

Around the Conference ***Pathways to Community at Lake Avenue Church***

by Marvin Eyler, CCCC Area Representative from Southern California

Lake Avenue Church in Pasadena, California is unique in our Conference as a large gathering of persons entering the doors from diverse cultural backgrounds, and a wide number of spiritual experiences. I was sitting with a group of eight persons at Lake Avenue Church last Sunday, and asked them about themselves. The young fellow across from me said that he immigrated from Taiwan, and was now an internal medicine doctor. The young married lady next to me said that she came from Russia as a teenager, and came to Christ after worshiping in the Russian Orthodox Church.

In leadership meetings at Lake Avenue, we discussed the problem of the large number of worshipers who come to enjoy the Biblical preaching of Dr. Greg Waybright, but then leave without even giving their name, or becoming part of the church community. We tried to correct the problem with “coffee on the patio,” special lectures, and social events, but some persons admit that they have come to sit in the pew, and have remained anonymous.

For the last few months, Lake Avenue has experimented with a new program called, “Pathways to Community.” At the end of each worship service there is a challenge from the pastor to come forward for “special needs” prayer. Now there is also the announcement that, “if you as a worshiper would like to find your way at Lake Avenue to a closer community,” you can join “Pathways.” It is explained that Pathways includes meeting with a group around a table for four weeks. The program incorporates trained group leaders who sit with about six persons seeking community in the large church. The Pathways newcomers, are usually surprised that we are not giving them papers about all the classes and groups they can investigate.

Week one of the group includes some exercises on getting to know the persons at the table, and to do a personality test by Dr. Gary Smalley. The test suggests that the individuals are classified in four categories as a Lion, Otter, Golden Retriever, or Beaver. Sometimes the test is given in marriage seminars, and couples seem to enjoy new insights into their personalities. In the second week of Pathways, the same persons sit with their leader and discuss another test which offers insights into their individual “Spiritual gifts.” The Biblical meaning of God’s gifts to them is talked about, and everyone is urged to use their God-given gifts.

In week three, the insights and information from the personality tests and spiritual gifts inventory are brought together into a discussion about each churchgoer’s interests and passions, and how these could be used by the Lord. Each person around the table is asked to write how God is speaking to them about new life directions. Our experience with this has been that attendees have been eager to do this, and not at all defensive. During these group times, various other leaders of Lake Avenue Church’s Sunday School classes and service groups mingle with the newcomers to introduce many activities that the new person can consider becoming involved with. The fourth week challenges each person to join one of the many “small group” Bible studies, or gives information about starting a small group.

Dave and Shirley came to my group table, having moved to Pasadena from Flagstaff, and knew very few worshipers. They responded to the Pathways suggestions and found spiritual gifts in “serving” and “hospitality.” During week three, Dave and Shirley met a Sunday School leader and joined a class where they found a large number of new friends and a small group. I ran into Dave later, and he told me that he also decided to serve as a volunteer with the Pasadena Police department, where he hoped to have a witness for the Lord. I was amazed how God had used Pathways in the life of Dave and Shirley. They had come into the church building, having just seen the large cross over the freeway, but were already using their God-given gifts and enjoying being part of the church community.

In the past few weeks, about one hundred thirty persons have graduated from the Pathways program. We had an Alumni dinner, where ninety percent testified that the program had assisted them with their faith, with new challenges to service, and new Christian friends.

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Pray and Trust and Follow

by Rev. Dr. Stephen Gammon, Conference Minister



This is the last article I will contribute to *The FORESEE* as Conference Minister, as my tenure in this office is ending. I recently sent a letter to CCCC members announcing my resignation, as I have received one-year Navy mobilization orders, and will be reporting to Port Hueneme, California. Though this turn of events was a surprise to me, it was no surprise to God, as He sees the beginning and end of our days and of the chapters of our lives; and through it all He beckons us to pray and trust and follow Him.

The Bible has much to say about praying, trusting and following God. Many wonderful stories are told of

people who did so, even in seasons of uncertainty or challenge. Abraham was such a man. Unlike others of his generation, he knew God. But Genesis 15 describes a time when Abraham was very troubled by his situation. Because he had no children he couldn't see how God's promises would be fulfilled. So he prayed. He laid his seemingly insurmountable situation before the Lord. (Genesis 15:2-3). God then spoke precious words of promise to Abraham, that he was going to have a son and his descendants would become as innumerable as the stars! Abraham's response was to believe. (Genesis 15:6) He trusted God and followed Him to the end!

By grace, I too have walked with God, and always found Him faithful. When in 2003 I was called to serve as Conference Minister, in my flesh I trembled at the challenge. So I did as Abraham did; I presented my need and the needs of our Conference to the Lord — and He answered my cry. I heard Him call me to a life of prayer; to trust Him and to follow. Oh, what a precious invitation! I said, "Yes, Lord!"

Let's face it — we live in desperate times. Our world is in trouble, our economy is weak, debt is increasing, corruption abounds, evil pervades, and threats are all around. But as Christians we hear the Lord's commands that we love God, love others, and make disciples as we go. We remember His promises to be with us always and to empower us to do all He has called us to do. Yet we may look at the state of the church, or the condition of our own souls, or the mountain of needs around us, or the multitudes who do not yet know Jesus, and find ourselves like Abraham once was, or as I was when I began as Conference Minister: "How Lord? How will you do this?" As I prayed for the CCCC the answer I heard was clear: "Pray, and trust, and follow me."

In January of this year while in prayer for the CCCC, praying about the vision the Lord is laying before us, and about the considerable financial and spiritual needs of the CCCC, I heard the Lord asking this question once again. I had been reading *The Rest of God* by Mark Buchanan, which is about Sabbath Rest, and includes an emphasis on listening to God. Mark writes about hearing and answering the questions God asks. As I prayed that day I again heard Him asking me if I would trust Him. For me and for the CCCC I could only answer that by grace the answer would be "Yes!" All of this was part of God's preparation in me for the transition He was bringing.

My friends; I thank you for your prayers and support through the years, and I commend you to the grace of our Lord Jesus Christ. I ask you to please join me in continuing to pray for the leadership of our Conference. Pray for our incoming Conference Minister, Ron Hamilton, and for John Kimball and Terry Shanahan. Pray for our president, the officers, and the Board. Pray for our office staff, Area Representatives and committee members, and for all of our churches, ministers and members. Please give as generously as you can of your energies and resources for

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the Lord's work in and through our Conference. May we pray and trust and follow Jesus until we see Him face to face!



*Crowne Plaza Hotel
Cleveland City Center*

Site of CCCC 63rd Annual Family Conference, July 25-28 in Cleveland, Ohio.

Keep the Sabbath

by Rev. Terry H. Shanahan, Northeast Regional Minister

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. Exodus 20:8–11

I heard somewhere that the word BUSY is an acronym for *Being Under Satan's Yoke*. As I travel the Northeast region, visiting churches and pastors, there is a common thread that weaves through the tapestry of ministry. Without fail, pastors are busy. There seem to be endless demands on their time, they face the reality that the work is never done, and they constantly wish that they had more time. As these pressures build, they begin to affect the health of the pastor and subsequently the health of the church. All of us know someone who has burned out in ministry, and the damage to his health, his marriage and his family has been devastating.

When I counsel with pastors who feel they are at the end of their rope, I first ask them how they are doing with self care. Are they eating and sleeping properly? Are they getting exercise? Are they using the full allotment of time off and are they keeping the Sabbath? No need to guess at the responses. Pastors in trouble are doing none of the above. The Sabbath was made for man. It is a gift from God. It is

the very gift from God that will give rest to your soul and mystically add hours to your day.

Now and then someone writes a book that reminds us of things we know but fail to put into practice. Such a book has been written on the Sabbath, and every pastor who is headed for burnout must read it. Mark Buchanan has written *The Rest Of God: Restoring Your Soul By Restoring The Sabbath*. This must-read book reminds us of what we have neglected, a command from God to seek rest and refreshment and be released from the demands that devour us.

We need to stop winking at the sin of breaking the fourth commandment. The cost to our pastors and churches is much too high. God has given us a gift that is specifically to nourish our souls. Read *The Rest of God* to be reminded of what you should have been doing all along; but more importantly, keep the Sabbath so you may experience intimacy with God and the restoration that results.



Ron Hamilton Appointed Conference Minister

by FORESEE Editor Ken McGarvey

The CCCC Board of Directors has appointed Dr. Ron Hamilton to the position of Conference Minister effective March 12. This move was necessitated by the call of Stephen Gammon to full time duty by the U.S. Navy. (Be sure to read Steve's article on page two of this issue.)

According to our constitution, the Board is to appoint a replacement to serve until the next Annual Family Conference, at which time the Conference membership will formally and permanently elect a Conference Minister.

Since Steve became our Conference Minister, much has happened in the Conference. Among them are the receipt of the gift from Phillips Church, the establishment of Church Redevelopment, Conference Care and Church Multiplication ministries, under the leadership of Dr. John Kimball and Dr. Ron Hamilton. Then these ministries have expanded greatly, bringing about new church plants, and now area Church Multiplication Hubs. John's work has taken him to numerous churches where problems have been addressed constructively

and churches have begun to recover from seemingly impossible situations. We also moved into a new office, and have become far more advanced technologically than ever before. We also added the Northeast Regional Minister to our general budget.

Now we have launched our Sharing the Vision campaign, aiming to raise awareness and dollars for the continual advancement of our ministries. And our vision for the future is becoming clearer, as we proclaim the word and the work of God here and around the world.

We thank Steve Gammon, our recent Conference Presidents, staff members and the Board of Directors for the giant steps forward we have taken and have begun to take. We pray for Ron Hamilton as he takes over the reins of Conference Minister. We also eagerly look forward to our CCCC 63rd Annual Family Conference July 25–28 in Cleveland, Ohio, for more detailed reports on the growth and future plans of our work for God.



63rd Annual Family Conference
July 25–28, 2011
Crowne Plaza City Centre — Cleveland, Ohio



Meet Sovereign Grace Church — LA

by Dr. Ron Hamilton, CCCC Director of Church Multiplication



The Sovereign Grace Church — LA is a church plant of the CCCC that meets in downtown Los Angeles. The church is a young, multi-ethnic congregation that is growing rapidly and making a significant impact on their community. The Sunday worship services are held in the auditorium at the Art Share Center. The 11:00 AM

service has an overflow area where people can get a live video feed of the main service. There is also a 5:00 PM Sunday service. The church is considering beginning a third service to accommodate their growth. The worship services feature a seeker-sensitive liturgy that leads people through singing, readings, a time of confession, and a Biblical message.

The founding pastor of Sovereign Grace Church — LA is Alex Choi. Alex was raised in southern California and developed a huge heart for the urban area of Los Angeles. After studying at Gordon-Conwell Theological Seminary in Boston, he served as a pastor in the Boston and Philadelphia areas. In 2006, he joined the CCCC and began working with the Church Multiplication Committee in the development of this new ministry. He relocated to Los Angeles and began to gather a core group that met in his living room. The group grew to the point where the church began holding Sunday

services. The church formally began its ministry in September of 2007.

The stated mission of the church:

We believe that God has called us to renew the city of Los Angeles spiritually, socially, and culturally with the gospel of Jesus Christ. Our mission is to build a city within a city where people embrace, experience, and extend the gospel.

The mission is fulfilled as church members are called in 3D ministry: Doxology (looking up), Discipleship (looking in) and Doulos (looking out). The work of discipleship happens in the church's community groups. It is within these small



Alex Choi

communities that men and women can build personal relationships and practice applying the gospel to their lives. Each group expects to experience Jesus Christ in its midst, enabling participants to be transformed through mutual ministry and to experience life in the family of God.

The church has also started a non-profit ministry called Renew LA. Church members work through this ministry to minister to people of the inner city of Los Angeles. Their ministries include an Annual Basketball Clinic, an Annual Fall Festival for Inner City Families in Watts, a Reading Program for Kids, and a tutoring program and field trips for inner city kids.

Identity

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

The longer we work with pastors and churches, the more we see a frightening trend emerging within the CCCC: *Fewer pastors are finding their identity in Christ.* I'm going to let that statement sink in for a moment, because the ramifications are enormous.

Theologically, I find that nearly every CCCC pastor articulates an identity well rooted in Jesus. But in an increasing number of cases, the pastor's behavior and emotional state proclaim something quite different. Many appear to identify more with their role, their theological persuasion, issues in their family or even past sin than with the Savior. There are several manifestations of this problem, but in this article I will address the two most common.

People Pleasing

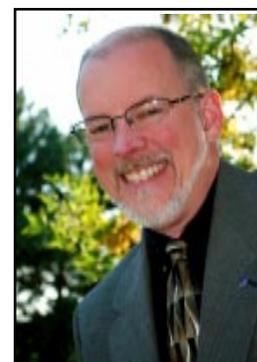
Everyone desires to be liked. And everyone experiences some kind of disappointment when they learn somebody is unhappy with them. But too many pastors are unable to cope with that disappointment in a healthy way. The fear of being rejected or of upsetting a powerful (intimidating) member in the church often drives pastors to avoid issues, sermons and ministry activities that may create conflict or opposition as the

congregation aligns with Jesus. Sometimes I've found the pastor's fear level to be palpable — and when it's gone that far, it becomes very difficult to lead.

“People pleasing” is a sure indication that one's identity is rooted in how they are viewed by other people. The sources of this dysfunction are many — and often begin with one's own family — but the result is the same: an inability to shepherd God's people through challenging times on their way toward faithful and fruit-bearing obedience for Christ's kingdom.

Ministry Instability

In America today, there are few identity thieves as prolific as one's role or career. Unfortunately, the pastoral ministry is not exempt from that problem. More and more pastors today demonstrate that they find their identity primarily in their pastoral role or career. One of the ways this problem often manifests itself is through ministry instability. Pastoral attrition is at an all-time high. Many seminaries now report that, of



those who graduate with a Master of Divinity in any given year, less than 50% will still be in the pastoral ministry 5 years later.

If a pastor's identity is wrapped up in his job, then when things become challenging, or even painful (and the ministry will always have such seasons!), the pastor's identity crashes with his circumstances. But when that same pastor's identity is rooted firmly in Christ — Who is unchanging — his response to those same circumstances is very different. Even then ministry can certainly be difficult and deeply troubling, but one's calling, character and self-assessment are secure — providing a firm foundation from which to continue shepherding the flock.

Helping our pastors establish their personal identity in Christ is a significant portion of the work we now do in both Conference Care and Church Redevelopment. Grasping the incredible truth that we are God's sons and daughters because of what Jesus did at Calvary is foundational. Further, for us to function and minister in healthy community requires us to have that firm foundation.

How about you? Do you struggle with the "people pleasing" syndrome? When things get difficult in your church, is one of your first responses to "throw in the towel" or to find another ministry? You're not alone. Pay attention to such things. For more information, feel free to call our office at (651) 739-1474.

(Another in a series on Eminent Congregational Christians by Alwyn York, historian for the CCCC.)

Phillis Wheatley, America's First Black Poet

An extraordinary meeting took place in Boston on October 8, 1772. Eighteen of what were later described as "the most respectable characters in Boston" gathered to interview a young black woman in her late teens. This distinguished group included the governor and lieutenant governor of Massachusetts, patriot leader John Hancock, seven clergymen, as well as other civic leaders. The purpose of their meeting was to determine whether Phillis Wheatley, the slave of a local family, could be the author of the poems that were attributed to her.

Phillis Wheatley obviously passed the test. When her *Poems on Various Subjects, Religious and Moral* was published in London in 1773, it was accompanied by an attestation from these men that, "She has been examined by some of the best judges, and is thought qualified to write them." This was the first volume of poetry by someone of African descent to be published in English.

The very name of Phillis Wheatley is a reminder of the loss of identity suffered by African slaves in America. The *Phillis* was the slave ship that brought her to this country from her home on the west coast of Africa as a girl of eight or nine. "Wheatley" was the last name of the man who bought her to help his wife with household chores. It soon became apparent that this young slave girl had a quick, intelligent mind. Mary Wheatley, the teenage daughter of her owners John and Susanna, took it upon herself to educate her.

By the age of twelve, Phillis was reading Greek and Latin classics and difficult passages from the Bible. She also developed an appreciation for English literature, particularly the poetry of Alexander Pope and John Milton. She published her first poem in 1767, around the age of fourteen.

The Wheatleys were active members of the New South Congregational Church, and she accompanied them to services. She later began attending the Old South Congregational Church, which was closer to her home. On August 18, 1771, she was baptized and received into

membership at Old South Church.

Wheatley's first work to gain widespread attention was the elegy she wrote upon the death of evangelist George Whitefield. It was dedicated to the Countess of Huntingdon, well-known patron of Evangelical causes, for whom Whitefield had served as chaplain. The countess became an important supporter of Wheatley's work. The Wheatleys hoped they could get her poetry published, but no American publisher could be found who was adventurous enough to publish a work by a black slave. They sent her manuscript to London, where it was soon accepted for publication.



Phillis Wheatley

Phillis sailed to London in May of 1773 accompanied by Nathaniel Wheatley, the son of her master. She received an enthusiastic welcome there. She was called upon by Benjamin Franklin, and was escorted about town by famed abolitionist Granville Sharp. Her visit was cut short when she was called home because of the serious illness of her mistress Susanna Wheatley. The subsequent death of Mrs. Wheatley was a great personal loss to Phillis. She wrote, "I was treated by her more like her child than her servant."

Phillis Wheatley was granted her freedom upon her return to America. In 1775 she wrote a poem in honor of General George Washington and sent it to him. He responded with a letter of appreciation for the poem and an invitation to visit him. She is believed to have visited Washington at his military headquarters in Cambridge, Massachusetts in 1776. Washington later saw to the poem's publication.

Sadly, her life after gaining her freedom was plagued by misfortune. She was not able to get her second volume of poetry published. Her former master had to flee Boston because of his Loyalist leanings. She then lived with Mary, the daughter of her former owners, and her husband. However, this couple died within a few years, leaving her destitute. In 1778 she married John Peters, a free black, who finally abandoned her. She bore three children, all of whom died in infancy. She died at about the age of thirty-one in 1784, soon

after the birth of her third child, and was buried in an unmarked grave.

The publication of Phillis Wheatley's poetry was a great breakthrough in demonstrating the worth and ability of black people. It exposed the falsehood of the widespread belief of the time that black people did not have the same intellectual capacity as whites. Although she is remembered today more

by students of American literature than by religious historians, we should note that all of her work expresses a deep Christian faith.

To learn more about her see *Phillis Wheatley: Complete Writings*, edited by Vincent Carretta and *The Trials of Phillis Wheatley* by Henry Louis Gates, Jr.

More Speakers Announced for Annual Family Conference

The CCCC office has announced that Mike Chong Perkinson will be the Tuesday evening speaker for our 63rd Annual Family Conference July 25–28 in Cleveland, Ohio. And the speaker for the Women's Luncheon will be Barbara Weller.

Mike Chong Perkinson is the Senior Developer of The Praxis Center for Church Development, as well as the Lead Pastor of Estrella Mountain Church in Goodyear, Arizona, and a growing network of churches in Arizona, Northern California, the Philippines and other countries. Mike is also a trained Natural Church Development (NCD) Coach-Consultant. He teaches at various colleges and schools of ministry. Not only has Mike facilitated in the planting of well over 85 churches, he has also helped start numerous training institutes throughout the western United States. Mike is at the forefront of leadership training and development in the greater body of Christ. He holds an MA from Fuller Theological Seminary. Mike and his wife, Teresa, have been married since 1983 and have two daughters.

Mike has consulted with the CCCC leadership in recent years in cooperation with Tom Johnston, Executive Director of the Praxis Center for Church Development. Tom and Mike assisted in the development of training for our church planters. They also trained the Church Redevelopment committee in the Life Flow process. He and Tom led a 6-session seminar, *The Organic Reformation*, at the 2010 annual conference. This seminar was based on their recent book by the same name.

Barbara Weller has been an attorney with the Christian Law

Association and Gibbs Law Firm in Seminole, Florida since 1995. Her specialty is Constitutional Law, particularly First Amendment religion and free speech issues, including those involving public schools, workplace issues and legislative prayer. She graduated from Regent University School of Law in Virginia Beach, Virginia, where she served as Editor-in-Chief of the *Regent Law Review* and published an article, "Bursting the Bubble Zone," dealing with legal issues surrounding abortion demonstrations and sidewalk counseling. She was a member of the Board of Directors of Friends for Life, a pro-life group affiliated with the National Right to Life movement. She is a member of the Federalist Society in Washington, D.C., and participates in the Religious Freedom and Free Speech specialty groups. She is licensed to practice law in the state of Florida, in the Eleventh Circuit federal court and in the United States Supreme Court.

Mrs. Weller is a writer and speaker on religious liberty issues and on the Biblical foundations of the American constitutional experiment in freedom. She has written numerous books and articles for the Christian Law Association on the Constitution and the religious roots of America's founding, and frequently represents the Christian Law Association on Christian talk radio. She served as second chair with Attorney David Gibbs during the fight to save Terri Schiavo's life in 2005 and spent many hours with Terri in her hospice room. She assisted Attorney Gibbs with the writing of *Fighting For Dear Life*, a book about the case and about the issue of euthanasia. She also assisted Mr. Gibbs with an article on the Schiavo case for the *Stetson Law Review*.



Barbara Weller



Mike Perkinson

(Dr. Larry and Susan Correll are members of the CCCC serving as missionaries with Timothy Ministries. Here they briefly relate recent happenings in their ministry.)

Happenings Along the Border

We are presently along the Mexican border, close to where the Border Patrol agent, Brian Terry was killed. We are trying to help the Mexican pastors in several small border towns. We have also been involved in a counseling ministry (ad hoc) in Tucson in the last 2 weeks... We were at the Safeway 20 minutes after the Tucson shootings. The community is doing a sterling job of pulling together. We're glad to be representing Jesus here in this time of tragedy, in

Tucson and along the border.

Sue and I will be in Wisconsin briefly to officiate a wedding in early July, then on to Europe until we return here the end of October, so we will not be attending the meetings in 2011. Please know that we are praying for our friends and co-workers in the CCCC. Blessings to you, friends,

Dr. Larry and Sue Correll

(The Reformed Congregational Fellowship involves some of our CCCC pastors and others. L. David Green, pastor of Cornerstone Church in Beverly, Massachusetts, is moderator of the group. They meet each spring in New England. We are pleased to announce their conference, that others in the CCCC may wish to know about it. — Editor)

**Reformed Congregational Fellowship
11th Annual Confessional Conference**

THEMES: *Good Works and the Perseverance of the Saints*

Have you ever wondered: if we are justified by faith, what place do good works have? How do we know our works are good? Isn't there a danger in stressing the necessity of good works and perseverance? Is a believer not eternally secure in Christ by faith? And if so, what part do good works and perseverance play? This year's conference explores these and other questions as we consider the necessity of good works and perseverance as outlined in chapters 16 and 17 of the *Savoy Declaration*, the historic Congregational confession of faith.

Please come and join us for this opportunity to further our understanding and application of these important subjects. Wives are most welcome.

DATES: April 5–7, 2011 (from Tuesday supper through Thursday lunch).

SPEAKERS: Bill Broughton, Paul Wanamaker, Jeff Evans, David Green, Tim Broberg and Steve Weibley.

LOCATION: the Salvation Army Wonderland Conference Center; 10 Capen Hill Road, Sharon, Mass. 02067.

COST of ROOM, LINENS AND MEALS: \$164 for single and \$129 for double occupancy. Individual day rates are available. (See website.)

Changes and Opportunities

Pastoral Changes:

Davis, IL St. Paul Church of Epleyanna * Scott Naevestad *

Pastoral Openings:

Brighton, CO Zion Congregational Church *
Buffalo Center, IA First Congregational Church *
Paul, ID Ebenezer Congregational Church *
Rockland, ID Rockland Congregational Church (Part-time) *
Quincy, IL First Union Congregational Church (Director of Family Ministries) (NACCC)
Blandford, MA First Congregational Church *
Chelmsford, MA Immanuel Church *
Foxboro, MA First Baptist Church
Hazen, ND New Bethel Congregational Church *
Wellington, OH Pittsfield Community Church *
Scotland, SD United Church of Christ (UCC)

* = Conference member
+ = In process

Next Issue

Watch for prices of registration, lunch, and room rates for the Annual Conference Meeting.

New this year, all Conference breakfast.

You will find a list of presentation titles, conference registration form and other pertinent details in the brochure at the RCF website: http://netherbury.net/rcf2/?page_id=9
David Green, Moderator
Reformed Congregational Fellowship
(508) 596-6862

Health Tips

Focusing

How often do you think about what you are eating when you sit down to a meal? Is the newspaper in front of you, the news on TV or conversation with co-workers or family? All of these things can distract us from what we are putting into our mouths. Our environment can influence how much we eat or how poorly we eat.

Consider the size of the plate you are using. We tend to fill up a large plate just like we would a small plate, giving us more calories and food than we actually require. The same is true for the size glass you use. A tall thin glass may hold less than a short, wide glass.

If you are eating with others, watching TV or working while eating it is easy to be distracted and eat more than you intended. You are thinking about what it going on around you and not about how much you are eating.

Some other ideas to help you focus more on your eating habits are sitting at a table rather than standing at a counter and to eat slower, allowing 20 minutes for a meal. Take smaller bites of your food and enjoy the variety of flavors and textures. If you take a pause or break from eating it may be your body telling you it is satisfied. Do not pick up your fork after this pause even if there is food on your plate. Having a piece of fruit before you eat a meal or for your midday snack is just another idea. Consider whether you need dessert after each meal or is that a habit?

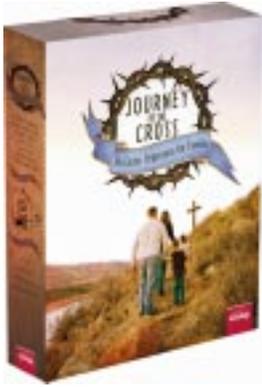
Your goal should be to make small changes in your eating habits to improve your daily consumption of calories and fat. Not all changes will work for everyone; just make changes that work for you.

Source: www.cdc.gov/healthyweight, www.webmd.com/balance/guide

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

Start Planning for Easter New for Church, Children & Family Ministries

He is not here; he has risen, just as he said. Come and see the place where he lay. Matthew 28:6



Journey to the Cross: An Easter Experience for Families
Item #: 9780764449437

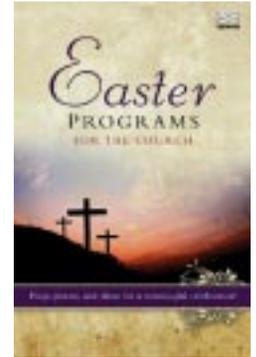
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Your Price: \$47.99

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- Zipper Pull
- Family Time Devotions Booklet



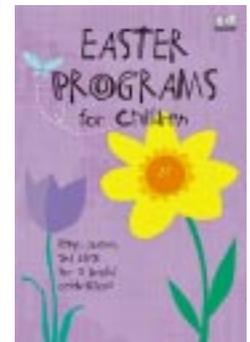
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