

## Around The Conference

### Ministering to Jewish-Gentile Couples

*Tuvya Zaretsky* is the director of staff training and development with the Jews for Jesus mission. He and his wife Ellen are based in Los Angeles, California. He has been a missionary to the Jewish people since 1974 and an ordained minister with the CCCC since 1987. He earned the doctor of missiology degree at Western Seminary in Portland, Oregon in 2004.

Dr. Zaretsky has taught and written extensively about the phenomenon in our culture of Jews and Gentiles who are dating, cohabiting or married to each other. He co-authored with Dr. Enoch Wan a book titled, [Jewish-Gentile Couples: Trends, Challenges and Hopes](#).

*He submitted to The FORESEE an article that would be helpful for many of our churches. The entire article may be found on our website by clicking [here](#). Following are excerpts from the article.*

A wonderful new field of outreach ministry to Jewish people has developed as the result of dramatic demographic trends in the United States. I began noticing the cultural shift in the early 1990s and looked for ways to meet that opportunity by

pursuing graduate studies in cultural anthropology and missiology.

This article is aimed at presenting information to better inform ministers and churches about the opportunity and to provide some fresh resources to evangelistically meet it. I will explain one of the trends that typify the American Jewish community so the reader can see how a relational network has opened to the non-Jewish world. I will describe the nature of the challenges that typify Jewish-Gentile couples and will offer some resources that you and your church might use in ministry to these couples and their families.

Jews. Many of these couples wonder where this growing population fits in. They try synagogue and church life, looking for a place where they both are accepted.

#### Typical Responses

American Jewish synagogue leaders are divided about how to respond to this growing population of Jewish-Gentile couples. Most want to welcome the stranger, but without embracing their Gentile spiritual traditions, like Christian faith. So, they choose one of several approaches to the Jewish-Gentile

*(continued on page 3)*

## News from Southern Illinois and Missouri

by Rev. Darrell Weber, Southern Illinois/Missouri Area Representative

“Around the Conference” is intended to give the entire CCCC body a glimpse into how God is working in our churches in the various areas of our country. For each issue one or two Area Representatives write of the activities and blessings in one or more of the churches in that area. We find it a great encouragement to read of God’s blessings on these ministries.

Here in the Southern Illinois-Missouri Area, we have a different situation. We have only four churches and seven ministers affiliated with the CCCC. The churches are Union Church in Villa Ridge, Congregational Christian Church in Grand Chain, [First Congregational Church in Highland](#), and Peoria Heights Congregational Church in Peoria Heights, all in Illinois. Several of the churches and ministers are not active in the CCCC, and the Peoria Heights church is actually in Northern Illinois, and participates with that fellowship.

First Congregational Church in Highland, under the leadership of their pastor, Dr. Maurice Smith, has an effective ministry. They are active supporters of CCCC missions, and partner with a sister church in Bulgaria.

I am able to fellowship with Dr. Smith on a regular basis. I have also had contact with retired pastor Homer Branham in Kansas City, Missouri. Unfortunately, none of the other churches or ministers of the area have responded to my phone calls, letters or e-mails.

Pray for the Southern Illinois/Missouri area, that other churches here will come into the CCCC, and that a real fellowship may develop in this area.

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*From the  
Conference Minister*

**The Spiritual Health of the Body**

How is a person's health measured? There are many ways, including heartbeat, strength, appetite, breathing, sleeping, and reproductive health. Haven't we all been to a doctor for a complete exam? When we go we're poked, prodded, tested and asked lots of questions to gain a picture of our overall health. We



*Rev. Dr. Stephen A. Gammon,  
CCCC Conference Minister*

may then be urged to change our practices in some ways to increase health and strength. So also in the Body of Christ! The Lord calls us to aim toward spiritual health! Let's review six characteristics of spiritual health for every Christian and church. As we do this, let's ask God to show us what He sees, so we may repent as needed, change our ways, and increase our strength!

First, our **heartbeat**: Is *Passion for God's Son* your heartbeat? Three times in John 21 Jesus asked Simon Peter, "Do you love me?" This IS the critical question, isn't it? Is Jesus your first thought in the morning and last thought at night? Is He the One whose life is in you? Is He the

primary focus in your church?

Second, our **strength**: Is *Power from God on High* your life strength? Jesus promised and gave to the Church the power of the Holy Spirit (Acts 1:8; 2:2; 4:33). Apart from Him we can do nothing, but with His power we are able! Are you depending on and operating in the Spirit's power?

Third, our **appetite**: Is a *Penchant for God's Word* your appetite? In declaring his profound love of God's Word, the Psalmist declared how sweet it tastes to his soul (Psalm 119:103)! Is there in your heart and congregation a penchant (a liking, desire, inclination toward, hunger for) God's Word to read, study, learn and live it?

Fourth, our **breathing**: Is a *Practice of God's Presence* your life's breath? Jesus lived a lifestyle of prayer (Luke 5:16) and He taught His disciples to also (Luke 11:1-10). The early disciples were devoted to prayer (Acts 2:42; Col. 4:2). This measure of spiritual health in Christians is so vital for practicing Congregational Polity under the Headship of Christ! How is your breathing? Are you praying?

Fifth, our **sleeping**: Is *Peace in God's Faithfulness* your rest? God would have us trust Him no matter what comes! In Matthew 8:23-27 we see Jesus in peaceful sleep in a storm. He invites us to come to Him for rest (Matthew 11:28). Are you casting your cares upon Him (1 Peter 5:7) and finding rest?

Sixth, our **reproducing**: Is the *Purpose of being God's Witness* your aim? Healthy Christians and churches reproduce (Matthew 28:18-20; Acts 1:8; Ephesians 3:20-21)! We are commissioned by Christ to make disciples for Him! This means bearing personal witness, growing disciples through the Church, and planting new churches — all to be growing more disciples for Jesus. Are you longing for more children of God?

I pray that the CCCC will become spiritually healthier in all of these ways!

A handwritten signature in cursive script that reads "Steve".

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Deadline for the March 2009 issue is  
January 20, 2009.

**The FORESEE Online**

This marks our second online issue of The FORESEE as an online monthly publication. Those who have signed up for e-mail notification received theirs in full color at least two weeks before the printed publication was distributed. They also had quick, one-click access to linked sites.

Those of you who are reading a printed copy are invited to join the ranks of those who now get theirs online. It comes as a PDF file, meaning it is easy for those who prefer a printed copy to print it out in full color on their own printer.

In the interest of convenience and the wisest use of the Lord's money, we are encouraging all who have Internet access to sign up for the online version and cancel their printed subscription. Thank you kindly. You may sign up for the **online version at [www.cccusa.com](http://www.cccusa.com)**. We also encourage our churches to download and print out copies for their members without Internet access.

## **Biblical Conflict Resolution**

### **EXPECTATIONS**

*“For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.” John 3:16*

As we begin the new year, we are made aware that this is an opportunity for a new start, or a new focus in our lives. Many people come up with resolutions that they will employ to make this year the year to do things that they have put off doing in the past. Some folks resolve to go on a diet, or manage their money better, spend more time with their family, or take up a hobby. I am considering giving up reading the newspaper. It is always full of bad news, such as the stock market losses, home foreclosures, layoffs, bankruptcies, healthcare costs. People are worried. Many are losing hope. These are unsettling times. And then there are the reports of those who have lost their retirement savings. Time after time people are interviewed and they say the same thing. “This is not what we expected at this time in our lives.”

Not what we expected. Isn't that where most of our problems lie? Our worry, our anxiety, our fractured relationships? So often they come from expecting one thing and realizing

something else. We don't get what we expect and we don't get what we want; and that makes us miserable. We want what we want, we want it now and we pick up our newspaper and read that the economy has failed us, the government has failed us, or the health care industry has failed us. We expected so much more.



What if we started this year off by focusing on what God has done for us and trust in Him alone for our well-being and salvation. Then we would not have failed expectations, but absolute assurances. We can be sure that God loves the world in such a way that He sent His only Son to die on a cross that we might have eternal life with Him. Don't worry, don't fear, don't complain, but know that God loves the world, know that God loves you, and know that by believing in Him, eternal life with Him is yours. How do we get through these tough times, Trade all of your expectations for an assurance that will never let you down.

Yours in Christ, Terry

### **Ministering to Jewish-Gentile Couples** *(continued)* couples:

- Embrace the couple and help them to make Jewish choices for their family life.
- Reconnect Jewish partners to Judaism with uncertain status for Gentiles.
- Convert the Gentile partner, requiring renunciation of all prior religious faith.
- Ignore intermarried Jews as apostates for marrying out.

American Christian churches have not typically stepped up to focus cross-cultural ministry specifically to Jewish-Gentile couples. So there isn't a lot of consideration for the spiritual traditions or cultural needs of a Jewish person who has connected to the Christian spiritual community through marriage. No comparable alarm about ethnic survival exists in the church such as is found within the Jewish community's response to intermarriage. Typical church reactions might include:

- Discouraging Christians against being unequally yoked.
- Encouraging Christians to bring Jewish partners to church services and events.
- Calling on Jewish partners to become followers of Christ before and subsequent to marriage

While understandable, none of these responses help partners to find their place as culturally acceptable. One of the partners is usually urged to change, or in the least, made to feel like a

cultural outsider. It is easy for Jewish-Gentile couples to conclude that they don't belong in either community. Very often they feel isolated and on their own.

Is there any hope of resolving the cross-cultural tensions? Yes there is, and no one has to deny his or her heritage. However, it might require one of them to take a brave new look at the cultural celebrations of a loved one.

### ***Finding Spiritual Harmony***

I would like to suggest a fitting goal for solving the cross-cultural challenges experienced by Jewish-Gentile couples: help them to seek spiritual harmony in their home. Your church can help create the opportunity for cross-cultural discovery. Here are some suggestions:

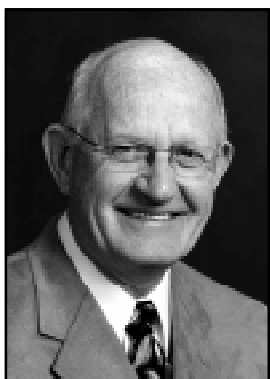
1. Recommend [www.JewishGentileCouples.com](http://www.JewishGentileCouples.com) as a resource.
2. Recognize the potential multicultural community within your church. Every church community can benefit from getting to know its own cultural distinctions. Then broaden that perspective by learning about the cross-cultural distinctions of your guests, especially those who are in a Jewish-Gentile partnership.
3. Remember that ethnicity is a safe anchor. Be prepared to embrace ethnic distinctions. Then look for ways to express unique cultural expressions about faith.
4. Remind everybody that Messiah Jesus is God's unique means for salvation. The gospel is the hope for spiritual harmony within Jewish-Gentile couples.

## We are Sent With a Power...

The Great Commission is expressed in different ways in the New Testament.

*As the Father has sent me, I am sending you.* (John 20:21)

*Repentance and forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem.* (Luke 24:47)



*Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."* (Matthew 28:18–20)

*But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.* (Acts 1:8)

The commissioning words of Jesus in Acts 1:8 are often used to describe the outward growth of the gospel in concentric

circles of influence from Jerusalem to the ends of the earth. Many people read this and ask, "Where is my Jerusalem? Where is my Judea? Where is my Samaria?" While this is helpful, I believe Jesus intended us first to ask, "Where is the power of my witness?"

In *The Multiplying Church*, Bob Roberts, Jr. writes, "Jesus' movements hinge on the Holy Spirit... If a human stirs it up, it soon fizzles. If the Spirit stirs it up — get out of the way and mount your surfboard."

We believe that God is doing a new thing in our land today. There is the opportunity and need for new churches all across the country. The lives of many people will be transformed through our church multiplication efforts.

We are not involved in this endeavor to catch up with the church planting efforts of other denominations. We believe that the Holy Spirit is calling us to be obedient to the Great Commission and we are moving forward in the power of the Spirit. We encourage our church planters to know that this is God's work and not their own. We are building up a team of intercessors to seek the power and presence of God in this movement.

We are sent... we are sent with a message... we are sent with a purpose... we are sent in power — the power of the Holy Spirit working in our lives to accomplish the will of God.

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## The Spiritual Reservoir

Dr. John Kimball, CCCC Director of Conference Care and Church Redevelopment

I almost feel odd writing this article because I'm "preaching to the choir" as it were. But while you will likely learn nothing new in what I say, the reality is that precious few pastors really walk this stuff out today — to their own detriment and that of both their families and their ministries. So consider this a loving reminder — one the author also needs to heed.

My colleagues and I who provide pastoral care in our respective denominations are all seeing something alarming: a dramatic increase in the number of pastors experiencing serious crises. There are some common themes, but regardless of what the actual crisis might be, there is one issue that repeatedly appears to be at the core — the pastor has neglected his own spiritual reservoir. What may have begun as a busy season (surrounding a holiday, building program, etc.) became a way of life. Daily devotional time slowly (and insidiously) gave way to study only for sermons and Christian education. Personal sabbath days were reduced or forgotten over time. The needs of the congregation took precedence over quiet personal times in prayer and intercession. And a lack of personal accountability to other brothers in Christ eliminated the opportunity for trusted friends to bring much needed correction. Add a personal emergency or a little conflict in the church and the stage is set for a pastoral meltdown.

The pastorate in many churches and communities is tough. For some, the pastorate is extremely stressful — one study appraises it on the same level as wartime military service! There is no doubt that pastoral ministry is a loving battle for souls — re-establishing the rule and reign of God in the hearts of men, women and children. But if that same rule and reign is not demonstrated in the way we live as pastors before our God (when no one else is looking), we are soon unable to be the standard bearer God has called us to be. If the Enemy can distract or derail the pastor, it affects the whole congregation. Jesus understood this about His own earthly ministry (Matthew 26:31), and the same is true on a lesser level for His "undershepherds" today. Pastors simply must take care of themselves spiritually.



The need for ongoing spiritual formation is great. I have found that the best approach to continue our own spiritual growth

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is through a purposeful focus on the Spiritual Disciplines. Much has been written about the disciplines over the years — so I am not going to delineate a long list here (some great books on this subject are available through our partner, NextStep Resources at [www.nsresources.com](http://www.nsresources.com) — look there under CCCCUSA/Spiritual Life Committee). But there are five that I think are non-negotiable for every pastor: a daily

devotional time, regular intercessory prayer, personal confession and repentance, spiritual reading, and a personal sabbath plan.

Want to know more? I detail each of these in the longer, online version of this article on the CCCC website under Online News Updates on the News menu. Just click [here](#) to go there now!

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## Book Review

*Questions for all Your Answers*, by Roger Olson (Zondervan) Reviewed by Bob Leroe, pastor of the Cliftondale Congregational Church in Saugus, Massachusetts.

Caution — paradigm changes ahead!

Roger Olson opens Pandora's box by refusing to blindly accept the maxims of popular Christianity, by casting honest doubt on concepts people assume are Biblical truth. In so doing he hopes we'll reconsider our presuppositions. This is just the kind of thinking we need to shake us from our anti-intellectual complacency. I doubt if anyone will buy all his conclusions, but I guarantee they will have to think critically.

Olson handles such matters as the sovereignty and will of God, the nature of sin, the Second Coming, judging others, materialism, and several other controversial matters.

I had more than a few reservations, but I don't mean this as a criticism. Olsen should be applauded for making us reconsider some of our cherished beliefs. I did take issue

with his thoughts on missing the will of God. I don't think he adequately dealt with the concept of calling. I'd also have liked more discussion of just how sovereign God is, and to what extent does He stand back to allow bad things to happen. If we're going to question God's involvement, I want to know what prayer does, and how much prayer is needed to make a difference. With regard to eschatology, I wish there was some mention of the theory that much of the apocalyptic literature may refer to the destruction of Jerusalem in 70 AD. The section on money didn't seem to deal with the worldview of capitalism.

While I wasn't completely satisfied with Roger Olson's questions, I appreciated them. This is an excellent book to get Christians to reconsider matters that they've accepted without critical thinking. Paul Little once said that one doesn't have to commit "intellectual suicide" to be a Christian. While we can't possibly have all the answers, we ought to re-look at the slogans and mysteries we've accepted and see whether they're defensible.

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## CCCC 61st Annual Family Conference Speakers Announced

Hundreds of our CCCC family members will come together July 20–23 for our 61<sup>st</sup> Annual Family Conference. This year's event will be held at the [Ramada Hotel and Convention Center](#) in Waterloo, Iowa. Theme for the conference will be Cooperating for Christ — "The whole body, joined and held together... built up in love." Theme verse will be Ephesians 4:16, "From Him the whole body, joined and held together by every supporting ligament grows and builds itself up in love, as each part does its work."

Evening speaker for Tuesday and Wednesday will be David T. Olson, director of The American Church Research Project

([www.theamericanchurch.org](http://www.theamericanchurch.org)) and also Director of Church Planting for the Evangelical Covenant Church. He has also written the recently-published *The American Church in Crisis*. Dr. Olson will also lead a workshop.

As previously announced, the Morning Bible Hour speaker will be Dr. Stuart Briscoe, and his wife Jill will be the Women's Luncheon speaker. Both of the Briscoes are much in demand as speakers and have written more than 40 books. They are the founders of the international Bible-teaching ministry — Telling the Truth — which shares God's Word through the radio and the internet. Gifted with wisdom, discernment and a bit of English humor, the Briscoes bring the Bible to life.

Learn more of their ministry at [www.tellingthetruth.org](http://www.tellingthetruth.org).



In 1809 Park Street Church was founded in Boston, Massachusetts. Park Street Church would become a prominent and influential church for the spreading of the Gospel throughout the world, as well as for influencing the culture of the United States. In celebration of their 200<sup>th</sup> anniversary, our Eminent Congregational Christians profile is on its second pastor, Sereno Edwards Dwight. Upcoming articles in the series will profile other of Park Street Church's pastors, as well as highlight special events of this year's celebration. You can learn more at the church's web site [www.parkstreet.org](http://www.parkstreet.org).

## Sereno Edwards Dwight

The second pastor of Park Street Church in Boston was a great-grandson of Jonathan Edwards. Sereno Edwards Dwight was the fifth son of Timothy Dwight, President of Yale College. He was born in Greenfield Hill near Fairfield, Connecticut in 1786, and moved to New Haven at the age of nine when his father assumed his position at Yale. He entered Yale as a student at the age of thirteen, and graduated with honors despite his young age. He served as a tutor at the college following his graduation, then took up the study of law, which he practiced with distinction for several years.

During a revival of religion in the First Congregational Church in New Haven in 1815, he experienced conversion to Christ, and made a public profession of faith. Not long afterward, in October 1816, he was licensed to preach. Remarkably, his first assignment in ministry was to be the Chaplain of the United States Senate, where he served for the 1816–1817 session.

After less than two years as a Christian believer, he was called to become pastor of Park Street Church. Edward D. Griffin, the first pastor, had left the church in 1815, and the church had some difficulty in finding a successor. After a letter signed by twenty-one members of the church, stating they desired the ministry of Sereno Dwight, was read at the congregation's 1817 annual meeting, he was asked to supply the pulpit. This led to a call to become their pastor, which he accepted in July of that year.

The first great revivals seen at Park Street occurred during Dwight's pastorate. H. Crosby Englizian, historian of the church, noted that their first pastor, Edward D. Griffin, had a strong revivalistic ministry in churches he served before and after Park Street; however, during his ministry in Boston, only "occasional revival seasons occurred... The mighty deluge of the Spirit's power was not to come until the pastorate of Sereno Dwight." An intensifying spirit of prayer

was seen at Park Street in 1822, which led to special meetings being held. The revival begun there spread to other churches, resulting in a number of leading ministers coming in to assist the Boston pastors. This was the first great revival in Boston since the days of George Whitefield.

Sereno Dwight had a fruitful ministry at Park Street for nearly ten years. Sadly, it was brought to an end by ill health. In 1825 the church, noticing his physical decline, released him for a year from his pastoral duties. He spent the time touring Europe. Unfortunately even this period of relaxation did not succeed in restoring his health, and the congregation granted his request for dismissal in April 1826.

After leaving Boston he returned to New Haven, where he lived the next seven years. During this time he started a school, and engaged in the labor for which he is most remembered today. Released from the duties of the pastorate, he had the opportunity to write the biography of his great-grandfather, Jonathan Edwards, making use of material he had been collecting for many years. This biography is available today as part of the two-volume reprint of the *Works of Jonathan Edwards*, published by Banner of Truth. It is still an important reference for students of Jonathan Edwards today, incorporating many unabridged letters and documents.

Dwight's health problems continued, causing him to live his later years in obscurity. He did serve two years (1833–35) as president of Hamilton College in Clinton, New York. After leaving this position, he spent most of the rest of his days as an invalid in New York City. His physical maladies apparently began when he was given medicine containing mercury in 1812, and worsened over the course of the years. He died in 1850.

Sereno Dwight was granted only a short season of active ministry, but he proved to be a faithful and fruitful preacher in the time he was given, and through his biography of his distinguished ancestor, he gave the church of Jesus Christ a gift of permanent value.

## Tech Tips

### **Churches and Technology**

When it comes to new technology, churches are much like the rest of society: there are early adopters, late adopters and non-adopters. Churches and other Christian organizations were among the first to use movies, radio, television, the Internet, e-mail and other technologies. Still,

many have yet to come aboard, some simply because of fear. Those who live by technology sometimes also die by technology. That may come from stray CB radio voices coming over the church sound system, computer crashes during worship services using projected material, or loss of lighting, sound systems and electronic instruments during a power outage.

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## Obituaries

### Charles Rugg

Charles Rugg passed away in Ohio November 13, 2008, at the age of 80. He had been a patient in a nursing home following a lengthy illness. Rugg had served as pastor of Enfield Community Church in Wellington, Ohio. He had also served as a chaplain in the United States Navy and retired as a Lieutenant Commander.

### Vince Frank

Vince Frank, Pastor of Ebenezer Congregational Church in Paul, Idaho, has been called home. Vince served the Ebenezer congregation for 29 years. He nurtured the people of God there, leading them to an impressive missions program. He spearheaded an outreach to Mormons in a heavily Mormon area. Vince and Marcia have 12 children, ten of whom are adults.

November 14, Marcia and Vince were visiting family in Virginia when he experienced a massive heart attack. The hospital tried for nine days to resuscitate Vince, but he expired on the 22<sup>nd</sup>.

Any CCCC churches who have military personnel facing deployments may contact Bob Leroe, and he will send them a packet of materials with detailed information on how to help minister to families coping with military separations. You may contact Bob by e-mailing him at [rleroe@verizon.net](mailto:rleroe@verizon.net).

## Changes and Opportunities

### Pastoral Changes:

Cannon Falls, MN  
Boulder City, NV

First Congregational Church Barbara Martin  
Grace Community Church David Graham\*

### Pastoral Openings:

Longmont, CO  
Wethersfield, CT  
Garner, IA  
Parkersburg, IA  
Kellogg, ID  
Rockland, ID  
Winchester, IN  
Emporia, KS  
Billerica, MA  
South Grafton, MA  
Brewer, ME  
Lebanon, ME  
Shorewood, MN  
Kulm ND  
Candia, NH  
Center Ossipee, NH  
Kennedy, NY  
Loysburg, PA  
Beloit, WI

Christ Congregational Church \*  
First Church of Christ  
Zion Evangelical and Reformed Church \*  
First Congregational Church \* (Associate Pastor)  
United Church of Kellogg \*  
Rockland Congregational Church (Part-time) \*  
Winchester Congregational Christian Church  
First Congregational Church \* (Associate Pastor)  
Community Congregational Church \*  
Union Congregational Church \* (Part-time)  
Second Congregational Church \*  
First Parish Congregational Church \* (Part-time)  
Minnewashta Church \*  
First Congregational Church \*  
Candia Congregational Church  
First Congregational Church of Ossipee  
Clarks Corners Community Church  
St. John's Reformed Church \*  
Shopiere Congregational Church

\* = Conference member

### Tech Tips (continued from page 6)

The key to successfully using technology involves vision, care, caution and balance: **vision** to see the possibilities of new technological developments; **care** to prevent the failure of ministries because of technological difficulties; **caution** leading to use nothing before being ready to use it right and the development of redundant protection systems; and **balance** to be sure technological communications tools never reduce the actual personal interaction that has always been necessary in effective ministry.

Finally, use only technology that is actually effective, not just cute. For example, creative slide transitions may work fine for projected announcements, but can be quite distracting for sermon notes and illustrations. Always remember, the use of technology is not an end in itself, but only a means to an end, and should be used only when it will actually make ministry more effective.

Teddie Techie

## Health Tips

### Sleep

Over time, sleep patterns change, causing trouble falling asleep, waking several times during the night and experiencing daytime fatigue. Sometimes illness or medications may cause poor sleep. Proper treatment of some conditions such as sleep apnea, restless leg syndrome or chronic pain can improve one's sleep patterns.

Improving sleep habits and the environment may help improve a good night's sleep. These habits include sticking to a regular bedtime, including the weekends.

Avoid naps unless needed to relieve daytime fatigue. Naps should be short and early in the day. Moderate exercise is great anytime, but avoid strenuous activity in the evening, since it will increase your adrenalin and make it more difficult to fall asleep.

Engage in some relaxing pre-bedtime activities, such as a warm bath, reading or listening to soothing music. Eat your heavy meal early in the day and avoid caffeine, alcohol and tobacco in the evening. Have a low light level in your bedroom, comfortable room temperature and low noise level.

Source: carelink, june/july2008

Betty Mitchell, RN, Parish Nurse  
Emmanuel Bethel Church  
Royal Oak, MI



Conservative  
Congregational  
Christian  
Conference

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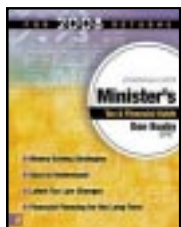
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## ***THE FORESEE***

February 2009 Volume 41, No. 2,

## **Helpful Guides for 2008 Tax Preparation for Pastors, Churches**

*Give everyone what you owe him: if you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor. Romans 13:7*



### **Zondervan's 2009 Ministers Tax and Financial Guide for 2008 Returns**

Item #: 9780310262190, **Price \$15.99**

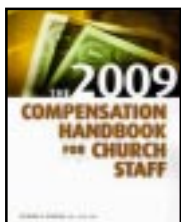
This easy-to-understand workbook simplifies the tax code and offers dozens of tips to reduce your tax bill. As well as information on recent changes in the tax code. Dan Busby also explains the easy steps you can take now to minimize next year's tax bill. The 2009 edition includes sound retirement planning helps, and compensation planning guidance.



### **Zondervan's 2009 Church and Non-Profit Tax Guide for 2008 Returns**

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