



News of First Christian Church
(Disciples of Christ) of Marietta

The HARBINGER

Volume 61

April, 2010

We are an inviting, welcoming, growing Christian community, worshipping God
in the Disciples tradition since 1949, where you are a stranger but once.

EASTER ECUMENICAL SERVICES

March 28-April 4, 2010

Palm Sunday, March 28, 2010,

7:00pm

Gospel Light Community Church

191 Frey's Gin Road

Marietta, Georgia 30067

Guest Preacher: Rev. Mark R. Har-
ness, Sr.

Maundy Thursday, Apr. 1, 2010

@ 7:00 pm

**Marietta FCC (Disciples of
Christ)**

569 Frasier St.

Marietta, Georgia 30060

Good Friday, Apr. 2, 2010, @

7:00 pm

New Hope UMC

700 Wylie Road

Marietta, Georgia 30067

Guest Preacher: Rev. Gerry Carnes
First Church of Nazarene

Easter Sunday, April 4, 2010

8:00 am Sunrise Service

Site planned: Marietta First

Church of the Nazarene

3861 Barrett Parkway

Marietta, Georgia

Preacher: Rev. Gerry Carnes

The church is all abuzz this Easter as we await the coming of God's Kingdom on earth and the coming of Jesus into our hearts. This past Lent many committees of the church have been working diligently preparing to make this Easter season one to remember. The stewardship, publicity, membership, and evangelism committees have been in much discussion on how to prepare our local church to receive the grace of God and Jesus Christ into our hearts and into our life as a church. Each group is preparing to make this a memorable experience in our life as a people of God and the bride of Christ, (his church).

In conjunction with all that is happening in the excitement and preparation for the spiritual growth of the children of God, Conversations will be exploring the changing church in America as it reaches out to address the spiritual hunger in a changing world. In the 1970s through the 1990s the call was to equip laity for ministry. In this new century the emphasis is on spiritual growth and making of all disciples for Christ. This short, 10 week discussion in Conversations will be a follow-up on our conversations about evangelism and prayer. The Wednesday evening discussions will be and should be exciting for all elders, leaders and laity of the church as **together** we will be exploring the empowering of all of God's children to do His work on earth to usher in the Kingdom of God on earth.

Peace and Love I send to you,
Pastor Rob

Elder's Serving in April

April 4 & 11– Joe Kern & Jeannie Farris

April 18 & 25– Bob Kremer & Al Rowe

Greeters for April

April 4 – Robert Adams, Ken Russell, Ardis Taylor

April 18 & 25– Nancy Mason, Mike Bradford, & Robert Adams

Greeters please be here by 10:45AM and if you are not able to serve please find a replacement for your time.

Thank you.

Ladies,

Mark your calendars! This year Spring Conference will be held April 24, at Sandy Springs Christian.

Blessings,

Diane Lanier ,NW District Coordinator

(Continued from right side column.)

5. Have a tall, thin one. Time to hide the wide glasses! You'll pour less and drink less (thus cutting calories)—yet still be satisfied—when you use tall, skinny glasses for serving beverages. You can still use your wide glasses for water and other calorie-free drinks. Your Congregational Nurse has a variety of resources to help you develop healthy eating habits. Call or stop by the office

Be A Workday Volunteer

Saturday April 24, 2010 @ Camp Christian

8:30 AM Donuts & Coffee

12 Noon Cookout with Hot Dogs & Hamburgers

4:00PM Conclude work

5 Sneaky Eating Tips to Help You Lose Weight

1. Take out a ruler and measure your plate. The size of American dinner plates has grown in recent years. Many are now 12 or even 14 inches wide, great for loading up but not so good for encouraging healthy eating. Big plates result in big portions and weight gain, since most of us are conditioned to eat what's on our plates. Instead, get out those old 9- or 10-inch "luncheon" plates you may have received as hand-me-downs or buy some inexpensive new ones. You'll serve yourself less food with smaller plates, but still feel satisfied

2. Make your second helping all veggies. You may have heard the advice to mentally divide your dinner plate in fourths and fill two of those sections with vegetables and/or salad, one with a starch and one with a meat or other protein. That works well as a guideline for smart eating, but if you're still hungry and want more, commit to making your second helping all veggies. For seconds, start with one-fourth of the plate or less. Eating more cooked or salad vegetables increases your feeling of fullness without adding a lot of calories—so long as you don't butter the vegetables and use only nonfat or low-fat salad dressings

3. Serve from the stove, not at the table. Although the image of filled serving bowls on the family dinner table is associated with well-being, serving food directly from pots on a stove or counter is better for healthy weight. The reason this sneaky tip works for weight control is simple: When you sit and look at food, you take more and eat more. For a modified approach, reduce traffic jams at the stove and promote better food choices by keeping only the cooked vegetables and salad on the dining table.

4. Eat breakfast every day. More reason to wake up and smell the coffee: Eating breakfast improves weight loss efforts and helps keep weight off long-term. When you skip that starter meal of the day, hunger hits stronger, often well before lunchtime. To quiet hunger pangs quickly, you might reach for something calorie-loaded without much nutritional benefit, such as a doughnut (or two!), muffin or bagel. Whole-grain cereals, like oatmeal, will carry you through the morning. Other options: have nonfat yogurt, eggs or peanut butter for protein, with whole-grain toast.

(Continued over in left column)

From Our Congregational Health Minister, Rev. Donna Kremer

Maintaining a strong immune system during cold & flu season

The miserable symptoms of a cold or the flu are actually signs that your immune system is working to fight off the offending virus. You get a fever, for example, because your immune system's cells work better at a higher body temperature, while germs don't reproduce as well at higher temperatures. The swelling in your sinuses is due to the fact that armies of immune cells are rushing to the area to fight the germs. A runny nose allows your body to flush out germs along with mucus.

Your immune system is your best defense against infectious illnesses. Keep it in optimum shape with healthy-living strategies such as these from Harvard Medical School:

- 1 Don't smoke. If you already smoke, try to quit, even if you've been unsuccessful at kicking the habit in the past.
- 2 Eat a diet high in fruits, vegetables, and whole grains, and low in saturated fat.
- 3 Take a multivitamin if you suspect that you may not be getting all the nutrients you need through your diet.
- 4 Exercise regularly.
- 5 Maintain a healthy weight.
- 6 Control your stress level.
- 7 Control your blood pressure.
- 8 If you drink alcohol, drink only in moderation.
- 9 Get adequate sleep.
- 10 Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- 11 Get regular medical screening tests for people in your age group and risk category.

Can herbs or supplements boost immunity? Many products claim to boost or support immunity, but, thus far there is no evidence that they actually bolster protection against infection or disease. Following the general health guidelines is the best step you can take toward keeping your immune system strong and healthy.

CWF

April 1, 2010

This is no April fool's joke. We will not have a CWF Family night meeting because of the Maundy Thursday service at 7:00 pm. The women of the church are in charge of serving refreshments after the service. Please bring finger foods and/or desserts to share.

Pastoral Staff

| | |
|--------------------|-----------------------------------|
| Robert Mason | Senior Minister |
| Hal Doster, | Senior Minister Emeritus |
| John Lee✙ | Senior Minister Emeritus |
| Jerry Gladson | Senior Minister Emeritus |
| Jeff Shimizu | Pastoral Associate |
| Warren Taylor | Minister of Recovery |
| | Pastoral Associate |
| Donna Kremer | Minister of Congregational Health |
| Eduardo Villarreal | Spanish Service |
| | Pastoral Associate |
| Sherwood Smith | Dir. of Disciples |
| | Mission Food Pantry |

Church Staff

| | |
|---------------|--------------------------|
| Pam Barksdale | Director of Music |
| Wilma Zalabak | Pianist |
| Tommy Russell | Administrative Assistant |
| Sean Warner | Youth Director |

Services

| | |
|---------------------|-------------------------|
| Sunday School | 9:45 a.m. |
| Worship & Communion | 11:00 a.m. |
| Youth Activities | 12:30 p.m. Sundays |
| Bible Study | 6:30 p.m. Wednesdays |
| Spanish Bible Study | 7:30 p.m. Wednesdays |
| Church Office Hours | 9:00 a.m.-4:00 p.m. M-W |
| | 10 a.m.- 2 p.m.-Sat. |
| | closed Thur. & Fri. |
| Website | www.fccmarietta.org |
| Email address | fccmarietta@comcast.net |

You are invited to...

Worship

Sundays at 11:00 AM

**April 4– Easter Sunday-
“Up From the Grave He
Arose” Acts 10:34-43 &
John 20:1-18**

**April 11– Rev. Chris Goss
To Preach**

**April 18- “Jump into the
Sea” Acts 9:1-6 & John 21:
1-19**

**April 25- “Devoted to Good
Works” Acts 9:36-43 &
John 10:22-30**



Conversations

(A mid-week Bible study)
Wednesdays, 6:30 PM

**.April 7-*The New
Apostolic Age*– Pastor
Rob**

**April 14– *Denomina-
tional Crisis, Denomi-
national Opportunity.*
Rev. Dr. Jerry Gladson**

**April 21– *The New Ap-
ostolic Denomination*–
Pastor Rob**

**April 28– *Implement-
ing the Vision*– Pastor
Rob**

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Marietta, GA 30060
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