



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

# The HARBINGER

Volume 61

November, 2010

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

## Harvest Homecoming Continued:

“We’ve been searching for a church, quipped one visiting family. “We like what we see here---a warm, family atmosphere.”

The Farris/Rose Food Pantry, honored for its twenty years of service, exhibited at a table showcasing its vital ministry. The Christian Recovery Ministry, focusing on recovery from alcohol, drugs, and gambling addiction, also had an exhibit. On display, additionally, were oil, acrylic, and water color paintings by Laura Gladson, custom-designed card by Jeannie Farris, and a book-signing by Jerry Gladson, featuring all four books he has written while senior minister at First Marietta

“Making Harvest Homecoming a success is the Planning Task Force,” states Laura Gladson. “What a joy they were to work with. Give credit to Pam Barksdale, Lola Bethel, Jerry Gladson, Paddy Kern, Tommy Russell, Jeff and Michele Shimizu, Brenda Stoyko, and Eduardo Villareal. They’re the best!”

*Rev. Dr. Jerry Gladson  
Senior Minister Emeritus*

## HARVEST HOMECOMING DRAWS RECORD ATTENDANCE

“You can go home again!” emphasized Rev. Dean Phelps, Associate Regional Minister of the Christian Church (Disciples of Christ) in Indiana, in his rousing keynote sermon on Harvest Homecoming Sunday, October 24. Dean, who was ordained at First Christian Church (Disciples of Christ) in Marietta, and served his first parish in Georgia. His sermon was one of the highlights of the two-day homecoming celebration that featured a “meet and greet” on Saturday evening, October 23, with a concert by *Soulfire* and the Hispanic singers, a special magazine-style program, “Echoes of More than 60 Years” on Sunday morning, and a thrilling Worship Service in a crowded sanctuary led by Dean and his wife, the Rev. Dr. Deb Phelps, who grew up at Marietta First. Dean and Deb had returned home.

A twenty-foot long table loaded with fried and broiled chicken, sliced ham, meatballs, macaroni, pasta, corn, green beans, pinto beans, fruit, rolls, breads, adjacent to another table heavy with pumpkin and mango pies, coconut cakes, chocolate cakes, and other mouthwatering desserts, “dinner on the grounds,” served the more than 85 persons in attendance, largest of 2010. “Today’s Harvest Homecoming shows that Marietta First can still host a weekend that inspires our members and friends,” comments Laura Gladson, chair of the Homecoming Planning Task Force. “We’ve all been spiritually moved by the events of this day. God is still at work in this congregation. We can take pride in what has happened this weekend.”

(Continued in column to left)

## Elders Serving In November

**Nov. 7&14:** Joe Kern & ?

**Nov. 21 & 28:** Venn Heerman

Rev. Dr. Jerry Gladson

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## Greeters Serving in November

**Nov. 7 & 14:** Ardis Taylor

Rev. Donna Kremer

**Nov. 21 & 28:** Peter, Jennifer, and

Morris Chung

If for some reason you can not fulfill your obligation please try to find a replacement or contact Joe Kern for the Elders and Tommy Russell for Greeters.

### News Flash!!!!

We have a called Board Meeting on November 7, 2010 and our annual Congregational Meeting will be November 21, 2010. Both are following worship service. We need all officers, Elders, Deacons, and Committee Chairs as well as we need all of the congregation on November 21st. Please plan to attend as these are very important meetings.

## A Word From Wilma!

The story of the ten lepers healed would illustrate the fact that God and Jesus look for people who are busy with giving thanks. The world needs people who remember to give thanks. God needs them, too (Luke 17:11-19).

So tell me, how do you feel about the ecumenical Thanksgiving service in which we usually participate each year? This year it will probably be on Tuesday, November 23, and I don't yet know the location or the speaker. In previous years, the churches in our local area have come together to praise and worship God at this remembering-good-things time of year.

Do you want to contribute you talents to the service? Do you have ideas about how to use it to invite unchurched people into the attitude of Thanksgiving? Are there things about the way we've done it that you wish were done differently? Not that I can fix any of your wishes! I just think I'd like to hear from you. Hoping to get some gratitude talk going.

It's an attitude of gratitude that will determine your altitude. It's not merely a one-time thank you. It's a lifetime commitment to a way of thinking.

God needs people who remember to give thanks

*Wilma Zalabak, Mdiv*



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

## Easy Help for Hurting Hands

To stay fit, we work on strengthening everything from our hearts to our calf muscles. Our hands often get no exercise attention at all—that is, until they start hurting.

Hands may ache from repetitive motion or overuse if you enjoy tennis or other racquet sports, have a computer-based job or play a musical instrument. Arthritis also causes hand pain. Even without those specific stressors, the numerous bones, muscles and ligaments in our hands and fingers literally carry the load of many daily activities and sometimes hurt as a result.

Hand stretches and exercises to build strength and flexibility are effective ways to keep your hands pain-free. The following hand helpers are taken from the National Women's Health Resource Center's e-newsletter, *HealthyWomen Take 10*. These exercises take just a few minutes; done daily, they can ease the ache.

### Hand Helper #1: Simple Stretch

- Open hand flat.
- Make a fist, keeping thumb straight, outside fist.
- Slide fingertips up palm until they come close to the base of your fingers (or as close as you can without feeling pain).
- Hold stretch for a few seconds.

### Hand Helper #2: Hand-Wrist Stretch

- Open hand flat.
- Make a fist, keeping thumb straight, outside fist.
- Bend wrist downward toward palm.
- Straighten fingers and stretch wrist in opposite direction.
- Repeat for each hand, up to 10 times.

### Hand Helper #3: Squeeze Play

- Scrunch a piece of paper into a small ball in your hand.
- Squeeze and repeat. (We told you these were easy!)
- You can also do this exercise with a tennis ball or small, flexible rubber ball.

### Hand Helper #4: Thumbs Up

- Hold hand flat, palm up.
- Bring thumb in to touch the base of the little finger.
- Swing thumb away and back out to side.

Pastoral Staff

Hal Doster,	Senior Minister Emeritus
John Lee †	Senior Minister Emeritus
Jerry Gladson	Senior Minister Emeritus
Jeff Shimizu	Minister of Soulfire
	Ministries /Pastoral Assoc.
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

Services

Sunday School	9:45 a.m.
Worship & Communion	11:00 a.m.
Bible Study	6:30 p.m. Wednesdays
Spanish Bible Study	7:30 p.m. Wednesdays
Unlimited Recovery	7:45 p.m. Wednesdays
Church Office Hours	9:00 a.m.-2:00 p.m. T-F
	closed Monday
Website	www.fccmarietta.org
Email address	fccmarietta@comcast.net

You are invited to...

Worship

Sundays at 11:00 AM

November 7th– to be announced

November 14– to be announced

November 21– to be announced

November 28– First day of Advent



Conversations

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

November 3: Rev. Dr. Jerry Gladson will be leading us in Bible Study

November 10: Rev. Dr. Jerry Gladson will be leading us in Bible Study

November 17: Rev. Dr. Jerry Gladson will be leading us in Bible Study.

THIS IS TIME VALUED MAIL

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Permit No. 302

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