



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

The HARBINGER

Volume 61

June, 2010

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

Conversations for June

Have you ever wondered how or what the relationship of Jesus was to the three James his disciples? Who are they and what distinguishes them? In 2002, the Discovery Channel and the Biblical Archeological Society presented a startling find: an ossuary that bore the inscription "James, son of Joseph, brother of Jesus." Why then are many of the writings that are attributed to him considered Gnosticism? Why was the Gospel of Mary not included in our Cannon? Why did the writings of James split the church into East and West? We will be exploring these questions together and may not even come up with answers. Conversations meet every Wednesday from 6:30- 7:30. Come and join the conversation as we explore the Gospel of Mary.

Hope to see you there!
Pastor Rob



Jeannie Farris & Chaplain Phil Owens

Volunteer of the Year

Congratulations to Jeannie Farris who received the Pastoral Care Volunteer of the Year Award from Kennestone Hospital at the May Pastoral Care Ministers meeting.

Elders Serving In June

June 6 & 13: Al Rowe and

Jean Farris

June 20 & 27: Venn Heerman and

Sherwood Smith

Greeters In June

June 6 & 13: Mildred Lockhart and

Marge Williamson

June 20 & 27: Ardis Taylor and

Rev. Donna Kremer

If for some reason you cannot fulfill your responsibility, please contact Joe Kern for the Elders and Tommy Russell for the Greeters.

Thanks!

A Special Thank You from Park Street Elementary School:

Dear Mr. Smith & assistants who work with the Food Pantry.

Wow! What a great surprise I found in my mailbox! The box tops will make such a great help with all of our cutbacks and loss of funding.. At least with the money from the "Box Tops for Education" we'll be able to purchase some P.E. equipment for the students to enjoy. Anything to motivate the students to move and fight childhood obesity is a bonus! Thank you again for your thoughtfulness and all the time involved in cutting out and saving the box tops for us!

Hugs to you all,
Joan Rockwell, Health & P.E

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.

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.

Tips From Our Health Minister, Rev. Donna Kremer

From Our Congregational Health Minister, Rev. Donna Kremer

Live Your Life Well

May was Mental Health Month. This year, the theme "Live Your Life Well," challenges us to promote health and wellness in homes, communities, schools, and churches - and inform those who don't believe it's attainable. Every day, Americans are affected by the myriad challenges, stresses and demands on our lives. And every day, we seek help in responding to them. The good news is there are tested and effective tools that are readily available and free that anyone can use to help them cope better and improve their well-being. This month, Mental Health America is encouraging Americans to use these tools, which form the *Live Your Life Well* campaign.

- 1. Connect with others.** Fight stress with friendship. Learn how to strengthen old bonds and build new ones.
- 2. Stay positive.** Changing your thinking can change your life. Take steps to increase your optimism.
- 3. Get physically active.** Exercise can make you happier in addition to a host of physical benefits.
- 4. Help others.** Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health. They may even live longer.
- 5. Get enough sleep.** Being tired can hurt your health and your relationships.
- 6. Create joy and satisfaction.** Feeling good is good for you, so have a good laugh, find a hobby, or just kick back.
- 7. Eat well.** The right foods can fuel your mind, boost your mood, and fight disease.
- 8. Take care of your spirit.** Praying, meditating, or just connecting with your deepest self can enrich your life.
- 9. Deal better with hard times.** Coping tools can help you through a rough patch. Consider writing about your experience, tackling your problems, and shift/reframe your thinking.
- 10. Get professional help if you need it.**

These proven tools can help you feel stronger and more hopeful. Check out the website <http://www.liveyourlifewell.org/> for more specific, easy to follow tips. Your Congregational Health Minister has additional resources available.

CWF

June 3, 2010

On Thursday, June 3rd, we will have our next CWF/Disciples Men family night. The covered dish will begin at 7:00 pm and Carolyn Cline Price will be our speaker. She will be speaking about Juice Plus. Carolyn and her husband, Larry, have been running this business for many years. It is not just about juice anymore, but we'll learn all about it. Please plan to attend and support CWF/Disciples Men in this every other month meeting.

Pastoral Staff

Rob 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
FuZion Gathering	5:00 p.m. Saturdays
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

**June 6– Jeff Shimizu
Preaching**

June 13–

June 20–

June 27–



Conversations

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

.June 2– Bible Study

June 9– Bible Study

June 16– Bible Study

June 23– Bible Study

June 30–Bible Study

THIS IS TIME VALUED MAIL

Non-Profit Organization
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