

Christ Notes March 11, 2010

Keith's Corner

My, my, my! Thursday comes around quickly! This is an exciting place these days. Evangelism, Outreach, and the Youth Task Force have all had productive meetings since we've been back and I know many others are hard at work to build up this body of Christ. What a joy it is to be a part of this community of faith!

This Sunday my text is the Parable of the Prodigal Son. This story is, I think, especially helpful as we contemplate repentance during Lent. We can all identify with the principals in this parable. The questions we need to ask ourselves are: How are we prodigal in our behavior? And how can prodigal behavior be turned to love?

This Sunday is also our Sunday for Business Meetings. Our Finance and Trustees Meetings kick off right after our luncheon in the annex with Administrative Council to follow. All Lead Servants of Ministries and At large council Members are requested to participate in the full meeting. Meetings are open to the whole congregation; however, only members can cast a vote on committee or council issues.

Monday Evening Bible Study

Last week we started our journey through Israel with Caesarea, Galilee, Nazareth, and Bethlehem. Monday night we explore Jerusalem with a side trip to the Dead Sea and Masada. Come join us for the travelogue and see what the Land of Israel is really like. We start at 7:15 and end at 8:30 in fellowship hall. I hope to see you there!

Blessings,

Keith

Tuesday Morning Bible/Book Study

Our new Morning Bible Study on Tuesdays at 9:45-11:00 am in the Annex. Is the book Prayer does it make a Difference? By Phillip Yancey. It is a favorite of mine and the books have just come in. I hope you will join us to explore our faith through the lens of prayer.

Parish Nurse Report from AROS Newsletter

Hello from your District Parish Nurse
Director of Cancer Ministries

March is National Colorectal Cancer Awareness Month

Colorectal (CR) cancer is the 2nd leading cause of cancer deaths, affecting 1 in 19 Americans. The disease is almost entirely preventable through screenings, yet only about half of those who should be tested get screened. 50,000 Americans die each year from CR Cancer.

Risk Factors: Age over 50; Genetic Alterations; Personal History of cancer; Ulcerative colitis or Crohn's disease; Diet (especially one high in animal fats); Cigarette Smoker. You can lower your risk of getting colorectal cancer by taking charge of risk factors over which you do have control, such as diet and exercise. It is important to eat plenty of fruits, vegetables, whole grain foods and to limit the intake of high-fat foods. The American Cancer Society recommends at least 30 minutes of physical activity 5-7 days a week; 45-60 minutes on 5 days or more is even better. Avoid too much alcohol; the ACS recommends no more than 1 drink /day for women and 2 drinks /day for men. Being overweight or obese raises the risk of colon cancer in women and especially in men. Balance what you eat with physical activity.

ASK YOUR DOCTOR ABOUT Colorectal CANCER SCREENING (colonoscopy).

Remind your family members to do the same. The life you save may be your own! For more information, go to www.cancer.org; or www.ccalliance.org; or www.cancer.gov. If you would like to offer a program on this topic at your church, please contact me, Mary Lawder, RN, Parish Nurse, @mlawder@umcaros.org.

****Community Blood Cancer/Leukemia Conference: Path to a Cure, Survivorship and Beyond, March 20, 2010, Cobb Galleria Ctr., 8-2. For information go to www.ils.org/ga/pathtoacure or call 404-720-7807. Please pass the word to persons within your congregations who could benefit.**

Some helpful News Items from the AROS Newsletter

Sandy Springs UMC Senior Adult Ministry Trip

Join the SSUMC 55 Plus group May 17-21 for a trip to New Orleans and southern Louisiana including great meals, tour of New Orleans and all of the sights, Swamp Tour, Tabasco Company on Avery Island, Creole Plantation and more. Transportation by first class coach with restroom on board. Cost is \$665 per person double and \$755 per person single.

For more information contact Chris Barbieri at cbarbieri@ssumc.org

Hickory Flat Job Ministry

Men and women who are unemployed, or in the wrong job or career, are invited to the monthly meeting of the Hickory Flat Job Ministry. The meetings are held the second Thursday of each month at the Hickory Flat United Methodist Church, located at 4056 East Cherokee Drive in Canton, GA . Each meeting will feature speakers to provide insights for job transition and the opportunity to network with others. The program is free of charge. For more information call 770-345-5969, extension 210.

Fifty-Plus Fair

The third Fifty-Plus Fair will be held on Saturday, March 13, 2010 at Dunwoody United Methodist Church. This is a free, community wide event with resources for enhancing life after fifty. The hours are from 10:00 am to 2:00 pm. The featured speaker, Gene W. Henssler, Ph.D., WGKA Money Talks Host, will be at 10:15 am. Over fifty exhibitors will have information and materials available. There will be free health screenings. All are welcome.

Dunwoody United Methodist Church, 1548 Mount Vernon Road, Dunwoody, GA 30338

Spivey Hall Children's Choir Dunwoody United Methodist Church

The outstanding singers of the Spivey Hall Children's Choir Program perform music of many styles, including Vivaldi, Britten and Rutter, in this concert on March 21, 4pm, 1548 Mt. Vernon Road. Suggested donation, \$10.

Messiah Performance Palm Sunday – March 28

Mount Carmel United Methodist Church cordially invites the community and our fellow Methodists to a free performance of the Easter portion of Handel's *Messiah* at 3:00 PM on Palm Sunday, March 28. The church choir, directed by Dr. Erick Parris, will be joined by a chamber orchestra, harpsichord, and guest singers. The church is located at 5100 South Old Peachtree Road, Norcross.

UPCOMING EVENTS:

March 13 Men's Breakfast 8:30am

Nimble Fingers 10:30am

March 13 UMW Flying Biscuit 10:30

March 14 Luncheon following worship

Admin Council 1:30pm

March 16 UMW Mom's Table 10:30

March 17 Young at Heart 11:45am

March 27 Nimble Fingers 10:30am

March 28 Palm Sunday

UMW luncheon 12:00 – 2:00

April 2 Good Friday Service 7:00pm

April 4 Easter

April 18 Joint worship service with RHEMA

May 9 Mother's Day

Children's Ministry

The Children's Ministry Advisory Council will be meeting immediately following the worship service this Sunday, March 14th, to discuss plans for Easter Sunday. All committee members please plan to attend so we can have everyone's creative ideas to plan a fun Easter Sunday for the kids. We will meet in one of the Sunday School rooms.

Outreach

The date for the Easter Egg Hunt and Blessing of the Animals has been changed to March 27, 2010 to avoid Spring Break. This reduces the time to get the 1,000 eggs and candy in to Wayne Stephens or Jane Stone. Please remember that the candy MUST BE NUT FREE, and wrapped. Let your friends with children between 0 and 8 years know about this time to hunt for eggs and see the Easter Bunny.

Outreach will be coordinating a Saint Patrick's Day party at North Fulton Nursing and Rehab., on Green Street in Roswell. The festivities will begin at 2:00PM on Saturday, March 20, and end about 3:30PM. Cookies, punch, and helpers will be needed. A sign-up sheet will be in the rear of the sanctuary this Sunday.

Vacation Bible Camp

ATTENTION ALL VACATION BIBLE CAMP FAMILIES AND VOLUNTEERS

The time has come to start thinking about singing, crafts, bible study, and lots of fun at the 2010 CUMC Vacation Bible Camp! This year's theme will be GALACTIC BLAST where "cadets will voyage into outer space praising God."

Please save the dates **June 14 - 18** so you won't miss the fun!

Please contact Liz Huff (770)650-9442 if you are interested in working VBC. We need lots of volunteers, so don't be shy!

United Methodist Women

The Martha Circle will meet at the Flying Biscuit Cafe, 1084 Johnson Ferry Road, in Marietta, on Saturday, March 13, at 10:30 a.m. The La De Da Circle will meet the following Tuesday, March 16, at 10:30 a.m.

at Mom's Table, 1207 Canton Street, Roswell. All women who attend Christ UMC and their guests are enthusiastically welcomed at circle meetings.

A soup and salad fund raiser will be held immediately following church services on Palm Sunday, March 28, in the Fellowship Hall. Proceeds will benefit the Murphy-Harpst Children's Home in Cedartown, GA. The lunch price per person will be \$5.00.

Outreach

In the near future, the Church directory will be placed on the Christ UMC Website (christchurchumc.org). All members and regular attendees with an email address in the directory will be able to create a password and log into the directory to find all the information in the printed directory currently put out via email and printed by the church. The online directory will be updated immediately after new information is received, and so members will have access to current information. In addition, the following additional information will be in the online directory: The email address of each person having an email address in the directory will be shown, as will the date and month of each person's birth and anniversary. This was discussed and approved by vote at a church meeting last year. Of course, for those who do not have internet access, a printed version will be available on request. Those persons who do not want their information shown on the website directory need to contact Wayne Stephens at 404-252-7650 or graywayne.stephens8@gmail.com.

Blocking of the information's appearance on the website will also block the printing of the information in the printed version directory.

Open Altar for Prayers

Our altar rail will be open for prayers following every worship service. “Prayer Warriors” will be available to pray for and with you. A growing and caring church is a praying church.

Pledge Campaign and Budget

We received \$ 4827.00 against a weekly need for \$4650.00.

Need Pastoral Help?

Pastor Keith is available for short term counseling. He is generally in the office Monday through Thursday, but is subject to meetings and often makes visits outside the church. It’s best to call and set an appointment through the church office. In an emergency, please call his cell phone 404-906-1425.

Member Services Directory

In these hard economic times, we can help our brothers and sisters in the Church by utilizing their businesses for necessary services. Many of our members are self employed. I would like to include a list of services offered by our members on our website and in this e-newsletter. If you would like to be listed, please email the church office a brief (no more than two lines) description of services offered and contact information.

♣ **Joanne Rooks** has a company called Moms Table.
www.momstableonline.com or 1207 Canton St. in Roswell.

♣ **Susan Smith** is a licensed Christian Counselor. She can be reached at 404-861-2077.

- ↑ **Mary Jane Warren Stone Fine Art and Illustration** Realist portraits of people, animals and places, and exhibits and illustration in support of educational and environmental concerns. 770-578-8881
- ↑ **Jeanette Storey** works for a Home Care company located in Roswell called Golden Home Services. If you need a carefully screened, trained, bonded, and insured home services provider for a loved one, please call Jeanette at 678-242-0084
- ↑ **Chrissie Thead** is Christina's Interior Finishes. Her company offers color consultations, decorative painting and faux finishes for walls, ceilings, cabinets, mantles and furniture.
www.christinasinteriorfinishes.com or 404-317-2090
- ↑ **John Clark** provides private music instruction for piano, voice, and composition. He teaches classical, rock, and jazz styles and trains students to read music as well as play by ear. For more information visit www.JohnClarkStudio.com or call 404-218-9150.