



Volume 60
October, 2009
Celebrating our
60th Anniversary
all year long

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

The HARBINGER

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

Emergency Clean-Up Buckets

To assemble an Emergency Clean-up Bucket you will need:

- > One five-gallon bucket with resealable lid
- > five scouring pads
- > Seven sponges, assorted sizes
- > one scrub brush
- > Eighteen cleaning towels (reusable like Easy Wipes)
- > One 50-78oz. Box dry laundry detergent
- > one 12oz. Bottle of liquid concentrated household cleaner (like Lysol)
- > One 25oz. Bottle liquid disinfectant dish soap (like Dawn)
- > fifty clothes pins
- > Clothesline, two 50ft or 100ft
- > five dust masks
- > two pairs of latex gloves (like Playtex)
- > one pair of work gloves
- > 24-bag roll of heavy duty trash bags (33-45 gallon)
- > one 6-140z bottle of insect repellent (drops or lotion, no aerosol)

Purchase all liquids in plastic bottles

Some Ponderings for October

When my thoughts turn to October they turn to changing leaves, pumpkin patches, harvest dinners, and pulling those sweaters out of the lower dresser drawer. They also turn to the end of the baseball season and the beginning of football. For the church it also is a somber and colorful time. It is a time where we can reflect on our history and anticipate our future as a church. The recent rains and flooding remind us of the scripture in James, 1 Kings and Genesis where there world is renewed, rejuvenated and cleansed by the grace of God through water.

As we reflect on these scriptures and reflect on our history. Let us prepare together to celebrate on November 1 the saints that came before us and are walking beside us on our daily journeys.

Peace and Love
Pastor Rob

Music Notes from Pam Barksdale

"Make a joyful noise unto the Lord.....come into his presence with singing."

The Chancel Choir will begin working on the Christmas cantata 'Praise Noels' on Wednesday, October 7. This cantata adds a contemporary touch to Christmas.....by blending carols with some of today's most popular worship songs. We extend a warm, ongoing invitation to anyone who likes to sing, to come and join us on Wednesday evenings at 7:30 pm. No audition required - just plan to enjoy an evening of song and fellowship!

Pam Barksdale

Food Pantry Mission Notes

Praise God as we assisted 628 families in August and 500 in September. The recent floods will push those numbers higher in the next few months, but, thankfully, government stimulus foods (cheese, meats, eggs, and canned goods) will help needy families even more. Thanks for your volunteering, giving of food, monetary donations, and prayers. Woody

January on the Seas

This is a cruise sponsored by Senior Adult Ministry Christian Church (DOC) in Florida. It will sail from Ft. Lauderdale on Holland America's newest ship, *The Eurodam* on January 16-23 and the Ports of Call are: San Juan, Grand Turk, St. Thomas, & Half Moon Cay. Guest speakers will be Rev. Johnny and Deborah Wray. For information and reservations contact Dean Skinner @ 1-800-915-0304

Serving the Month of October

Elders:

Oct. 4 & 11: Jerry Gladson & Woody Smith

Oct. 18 & 25: Jeannie Farris & Al Rowe

Deacons: Sharon Taylor & Stephen Wood

prepare & serve

Jennifer & Morris Chung

serve & cleanup

Greeters:

Oct 4 & 11 : Peter, Jennifer & Morris Chung

Oct. 18 & 25: Mike Bradford & Warren Taylor

Remember the Saints

On November 1, 2009 we will be remembering all the saints in worship. Please submit names of those persons in your life that you would like to be remembered on this date as the saints in your life. A Saint does not have to be with God in His heavenly kingdom but may also be honored here on earth. If you could fill out a card and make sure it reaches the office by October 26, 2009 it would be a huge help for the worship committee.

Christian Recovery from Substance Abuse?

How would alcoholics, drug users, and those presently in recovery respond to a Christian program for recovery? Would they find it helpful in maintaining sobriety? Would it attract people who are struggling with alcohol and drugs, perhaps help them begin recovery? To find out, I asked some of them. "I'd really like something like that!" several replied, and immediately vowed to attend. This would not be the usual Alcoholics Anonymous discussion meeting, I promised. While our meetings would adopt and work the traditional Twelve Steps of A.A., we would allow attendees to identify specifically their Higher Power. If a person so felt, he or she could openly confess Jesus Christ in testimonies. Has this worked? I think so!!

Warren Taylor
Recovery Minister

From Our Congregational Health Minister, Rev. Donna Kremer

How To Get Mold Before It Gets You

Getting completely rid of mold in your life is impossible. Even simply controlling mold is a challenge since it is everywhere and requires so little to grow happily - just any old dark, damp place will do. Here are some tips from the National Allergy newsletter. Mold is part of nature's clean-up system by helping in the decomposition of dead trees, leaves and other plant matter. To reproduce, mold releases spores (or seeds) into the air. Invisible to the naked eye, mold spores float through the air and will settle and grow on moist surfaces outdoors or indoors, especially in dark areas. Indoor mold grows well year round in basements, bathrooms, laundry rooms, and attics. Outdoor mold can most often be found in shady areas with moisture.

Allergic Reactions To Mold

Although there are about 10,000 kinds of mold, there are only a dozen or so that cause problems for people. About 15 million Americans are allergic to mold, which is significant, especially if you are one of them. Even if you don't have a specific allergy to mold, it can still sometimes cause irritation. Mold allergy and irritation may result in these symptoms:

- 1 Coughing
- 2 Difficulty breathing
- 3 Hives
- 4 Itching of the nose, eyes, throat, or skin
- 5 Rash
- 6 Redness in the eyes
- 7 Runny nose
- 8 Sinus pressure
- 9 Sneezing
- 10 Tearing eyes
- 11 Wheezing

Allergic reactions to mold can be immediate or delayed. Molds can also cause asthma attacks in people with asthma who are allergic to mold.

Mold Prevention & Avoidance

Although mold spores are everywhere (even in house dust), you can reduce your exposure to mold by following these steps:

- 1 Keep rooms (and basement) dry. Use a dehumidifier, if necessary, and be sure to drain the dehumidifier regularly and clean the coils and collection bucket.
- 2 Throw out moldy or mildewed articles (such as books, newspapers, toys, bedding, and shoes).
- 3 Disinfect bathrooms, basement walls, and furniture with diluted bleach or other disinfectant solutions.

CWF POTLUCK DINNER

On October 1, 2009 @ 7PM we will be having our bi-monthly meeting and October is breast cancer awareness. We will be having a potluck dinner (so bring a dish or two to share) and bring a friend and enjoy fellowship and a program.

Pastoral Staff

Robert Mason	Senior Minister
Hal Doster,	Senior Minister Emeritus
John Lee ☩	Senior Minister Emeritus
Jerry Gladson	Senior Minister Emeritus
Dotty Lee,	Pastoral Care Associate
Jeff Shimizu	Pastoral Associate
Warren Taylor	Minister of Recovery
	Pastoral Associate
Donna Kremer	Minister of Congregational Health
Eduardo Villarreal	Spanish Church 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
Christian A/D Recovery	8:00 p.m. Wednesdays
Recovery A-Live	1:30 p.m. Sundays
Church Office Hours	8:00 a.m.-3:00 p.m. M-Th
Website	www.fccmarietta.org

You are invited to...

Worship

Sundays at 11:00 AM

Oct. 4: "Let all the Church Be Reconciled" Mark 10:35-45 & Hebrews 1:1-4 & 2:5-12

Oct. 11 Rev. Dr. Jerry Gladson will be preaching

Oct. 18: "Dialog sermon with Pastor Rob & Rev. Dr. Jerry Gladson

Oct. 25: Dotty Lee will be preaching



Conversations

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

Oct. 7-Pastor Rob leads a bible study about Genesis & Abraham

Oct. 14- Pastor Rob leads a bible study on Genesis & Abraham

Oct. 21- Pastor Rob leads a bible study on Genesis & Abraham

Oct. 28- Pastor Rob leads a bible study On Genesis & Abraham

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