



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

The HARBINGER

Volume 61

March, 2010

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

Ponderings for Lent

I have been re-reading "Christ's" temptations in the desert as found in Luke's gospel. Every time that I read them I am given new insights into the workings of God and the Devil. I realize that we don't speak of the evil one very often in the enlightened church of this century. It is also like Voltmort in the Harry Potter series that is called, the one not to be mentioned. In the gospel of Luke the devil would tempt Jesus three times. The first temptation is gluttony. I have been amazed while watching the Olympic Games on TV had many food commercials they place on at every break. Things are cheaper, bigger, juicier and more enticing with every commercial break. During Lent we are called to fast and pray. However, I find that corporate America is telling us that true happiness comes through our bellies.

The second temptation is for glory. There is a car commercial that informs us that it is only when we when we come in first that life that there is any meaning. I wonder how many of us can name the team that came in second place at the 1988 winter Olympics in Ice Hockey. I would dare say very few if any. Even in our work life and social life we are told that second place is for losers. We are tempted daily to do anything to come in first. Humility is not a characteristic we are called to admire in our daily work a day world.

The third temptation was to test God and see if He would answer. When watching the pendants and the talking heads on TV, it appears to me that we are challenged to acquire financial security for ourselves, and reduce the deficit by ourselves, and then all will be right with the world. Little credence is given to building up the Kingdom of God on earth. The poor, the hungry and the disenfranchised are to be pitied. Nothing addresses ways that we can make our world better.

Here are just some thoughts and ponderings for this Lenten season.

Peace and Love
Pastor Rob

Elder's Serving in March

March 7 & 14 Bob & Donna
Kremer

March 21 & 28 Warren Taylor and
Sherwood Smith

Greeters for March

March 7 & 14 Gina & Stuart Johan
Jessica Nettles &
Robert Adams

March 21 & 28 Tim & Deanna
Bishop & 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.

Men's Retreat @ Camp Christian

Guest Speaker: Dean Phelps

Date: March 19-21

Ladies,

**Mark your calendars! This year Spring
Conference will be held April 24, at
Sandy Springs Christian. I will keep you
posted!**

**Blessings,
Diane Lanier**

(Con't from page 3)

Carbon monoxide poisoning is a serious medical emergency. If you suspect you've been exposed to carbon monoxide, get into fresh air immediately and seek emergency medical care. If possible, open windows and doors on the way out of the house. Treatment is aimed at replacing the carbon monoxide in your blood with oxygen as quickly as possible. In the hospital, you may breathe pure oxygen through a mask. If you can't breathe on your own, a ventilator machine may do the breathing for you. In some cases, hyperbaric oxygen therapy is recommended.

Simple precautions can help prevent carbon monoxide poisoning:

- 1 **Install carbon monoxide detectors.** Install a carbon monoxide detector on every floor or level of your home, with additional detectors outside individual bedrooms. Check the batteries at least twice a year. If the alarm sounds, leave the house and call the fire department or local utility company from a nearby phone.
- 2 **Open the garage door before starting your car.** Never run your car in a closed garage. If you have an attached garage, keep the garage door open and the door to the house firmly closed while the car is running. Remove snow or other debris from the tailpipe before using the car.
- 3 **Use gas appliances as recommended.** Never use a gas stove or oven to heat your home. Use portable gas camp stoves only outdoors. Use fuel-burning space heaters only when someone is awake to monitor them and doors or windows are open to provide fresh air. Don't run a generator in an enclosed space, such as the basement or garage.
- 4 **Keep your gas appliances and fireplace in good repair.** Make sure your gas appliances are properly vented. Clean your fireplace chimney and flue every year. Ask about yearly checkups for all gas appliances, including your furnace.

If carbon monoxide poisoning has occurred in your home, it's critical to find and repair the source of the carbon monoxide before you return. Your local fire department or utility company can help.

Source: Mayo Clinic

From Our Congregational Health Minister, Rev. Donna Kremer

Carbon Monoxide Poisoning

Carbon monoxide is a colorless, odorless and tasteless gas. Too much carbon monoxide in the air you breathe can greatly diminish your ability to absorb oxygen, leading to serious — and potentially fatal — tissue damage. Carbon monoxide is produced by appliances and other devices that produce combustion fumes. The danger occurs when too much carbon monoxide accumulates in a contained, poorly ventilated space. Although the signs of carbon monoxide poisoning can be subtle, the condition is a life-threatening medical emergency.

Symptoms of carbon monoxide poisoning include:

- 1 Dull headache (the most common early symptom)
- 2 Weakness
- 3 Dizziness
- 4 Nausea
- 5 Vomiting
- 6 Chest pain
- 7 Confusion
- 8 Irritability
- 9 Impaired judgment
- 10 Loss of consciousness

Carbon monoxide poisoning can be especially dangerous for people who are sleeping or intoxicated. The fumes may be fatal before anyone realizes there's a problem.

Various appliances fueled by wood or gas produce carbon monoxide, including:

- 1 Fuel-burning space heaters
- 2 Furnaces
- 3 Charcoal grills
- 4 Cooking ranges
- 5 Water heaters
- 6 Fireplaces
- 7 Portable generators, including those often used on houseboats
- 8 Wood-burning stoves
- 9 Car and truck engines

Normally the amount of carbon monoxide produced by these sources isn't cause for concern. But if appliances aren't kept in good working order or if they're used in a closed or partially closed space — such as using a charcoal grill indoors or riding in the back of an enclosed pickup truck — the carbon monoxide can build to dangerous levels. Smoke inhalation during a fire also can cause carbon monoxide poisoning.

(Con't on page 2)

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

March 7- "Repent or Perish" Lamentations 1:15-23 and Luke 13:1-9

March 14- "New in Christ, New In Christian" Joshua 5: -12 & 2 Corinthians 5:16-21

March 21- Rev. Melissa Fain

March 28- "I Love a Parade" (Palm Sunday) Luke 19:28-40 & Lamentations 5:1-16



Conversations

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

.March 3- "Navigating through Growing Pains"

March 10- "Evangelism Teams- making a Plan"

March 17- "Prayer and journal as though everything depends on God"

March 24- "Spiritual Hunger in America"

March 31- "The Great Commission"

THIS IS TIME VALUED MAIL

Non-Profit Organization
U.S. POSTAGE PAID
Marietta, GA 30060
Permit No. 302

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

