

Around The Conference

164-Year-Old Mt. Zion Church Relocates

Founded in 1845, Mt. Zion Church has served Beavercreek, Ohio for 164 years. Trapped on three acres and surrounded by cemeteries, Mt. Zion was stuck. In 2002, we contracted Dr. Bob Whitesel to help us develop a long range plan. After



carefully analyzing our situation, he said in no uncertain terms, "If you want to have a future, you must relocate and start a new service aimed at the younger generations." We spent four years searching for land, designing the new facility, raising funds, and occupying 26 acres of ground three miles east of our historic location. In May of 2008, we moved in.

We currently run a Saturday night contemporary service and a contemporary service called *The Father's House* geared to our younger generations in our gym and a traditional service that meets in our chapel which run concurrently at 10:45 a.m. on Sundays. Both let out at the same time and the people linger in our spacious foyer and café. This innovation has produced a sense of unity in diversity. Our free coffee bar is open seven days a week and provides a comfortable place for people to mingle whenever the building is open.

On Wednesdays nights, we host a family dinner that meets at 5:30 p.m., followed by our kids' program called Trailblazers, our youth ministry, three choir rehearsals and an adult elective. Twenty small groups meet throughout the week both at church and in homes, including an 18-week small group leadership training course which equips prospective leaders.

Prayer is the key to everything we do. Our staff prays for the requests from the weekend service. We have a prayer chain, three prayer groups, an intercessory prayer team that prays during the services, concerts of prayer, a 24-hour prayer

room and a healing prayer team with a 22-week summer training program, which equips our team to minister at the altar following the services and prayer counseling using Neil Anderson's *Steps to Freedom*. In addition, our prayer team ministers to people in our prayer room during Sunday school.

Missions is a huge emphasis at Mt. Zion. Last summer we took mission trips to Mississippi and Honduras. We have a goal of raising up 100 ministers and 100 missionaries from our local church. Each month, we serve dinner at a homeless shelter in Dayton, and every year our Mission Mobilization Team holds a weekend Missions Fest.

Many new people started attending Mt. Zion following two community outreaches. We held a Fall Festival in October and a Children's Christmas Party which featured live camels and a living manger scene. We have recently updated our website www.mountzionchurch.org and advertise on a billboard on Route 35. Whenever I ask new people what drew them to Mt. Zion, they usually tell me they saw the billboard and then checked out our website. This winter we are restarting the Alpha Course, which God has used to introduce many people to Christ.

After being trapped on three acres of ground, we feel like a new church start in a brand new neighborhood. Our people are excited about Mt. Zion and inviting their friends. This step of obedience has breathed new life into a 164-year-old church. The six years we spent relocating were filled with challenges, but it was worth it!

Written by Senior Pastor Larry Stroble



On the inside...

From the Conference Minister	2
CCCC 61 st Annual Family Conference	2
From the Northeast Regional Minister	3
The Work of God in India	3
The Need For New Churches is Real...	4
The Physiological Reservoir	4
Park Street Church — Two Books of Note	5
A Note of Thanks	5
Book Review	6+7
Articles Wanted	7
Tech Tips	7
Changes and Opportunities	7
Health Tips	7
Vacation Bible School 2009	8

*From the
Conference Minister*

Adapting the Church to Cultural Change

Since the Church's aim is evangelistic, making disciples by attracting to Jesus those who do not yet know Him, are we willing to change our approach in light of the culture we are targeting? The Apostle Paul taught us to do so in I Corinthians 9 when he described how he adapted his methods to the perspectives of the people he was targeting. He wrote in vv.22f, *To the weak I became weak, to win the weak. I have become all things to all men so that by all possible means I might save some. I do this for the sake of the gospel; that I may share in its blessings.*



Rev. Dr. Stephen A. Gammon, CCCC Conference Minister I used in last month's article, I will mention three cultural changes in America that certainly impact the way 21st century churches most effectively proclaim Jesus.

David T. Olson deals with these three major cultural changes in *The American Church in Crisis*. He points out to the American church that the predominant cultures in which we minister have changed from Christian to post-Christian, modern to postmodern, and monoethnic to multiethnic. In short, the world around us is not as it once was, so effective local church ministry requires our prayerful willingness to adapt our approach accordingly.

We may remember when Christians in America operated as a majority. It seemed most people had some awareness of the things of Christ. The focus in churches was on building and maintaining Christian institutions, and the needs of insiders were most important. People came to the church with their needs and the church responded. But that is history in America! Most people are not connected to a church now and do not know the truths of Christ.

In the past, reason determined what people accepted as real. But the postmodern world is characterized by uncertainty. Truth is considered relative now, and subjective experience has replaced objective reality. Additionally, communal life is replacing individualism, and narrative story often communicates better than objective argument.

Multiethnicity has of course always been the case in America, but it is increasingly so now — as many of our neighborhoods have become more multicultural. Sometimes this has happened without our churches noticing or adapting their approach.

So how is this to impact local church ministry in the 21st century? In the post-Christian world, pastors, churches and Christians must operate like the early church did. The needs of outsiders must become most important. In our postmodern world we minister in a secular but spiritually curious culture, so we must develop a mission mind-set, going into the world to meet people's needs, communicating in narrative, and offering true community. In this multiethnic world our churches must understand who we are called to reach and prayerfully strategize how we can communicate the wonderful news of Jesus in ways they are able to hear. As in Paul's day, may the church in our day prayerfully aim to reflect the heart of God for all people!



THE FORESEE

A monthly publication of the Conservative Congregational Christian Conference.

Conf. President: Laurence Wood
Conf. Minister: Steve Gammon

Conference Office:

Phone: 651-739-1474
Fax: 651-739-0750
E-mail: dmjohnson@cccusa.com
Website: www.cccusa.com

Prayer Requests:
CCCCprayer@hotmail.net

Mail address:
8941 Highway 5
Lake Elmo, MN 55042

THE FORESEE Editor:

Ken McGarvey
121 Chatuga Drive
Loudon, TN 37774
E-mail: kenandjoy@bellsouth.net
Phone: 865-458-0680

Deadline for the May 2009 issue is
March 20, 2008.

CCCC Annual Family Conference July 20–23

Join hundreds of our CCCC family members July 20–23 for our 61st Annual Family Conference. This year's event will be held at the [Ramada Hotel and Convention Center](#) in Waterloo, Iowa — the heartland of America. David T. Olson, author of *The American Church in Crisis*, Stuart Briscoe, Steve Gammon and Larry Wood will challenge and bless you from the pulpit. Enthusiastic worship and inspiring special music will contribute to the experience. And in the CCCC, even the business meetings are a blessing.



From the Northeast Regional Minister

Rev. Terry H. Shanahan, Northeast Regional Minister

SPUR ONE ANOTHER ON

Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day approaching. Hebrews 10:23–25

What a joy to co-labor with like-minded believers in the Northeast to bring the gospel of Jesus Christ to the region. Our CCCC ministers and churches have accepted a call that can be difficult and challenging. In fact, you have read in this column recently about the challenges and conflicts that arise in the ministry. In some instances I have arrived on the scene to find pastors who have been suffering in silence with little or no encouragement or support. That is not only detrimental to the pastors and congregations they serve, but is also contrary to what Scripture teaches and not in keeping with our vision as a Conference.

This is why I am a strong proponent of pastors developing relationships with other pastors, so they may serve as support to one another. This is happening in various places around the Northeast and it is a joy to experience. One of the more recent groups to begin meeting is a Pastors' Roundtable that gathers in Andover, Massachusetts. Pastor Jack Daniel and Area Representative Steve Burkett saw the need for this ministry to pastors and began meeting monthly. Area pastors take the lead in presenting various ministry topics followed by discussion and prayer. Other groups have been meeting for years, like the New Hampshire pastors' group who

recently had a luncheon and encouraging visit from our Conference Minister, Dr. Stephen Gammon. Each region seems to have some group that pastors may become involved with.

But more needs to be done, and at different levels. Each one of our new pastors would benefit from one-on-one mentoring with a seasoned pastor. Conversations are taking place to make that a reality. Each one of our church planters needs a coach for their church plant to be successful, and training is taking place to make that happen. Our success in this ongoing mentoring is rooted in our connectedness. It is incumbent on each of us to take some action. If you know of a pastor who is struggling while “going it alone,” you need to reach out to them. If you are a pastor who finds yourself without connections to others, you need to reach out — or at least call me and let me put you in touch with someone. Our success depends on staying connected, lifting one another up.

When we do this we in fact do *spur one another on* to do the work God has for us. So I encourage you to make the priority in your lives to reach out to others and be there when others reach out to you that we might all *be encouraged by one another*.

In His Joy,
Terry



The Work of God in India

Following are excerpts from a letter from CCCC pastor Thomas Curry on a mission trip to India.

I am now in Delhi, far away from the malaria zone of Rajmahal hills of Jharkand. Thanks so much for your special intercession to God on my behalf. My brief time among the Malto tribals will remain in my mind and heart for many years. The principal of the ECI School (residential 12-month pastoral training program — Jesupita Bible School) and his wife are truly some of the neatest, cutting edge believers I have ever had the privilege of meeting. Their dedication and sacrifice puts me to shame. They have committed a lifetime of service to these villages (Malto) on the tops of the mountains. Both of them were students at the Calcutta Bible Seminary in 2004 when CCCC Conference President Larry Wood, Gary Yurich and I did a missions conference there. It is so humbling to think that I have had a small part in challenging these

students to consider missions.

Once feared as thieves, rapists, and drunkards, most of the Malto villages now have Christian symbols attached to their thatch and mud huts. Over 500 ECI churches have now been established among the Malto with about 70 Malto believers trained as pastors.

Cholera, malaria, and denga fever had decimated the villages. A medical clinic has now been built and actively is teaching the pastors and village leaders about easy prevention and treatment practices along with basic hygiene. The Malto population is now increasing for the first time in decades. How about that for a good mission story!!!!

The Need For New Churches is Real...

Many people are excited about our commitment to church multiplication. However, there are also many who drive around their neighborhoods and cities and see lots of churches and ask a valid question, “Aren’t there enough churches in America to reach our population?”

The answer to that bold question is, “NO!” In *The American Church in Crisis*, David T. Olson says,

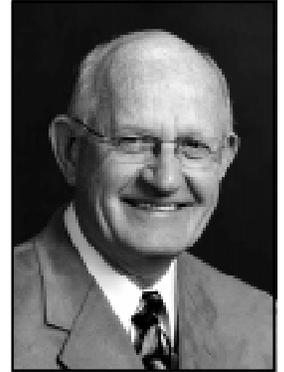
A net gain of 3,205 churches is needed each year for the American church to keep up with population growth. This is far more than the actual yearly gain of 300 churches... Since the closure rate is increasing each year (most recently 3,700 churches close per year), the only solution is to plant more churches.

There is a simple exercise that we can each do to help us understand the need for more churches. Count the number of seats for each church in your community and multiply it by the number of services held at that church. When you add up the number of seats, it is very likely that you will only count enough seats to hold 40–50% of the population. And, that assumes that each service is full each Sunday. Obviously, that is not true.

The American population is on the move and new people are moving to America. Young people are flocking to large cities and metropolitan areas to find jobs and share in the urban culture. Many people groups are immigrating to the United States to find refuge from war, famine and political instability. God wants us to reach these people.

Dr. Ron Hamilton, CCCC Director of Church Multiplication
We are working to develop member churches for ministry that will reach their communities with the good news of Jesus. However, millions of people in America will not be reached without the development of many new churches. Jesus said, “The harvest is plentiful, but the workers are few” (Matthew 9:37). With only 17% of Americans attending church today, we can also say, “The harvest is plentiful and we need more churches.”

The CCCC has joined other Christians in our nation in making extraordinary followers of Jesus through a church planting movement that raises up new churches that love God, love others and make disciples.



Is *YOUR* church ready to birth a daughter church? Attend the seminar on “Churches Planting Churches” at the 61st Annual Family Conference July 20–23 in Waterloo, Iowa. This seminar will present detailed information on the process involved in starting a daughter church with a special emphasis on the benefits for the mother church. The leaders, experienced in church planting, will be available to help you.

The Physiological Reservoir

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

It had been a really rough year. While the ministry was growing, there were new challenges in the church that I had not anticipated that came with that growth. Change came at a price, and while the support for what God was clearly doing grew, so did the opposition. I wasn’t sleeping well. My eating habits were poor and irregular. I was ignoring obvious signs of stress. I wasn’t taking my days off. And ultimately, I ended up aggravating a heart condition I did not know I had and got the scare of my life. My physiological reservoir was empty.

For the last decade or so, I have had the incredible pleasure of coming alongside several pastors — some of them relatively new in the ministry — as a mentor and confidant. This has been, perhaps, one of my greatest joys. But one thing that consistently concerns me is that many of these pastors are living the same way I was living when I “hit the wall.” And I’m not the only one who shares this concern —

multiple studies show that pastors, as a population sample, simply do not take care of themselves well. Pastors tend to maintain inadequate sleep patterns, they struggle with extra weight, they often eat diets high in fat, they usually do not exercise regularly, and they may even internalize their stress in an effort to appear “in control.”

I have learned some lessons from my own life and health — lessons I wish I had gained earlier from someone else’s wisdom. Some of these lessons I am still applying — they’re not easy! But if we believe that our bodies are indeed the temple of the Holy Spirit and that we should honor God with our bodies (1 Corinthians 6:19–20), then we must take good care of that temple. We must learn to make five things a priority: a balanced and nutritious diet, an appropriate amount of physical exercise, reducing and addressing stress, getting enough rest (sleep), and pursuing regular and complete medical care.

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!



Park Street Church — Two Books of Note

By Alwyn York, Conference Historian

Dr. Garth Rosell, Professor of Church History at Gordon-Conwell Theological Seminary, has recently published two books concerning the history of Park Street Church, the prominent CCCC church in Boston which is celebrating its bicentennial this year. They remind us of why the history of this church is significant to more than just the members of the congregation or the residents of Boston. This is a church which has had a great impact on the Evangelical movement in America and the spread of Christianity worldwide.

The first work, *The Surprising Work of God*, was published in 2008. It bears the subtitle “Harold John Ockenga, Billy Graham, and the Rebirth of Evangelicalism.” Dr. Rosell wrote this book in fulfillment of a promise he made to Dr. Harold John Ockenga’s widow Audrey shortly after his death in 1985. She asked if he would use her husband’s papers “to tell the story of the mid-twentieth century rebirth of evangelicalism and the role her husband had played in helping give the movement its shape and direction” (p. 11).

The book explores the unlikely partnership between Dr. Ockenga, the intellectual, scholarly pastor of Park Street Church, and Billy Graham, crusade evangelist with a rural Southern background. Their collaboration was blessed by God to spark a spiritual awakening in New England, and to establish institutions which revitalized and continue to define Evangelical Christianity in America.

Dr. Ockenga brought Billy Graham to Boston for a series of evangelistic meetings beginning on December 31, 1949. A response far beyond anyone’s expectations was seen. The location of the meetings had to be changed because of the thousands who came to hear Graham’s preaching. Graham returned in March and April to conduct meetings in the major cities of all six New England states. By the time both phases of the crusade had ended, “tens of thousands had attended the meetings and over nine thousand had made public professions of faith in Christ” (p. 137). It was the greatest display of spiritual interest seen in New England since the

days of George Whitefield in the 1740s.

This book also explains Ockenga’s role in the organization of the National Association of Evangelicals and the collaboration of Ockenga and Graham in the creation of *Christianity Today* magazine, as well as Ockenga’s involvement in the establishment of Fuller Theological Seminary and the World Evangelical Fellowship.

Dr. Rosell’s second recent publication is a history of Park Street Church itself. *Boston’s Historic Park Street Church: The Story of an Evangelical Landmark* was commissioned by the church, and published in February 2009, to coincide with the actual month of the bicentennial of its organization. The book does not attempt to give a comprehensive history of the church. This was provided by H. Crosby Englizian’s *Brimstone Corner: Park Street Church, Boston* in 1968. Rather the book focuses on Park Street’s contributions in four areas of ministry that have been the heart of the church’s mission over two centuries: world missions, evangelism, social reform and education. From the multitude of missionaries it has sent forth and supported (beginning with the first missionaries to Hawaii in 1819), Park Street Church has had literally a worldwide impact. From the multitudes who have come to Christ through the church’s evangelistic initiatives, some of which employed the most prominent evangelists of the last two centuries (Finney, Moody, Billy Sunday, Billy Graham), its ministry has borne abundant fruit for eternity.

The book includes a thoughtful introduction by Park Street’s current senior minister, Gordon Hugenberger, setting forth the meaning of three words found on the church’s signboard which define its theological commitments: Congregational, Trinitarian and Evangelical.

These two books demonstrate Park Street’s exemplary leadership in areas of ministry which lie close to the heart of everyone in the CCCC. I hope they will be widely read within our Conference, and their lessons taken to heart.

A Note of Thanks

Many Thanks to all our member churches and pastors.

I want to praise you all for the outpouring of financial assistance given in December of 2008 to the CCCC General Fund. We were in a severe shortage for the year, but in December we met over a third of the deficit. The actual amount received in December set a new record for one month and in fact surpassed the previous record month by 50%. Praise our Lord with us. God has again moved you all to fulfill the work He has guided us to undertake together.

We encourage you to continue to walk hand in hand with us through 2009 and the many opportunities He has given to the CCCC. This year could be the greatest in the history of the CCCC in the effectiveness of our ministries through all the

churches of our fellowship. Believe this along with us!!

Some of these gifts came from churches who saved up all their annual giving until the final month. While that blessing was fantastic, we are looking for creative ways of helping churches to remind themselves to give regularly during the year — monthly, quarterly or even semiannually. Such would likely be helpful not only for the CCCC, but for the churches themselves.

Thanks again for the outpouring of support at the end of last year. Keep up the good work.

Sincerely for HIS work.

Tay Kersey, CCCC Financial Assistant

Book Review

The American Church in Crisis by David T. Olson, published by Zondervan, reviewed by Ken McGarvey.

(Since Conference Minister Steve Gammon and Director of Church Multiplication Ron Hamilton have been referring to and quoting from *The American Church in Crisis*, I decided to read and review it for everyone's benefit.)

David Olson has produced a monumental work that should be considered *must* reading for people in church leadership in the twenty-first century. He has meticulously gathered, compared and analyzed data on more than 200,000 churches from numerous sources, and drawn conclusions based on those and other studies that could impact the world for Christ.

The title sounds alarmist, and indeed the statistics are not encouraging; but the book offers hope. How much hope depends on how much faith the reader has in the ability of church leaders from all ecclesiastical traditions to adapt to cultural, economic and philosophical trends in their understanding, living and communication of the gospel.

The first half of the book consists of statistics and analysis. But don't let that be a deterrent to reading. Eschewing the methodology and results of previous polls on church attendance, Olson rather studies attendance records of churches and compares them with U.S. Census data for given communities for far more accurate data. From 1990 to 2005 church attendance declined from 20.4% to 17.5% of the population on any given weekend.

Attendance data is not simply compared to see that church attendance is declining (It is.); it is compared for Catholic, mainline and evangelical churches and is compared by regions of the country. Trends are compared with internal migration trends as well as immigration patterns. Church attendance trends are compared with population trends. Though a few denominations are growing numerically, none are keeping up with the population increase. Olson sees the American church as a whole, understanding that when the latest, greatest megachurch brings in hundreds of members from other local churches, the American church has not grown.

The "crisis" in the title refers to the acceleration in the decline in the percentage of the population attending church in all three main traditions and in all parts of the country. The serious decline from 1990 to 2000 accelerated from 2000 to 2005. Since we are called to be lights in the world and to produce disciples, it is obvious that we are failing in this aspect of church ministry.

There is another troubling demographic factor: zip codes with higher income levels tend to have higher church attendance than poorer areas. This is disturbing considering the Biblical emphasis on God's concern for the poor, and Jesus' words from Luke 4, "*The Spirit of the Lord is on me, because he has anointed me to preach good news*

to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favor."

The second half of the book draws conclusions from these and other studies. Olson's recommendations are not simplistic solutions. Though many churches have tried to be more "seeker

friendly" by changing music styles, getting rid of Christian symbols, dressing more casually and removing other elements thought to be barriers to visitors unfamiliar with or turned off by traditional churches, Olson sees the problems and the solutions to be much more deep-seated.

Based on a comparison of growth rates of churches of different ages, Olson notes that the most rapid growth occurs in new churches. Evangelism is accomplished more easily by new congregations than old, as the level of commitment and enthusiasm are at a peak. There is a necessity to reach out accepted by nearly everyone. Older, established congregations use much energy simply to keep the institutions functioning.

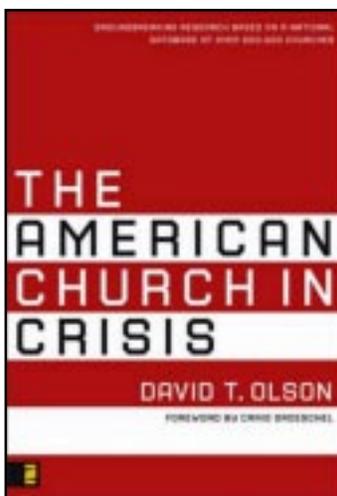
Some denominations are more effective than others at planting new churches. And some individual churches have successfully planted a large number of daughter churches. It is the planting of new churches that Olson suggests is the greatest key organically to reaching our changing society with the gospel.

From 2000 to 2005 an average of 4,009 new churches were planted each year. That sounds great. However, an average of 3,707 churches closed, for a net gain of only 303 churches. To keep up with population growth we needed a net gain of 3,205.

Two church-planting models are discussed. With the *reptilian* model, large numbers of churches are planted with many failing, but many more succeeding. With the *mammalian* model, fewer numbers are planted, but with greater support, so that a larger percentage of them succeed. Both models are valid, but the cost in terms of wasted money and effort, and of lives negatively impacted by the failure of a church plant calls for far greater support to ensure their survival. Denominations that plant fewer than two new churches per year for every 50 member congregations will not keep up with the population increase.

Olson outlines some of the general changes in our society — from Christian to post-Christian, from modern to postmodern and from monoethnic to multiethnic and points out the necessity of the church to recognize these changes and adapt our ministries in terms of our outreach and our expectations.

(continued on the next page)



(continued from the previous page)

He effectively evaluates the message and mission of Jesus and from that projects the message and mission of the church. Though his five-point summaries seem arbitrary, they are good. After all, it's impossible to condense any Biblical teaching into a handful of points effectively.

The point of the book is that we (the church) are called to make disciples of all nations. Here in our own nation, with its rich Christian heritage, we are failing. Fewer than one person in five even attends a church on an average weekend. And that number is declining rapidly. With the removal of Christian symbolism from much of public life, an ever-increasing segment of our population has no acquaintance of Jesus Christ, the message of the cross, principles of Christian living, or even the stories of the Bible as literature.

Christianity has always been a counter-cultural movement. We have been lulled into forgetting that through the history of the United States. But the cultural Christianity that we have enjoyed has never been Biblical Christianity. If the church wakes up to these facts, the church in America could become more spiritually powerful than it has ever been. If.

This book is available at www.cccusa.com

Articles Wanted

We would like contributions from our readers. Write and tell us how God is working in your church or in your life. Share ideas that would be helpful to other believers or other churches. Report on missions activities. Write a book review. All contributions will be edited, of course.

Submit your contributions via e-mail in any popular word processing format. Send them to kenandjoy@bellsouth.net 40 days ahead of publication date. In other words, submissions for the May issue must be in by March 20.

Please include your name, city, phone number and church.

Changes and Opportunities

Pastoral Changes:

Candia, NH	Candia Congregational Church	Bryan Moore
Parkersburg, IA	First Congregational Church *(Associate Pastor)	Brian Jenson
Shorewood, MN	Minnewashta Church *	Harlan Seri *
Wakeman, OH	Wakeman Congregational Church — UCC	Matthew Reed *

Pastoral Openings:

Wethersfield, CT	First Church of Christ
Garner, IA	Zion Evangelical and Reformed Church *
Kellogg, ID	United Church of Kellogg *
Rockland, ID	Rockland Congregational Church (Part-time) *
Billerica, MA	Community Congregational Church *
South Grafton, MA	Union Congregational Church * (Part-time)
Brewer, ME	Second Congregational Church *
Maple Rapids, MI	Maple Rapids Congregational Christian Church * (Youth Pastor)
Kulm, ND	First Congregational Church *
Center Ossipee, NH	First Congregational Church of Ossipee
Kennedy, NY	Clarks Corners Community Church *
Loysburg, PA	St. John's Reformed Church *

* = Conference member

Tech Tips

by Teddie Techie

I♥U cuz ur4 what Im 4. ;) lol

If that means nothing to you, you must be over 25 years old. It is representative of the language used by millions of people, mostly teens, to communicate with one another. They use it with IM or texting. And whether we like it or not, or even whether it is good or not, it is a phenomenon we need to know about. Many teens would rather text than talk. They do it in class, while walking or driving. They do it when others are talking to them. And, yes, they do it in church.

Our culture has wonderfully developed many new ways to communicate effectively. Unfortunately, when they *replace* traditional methods they generally do not represent an improvement. It is important for us as adults to recognize the fad (and the fads of our youth), but to communicate to them directly, lovingly, honestly and kindly, face to face, whenever possible. Let us use technology, but not let it use us.

Health Tips

Flossing

Keeping your teeth healthy throughout your life requires daily intervention. Plaque buildup occurs when the foods you eat cause the bacteria in your mouth to produce acids that will decay your teeth. Starchy foods like bread, crackers and cereal will cause acids to form in addition to sugary foods like candy. Plaque will irritate the gums causing redness, tenderness and bleeding and eventually destroy the bone around a tooth.

Brushing your teeth will remove the food and plaque on the tooth surface but flossing removes the food and any build up of plaque between the teeth. Plaque left on your tooth will harden into very difficult to remove tartar.

Brushing your teeth twice a day and cleaning the teeth daily with floss, either waxed or unwaxed, is the best way to remove the unwanted plaque from your teeth before it attacks your teeth. Use a fresh piece of floss each time you floss.

Eating a well balanced diet, brushing and flossing your teeth and visiting your dentist regularly will help give you healthy teeth and an attractive smile.

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



Conservative
Congregational
Christian
Conference

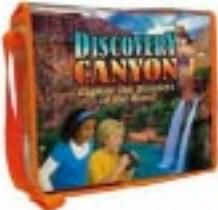
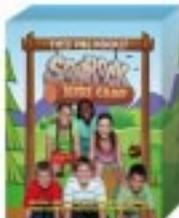
8941 Highway 5, Lake Elmo, MN 55042

THE FORESEE

April 2009 Volume 41, No. 4

**Vacation Bible School 2009
2009 VBS Preview**

Train a child in the way he should go, and when he is old he will not turn from it. Proverbs 22:6

			
Crocodile Dock 2009 VBS Starter Kit	Rome 2009 VBS Starter Kit	Wildwood Forest VBS Starter Kit	Studio Go! Game Show VBS Power Pak
Item #: 9780764437687	Item #: 9780764437823	Item #: 9781434766977	Item #: 09917
Your Price: \$139.99	Your Price: \$89.99	Your Price: \$119.99	Your Price: \$199.99
			
Studio Go! Game Show VBS Starter Kit	Studio Go! Game Show VBS Starter Kit	SonRock Kids Camp VBS Super Starter Pack	SonRock Kids Camp VBS Starter Kit
Item #: 09900	Item #: 09900	Item #: 9780830747573	Item #: 9780830747603
Your Price: \$69.99	Your Price: \$69.99	Your Price: \$199.99	Your Price: \$79.99



Click on E-Newsletter logo to go to the website where you can subscribe to free newsletters:

- Small Groups Newsletter
- Youth Leader's Newsletter
- Children's Newsletter
- Leader's Newsletter

Call or check out the website at www.cccusa.com for more information.

Gayle Brimmer
Foresee Publications
Phone: 651-739-1474
Fax: 651-739-0750
E-mail: gmbrimmer@cccusa.com