



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

# The HARBINGER

Volume 62

March, 2011

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

## Feel-Better Exercises Any Couch-Potato Can Do

By  
Rev. Wilma Zalabak

If you missed CWF Night in February, here is a recap of Wilma's program

You can exercise for your own good, even if you can only move an eyeball! That's right, I will teach you. Let's focus on muscles. It's muscles that move your blood with oxygen and nutrition to your cells and with waste away from the cells. It's muscles that move your lymph with lubrication and protection to all parts of your body. So let's get some muscles.

If we focus on muscle building, we will lose weight without the diet fads, we will lose flab and wrinkles, we will gain many benefits despite aging. Today we focus on the muscles you can work to gain while sitting down. These are simplest, yet the most often overlooked, I think.

Several **principles** first: 1) In order to gain muscle you must hold any squeeze at least ten seconds; yes, count to ten; thirty is better! 2) Slow movement against resistance builds more muscle than quick movement, and is less traumatic to your tissues. 3) The burn or after-soreness of muscle exertion is alright; that's how you know you made some progress. 4) Don't continue any of these suggestions in the development of sharp pain, chronic pain, dizziness, gag reflex, nausea, diarrhea, or constipation; at least back off the intensity until you build more muscles over time.

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So we're ready. Are you sitting down? We will start with the sitter! The **pubococcygeus muscle** is the floor of your torso and controls immense amounts of energy. This is the "pee and pooh" muscle, the one that can stop a flow of urine. Now that you know which muscle, tighten it. That's right tighten the floor of your torso and every hole in it. To hold tight it for ten seconds, you'll have to check on it every few seconds. This muscle likes to slip back into flacidity without any notice. So check, is it still tight? With this exercise you can delay incontinence, enhance orgasm, and give yourself a shot of warmth and energy in just about any circumstances. No one need know why you just now started glowing, or how you get enough energy to get up out of bed in the morning!

Next, the abs. Yes, you have abs, **abdominal muscles**, even if you can't see them. And I'm going to ask you to tighten them. Remember how it was as a teenager and you pulled in your tummy. Well, even if it won't pull all the way in like it did then, you still have tummy muscles that need to get active. So at least imagine for me pulling in your tummy. Don't extra breathe or stop breathing. Just tighten the muscles that wall in your organs from the front, and count to ten, or thirty. It's when the front muscles get weak that the back goes out. Furthermore, your digestive organs will work much more happily because of the hug and support they get from you in this way.

What about all those organs, and especially the **diaphragm**? That's the huge muscle that makes the floor of the second story of your torso and the ceiling of the first story. You need a strong diaphragm to protect you from hiatal hernia and other organ troubles. Here's the exercise for these: a big BELLY LAUGH! Can you laugh for ten seconds? Thirty seconds? For this exercise, I will admit it helps to have company so you can laugh at each other laughing! Your organs will thank you.

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And now the **chest organs**, the heart and the lungs. I agree that the body needs aerobic exercise, in which constant motion accelerates the action of these organs for twenty minutes or more. However, there is a little taught exercise that can aid the lungs in cleaning their corners and the heart and blood vessels in transport and delivery. This is the time you can stop breathing.

That's right, at the end of your exhalation, just wait to bring in another breath. Don't tighten the throat or blow out the cheeks. Just wait. Count to ten or thirty or whatever. Take a breath when you want it rather than just because you're used to grabbing another breath as soon as you're done with the last one.

If you do this often, you might find yourself, taking deeper breaths. This easily done exercise reduces stress, deconstricts blood vessels, cleans up stale air in the corners of the lungs, and thereby increases nutrients, oxygen, and cell maintenance to the brain and extremities. You will feel more alert yet more relaxed. Sure, you can roll your head around on your shoulders, roll your shoulders in the sockets, and other things you already know. Just be careful to do it slow, very slow, making resistance all the way. That way your muscles will grow.

I will show you some other exercises that call for less major movement, but produce huge benefits. Just remember our principles: 1) Hold the squeeze for ten seconds or more. 2) Move very slowly with resistance. 3) Welcome the "burn" in the muscle that tells you of progress. 4) Listen to your body and use common sense not to overdo in any exercise.

Stay tuned for more from Wilma next month on the "Exercises Even a Couch Potato Can Do"

**If you would like to keep up with Victoria Moon's progress, here is the link:**  
[www.caringbridge.org/visit/victoriamoon](http://www.caringbridge.org/visit/victoriamoon)

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**A Note from Linda Scott**

I want to thank everyone for the prayers and cards and visits during my recovery from my fall. I love everyone and miss seeing all. I look forward to being back as soon as I can.

Linda Scott

**A Word From Rev. Jeff Shimizu**

This month my sermon talked about reclaiming our spirituality. We have to do that as individuals and as a community. It is a critical step in our day to day health and well-being and as our growth and spirit as a congregation and a church. Take some time to reclaim your spirituality. Here is another thought.

Just stop for a little while and listen.

Re-acquaint yourself with the beautiful, peaceful, intuitive person you are inside.

The oh-so-urgent concerns of the world can wait for a little bit. Take some time to listen to the wisdom that speaks softly but profoundly at the center of your being.

Remember what you have forgotten, and discover what you never before realized you knew. Don't be so busy chasing success that you lose touch with why you're doing it.

Quiet your thoughts and know the things that you can know without thinking. Give your dreams and your highest visions the chance to catch up with you.

Listen, without the need to interrupt or judge, or interject your thoughts. Just listen and know

Let wisdom and intuition speak clearly and freely to you. Take some quiet, peaceful time to listen, to accept the wisdom, and to know.

-- *Ralph Marston*

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**Elders Serving for March**

**March 6 & 13: Brenda Stoyko and Sherwood Smith**

**March 20 & 27: Jeannie Farris and Venn Heerman**

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**Ash Wednesday Service  
March 9, 2011 @ 7PM  
in the Library**

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

### 9 Ways to Banish Dry Skin

Dry skin occurs when skin doesn't retain sufficient moisture. At this time of year, many of us may suffer from red, rough, raw, and itchy skin. This is because cold winter air means low humidity, both outdoors and indoors. The water content of the epidermis (the outermost layer of skin) tends to reflect the level of humidity around it. Fortunately, there are many simple and inexpensive things you can do to relieve winter dry skin, also known as winter itch or winter xerosis. Here are tips for keeping skin soft and healthy from The Harvard Medical School.

#### Keeping moisture in the skin

Skin moisturizers, which rehydrate the top layer of skin cells and seal in the moisture, are the first step in combating dry skin. They contain three main types of ingredients. **Humectants**, which help attract moisture, include ceramides, glycerin, sorbitol, hyaluronic acid, and lecithin. Another set of ingredients — **petrolatum** (petroleum jelly), silicone, lanolin, and mineral oil — helps seal that moisture within the skin. **Emollients**, such as linoleic, linolenic, and lauric acids, smooth skin by filling in the spaces between skin cells.

In general, the thicker and greasier a moisturizer, the more effective it will be. Some of the most effective (and least expensive) are petroleum jelly and moisturizing oils such as mineral oil. Because they contain no water, they're best used while the skin is still damp from bathing, to seal in the moisture. Other moisturizers contain water as well as oil, in varying proportions. These are less greasy and may be more cosmetically appealing than petroleum jelly or oils.

#### What can you do?

Here are some ways to combat dry skin that are effective if practiced consistently:

1. Use a humidifier in the winter. Set it to around 60%, a level that should be sufficient to replenish the top layer of the skin.
2. Limit yourself to one 5- to 10-minute bath or shower daily. If you bathe more than that, you may strip away much of the skin's oily layer and cause it to lose moisture. Use lukewarm rather than hot water, which can wash away natural oils.
3. Minimize your use of soaps; if necessary, choose moisturizing preparations such as Dove, Olay, and Basis, or consider soap-free cleansers like Cetaphil, Oilatum-AD, and Aquanil. Steer clear of deodorant soaps, perfumed soaps, and alcohol products, which can strip away natural oils.
4. To avoid damaging the skin, stay away from bath sponges, scrub brushes, and washcloths. If you don't want to give them up altogether, be sure to use a light touch. For the same reason, pat or blot (don't rub) the skin when toweling dry.
5. Apply moisturizer immediately after bathing or washing your hands. This helps plug the spaces between your skin cells and seal in moisture while your skin is still damp.
6. To reduce the greasy feel of petroleum jelly and thick creams, rub a small amount into your hands and then rub it over the affected areas until neither your hands nor the affected areas feel greasy.
7. Never, ever scratch. Most of the time, a moisturizer can control the itch. You can also use a cold pack or compress to relieve itchy spots.
8. Use fragrance-free laundry detergents and avoid fabric softeners.
9. Avoid wearing wool and other fabrics that can irritate the skin.



Pastoral Staff

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

Church Staff

Wilma Zalabak Tommy Russell Sean Warner	Minister of Music Administrative Assistant Worship Leader
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Services

Sunday School	9:45 a.m.
Worship & Communion	11:00 a.m.
Bible Study	6:30 p.m. Wednesdays
Choir Practice	7:30 p.m. Wednesdays
Spanish Bible Study	7:30 p.m. Wednesdays
Unlimited Recovery	7:45 p.m. Wednesdays
Church Office Hours	see sign on office door closed Monday
Website	www.fccmarietta.org
Email address	fccmarietta@comcast.net

You are invited to...

Worship

Sundays at 11:00 AM

March 6: Rev. Jeff Shimizu will be preaching on the monthly series "The Shadow of the Cross"

March 13: Rev. Donna Kremer will be preaching on the monthly series "The Shadow of the Cross"

March 20: Rev. Dr. Jerry Gladson will be preaching on the monthly series "The Shadow of the Cross"

March 27: Rev. Kimberly Russell will be preaching on the monthly series "The Shadow of the Cross"



Conversations

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

March 2: Bible Study with Rev. Dr. Jerry Gladson leading

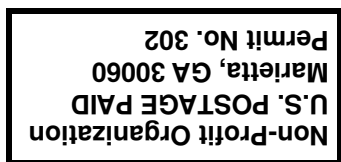
March 9: No Conversations: Ash Wednesday service @ 7 P.M.

March 16: Bible Study with Rev. Dr. Jerry Gladson & Rev. Donna Kremer on "Spiritual Gifts"

March 23: Bible Study with Rev. Dr. Jerry Gladson & Rev. Donna Kremer on "Spiritual Gifts"

March 30: Bible Study with Rev. Dr. Jerry Gladson & Rev. Donna Kremer on "Spiritual Gifts"

THIS IS TIME VALUED MAIL



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