



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

The HARBINGER

Volume 61

October, 2010

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

*You Don't Want To Miss
It!*

**Homecoming
October 23-24, 2010**

FCC Marietta is celebrating 61 years, the Food Pantry 20 years, three ordinations sponsored this year (and that is a record!), and our Unlimited Recovery Program.

On Saturday evening, we will have a "Meet and Greet" from 5-8 PM with a concert by Soulfire, joined by our Hispanic congregation, will be at 6 PM. Don't miss Dr. Jerry Gladson's new book.

On Sunday, starting at 9:30 AM to meet everyone and then music at 10 AM, followed by worship at 11 AM with our own Rev. Dean Phelps bringing the message. We will have "Dinner on the Ground" afterwards and we all know FCC can put on a potluck!

GETTING THROUGH THE RECESSION

Have you noticed the public media gives almost every event a negative spin? The media seldom praises anyone, particularly in public office. "Yes . . . but" seems to be the pattern of reporting.

In a severe recession like this, it is difficult to remain hopeful. It helps to realize this isn't the first recession the United States has experienced. Our history reveals recessions in 1784-89, 1807-10, 1815-21, 1825-29, 1837-43, 1857-58, 1865-66, 1870-79, 1883-85, 1890-91, 1893-97, 1903-4, 1907-13, 1920-22, 1929-39, 1945-48, 1953-54, 1957-58, to mention most of them. What we are going through is severe, but not as harsh as the Great Depression of 1929-39. Knowing this history helps to normalize our current experience. Recessions historically are part of normal business cycles.

One of these severe recessions occurred just as the Disciple movement was getting underway: the Panic of 1837-43. Despite widespread pessimism, Thomas and Alexander Campbell, Barton Stone, and Walter Scott—the four co-founders—and many others, kept preaching the gospel of hope. Disciples churches sprang up in Kentucky, Ohio, Pennsylvania, and Virginia. No wonder! The Christian message is inherently hopeful, for it has its origin in the God of hope.

The sixth century B.C.E. prophet Jeremiah clung to this hope in dark times. As the Babylonians besieged Jerusalem after conquering the land of Judah, the Lord told Jeremiah to go ahead and purchase a plot of land, even though the land had been confiscated by the Babylonians, and its value had fallen to nothing. It felt like a hollow, futile gesture. "You have said to me, O Lord GOD, 'Buy the field for money . . . ' though the city has been given into the hands of the Chaldeans" (Jer 32:25).

Jeremiah's action, however, was a dramatic symbol of hope. It symbolized that Judah would one day come back to the land and dwell in it. Jeremiah, if alive then, would take possession of his new real estate. The Lord tells him, "See, I am the LORD, the God of all flesh; is anything too hard for me?" (32:27).

(Con't on page 2)

Elders Serving In October

October 3 & 10: Bob Kremer
Rev. Donna Kremer

October 17 & 24: Jean Farris
Warren Taylor

October 31: Lola Bethel
Sherwood Smith

Greeters Serving in October

October 3 & 10: Linda Scott
Brenda Stoyko

October 17 & 24: Mildred Lockhart
Marge Williamson

October 31: Need Volunteers

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.

(Con't from page 1)

GETTING THROUGH THE RECESSION

We serve a God who causes hope to spring up in our hearts, despite the recession, despite hard times. Nothing is too hard for a God who will see us through the recession, see our church growing once more, see us through our own personal difficult times. God is not a "yes . . . but" God. "For the Son of God, Jesus Christ," Paul puts it, "was not 'Yes and No'; but in him it is always 'Yes'" (2 Cor 1:19).

*Jerry Gladson
Sr. Minister Emeritus*

A Word From Wilma!

One of my favorite sayings from Al-Anon is this: "Take what you liked and leave the rest." It fits with the way I have chosen to view my world.

My theory is that everything is a theory. What I say from the pulpit comes from my experience, and I may say it strongly, but the moment it contacts your world-view, what I said is just a theory. You will test it, I hope, by your experience. You will choose if and how much to trust it.

Fundamentalist Christians have long maintained that evolution is "merely" a theory. Well, I have to admit that even the presence and power of God is a theory, unprovable by scientific, reduplicatable experiments. It's a simple fact that humans choose what they will believe.

Some people claim they never chose their beliefs; they believe because it's "truth." I maintain that if a person doesn't remember choosing a long-held belief, there were probably some ancestors who deliberately chose that belief some time ago and handed it down as "truth."

Don't misunderstand. I believe in God. I believe God is good. Those are bedrock beliefs that I have chosen over and over, even in the face of conflicting evidence. Repeated choice to believe has reinforced my belief so its strength shows up in my preaching and in other activities I do.

Here's my disclaimer. I'm very confident that all I say with such great assurance is merely theory that I have chosen to believe. You have full room to choose differently, and I will love you still the same

My theory is that everything is theory. Accounts of history are biased theories of what happened, even if it's recent or local history. Descriptions or characterizations, like cartoons, are so many biased depictions of pieces of reality. Yes, preaching is foolishness, as Paul admitted long ago, but we're called both to give it and to attend to it.

So, take what you liked and leave the rest.

Wilma Zalabak, M.Div.

12 Ways To Cut Salt From Your Diet

Sodium (salt) is a major contributing factor for high blood pressure and heart disease. However, it may be difficult to identify and eliminate some of the "hidden" sources of sodium in foods. Here are 12 tips from *Consumer Reports Health* to help you cut salt from your diet:

- Cut back on canned meat and soups, cold cuts, frozen dinners, and pizza. Avoid meats that have been marinated or injected with salty basting solutions or broths.
- Look for products that have no more than 140 mg of sodium per serving, the amount that's considered "low sodium" by the Food and Drug Administration, and stick with the recommended serving size.
- Consume no more than one food per day containing 480 mg of sodium or more per serving, the limit the FDA allows on foods labeled as "healthy."
- Rinse canned tuna and beans.
- Buy fresh vegetables or frozen or canned "no salt added" ones.
- Don't salt the water before cooking pasta, potatoes, or vegetables.
- Use herbs, spices, and salt-free seasonings, such as garlic or onion powder.
- Try lemon or lime juice, or balsamic, cider, or wine vinegar on salads and vegetables.
- Apply blended herbs and spices to meat or poultry. Possibilities include citrus (grated lemon or orange peel, minced garlic and cracked pepper); Italian (chopped, fresh, or dried oregano, basil, rosemary, Italian parsley and garlic); and pepper-garlic (garlic powder, cracked black pepper, and cayenne pepper).
- Limit the use of condiments like reduced-sodium soy or barbecue sauce; they still have lots of sodium.
- Look at labels for ingredients such as monosodium glutamate (MSG) and sodium benzoate, which contain sodium.
- Watch out for certain medications, too, notably antacids that contain sodium bicarbonate, such as Alka-Seltzer Effervescent Tablets and Bromo Seltzer.

The bottom line: The more sodium you want to eliminate from your diet, the more you'll need to eat fresh, whole foods. Your Congregational Health Minister has additional information on how to eat healthy.

CWF

On Thursday, October 7th, we will have our next CWFIDisciples Men family night. The covered dish will begin at 7:00 pm and Katy Preston of Georgia Interfaith Power & Light will be our speaker. This company is engaging Faith Communities in Environmental Action. Not only can we use their ideas to help at church, but they can also help you at your home to be better stewards of the earth resources. Please plan to attend and support CWFIDisciples Men in this every other month meeting.

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
Donna Kremer	Pastoral Associate
Eduardo Villarreal	Minister of Congregational Health
Sherwood Smith	Spanish Service Pastoral Associate 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

October 3: Dr. Tim Morrison will be bringing the message.

October 10: Rev. debi acree will be bringing the message

October 17: Rev. Kim Russell will be bringing the message.

October 24: Homecoming, Rev. Dean Phelps will bring the message.

October 31: Combined Service with Rev. Jeffrey Shimizu will be bringing the message

Conversations

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

October 6: Rev. Dr. Jerry Gladson will lead us in our Bible Study

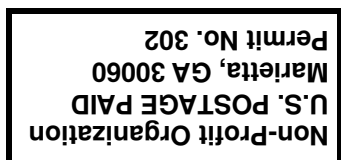
October 13: Rev. Dr. Jerry Gladson will lead us in our Bible Study.

October 20: Rev. Dr. Jerry Gladson will lead us in our Bible Study.

October 27: Rev. Dr. Jerry Gladson will lead us in our Bible Study.



THIS IS TIME VALUED MAIL



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