



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

The HARBINGER

Volume 61

July, 2010

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



You are cordially
invited to the
Ordination Service
of

Jeffrey Shimizu

Marietta First Christian
Church

569 Frasier Street
Marietta, Georgia 30060
770-428-3125

On Saturday July 17th
at 2:00 PM

A reception to follow

WHAT DO WE DO NOW?

It seems that everything around us is changing. The Gulf oil spill has put in jeopardy once more life as we know it in the Gulf States. The economy seems only sluggishly coming around, if at all. And our church is without a Senior Minister. Change everywhere, so it seems.

The Christian Church (Disciples of Christ) has gone through many periods of radical change in its two-hundred-year history. Oddly, its four human founders, Thomas Campbell, Alexander Campbell, Barton Stone, and Walter Scott---all strong leaders---died within about a decade of each other. Barton Stone in 1844, Thomas Campbell in 1854, Walter Scott in 1861, and Alexander Campbell in 1866. Only Alexander Campbell lived beyond the Civil War. When he died, however, he was then frail, ailing, and ineffective.

Death of these visionary figures brought, as we would expect, a real crisis in leadership. Who would step up to take their places? It was a crisis of leadership not unlike that presently faced by Marietta First. In the years following the Civil War, leaders did step forward. People like Isaac Errett and John McGarvey preached, published journals, started schools, planted new churches. And the Disciples movement went forward. By the end of the nineteenth century, membership stood at an even higher level than it had at the original founders were alive.

The real leader of Marietta First is the Lord Jesus Christ. "No one can lay any foundation other than the one that has been laid: that foundation is Jesus Christ" (1 Cor 3:11, NRSV). Let us never lose sight of that. At Marietta, leaders have already stepped forward---the ordained clergy in our congregation, the pastoral associates, the church officers, and others. Under the guidance of Jesus Christ, this church will move forward toward its future in God's plan---

Jerry Gladson, Minister Emeritus.

Elders for July

July 4th: Rev. Donna Kremer and
Bob Kremer

July 11th: Rev. Donna Kremer and
Al Rowe

July 18th: Jeff Johnson and Bob Kremer

July 25th: Jeff Johnson and Al Rowe

Greeters for July

July 4 & 11: Peter, Jennifer, and
Morris Chung

July 18 & 25: Gina & Stuart Juhan
Jessica Nettles

Serving in the Pulpit for July

July 4th: Sherwood Smith

July 11th: Rev. Dr. Jerry Gladson

July 18th: Rev. Chris Goss

July 25th: Rev. Donna Kremer

As you know we are being graciously supported by our Ministers and friends of FCC, serving the Lord with us in Worship each Sunday. We ask for your prayers and support during these months of transition. With your love and concern, we will be blessed by the Holy Spirit each week as we worship.

Lola Bethel, Worship Chair.

Let Me Tell You About My Music!

I'm grateful you allow me a few minutes each Sunday to bring my offering of classical music. I started this because I saw a blank slot and wanted performance experience. Anytime someone else needs the time, I remind myself it's not my right, but only a surprising gift. So let me tell you about the music I do at about 10:45 a.m. on Sunday.

First, I play a Bach piece. Bach is my top favorite composer. He made piano music that is beautiful enough for church and deep enough to challenge our attention. You may think it's easy because I'm playing only one finger on each hand. Not! Each finger carries a separate melody that must have its own place and sound. Let me know if you hear them. I play Bach first because I have to concentrate on his works more than on the others, and because there's no good place to stop his music in the middle if I needed to.

Second, I play a Beethoven piece. Beethoven is not my favorite composer for piano. In my opinion, Beethoven needs a big sound, a big orchestra, a many-voiced choir, because his music is bombastic and presents a huge over-arching poetic structure that needs long minutes to develop. However, I thought a classical performance would be missing something without a Beethoven moment or two. So I play one of his many fun, short pieces for the piano right after the Bach piece.

Third, I finish out the time with Mozart or Clementi or Czerny, my current other favorites. Right now I'm using Czerny's many short and melodious pieces which he composed for his piano students' practice. By the time I'm into Czerny, I'm watching everywhere to see who will come to the front to start the service, so my concentration is much divided and I need to be able to bring the piece to a satisfying close on a moment's notice. That's why I choose simple but beautiful pieces for this time just before the service.

I love comments and feedback. I really enjoy feeling one with my instrument and with the congregation. May God always be praised and pleased with these worship moments.

Wilma Zalabak, M.Div.

From Our Congregational Health Minister, Rev. Donna Kremer

How To Prevent Heart Disease

What's really proven to prevent heart attacks? The experts at *Consumer Reports Health* list 11 key steps. The evidence is strongest for the first six; research suggests that more than 75 percent of the adults in the U.S. could benefit from at least one such measure.

1. Lower your blood pressure

High blood pressure is the leading cause of heart attacks and strokes in the U.S., but less than half of people with the condition get it under control.

2. Improve your cholesterol

Many people with elevated cholesterol levels can reach the recommended levels with lifestyle changes and, if necessary, medications.

3. Control your blood sugar

It's important to control blood sugar even if you don't have diabetes, since even high-normal levels appear to increase the risk of heart attack.

4. Control your weight

America's obesity epidemic has slowed our progress against heart disease. But losing weight, and keeping it off, isn't as hard as you might think.

5. Quit smoking

Smokers are two to four times more likely to develop heart disease, and even secondhand smoke can damage blood vessels. But the risk drops dramatically soon after you stop.

6. Consider low-dose aspirin

Aspirin can prevent heart attacks and strokes. But it's not for everyone, since it can also cause gastrointestinal bleeding. Ask your healthcare provider if it's right for you.

7. Eat a heart-healthy diet

Consuming the right foods can help the heart by improving blood pressure and cholesterol levels, limiting inflammation of the arteries, warding off diabetes, and helping you lose weight.

8. Stay active

Physical activity is so vital because it strengthens the heart muscle as the same time that it helps keep weight, cholesterol, and blood pressure at healthy levels.

9. Control sleep apnea

Snoring can indicate sleep apnea, which can trigger high blood pressure and type 2 diabetes. As many as one in four men and one in 10 women have it, but most people with the condition have not been diagnosed.

10. Manage stress

Curbing negative emotions may offer some of the same benefits as a heart-healthy diet and regular exercise, by blocking the release of certain hormones that can harm the heart.

11. Reduce chronic inflammation

Inflammation appears to contribute to heart disease by damaging the arteries and speeding the growth of artery-clogging deposits. So anything that fights chronic inflammation may help ward off heart disease.

It's all about prevention. Your Congregational Health Minister can provide you with recommendations for the screening tests that may be required and the strategies most likely to help you achieve your goals.

Pastoral Staff

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

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	5:00 p.m. Saturdays
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

July 4: Sherwood Smith
Bringing the message

July 11: Rev. Dr. Jerry
Gladson will be bringing the
message

July 18: Rev. Chris Goss
will be bringing the message

July 25: Rev. Donna Kremer
will be bringing the
message.



Conversations

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

July 7: Rev Dr. Jerry
Gladson will be leading
the bible study on "Faith
Of Others"

July 14: Rev. Dr. Jerry
Gladson will be leading
the bible study on "Faith
of Others"

July 21: Rev. Dr. Jerry
Gladson will be leading
the bible study on "Faith
of Others"

July 28: Rev. Dr. Jerry
Gladson will be leading
the bible study on "Faith
of Others"

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First Christian Church
(Disciples of Christ)
569 Frasier Street SE
Marietta, GA 30060
(2 Blocks North of Cobb County Civic Center)
Phone: (770) 428-3125
Fax: (678) 384-4080

