

Christ Notes March 18, 2010

Keith's Corner

The text for my sermon this week is Philippians 3: 4b-14. Paul writes the church in Philippi to challenge the false teachings of new preachers who advocate salvation by strict adherence to the law. He distinguishes between worldly credentials and the one necessary credential: faith. Still the implications of having faith are a transformed life. I am looking forward to sharing my thoughts with you on this vital topic.

Our new organizational structure is beginning to bear fruit. Our business meetings last Sunday were very productive, if a little bit long. Committees and ministry areas are working together and taking the initiative to work on critical needs of the church. I am very encouraged. Administrative Council chair Larry Poos is providing sound leadership and moving us to an era where progress reports are written in advance and Council time is spent tackling issues. Thanks to all our lead servants and other council members for faithfully stepping up to the challenges. Guests are always welcome. Administrative Council meets on the second Sunday of the month in the Annex after our luncheon. Only council members, of course, can vote.

This Sunday we will celebrate Maggie Franz's many contributions to Christ Church as our Administrative Staff person. Declining revenues have forced us to eliminate the paid position which Maggie has filled for a number of years. Maggie not only has worked in the office, but teaches a Sunday school class and volunteers in many ways at Christ Church. Please be sure to give Maggie an extra hug this Sunday and thank her for her service!

Monday Evening Bible Study

Monday night we will continue to journey through the Holy Lands and Egypt. Our third and final session will take us along the route of the exodus, but in reverse. Then we will stop by the pyramids in Giza and then head south to Luxor, the site of the great Temples and tombs of the Pharaohs. Come join us at 7:15!

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. We are still early in the book so now is a great time to join in. Books are available at most retail booksellers and Christian bookstores.

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.

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 27 Egg Hunt 10:00AM

Nimble Fingers 10:30AM

Blessings of the Animals 11:00AM

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

Outreach

The church Easter egg hunt is well on its way to being a reality, with children from the church, the pre-school, the scouts, and the community being invited. However, we are still short of plastic eggs and candy (NO NUTS). Please bring these items to church this Sunday and give to Wayne Stephens or Mary Jane Stone..

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.

The church directory has finally been linked to the website. For those who are not familiar with the website, it is Christchurchumc.org. On the right side of the home page is a selection called Directory. Click on that, set up a password, and start using this for up to date information. If you have trouble getting logged in, please contact Wayne Stephens or Jorge Blanco.

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

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.

We will be having a baby shower for Sara Clark immediately following the luncheon in the annex. (We are calling it a 'sprinkle' since she is not registered anywhere and received so much at the shower for Miles.)

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 \$ 3674.00 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.