

# REFLECTIONS

ON THE

ASCENDING PSALMS

Writer: Colene Smyer Hank

## ASCENDING THE STAIRS (A cry for strength on the journey)

As I walk through life's dark valley, on earth down here below I long for Your mighty presence, and the light from Heaven's warm glow

When I'm feeling overwhelmed and anxious, firmly trapped by my untamed fears As I take each labored step cautiously, through the deep, dark valley of tears

I pray for the courage and conviction, my troubled soul often seems to lack As life's dark and ominous shadows, move closer to my tingling back

May You open my heart that I learn to show grace Removing all desire for revenge, leaving not even a trace

Teach me Your righteousness and truth, providing a brand new start Soothing my wounds from the enemy's arrows, healing a broken and bleeding heart

Reward me with enlightenment, as I arise and face each day Remembering You are my Shepherd, and will always know the way

You lead me beside Your cool and refreshing streams Providing my soul rest and solace, filled with heavenly, peaceful dreams

Knowing You will use Your rod and Your staff to gently guide my bruised and battered feet And will steady each strained step I take, over the rugged barriers I meet

When I thirst and am hungry, my table by You is spread And with Your kind and delicate hands, You gently and tenderly anoint my head

Oh, Great Jehovah, as I make my ascent toward You May Your breath supply the strength, until my journey is through

Jerusalem! Oh, Jerusalem! Holy city of truth and grace
May Your presence be my main stay, while ascending the stairs I face



Psalm 23: 1-3

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures, he leads me beside still waters, he restores my soul. He guides me in paths of righteousness for His name's sake.

#### STAIR WAY TO HEAVEN

(The Lord is my great protector)

I gaze up the stairway to Heaven, so steep and treacherous the climb Narrow stairs! Wobbly stairs! Stairs worn slick with time!

A sea of anxiety ridden faces, suffering hearts filled with pain Dark clouds of despair enveloping, and overshadowing my gain

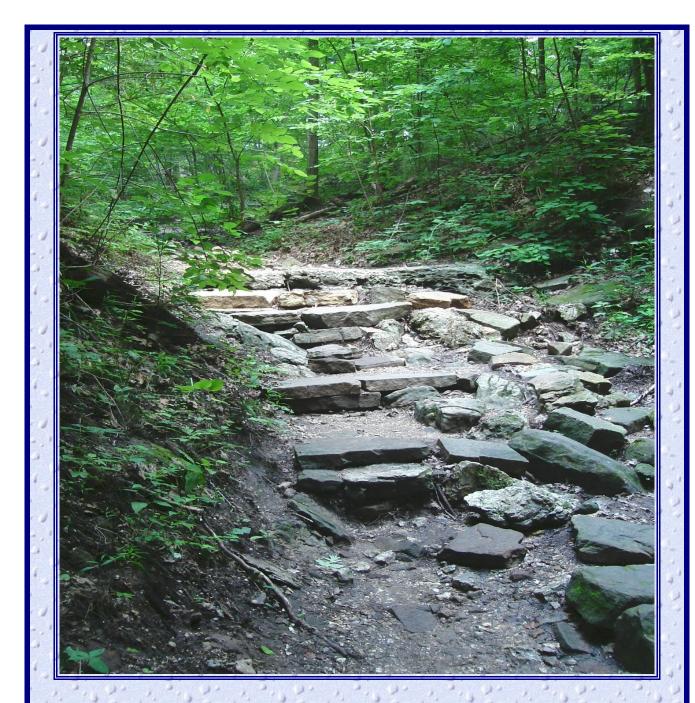
Who will provide courage to reach the top? Whose shelter and protection will never stop?

The Lord is my shelter from the storms of life His protection ever present, no matter the strife

His yoke is easy! His yoke is light!
Your protector He will be, both day and night!

Put your head on your pillow and rest this long night For darkness to Him is always bright light

Step forward dear child and do not hide For the Lord is a shelter right by your side



Matthew 11: 28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

#### **GOD'S HOLY JERUSALEM**

(Praise to God for the New Jerusalem)

Jerusalem! Oh, Jerusalem! Holy City of light! Where God sits on His throne, with Jesus at His right

With throngs of angels and the whisper of wings
Joined with the saints in one voice that rings

Praises to the Father! Praises to the Son! Eternal life for the saints has just begun

No mind can conceive the riches to behold In God's Holy Jerusalem, ready to unfold

No more suffering. No more pain Oh what a victory the pilgrims will gain

This earthly oasis, a city I love
Just a stop on my journey to heaven above

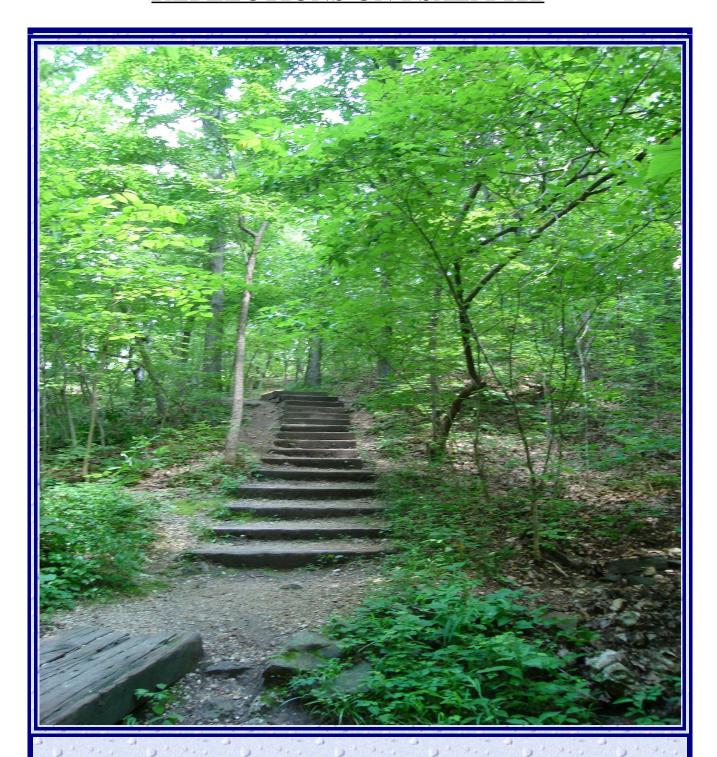
A home for kindred spirits, wearing hearts filled with love Together on a pilgrimage to the Great Jerusalem above

On the stairway to heaven, there's room for all So let us join hands and answer His call

Let us reach out to the great, the meek, and the small Knowing our great Protector will not let us fall

Trusting the Lord our great Shepherd to show us the way As we sow seeds of kindness to other pilgrims today

Jerusalem! Oh Jerusalem! With labored steps we trod! Toward Heavenly Mt. Zion---City of the living God



Hebrews 12: 1

Let us run with perseverance the race marked out for us.

**Hebrews 10: 23** 

Let us hold unswervingly to the hope we profess, for he who promised is faithful.

#### EYES FOR THE FATHER

(A poem that is a reminder to keep your eyes on God)

Sound the trumpet! Strum the harp! Strike the gong! Let everything with breath sing praises to God in song

For our Father's enthroned in heaven, with dominion over all And in His infinite wisdom made all creatures great and small

He stoops down to wipe His children s' tears and heal their broken hearts Wounded by scorn from the arrogant, while suffering their contemptuous darts

Our Protector's always watching throughout day and evening, too With such powerful and limitless love, He only has eyes for you

So raise your eyes toward God the Father, fixing them clearly on Jesus, His Son For there are miles and miles for the pilgrims to go, before the journey's done

The earthly harvest is plentiful, with many souls to be won Mountains to climb and streams to cross before the setting sun

Sound the trumpet and play the flute, with ascending songs of praise As a tribute to our Father, let our joyful voices raise

Hallelujah to God the Father! Hallelujah to Jesus, the son! The celebration in God's heavenly Jerusalem has, but just begun



## 1 Peter 3: 12

For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil.

## Psalm 25: 15

My eyes are ever on the Lord for only He will release my feet from the snare.

#### APPLE OF GOD'S EYE

(Praise to God for rescue in time of trouble)

Praise to my deliverer, God the Father and Jesus, His Son Without whose presence in time of trouble, not a battle would be won

> Engulfed in life's dangerous, dark and shore less sea Angry waters were calmed while he set my spirit free

When the powers of darkness taunted and slashed my troubled soul With a mighty shout of love and light, He rescued and made me whole

The reflection in the water showed a child wounded and worn Yet He beheld me as His rose, and not an ugly thorn

When everything is against me, without a place to hide Our dear and loving Savior never leaves my side

So unfurl your sails dear child and head into the wind Knowing God is always at your side, your deliverer, savior and friend

Making sure all things work together, and the outcome for your good With plans to always prosper you, just as a loving Father should

We have crowns to cast, character to build, and compassion to share Giving testimonies to others while showing how much we care

Whoever harms God's precious child, makes his raging anger fly For you are, and always will be dear one, the APPLE OF HIS EYE



Luke 8: 25

He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm.

## **Psalm 17:8**

Keep me as the apple of your eye; hide me in the shadow of your wings.

## GOD IS MY REFUGE (A poem of trust and faith)

My Father's eyes saw me, in the special, secret place Before I ever took a step, in the earthly, human race

All the days of my life in this world, recorded in His book Long before my earthly parents, ever took a look

Plans to prosper me, because of wisdom and great care With the gift of His unending love, and abundant grace to share

Including a map for the journey, and blessings to unfold And brilliant, dazzling rainbows, waiting to behold

My spirit soars and my joyful heart sings Knowing He will always be, the wind beneath my wings

Overconfident in God's great favor, I soared carelessly into the air Enjoying all God's blessings without thought, or even a care.

When storm clouds thickened, as black as ink
The once possessed confidence, began rapidly to shrink

As brilliance and glitter faded, from the new freedom found His child's fear filled soul plummeted, to the dark, craggy ground

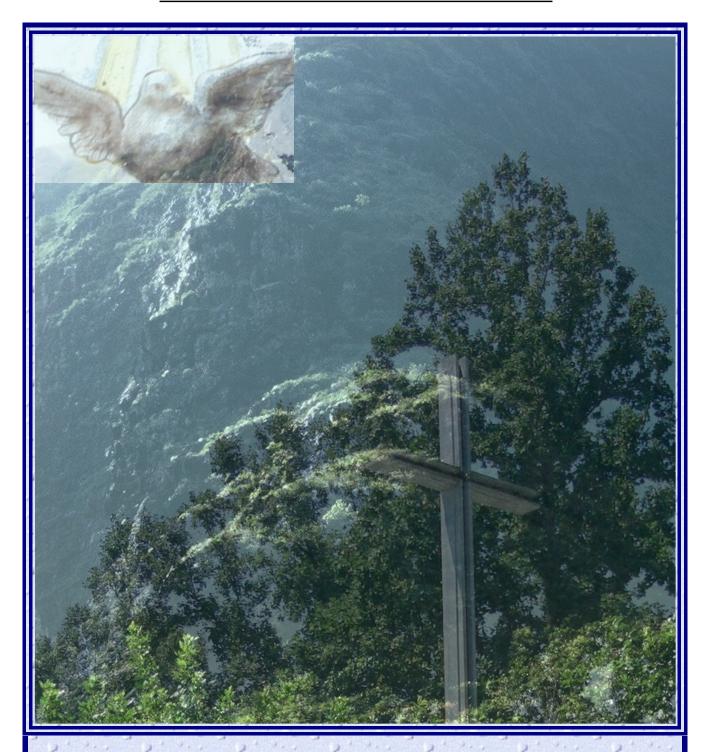
> A lonely, broken spirit, clouded with sin and doubt Cried out to the Father, with a terrified shout

When peace, sudden and soft, caused my aching heart to sing I knew I had found refuge, under the feathers of His wing

God hems me in, from the front and from behind No greater Protector, will His child ever find

He who dwells in the shelter, of God the Most High Will never feel alone, or be afraid to die

For God will stoop down, in all His great love And carry me safely home, to Heaven above



Psalm 9: 4
He will cover you with His feathers, and under His wings you will find refuge, his faithfulness will be your shield and rampart.

#### **PROMISE OF THE HARVEST**

(God speaks to us through His word)

Jerusalem! Oh, Jerusalem! Beautiful garden of God's love Bursting with flowering fragrance, in His holy city above

Where lush velvet petals, sway in Heaven's gentle breeze As perfect dew kissed leaves dance gracefully on His trees

God planted an earthly garden, using wisdom and great care Sowing thousands of magical seeds for us to nourish and share

This earthly garden planted, was a mirror of His own Designing every brilliant, colorful flower right from His throne

Each care perfected seed arrived whole, and ready to grow Requiring a patient labor of love only His children could show

Displaying no respect, His children took for granted The beautiful, heavenly garden their Father had planted

The once fertile soil became hardened with strife Cracked, packed and dry from the sorrows of life

They failed to spade deeply in the Holy Word of God Allowing seeds of hate to grow, where flowers of love once trod

The fresh perfect flowers were weak, faded and pale Thirsty for God's word, wilted, needy and frail

Wake up dear children and feel God's dew on your face It's time to fill the earth with the joyful sounds of grace

Miracles happen all the time in God's garden of life If His pilgrims toil and labor, overcoming sin and strife

Let your healing garden swell, with the seeds of God's love Planting deep healthy roots, for His promised harvest above

Jerusalem! Oh, Jerusalem! Beautiful garden up above Filled with eternal, fragrant flowers and God's abundant love



1 Peter 1: 23-25

For you have been born again, not of perishable seed, but of imperishable, through the living word of God. For all men are like grass and all their glory is like the flowers of the field; the grass withers and the flowers fall, but the word of the Lord stands forever.

#### **LORD OF MY HOME**

(Praise to the Shepherd of my earthly home)

Because the Lord is my Shepherd, I have everything I need A home in His sweet meadow, and an earthly life to lead

He lets me rest in velvet grass, beside His quiet streams And sleep under His galactic sky, finding rest and peaceful dreams

His gentle breeze blows across my face and tenderly kisses my brow My Father knows everything I'll ever need, and provides it all somehow

My ears hear the gentle whisper of His delicate butterfly wings As I listen and am thrilled, by His graceful bird that sings

The moisture of His rain brings a pleasing scent to my nose And draws my spirit ever close to the fragrance of His rose

Hearing the gurgle of family laughter, happily filling the crisp, clean air Makes me realize how much my Heavenly Father does really, truly care

I kneel at my make shift altar, a rotting stump by His mighty tree And humbly thank Him for bestowing, such blessings of love on me

No matter how close, or far away, in my journey I may roam There will be no greater earthly treasure than this place I call home

Unless the Lord builds my home, all my labor is in vain For He alone is my shelter from life's stormy clouds and rain

He shields me all day long, and throughout the evening, too As I rest between His shoulders, until my journey is through

Jerusalem! Oh, Jerusalem! Wonderful dwelling place of God's love Because of the cross, my eternal home waits, in His heavenly city above



## Psalm 127: 1

Unless the Lord builds the house, its builders labor in vain.

## Matthew 7: 24

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.

#### ENJOYING THE BLESSINGS OF GOD

(Encouragement to be fruitful and multiply)

God's blessings fall like delicate snowflakes, fluttering down from heaven above Each marked with His divine fingerprint, unmatched by its beauty and love

Every downy flake overflowing, with enough provision for each day Filled with more light, courage, and wisdom than words can ever say

So don't store your blessings in a jar, dear child, afraid they'll melt away For sharing your love with others is His commandment for all to obey

Tomorrow will bring enough blessings, for you to share with all For there is an endless supply of joy and love to meet your Master's call

So lift up your voice in the morning. Shout for a joy all through the night For God's soft and gentle blessings, filled with His pure and holy light

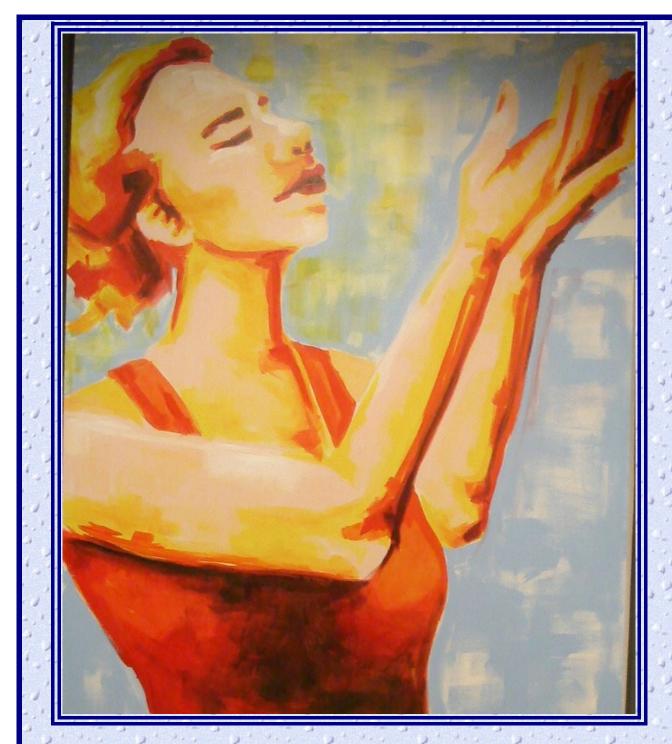
God has not promised a life without problems, free of storm clouds, wind, or rain But tells us He'll always be there through our grief, heartache, and pain

> Praises to God the Father and to Jesus His Holy Anointed Son Who chose to dwell among us before our hearts were ever won

Eternal blessings from the Father Almighty, our God, The Great I Am!
Assurance of our resurrection, blessings through Christ the Lamb!

May your heart be filled with respect and reverence, for Jesus the risen King Bowing humbly at the throne of God, as His heavenly angels sing

Jerusalem! Oh, Jerusalem! Rich in blessings from God above Unmatched by His grace and peace. Abounding in joy and love!



**Ezekiel 34: 26** 

I will bless them and the places surrounding my hill. I will send down showers of blessings.

#### PROTECTION FROM OPPRESSION

(A plea for help in time of trouble)

Who is my helper during the valley of this life? Where is the refuge from the oppressor's sharp knife?

How do I heal a broken and weary soul With no will left, nor a safe place to go?

When will the twinkle of joy return to my eyes With a spirit so high, it takes wings and flies?

God is my ever-present help in time of grave danger The Anointed One, My Messiah, humbly born in a manger

I'll go down on my knees with my humble face toward God Letting Him heal my broken heart where the oppressors have trod.

He will sow a seed of love into my bruised and battered heart And heal the open wounds from the enemy's poisonous dart

In time, His tiny seed will become a strong and mighty tree Whose branches shade the weary, suffering souls like me

Underneath its branches will sprout God's brand new seeds Leafing into His forest, free of the oppressors' weeds

God the Sovereign Lord, the ultimate source of life Will heal broken hearts during difficult times of strife

I'll leave all vindication to Him, and show His loving grace
Teaching and winning souls throughout the human race

God will make straight His righteous way to me Offering protection, security, and open eyes to see

The oppressor of God's children will never prevail For He is Omnipotent, ever present, and will not fail

Jerusalem! Oh, Jerusalem! Free of oppression, heartache and sin God's city filled with saints, angels, and my loving next of kin



**Psalm 9: 9** 

The Lord is a refuge for the oppressed, a stronghold in times of trouble.

## Psalm 62: 8

Trust in him at all times, O people; pour out your hearts to him, for God is your refuge.

#### **REDEMPTION AND HOPE**

(A cry for mercy and assurance)

Oh gracious God, slow to anger and abounding in love You monitor my thoughts and feelings from heaven above

You have searched me and know me, understanding my mind As I make mistakes on my walk with mankind

You've been caring for your children since the dawn of time And know every deep valley and mountain I climb

You provide strength and blessings, like manna from above Beckoning me to have faith in your unfailing love

Your love abounds to the thousands, forgiving all my sin Because of your unrelenting desire, for my soul to win

Were my sins recorded, one thing I do know There would be no place to hide or anywhere to go

Alone without distractions in the numbing darkness of night Self-reliance and confidence disintegrate and take flight

Oh dark night of my soul, feeling empty and alone Speechless and lost, from the fruitless seeds I have sown

Will you show compassion, Lord, to your child this dark night Turning my guilt and fear into forgiveness and delight?

Yes, You give me this day, dear Father, my daily bread Offering compassion and assurance, I have nothing to dread

> For your plans are to prosper and not to harm Repent, little child, stay calm without alarm

> Humbly bowing at the cross sincere in heart Will give you new hope and a brand new start

Nothing in the world gets in the way of God's zeal When He sets the course for a child wearing His seal

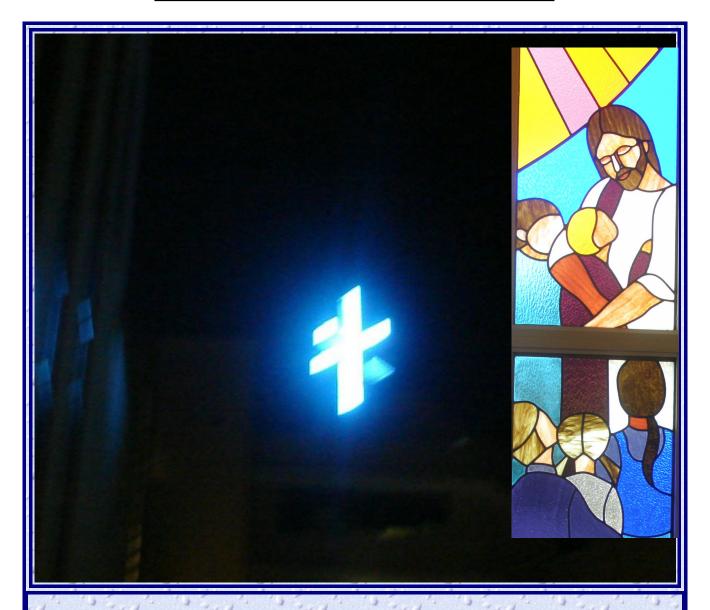
So stand on tiptoe, and lift your head up high To receive God's rays of forgiveness from the eastern sky

For your transgressions and sins were nailed to the cross Because of Jesus, your gift of victory, totally free from loss

At the cross the curtain was torn, and our eternal life won So lift up your praises to God through Jesus His Son

Jerusalem! Oh, Jerusalem! Love filled city of living grace Providing our daily bread at the right time and place





## 2 Corinthians 5: 21

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

## **Hebrews 10: 22**

Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.



## Hebrews 6: 19-20

Because God wanted to make the unchanging nature of his purpose very clear to the heirs of what was promised, he confirmed it with an oath. God did this so that, by two unchangeable things in which it is impossible for God to lie.

We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where Jesus, who went before us, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek.

#### A PSALM OF HUMILITY

(A prayer for child like faith in God)

You are the potter and I am the clay Eagerly awaiting Your gentle hands today

Mold me and make me, after your will Humble and thirsting, peaceful and still

Help me always to feel the touch of Your hand Being open and anxious to obey Your command

Give me ears to hear Your still small voice Making the will of the Father, my passion and choice

Open my eyes to see Your vision for my life Full of insight and focus, free of oppression and strife

Instill in my heart, rich compassion and abundant grace As I share my blessings in Your chosen time and place

Let my lips sing Your praises, day in and day out Proclaiming Your victory with a triumphant shout

Make my spirit free, and soaring to Your upward call Accepting the fact I will not understand everything at all

Engrave on my mind, You know my words before spoken Trusting Your love for me will never be broken

Give me courage and faith to finish the race Knowing I will soon be meeting you, face to face

Jerusalem! Oh, Jerusalem! Home of the Potter above City of Mt. Zion, complete with gentle hands and eternal love

## CHILD LIKE FAITH IN JESUS



Matthew 18: 2-5

He called a little child and had him stand among them. And He said: "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven. And whoever welcomes a little child like this in my name welcomes me."

## WALK WITH ME LORD! (A prayer requesting God's nearness)

There is a little altar, deep within my heart Reserved just for you Lord, separate, and set apart

To walk each day with you, dear God, is my desire and humble plea For directing my steps through Your word, and drawing me closer to thee

Help me remember that You are in charge of every day Showing me each step of my journey, and making straight the way

Help me overcome darkness as I walk in Your favor and light Knowing the plan for my life, is never far away, and always in Your sight

Fill my mind with ever present, loving and grateful thoughts of You With assurance Your plan to prosper me, will surely, always come true

Teach me to trust Your will and control in everything I meet And know, You will turn the hard to easy, and bitter things to sweet

Help me hear the music of life playing joyfully in my head And dance with You the song of victory down every path I tread

Let me sit at Your table, where the word of God is spread With the knowledge, it is through Your love, that I am forever fed

Remind me to daily lift up my voice in grateful prayer to You Until Your mission is accomplished, and my journey on earth is through

Help me always to realize that sacred idleness is not loss Instead, that simply being still, is sitting at the foot of the cross

Jerusalem! Oh, Jerusalem! City of salvation, light and love Because of the cross, my final destination is with ,You, in heaven above



1 Thessalonians 5: 16-18
Be joyful always, pray continually; give thanks in all circumstances, for this is God's will for you in Christ.

#### ONE WITH THE FATHER

(Beckoning all believers to show unity in Christ)

Our resurrected Jesus, the truth, life, and our only way To come to the Father, and with Him to forever stay

Jesus prayed to the Father that we might believe and be one Just as He is one in the Father, and the Father is one in the Son

One God! One Savior! All believers in unified voice Proclaiming the love of the Father, as a free gift and personal choice

Let young and old remember, we are all favorite children of God Unified in grace, rich or poor, no matter what paths we trod

We must stand shoulder to shoulder, unified in Christ's love Tightly knitted as one family, one body with Jesus above

Let us imprint in our minds, no matter our church, or color of skin We are all children of God's holy family, brothers, sisters, and next of kin

So raise your joyful voices, harmonizing in a unified, beautiful song Praising and encouraging God's precious children, all the day long

Stand up! Stand up! Ye unified soldiers of the cross!

And eat at God's table, tasting His manna, flavored with all gain and no loss

Because He lives, we can face the remainder of our tomorrows Because He lives, together, we can overcome all our life filled sorrows

Jerusalem! Oh, Jerusalem! City of God the Father and Christ the Son His bride will be raised in one unified body, and eternal life will be won

## ONE WITH THE FATHER



## John 17: 23

I in them and you in me. May they be brought to complete unity to let the world know that you sent me and love them even as you have loved me.

## Romans 15: 5-6

May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus, so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ.

#### **CREATED TO PRAISE GOD**

(A shower of blessings to and from God)

When the morning stars sang together, God was designer of it all Giving the breath of life to everything, all creatures great and small

His own special people, called out of darkness into light A chosen generation, royal priesthood, and holy nation of delight

I was fearfully and wonderfully made, dear Lord, by You and You alone Created to sing Your praises, while sitting at the foot of the throne

I'll lift up my eyes toward heaven, and worship Your beauty and grace As I proclaim Your message of love, throughout the human race

My prayer is for songs of hope and relief, to sing in the darkness of night Causing peace in my deep valley, that turns blackness into light

Surround me with feelings of Your safety, serenity, security and love Knowing You are my night watchman, on duty in heaven above

May crystal clear chords of music float up to Mt. Zion above Carrying messages of praise and blessings, filled with my gratitude, joy and love

Help me spend a life long journey, getting to know Your ways more clearly And with each labored step taken, learning to cherish my Savior more dearly

When I stand at the gates of Your Holy Jerusalem, with eyes fixed clearly on Your son I know I'll be changed, from mortal to immortal, before the Feast has begun

As the angels break into chorus, Jerusalem's gates will open wide To announce the unified body of believers, with God will forever abide

Jerusalem! Oh, Jerusalem! I lift up my hands in praise to heaven above You are the hope of life eternal, my God, I cherish and love

## **CREATED TO PRAISE GOD!**



Psalm 63: 4

I will praise You as long as I live, and in Your name I will lift up my hands.

Psalm 139: 14

I will praise you for I am fearfully and wonderfully made; marvelous are your works; and my soul knows right well.

### **Reflections On God's Love**

**Oh!** Sweet Jesus! (The ultimate sacrifice and gift of eternal life)

A robe dipped in blood was Your garment of choice With, "Father forgive them," the sound from Your voice

A loss of dignity laced with great pain Your life giving blood all for my gain

Your garments divided equally among the four Saving the seamless one that was valued much more

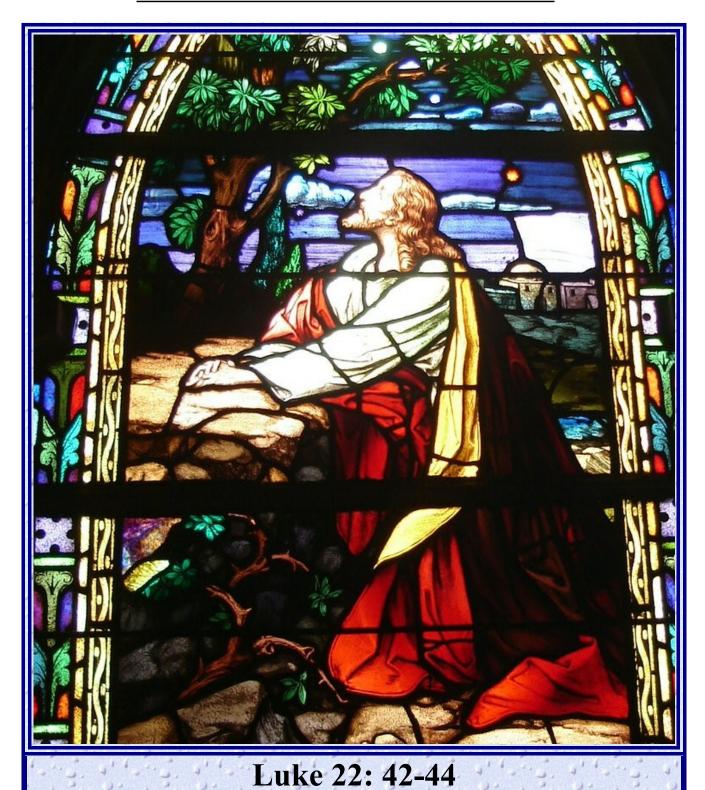
Only Your provision can satisfy my soul Absolutely free, there is no toll

A bridegroom adorned with Your great love Waiting to be claimed in heaven above

Oh, Sweet Jesus, do let me say I am but one last breath away

From seeing Your heavenly, radiant face And feeling the warmth of Your embrace

## **REFLECTIONS ON GOD'S LOVE**



Father, if you are willing, take this cup from me; yet not my will, but Yours be done.

#### **CREDITS FOR PICTURES**

Front Cover Picture: Bible at St. Paul Methodist Church, Springfield, Mo. Inside cover picture: Lake at Nathanael Green Park, Springfield, Missouri

Poem 120: Spring at Ha Ha Tonka State Park located at Lake of Ozarks area in Missouri Poem 121: Walking trail at Ha Ha Tonka State Park located at Lake of Ozarks in Missouri

Poem 122: Path at Ha Ha Tonka State Park located at Lake of Ozarks in Missouri

Poem 123: Stained Glass of Christ at Christian Church in Mountain Grove, Missouri. Thanks to Jim and Neva Salver and the congregation.

Poem 124: Background Ocean on Big Island of Hawaii, Stained glass overlay from Christian Church in Mountain Grove, Missouri

Poem 124 (2<sup>nd</sup> Page): Background picture of sunset in Hawaii, Stained glass overlay from Christian Church in Mt. Grove, Mo.

Poem 125: Background boulders from Island of Kauai in Hawaii, Cross from College of the Ozarks, Stained Glass bird from St. Paul Methodist Church in Springfield, Missouri.

Poem 126: English garden from Nathanael Green Park, Springfield, Missouri

Poem 127: Home located in Mt. Grove, Missouri

Poem 128: Receiving God's Blessings picture from First & Calvary Presbyterian Church in Springfield, Mo. Artist: Clark.

Poem 129: Tree located at Twin Oaks Golf Course, Springfield, Missouri

Poem 130: Cross at night on top of St. John's Hospital, Springfield, MO. Stained Glass overlay of Jesus embracing His children from the Christian Church in Mt. Grove, Missouri.

Poem 131: 100 year old oil painting located at St. Paul Methodist Church on Walnut St. in Springfield, Missouri. (Called: Suffer The Little Children)

Poem 132: Praying Man painting by permission of First & Calvary Presbyterian Church in Springfield, Missouri. Artist: Clark.

Poem 133: 100 year old oil painting located at St. Paul Methodist Church on Walnut St. in Springfield, Missouri. (Mural Called: The Last Supper)

Poem 134: Female Praising God by permission of First & Calvary Presbyterian Church in Springfield, Missouri. Artist: Clark.

Oh Sweet Jesus Poem: Stained Glass window in sanctuary of First & Calvary Presbyterian Church in Springfield, Missouri.

Last Picture: Stained Glass picture of Birth of Jesus located at College of the Ozarks Student Ministry Building.



## ABOUT THE WRITER

<u>EDUCATION</u>: BSE from Central Missouri State University, Warrensburg, Missouri, MA Ed. from Baldwin Wallace University, Berea, Ohio (Emphasis on reading and reading supervision)

<u>BUSINESS</u> <u>EXPERIENCE</u>: 13 years as an instructor in public schools. Majority of career was spent in sales and sales management, corporate writer and trainer. Last position was Manager of Education and Training USA, for a nutritional company in New Jersey. Currently serving as a volunteer reader and advocate for the elderly and reading tutor for second grade children.