  
Do You Trust Me? 205  
Angel in Uniform 207  
The Pharaoh on the Wall 209  
Two Faces in the Painting 213  
Caring for the "Unimportant" 215  
Better than a Mule 217  
Trusting Those We Love to God 219  
I Want Patience—Now! 221  
What to Do While You Wait 223  
Our Father's Care 225  
The Faces of Angels 227  
*You Do!* 229  
Glory in the Darkness 231



## "You Good Mama"

*But encourage one another daily,  
as long as it is called Today.*

HEBREWS 3:13

We all have those moments when we're so tired and discouraged that we don't think we can take another step. Several years ago, though, three simple words from a fellow traveler proved to be God's special encouragement to me during one of those times. My then-young children and I were on a church tour in Italy, sharing a bus with a group visiting from Mexico City. We couldn't communicate with the Spanish-speaking travelers, but we smiled and nodded at each other as our separate guides explained the various historical sights.

For Jay, Holly, and me, the trip was supposed to be a reward for our perseverance in adjusting to being a family of three after my husband, Don, died from brain cancer. But instead, the tour proved to be overwhelming. The first day, I had briefly lost twelve-year-old Jay twice, was soundly cheated in the purchase of a souvenir, and was constantly reminded by the sight of numerous couples that I was single and raising my children *alone*.

By the time we stopped for dinner, I was thinking I'd made

a mistake in taking the trip. How was I going to raise two children alone when I couldn't even keep track of them for a day?

As we lined up for the washroom, one of the men in our group put his hand on Jay's shoulder, making sure he didn't stray. I rested my arms on top of Holly's head as she leaned against me. I was tired and feeling defeated.

Then one of the Mexican grandmothers stopped in front of me, patted my arm, and said haltingly, "You good mama."

Three simple words, certainly, but they carried incredible power. Suddenly I wasn't so exhausted, and my fear was replaced with the hope that maybe, just maybe, I could pull this single-parenting thing off after all.

The grandmother's kind words had injected me with strength. And in that moment she became for me God's reminder he hadn't forgotten me, that I could—with his help—get through the challenges of raising two young children alone.

We all can offer similar verbal pats on the back. Look around. You won't have to search very far for folks who need your smile and the reminder that despite the struggle, they are doing a good job.

## To Ponder:

*Describe a time when you felt overwhelmed.*

*Did anyone encourage you during this time? If so, how? If not, why do you think no one stepped forward?*

*How do you try to encourage others in their struggles?*