



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

The HARBINGER

Volume 61

August, 2010

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

A Note From Rev. Jeff Shimizu

First, thank you all for your support during my journey to ordination. Without you this first step would not have been possible. Many have asked me where I am going and what I will do next. I have decided that I will leave that up to God. Every time I try to control something God reminds me I am not in control. So we will see what God has in store for me.

Someone very special sent this to me. I meant to read this as part of the ordination service. It is perhaps the one thing that didn't go exactly as planned. Julia Tucker, a work associate, wrote it for her father for his ordination in 2008 and sent it to me a few weeks ago. It really spoke to me and I hope it speaks to you as well.

LOOK FORWARD & MOVE FORWARD

By Julia Tucker

Look forward and move forward
There's nothing behind that will erase this moment in time
And although sometimes we've made so many mistakes that we want to turn back the hands of time
Look forward and move forward because there's no rewind
All things will fall in line. It's called God's due time
So we must press forward and pursue what God has called us to do

(Con't on page two)

A MATTER OF DEFINITION

Of late you've heard much about "conservative" and "liberal" political candidates, and you're bound to hear more before November. There are "true" conservatives, "proven" conservatives, and just plain "conservatives." Then there are the "liberals." To be conservative in this election season seems to be a *sine qua non* for elected office.

The truth is, we're all both conservative and liberal in our lives, and so are politicians. It is all a matter of definition. According to the dictionary, a "conservative" is disposed to preserve existing conditions or institutions, or restore traditional ones, and to limit or resist change. A "liberal," on the other hand, is hopeful of progress or reform, tolerant, free from prejudice, and open-minded. Don't you find yourself wanting to preserve tested, while, at the same time, being hopeful of progress or reform, and open-minded in other respects?

The Christian Church (Disciples of Christ) has tried to create a community where conservative and liberal ideas---in politics and religion---co-exist in harmony. In the early twentieth century lived two spiritual and intellectual giants among Disciples: John A. McGarvey (1829-1911) and Herbert L. Willett (1864-1944). McGarvey was theologically "conservative." He taught at Lexington Theological Seminary, one of the premier Disciples' seminaries. So opposed was he to biblical criticism he forbade his students to read any commentary utilizing it. On this score, McGarvey was intolerant. On the other side stood Willett, who taught at the University of Chicago and was influential in developing the Disciples Divinity House there. Willett accepted the new discipline of biblical criticism, now taught to all seminary students, and employed it to build up the faith of the church in a modern age. Willett, tolerant of others' ideas and open-minded was, by definition, a "liberal."

More accurately, both McGarvey and Willett, like us, were part conservative and part liberal, conservative in some things, liberal in others. They lived and worked together---despite their differences of opinion---in the Disciples' faith community. Jesus, accused of being a "liberal," responded, "Wisdom is vindicated by her deeds" (Mt 11:15-19). Life is just too complex to attach a label to anyone. Look beyond the labels to character and deeds. That's what counts.---

Jerry Gladson, Minister Emeritus.

Look forward and move forward Because there's something new prepared for you A new season, a new purpose, a new place designed that's long over due

Look forward and move forward
From the top of your head to the soles of your shoes
You'll begin to notice, there's a new reflection staring back at you

Look forward and move forward
There's a word in you that will confuse those that thought you would lose, because God can take that which is foolish to accomplish, so you can't miss and you can't quit

It's not over. This is not "it"
There's more to be done after this, but thanks to God that the fight is fixed

Look forward and move forward
The greater one is inside, so you can't hide
And greater is He in you than any person, place or thing outside of you can do to you

Look forward and move forward
Great things are in store for you

Look forward and move forward
No time to stop
Keep moving
Keep moving
Moving forward there's no turning back
Looking for the higher ground, no more turning around
Just moving forward
AMEN

Peace and Blessings,
Reverend Jeff Shimizu

Elders Serving In August

**August 1 & 8: Joe Kern &
Rev. Dr. Jerry Gladson**

**August 15 & 22 : Warren Taylor &
Venn Heerman**

August 29: Lola Bethel & Jean Farris

Greeters for August

**August 1 & 8: Tim Deanna Bishop
August 15 & 22: Tommy & Ken Russell
August 29: Joanne Carswell & Paula Dixon**

Let Me Tell You about Their Music

Since I'm classically trained in music, I told you about my music. Now I wish to tell you a little something about Soulfire's music. Smile please. True, I'm not qualified in their music, but I recently made some observations that might interest you. For me, trying to stay contemporary in the contemporary music scene would be impossible. There are new contemporary worship songs written every Sunday. In order to stay contemporary, a church would need a resident artist to write new, original music. Praise be to God, that's what Soulfire is to First Christian, our resident artists, writing new music to keep us contemporary. In addition to being resident artist, the church would need that artist to be strong in leadership, able to pull together a team of musicians, because contemporary worship music is done by teams. This is not easy. It is my experience that artists are difficult to pull together and therefore the leadership skills must be extraordinary. Praise be to God, Soulfire thoroughly manifests strong leadership. I really can't tell, by watching, who's leader, Jeff or Jeff or Sean. But that brilliant leadership is going on was surely evident in the coming together of the augmented Soulfire on July 17 for Jeff's ordination service.

Besides artistic and leadership skills, another strength is imperative for the success of contemporary worship music. The resident artist leader must be pastoral, able to understand and write what the congregation itself wants to say to God. Praise be to God, this spiritual gift has been evident for a long time in Soulfire, and was confirmed and affirmed on July 17 in the ordination to the gospel ministry of Jeff Shimizu of Soulfire. So, unlike other churches the same size and even larger than First Christian Church in Marietta, God has placed in our midst the delightful means to stay contemporary. Staying contemporary is no small feat in a world of lightning-speed change, yet God has provided for our church. Is this not evidence that "God is here."

Wilma Zalabak, M.Div.

From Our Congregational Health Minister, Rev. Donna Kremer

12 Ways To Cut Salt From Your Diet

Sodium (salt) is a major contributing factor for high blood pressure and heart disease. However, it may be difficult to identify and eliminate some of the "hidden" sources of sodium in foods. Here are 12 tips from *Consumer Reports Health* to help you cut salt from your diet:

- Cut back on canned meat and soups, cold cuts, frozen dinners, and pizza. Avoid meats that have been marinated or injected with salty basting solutions or broths.
- Look for products that have no more than 140 mg of sodium per serving, the amount that's considered "low sodium" by the Food and Drug Administration, and stick with the recommended serving size.
- Consume no more than one food per day containing 480 mg of sodium or more per serving, the limit the FDA allows on foods labeled as "healthy."
- Rinse canned tuna and beans.
- Buy fresh vegetables or frozen or canned "no salt added" ones.
- Don't salt the water before cooking pasta, potatoes, or vegetables.
- Use herbs, spices, and salt-free seasonings, such as garlic or onion powder.
- Try lemon or lime juice, or balsamic, cider, or wine vinegar on salads and vegetables.
- Apply blended herbs and spices to meat or poultry. Possibilities include citrus (grated lemon or orange peel, minced garlic and cracked pepper); Italian (chopped, fresh, or dried oregano, basil, rosemary, Italian parsley and garlic); and pepper-garlic (garlic powder, cracked black pepper, and cayenne pepper).
- Limit the use of condiments like reduced-sodium soy or barbecue sauce; they still have lots of sodium.
- Look at labels for ingredients such as monosodium glutamate (MSG) and sodium benzoate, which contain sodium.
- Watch out for certain medications, too, notably antacids that contain sodium bicarbonate, such as Alka-Seltzer Effervescent Tablets and Bromo Seltzer.

The bottom line: The more sodium you want to eliminate from your diet, the more you'll need to eat fresh, whole foods. Your Congregational Health Minister has additional information on how to eat healthy.

CWF

On Thursday, August 5th, we will have our next CWF/ Disciples Men family night. The covered dish will begin at 7:00 pm and Rev. Dr. Janice Hume will be our speaker. She is the coordinator of Chaplain Ministries for Campbell-Stone Christian Centers. Please plan to attend and support CWF/ Disciples Men in this every other month meeting.

Pastoral Staff

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

Church Staff

Pam Barksdale	Director of Music
Wilma Zalabak	Pianist
Tommy Russell	Administrative Assistant

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
FuZion Gathering	9:00 a.m. Sundays
Church Office Hours	9:00 a.m.-2:00 p.m. T-W 9:00 a.m.-2:00 p.m. Th-F, closed Monday.
Website	www.fccmarietta.org
Email address	fccmarietta@comcast.net

You are invited to...

Worship

Sundays at 11:00 AM

August 1: Rev. Jeff Shimizu
Bringing the message

August 8: Dr. Tim Morrison
will be bringing the mes-
sage

August 15: Kimberly Rus-
sell will be bringing the
message

August 22: Rev. Hal Doster
will be bringing the
message.

**August 29: Rev. Wilma
Zalabak will be bringing
the message**

Conversations

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

August 4: Rev Dr. Jerry
Gladson will be leading
the bible study

August 11: Rev. Dr.
Jerry Gladson will be
leading the bible study

August 18: Rev. Dr.
Jerry Gladson will be
leading the bible study

August 25: Rev. Dr.
Jerry Gladson will be
leading the bible study



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