



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

# The HARBINGER

Volume 61

February, 2010

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

## New Upcoming Event

FuZion is the fusion of contemporary ideas and Christian practice designed to give people who need a connection to God a new way to find Spiritual community. Gatherings will discuss modern issues with an upbeat positive message.

Join us for our premier gathering on Saturday February 6, 2010 to discuss Everyone is Called (Luke 5: 1 – 11)

First Christian Church  
of Marietta  
569 Frasier St SE  
Marietta, GA 30060  
770-428-3125

All are welcome!

## Ponderings for February

It seems like Christmas was just here and I'm already planning for Lent. Where did Epiphany go? Many groups in the church have picked up steam in the new year and are growing. Are you a member of our many ministry groups? By the time this reaches many of you the tragedy in Haiti will no longer be on the 24 hour news stream. Even though it is no longer getting hour by hour coverage the devastation is mind boggling and my heart weeps for all those who are affected. This is not a situation that will be taken care of quickly. The death toll is still rising and there seems to be no end to the human suffering. Some have asked me what they can do. If a person wishes to make a monetary gift to assist in the helping effort, a gift may be made to the Week of Compassion Fund. If you make out a check we will make sure that every penny gets to the relief cause. Lent is a time for self examination and spiritual insight. I hope that you take time this Lenten season to look into your hearts and ask the Lord to help you grow and prosper. Let us covenant together to pray during this season for our elders, our church leaders and this church that we all may grow in a deeper relationship with Christ, our Lord and Savior. I leave you this month with the word's of David as found in Psalms 40:2; I put my hope in the Lord; He inclined toward me; and headed my cry.

Peace and Love to you this Lenten season,

Pastor Rob

**Music Notes from Pam Barksdale**

The hymns of the church speak to us and prepare us for upcoming Lenten season....

*Forty days and forty nights you were fasting in the wild:*

*Forty days and forty nights tempted, and yet undefiled.*

*Shall not we your sorrow share and from worldly joys abstain,*

*Fasting with unceasing prayer, strong with you to suffer pain?*

Ash Wednesday (February 17) marks the beginning of Lent and occurs 40 days (not counting Sundays) before Easter. This is a time of repentance and fasting and a time to mourn and recognize our own mortality. It is a time of reflection on how we should change our lives. The sign of the cross that we receive on our foreheads with ashes is a symbol of penance. It is an outward sign that death will come, but that we are resurrected in Christ.

*Keep, O keep us, Savior dear, ever constant by your side;*

*That with you we may appear at the eternal Eastertide.*

Chalice Hymnal (Smyttan/Herbst)

**Next General Board Meeting has been moved to February 21, 2010 due to Melissa Russell Fain's Ordination on February 14, 2010. Hope to see you all there for both.**

**The Georgia Region with  
First Christian Church of Marietta &  
First Christian Church of Atlanta  
Of the Christian Church (Disciples  
of Christ)**

**Cordially invite your presence and prayers**

**For the Ordination to Christian Ministry**

**Of Melissa Renee Fain**

**On**

**Sunday, February 14<sup>th</sup> at 4:00pm**

**At**

**First Christian Church of Atlanta  
(Disciples of Christ)**

**Of**

**Tucker, Georgia**

**Reception at the church following the service**

**Address of the Church:**

4532 LaVista Road

Tucker, GA 30084-4207

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**Valentine's Dinner**

**February 13, 2010 @ 5PM**

**Tickets are \$2.00**

**See Nancy or Sean Warner**

**Come for some good food**

**and fellowship**

**All Are Welcome**

## From Our Congregational Health Minister, Rev. Donna Kremer

### **Diabetes Day Focuses on Our Children**

..  
On January 31<sup>st</sup>, Marietta First Christian will join faith communities throughout Georgia to observe Statewide Diabetes Day. Diabetes is a serious disease that currently affects more than 23.6 million people! Of those 23.6 million, almost 200,000 are children and adolescents younger than 20 years of age. Also, this disease is on the rise and we must take an active role in educating and guiding our children. The Bible states “For God did not give us a spirit of timidity, but a spirit of **power**, of **love** and of **self-discipline**.” 2 Timothy 1:7 (NIV) Though this Bible verse does not speak of Diabetes, the importance lies in our strong spirits.

We have the **power** to make the needed changes in our children’s lives and to serve as an example. As parents and grandparents, if we promote a healthy diet and adequate physical activity, we can greatly reduce the risk of our children developing Type 2 diabetes. Our **love** is a key motivator. We do not want our children to have to live with a disease that can eventually cause heart disease, blindness, kidney failure, or even death. Lastly, we must have **self-discipline** and instill this quality in our children. It requires discipline to manage diabetes and discipline to live a healthy lifestyle. Keep in mind that the reward for all of the hard work is a healthier child.

If you suspect your child or grandchild may have diabetes, some important signs and symptoms to watch for are:

- ❖ Frequent urination
- ❖ Excessive thirst
- ❖ Nighttime urination or bedwetting
- ❖ Extreme hunger and weight gain
- ❖ Fatigue
- ❖ Blurry vision
- ❖ Dark skin around the neck or armpit

If you notice these signs or symptoms in your child or grandchild, contact your pediatrician right away. Remember to keep a strong spirit and use your power as loving parent to encourage a healthy lifestyle in your children, after all, the Bible tells us to “...encourage one another and build each other up.

” 1Thessalonians 5:11

To learn more about diabetes prevention, awareness, and control visit the Diabetes Day information table in Lee Fellowship Hall after the service.

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### **CWF FAMILY NIGHT** **“You Gotta Have *Heart*”** **February 4, 2010**

***Our CWF Family night covered dish dinner will be Thursday, February 4th at 7:00 pm. We will have a speaker from a cardiovascular group to tell us what we need to know to have a healthy heart. Remember to wear red for heart month. Please bring your favorite casserole or vegetable or dessert and plan to attend.***

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
Traditional AA Meeting	7:00p.m. Tuesdays
Church Office Hours	9:00 a.m.-400 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

**Feb. 7- "Pray without Ceasing" Eph. 6:19-21 & Luke 11:5-13**

**Feb. 14-"Love" 1Cor. 13:4-14 & Luke 6:27-36**

**Feb. 21-"I Believe" Lam.3:19-33 & Rom. 1:1-6**

**Feb. 28- "Fully God & Fully Man" Lam. 1:1-7 & Rom. 8:31-40**

Conversations

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

**.Feb. 3- What New Members Want- Transformed Lives**

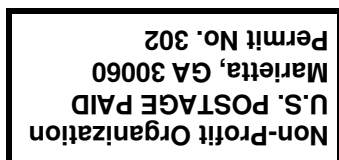
**Feb. 10-How's Your Church Doing?**

**Feb. 17- The Holy and the Practical**

**Feb. 24- Smart Sailing**



THIS IS TIME VALUED MAIL



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