

THE FORESEE

Conservative Congregational Christian Conference

May/June 2003 Volume 36, No. 3

Greetings From Micronesia

by Rev. Pat Chiles

We have been incredibly blessed by the warm reception of the Chuukese people...especially those from Logan Memorial Church. They are really trying to make us feel at home as soon as possible.

It seems that Linda and Beth are being bestowed with a new Chuukese dress every time they go to the church. These people are so kind and generous! Matt and Josh are making friends in the neighborhood and they have discovered that the boy next door has a Sony Playstation just like theirs. Now they have someone that they can exchange games with.

We are continuing with our language learning and we spend two hours a day with a young Chuukese lady who is helping us. If we can only get these dear folks to speak slowly enough and distinctly enough for me to understand them, we'll be fine.



a 7-week (1 night per week) course in the Book of Romans. This course is a part of the Morning Star Institute, a training ministry for pastors and lay leaders. I have also been very busy with other preaching and teaching opportunities and beginning in April, I will be preaching every other week at one of the eight C-4 churches, rotating between all eight. It is my hope and desire to gain as much exposure as possible with these churches and to make myself available to the pastors as a resource.

In addition, we have been working with the Mizpah Christian High School board to re-draft a strategic plan for the ministry and the facilities.

Well, as you can see, we have a lot going on. This is all in addition to Linda home schooling our children, Wednesday night prayer meeting, and all of the other little details that go into moving to and learning to live in a place that is so very different from what

you are used to.

I (Pat) am preaching every Friday in Chapel at Mizpah Christian High School. We also just returned from a weekend retreat with Mizpah's Sr. class. I had the opportunity to speak three times during a weekend that saw all 23 students make either a new commitment to Christ or a commitment of rededication. What a blessing to see God work so powerfully in these students lives!

I am also scheduled to provide a training session every month for the C-4 pastors (about 65 of them) at their monthly meeting. On March 25th I began teaching

We find it difficult to find the words to express how thankful we are to God for allowing us the privilege of being here. It is such a blessing to be a part of the work that God is doing in people's lives. We are also grateful to you for your faithful prayers and support. We could not be here without you.

Serving together,

Pat, Linda, Beth, Matt, and Josh Chiles
P.S. Here are our new e-mail addresses and we'd love to hear from you: Pat: patchiles@mail.fm and Linda: islandlinda@mail.fm.

Report from Micronesia

by Rev. A. Barry Jones, President,
Morning Star Messengers

For the last eighteen years the CCCC has had the opportunity to minister in the islands of Micronesia. During that time many of our pastors have made the long trip across the Pacific to aid our brethren, particularly on the islands of Chuuk, Pohnpei, and now Saipan.

In this area of the world, six degrees above the equator and directly north of New Zealand, there are thousands of islands, many of them uninhabited, but many of them with small Congregational Christian churches. To aid these fellowships, the CCCC has been holding a series of Bible College Training classes on three major islands. Now known as the Morning Star Institute, these classes train pastors from all over Micronesia in two-week sessions, two or three times a year.

This year it was decided to hold a pastors' conference on the island of Chuuk, under the auspices of the World Evangelical Congregational Fellowship. There were five overseas delegates there to help direct and participate in the proceedings. Two came from Australia, two from England, and myself, from the USA.

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From the Conference Minister



As I write this it's early in March. People are wondering whether or not we will go to war with Iraq. North Korea has just tested another missile over the Sea of Japan. The United States is becoming isolated from many of its allies. The stock market just lost another 170 points. The future is uncertain. What should Christians do?

Paul wrote, "I urge, first of all, that requests, prayers, intercession and thanksgiving be made for everyone – for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth. For there is one God and one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all men."

Several points can be noted.

First, especially in these troubled times, pray for your national leaders. They are dealing with complex issues that have no easy answers. Pray that God will superintend their decisions.

Second, live a peaceful and quiet life in all godliness and holiness. There is no need to be afraid or worry. You can live at peace and have a quiet life even during war with all its noise, and you can live godly and holy even in the midst of trouble. This is good and pleases God.

Third, remember that God wants all men to be saved and to come to a knowledge of the truth. There is no better way to spend your time and energy than in bringing men and women to the Savior.

Fourth, remember that the real conflict is

between men and God, and the only mediator is the man Christ Jesus who gave Himself as a ransom for all mankind. The best way to work for peace is to work for Him. He is our peace!

In other words, the basic agenda of the Christian life doesn't change with changing times.

Cliff

News From the Women's Ministries Committee

We have praise and a prayer request for Gary and Kim Gardell. Praise God that the Gardells have raised almost 70% of their support. Please pray that the remainder of their support comes in and that the rest of the money needed for Kim's Kar comes in before they leave. If you would like to contribute to Gary and Kim's support fund please send your contributions to the Conference office. If you would like to contribute to Kim's Kar please send your contributions to Mrs. Sandy Steward, PO Box 249, Avon, MN 56310.

Thank you,
Elizabeth Eklund

Remember to check the space at the bottom of the Family Conference registration form if you're interested in attending Susan Wood's seminar on "Banner Ministry". Each attendee will receive information on banner design and construction. You may choose to start a banner for your church at the workshop or just attend for the information and demonstrations. Either way it will be a great beginning to your church's Banner Ministry!

Choir Robes

First Congregational Church of Revere, MA has 38 royal blue choir robes and 35 satin stoles to donate at no cost to any church that would like all or some of them. Please contact Lisa Sturgis at 781-284-4158 if interested.

THE FORESEE

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Deadline for the July/August 2003 issue is May 10, 2003.

Assistant Pastoral Opening

Cypress Chapel Christian Church, a medium-sized rural congregation in Suffolk, Virginia, has an opening for a part-time assistant pastor.

The position will require strong skills in both visitation and evangelism. Occasional pulpit ministry will also be needed. Candidates must be willing to join the Conservative Congregational Christian Conference. For more information please contact Mr. F. J. Brinkley, Pulpit Committee Chairman, 665 Greenway Road, Suffolk, VA 23434. The deadline for submitting applications is May 15, 2003.

Senior Pastor Opening

Central Congregational Church located in southern New Hampshire has an opening for a senior pastor.

For more information please contact the Pastoral Search Committee, 14 Crescent Street, Derry, New Hampshire 03038.

Carlton's Comments



Located in downtown Revere, Massachusetts, the First Congregational Church of one hundred twenty members and one hundred ninety attendees has carried on an outstanding food distribution ministry for over ten years.

When the CCCC member congregation spotted a pressing need in Revere, Chelsea, and surrounding communities, it mobilized to meet the need and to do so in the name of Jesus. Quickly finding the need for food out growing its ability to provide it, First Congregational contacted other community churches and service groups to assist them in procuring the food supplies. St. Anthony's and Immaculate Conception Roman Catholic Churches and First Baptist Church of Revere along with the Revere Rotary Club help by providing volunteers, cash gifts and gifts of canned goods, which are donated to the pantry. Food is also provided through the Revere Postal Food Drive and Project Bread's Walk for Bread in May, which is the source of the largest grant received by the Food Pantry.

Money gifts are put to work by First Congregational Church by purchasing food from the Greater Boston Food Bank at greatly reduced rates and by procuring groceries directly from food stores to fill in nutritional gaps.

Several local businesses have also joined with First Congregational Church. Pepperidge Farm and Panera Bakery regularly donate free bread. Showcase Cinema ran a Holiday Classic Movie Food Drive and presented the Food Pantry with almost two thousand pounds of food.

The final figures are in for 2002 and are extremely impressive. Seven hundred

ninety-seven families were served with food in two thousand nine hundred ninety-nine visits, a 24% increase over the year before. In addition to regular food distribution, the Revere congregation also gave out three hundred fifty Thanksgiving baskets and four hundred Christmas baskets!

As you can imagine, seven hundred and ninety seven families represent a substantial number of children. The congregation also carries a parallel ministry called the Guardian Angel Program at Christmas. Over six hundred presents were given out to children whose families receive food from the pantry during the year.

Several people have come to know Jesus and have become a part of First Congregational Church because the congregation was willing to reach out to the needy in Jesus' name. As Wendy Baur, the Food Pantry Director has said, "The need is great and God has greatly blessed our food pantry and enabled us to help Him in feeding the hungry."

If God can use First Congregational Church of Revere, Massachusetts, He can use your congregation as well! Why not begin praying today for a special ministry that God might give to the congregation of which you are a part!

Thank you,
Rev. Carlton Walker
Phone: 518-346-3538
E-mail: cgwalker@cccusa.org

Book Corner

When God Says War is Right

by Dr. Darrell Cole, Colorado Springs, Waterbrook Press, 2002.

"Dr. Darrell Cole, assistant professor of religion at Drew University, has offered perhaps the finest overview of Just-War Theory, examining scripture along with the progressive, historic development of the theory by Catholic and Reformation scholars. He deals with the topic of Muslim terrorism, contrasting the concept of Islamic jihad to Christian just-war theory. This is must reading for all Chaplains, Chaplain Assistants, military ethicists, civilian clergy and anyone appraising the morality of warfare."

Reviewed by Chaplain (LTC) Robert Leroy, US Army Retired

This book is available through Foresee Publications at a cost of \$10.99.

Bryan's Bytes

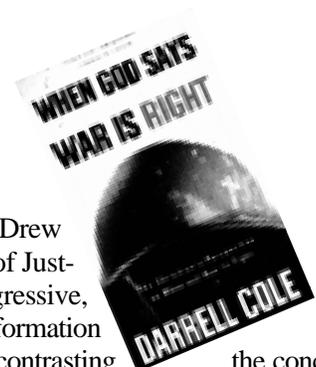
by Bryan Burrell

Membership has its Privileges

If you haven't visited the CCCC Website recently you don't know what you're missing. The Spiritual Life Committee put together a prayer guide that will assist the Conference in effectively praying for the needs of our denomination in the days and weeks ahead. The past three issues of THE FORESEE are also on the Website as the start of an electronic archive.

In the days and weeks ahead more and more information will be made available ONLY to members of the Website. When you join, you receive the ability to get contact information from every other member. Because each member updates his or her own information, it is the most current available. Additionally, any internal documents, reports or forms will only be available to members. Membership has its privileges. Check out the CCCC Website today at www.cccusa.org and become a member today.

Reminder: Changes to the e-mail directory or the web church directory must now be sent to changes@cccusa.org. Please send all changes to this e-mail address. Thank you.



“Faith of Our Fathers” Annual Family Conference Information

Location

The Founders Inn Conference Center
5641 Indian River Road, Virginia Beach, Virginia 23464
Phone: 757-424-5511, Fax: 757-366-5785

Reservations

Call toll free, 1-800-926-4466 to make reservations at the Founders Inn. Note: Refer to CCCC Conference Account when calling for reservations.

Room Rates

Special Conference Room Rates (children 18 and under free with parents).

Room with one bed (king/queen) - \$89.00 per night; room with two beds (king/queen) - \$99.00 per night; parlor suites - \$153.00 per night.

Check in at 4:00 p.m. Monday July 21; check out at 12:00 p.m. Friday July 25.

Hotel reservations and charges must be settled directly with the hotel. Make your reservations as soon as possible. CCCC room block held until June 21, 2003.

Registration

For conference registration information contact the CCCC office at 651-739-1474. Note: June 15, 2003 is the early registration deadline for discounted fee rates.

Children’s Conference

During the week our children will look at the heroes of the family of faith. Bible heroes like Elijah, David, and Paul will challenge them. And, there will be music, crafts, drama, and fun.

If you have questions or would like to volunteer, please contact Children’s Conference Directors Matt and Tammy Smith at 336-227-8792 or e-mail them at tamat101@triad.rr.com.

Youth Conference

This year’s CCCC’s youth conference is a call to all young people everywhere who truly desire to know the thrill of what it means to live for Jesus. For more information on this year’s Youth Conference, please contact Youth Director Scott Koop at 760-434-3481 or e-mail him at salkoop@aol.com.

Conference Speakers



Clifford Christensen
CCCC Conference Minister
Monday Evening Message

Cliff Christensen is no stranger to the CCCC family. After pastoring churches in Pawtucket, RI and St. Paul, MN Cliff became our Conference Minister in 1981. Having ministered faithfully for 22 years in that office as both our Executive Director and our pastor, Cliff will retire this summer. He has also served as Secretary and Editor for the World Evangelical Congregational Fellowship.



Larry Scovil
President, CCCC
Thursday Evening Communion Service

Larry Scovil has been a part of the CCCC since his childhood, the son of Rev. Lynn E. Scovil who served as our Conference President from 1984 to 1986. Currently the Senior Pastor of Emmanuel Congregational Church in Scottsbluff, NE, Larry is our new Conference President.



Walter C. Kaiser, Jr.
President, Gordon Conwell Theological Seminary
Morning Messages

Walter Kaiser is President of Gordon Conwell Theological Seminary and is the school’s Coleman M. Mockler Distinguished Professor of Old Testament. Dr. Kaiser has authored numerous books, including *Toward an Old Testament Theology*, *Hard Sayings of the Old Testament*, and has contributed to several theological publications and journals.



Linda Vaughn
Director, Haven of Hope Children’s Home
Ladies’ Luncheon

Linda Vaughn is the Associate Director of the Union Mission Ministries in Norfolk, VA. The daughter of Rev. Ted Bashford (the mission’s Executive Director), she and her family have faithfully served the Lord with the mission for many years. In 1971 Linda and her late husband, Leroy, became house parents at the ministry’s Hope Haven Children’s Home in Virginia Beach, the proud parents of 17 children – literally overnight! As the ministry grew she also served as Administrator of the Children’s Home and the Hope Haven Adult Home.



David Baer
Missionary, Latin America Mission – ESEPA
Seminary Costa Rica
Tuesday and Wednesday Evening Messages

Dave Baer is one of our CCCC missionaries, working the Latin America Mission. He serves as President and Professor of Hebrew at ESEPA Seminary in San Jose, Costa Rica. This bible college and Seminary serves some 400 Spanish-speaking students from twenty countries. Dave is a graduate of Gordon Conwell Seminary and the University of Cambridge.



Charles Wickman
President, Pastors-In-Residence, Inc.
Men’s Luncheon

Charles Wickman is President of Pastor-in-Residence, Inc., a ministry devoted to helping pastors who have had to leave churches under difficult circumstances. Charles has served 47 years in ministry, much of it as a pastor himself. He has traveled extensively serving as evangelist and teacher and he is currently serving as Intentional Interim at Myrtle Grove Church and is working with the General Assembly to develop a meaningful interim program.

2003 Family Conference Seminars

Spiritual Life Committee

“Deepening the Devotional Life of the Pastor and Spouse”

presented by Ray and Anne Ortlund

This seminar will help participants to establish three “holy habits” to keep their devotional life fresh: living in God’s presence, regular times alone with God, and personal worship.

Ministry Committee

“The Catch 22 of Clergy Compensation”

presented by Steve Burkett and the Ministry Committee

This seminar will address various aspects of clergy compensation and benefits.

Conference Education Committee

“Welcome to the CCCC”

presented by Scott Cleveland

This seminar will provide an introduction and overview of who we are as a Conference and how we got here.

“The Life of Jonathan Edwards”

presented by Alwyn York

This seminar will re-tell the dramatic story of the most famous American Congregational minister on the 300th anniversary of his birth.

“The Legacy of Jonathan Edwards”

presented by Alwyn York

This seminar will provide lessons on evangelism, spiritual discernment, and defending the Faith from the writings and experience of Edwards.

Lay Ministry Committee

“Empowering the Laity for Service”

presented by Alvin Helms and the Lay Ministry Committee

Featuring the story of a ministry begun by one of our CCCC laymen (which has been featured on Focus on the Family), this two-day seminar will help participants discover how their churches can start similar ministries to make a substantial difference in their communities. This will be a great time to network with other CCCC pastors and laymen who are excited about empowering the laity for fruitful ministry.

“An Introduction to Parish Nursing”

presented by Betty Mitchell, RN

This seminar will encourage and equip those already involved in health care ministries through their local church, as well as those who would like to establish such a ministry. Betty speaks from her own experience, having begun such a ministry in her own home church in Metropolitan Detroit.

Micronesia Ministries Committee: TBA

Missions Committee

“Understanding Islam”

presented by Dennis Weins

This seminar will be an introductory lesson to understanding Islam from the perspective of the Christian Faith by a veteran missionary to Muslims.

“Reaching People Who Don’t Want To Be Reached”

presented by Eric Zander

This seminar will present a new paradigm for ministry and evangelism to reach our rapidly changing post-modern society. Eric Zander is director of French Ministries for our strategic partner, Belgian Evangelical Mission, and oversees church planting in the truly post-modern culture of Belgium.

“Where in the World is the CCCC Going Now?”

presented by Clair Longuevan

This seminar will provide news, testimonies, and information about the CCCC short-term missions trips from last year, and also those planned in 2003.

Other Seminars

“Musicals on a Shoestring Budget – Part I”

presented by Bob Colander

Presented by a person who produced two major musicals per year for grades Pre-K through 6, this seminar discusses special themes, costumes, and some scenery, and all for just a few dollars per child. Also, you will hear helpful ideas for using Power Point and/or overhead transparencies.

“Musicals on a Shoestring Budget – Part II”

presented by Bob Colander

Although this seminar continues where Part I left off, it is not essential that you have attended Part I to benefit from it. We will enjoy tips on ...Writing your own narration...Evangelism with your musical...Using sound systems and sound enhancement.

Are you “Good Enough?”

by Rev. Jonathan Lam, First Congregational Church, Mattawan, MI

As mentioned in a Sunday sermon, Mariann and I were drawn to the new television program, “American Idol”. The title itself caught my attention, as it seems to invite all of America to come together and worship in unity some sort of false god, whether it be a person or a thing. For those of you not familiar with the program, it is simply a talent show for singers. Three judges, a camera crew and the host travel to major U.S. Cities auditioning the thousands of hopeful wannabes. Each contestant sings a song of his or her choice a capella (without music). The judges initially determine if their talent is good enough for them to go to Hollywood and continue in the competition. Eventually the field is narrowed down to ten finalists, chosen by the American people through a phone-in voting process. Of course, the big night comes when only one person is left at the top and they receive a recording contract with the potential to make lots of money.

Not long after watching this show I realized a theological lesson from the judging. Each judge is a professional in the field of music. Randy Johnson is a music producer, Paula Abdul is an accomplished singer and Simon Cowell is also a music producer from the U.K. Simon is the most flamboyant of the three and is unabashedly honest with contestants (“You can’t sing,” “You totally destroyed my favorite song,” “You need to lose weight,” “You should demand a refund on your voice lessons because you’re terrible,” “You are the worst singer in the world,” etc.). As each contestant leaves the “stage” some are hurt to the point of tears, some disappointed, some even argumentative. Of course some are ecstatic to be chosen while others are polite and thankful for the opportunity to try out.

So what is theological about all this? Simply put, I am so grateful

that God will not judge me to see if I am “good enough” to “go on to heaven”. Through the gift of salvation in Jesus Christ our Lord, we need not worry if our life’s performance is “good enough”. This should cause us all to rejoice for Isaiah 64:6 says, “...all our righteous acts are like filthy rags...” Think about this fact. There is nothing we can do to impress God enough for him to say, “Very good, you’re going to Hollywood...I mean, Heaven.” All we need to do is accept his

“...the wages of sin is death but the gift of God is eternal life in Christ Jesus our Lord.”

free gift of salvation. Paul reminds us in Romans 6:23 that, “...the wages of sin is death but the gift of God is eternal life in Christ Jesus our Lord.” No panel of three judges will say, “Sorry, you just don’t have what it takes” or “you’re not good enough to get into Heaven” or “Keep working at it, maybe next year.” All we have to do is “...confess with your mouth ‘Jesus is Lord’ and believe in your heart that God raised him from the dead, and you will be saved.” (Romans 10:9) Confess that Jesus is Lord and salvation is yours. Wow! No judge, no tryouts, no rejection, no “maybe next time.” We are saved; we will have eternal life in Heaven, in Paradise, in God’s loving presence.

What good news we have to share with a world that is bent on being “good enough.” What a joyful reason we have to want to gather together regularly to praise and worship our God with thankful hearts. Have you accepted the gift? If so, there is no need to try out. You’re already in. Praise be to God!

Straight From The Pastor’s Heart

by Rev. Dale Brown, West Congregational Church, Haverhill, MA

Is it right to brag about ourselves? Never! Paul says that salvation comes by grace through God “so that no one can boast.” (Ephesians 2:9).

Is it OK to brag about what God has done and is doing! You bet! Everything comes from him! Listen to Psalm 48:12-14:

12 Walk about Zion, go around her, count her towers,

13 consider well her ramparts, view her citadels, that you may tell of them to the next generation.

14 For this God is our God for ever and ever; he will be our guide even to the end.

I invite you to walk around West Congregational Church and see the footprints of God, the people, the relationships, the places where his work is undeniably visible to us. Lives are changed. Marriages are restored. The hopeless find hope, the unloved find incredible love. The rough become smooth, the hostile become friendly, the grieving find new joy.

Under construction one heart at a time, God’s Kingdom is advancing at WCC. We are not in retreat! In fact, God has given

us that elusive thing called “momentum.” And it is an upward, positive momentum. To him we give glory, honor and praise, for we know that *apart from him we can do nothing* (John 15:5).

This great work of God is hard to measure so we use caution with statistics. But at least two statistics from last year deserve celebrating. As we walk about Zion and count her towers, we rejoice in the fact that WCC averaged 50 more people in worship (44) in 2002 than we did in 2001. Praise God that more lives are being touched through this work of his Spirit.

Another wonderful praise is that you have answered God’s call in 2002 to be faithful in financial giving. We were only \$598 short of the \$537,210 budget! My friends, this is a miracle in our present economy. Praise be to God for his faithfulness to WCC members and friends. And thanks be to you for obeying in this admittedly difficult area!

So...what does the Lord hold for 2003? The Lord knows, and he is GOOD! *For this God is our God for ever and ever; he will be our guide even to the end.*



Team from WECF - left to right: Rev. Mike Plant, UK, Rev. Barry Jones, USA, Miss Kerrian Cartledge, Australia, Rev. David Saunders, UK, Mr. Alan Best, Australia

The conference was held the third week in January and during the conference we held preaching sessions and a variety of workshops for the pastors who came from other islands across the lagoon. Many of the pastors who came do not belong to our evangelical Congregational churches, but are still related with the old liberal group. But with God's grace the conference was able to break down some of the walls of jealousy and competition that have existed between them over the years.

On the last day of the conference we gave a call for recommitment to a God-centered ministry. We were overwhelmed as more than a hundred pastors stepped forward to rededicate themselves to the Lord and to the work of the ministry. The other four international delegates, for whom this was their first visit to the islands, were amazed at the work of God displayed among our Micronesian brethren.

Search Committee Update

Our Conference Minister Search Committee gathered in Revere, Massachusetts on March 20th for an all day meeting. We took time for prayer at the start of the meeting, in the midst of the meeting, and at the end of the meeting. We reviewed the revised job description and personal profile and brainstormed about the most important qualities needed for the Conference Minister. We then reviewed the names of the thirty-three people that have either inquired about the position or been suggested by Conference members.

After much thought and discussion we decided on those that we would contact to ascertain their interest in the position and determined what written materials we would like to receive from any potential candidate. We will tentatively meet again at the beginning of May. We appreciate everyone's interest and we seek continued prayer for God's guidance as we move forward with the process.

Grace and peace,
Rev. Nick Granitsas, Search Committee Chairman
First Congregational Church, Revere, MA

Changes and Opportunities

Pastoral Changes:

Limington ME	The Congregational Church of Limington* called Leonard Gulstrom
East Douglas MA	Second Congregational Church* called William Broderick
Medway MA	Community Church of W Medway* called David Melvin

Pastoral Openings:

Carlsbad CA	Carlsbad Community Church*
Eaton CO	First Congregational Church of Eaton/Ault*
Ashford CT	Westford Congregational Church*
American Falls ID	American Falls Congregational Church (Ind)
Seward IL	Seward Congregational Church*
Forest City IA	First Congregational Church (Ind)
Newburg IA	Newburg-Chester Congregational Church*
SW Harbor ME	Manset Union Church*
SW Harbor ME	SW Harbor Congregational Church*
Boxford MA	First Church Congregational*
Kingston MA	Mayflower Congregational Church
Medway MA	Medway Village Church*
Grandville MI	Grandville-Jenison Congregational Church*
Britt MN	Sand Lake Chapel*
Scottsbluff NE	Plymouth Congregational Church*
Derry NH	Central Congregational Church (NACCC)
Schenectady NY	Christ Community Church*
New Rockford ND	First Congregational Church*
Beavercreek OH	Mt Zion Church* (Min. of Christian Ed)
Greenville OH	Coletown Congregational Christian Church (MCCF)
Vermilion OH	Vermilion Evangelical & Reformed Ch*
Rural Valley PA	St. Paul Congregational Church*

* = Conference member

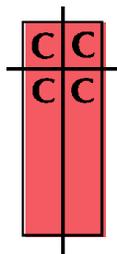
+ = In process

Health Tips

- Recent research has found a connection between gum disease and coronary vascular disease, which can place people at risk for heart attack and stroke. To prevent tooth decay and gum disease, remember to brush your teeth twice a day with a soft bristled toothbrush, clean between teeth once a day with floss, eat a well balanced diet and see your dentist regularly.
- If your hands and wrists perform the same motion over and over all day (using a keyboard, cutting hair) take frequent wrist breaks and gently stretch the tender tendon, ligaments and muscles.

Source: ada.org and Healthy Lifestyles

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



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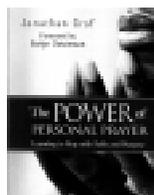
May/June 2003 Volume 36, No. 3

The Power of Prayer



Growing Up Prayerful

A leader's kit to get kids started. Kids can learn how to pray - \$16.00 *



The Power of Personal Prayer

Jonathan Graf

God intends for every believer to have a great prayer life - \$10.00 *



Fight On Your Knees

Mell Winger

Calling men to action through transforming prayer. Brother, it's time to kneel down and fight - \$13.00 *



What God Does When Men Pray

William Carr Peel

Whether you pray regularly or are just getting started, this study will challenge you to meet God in a life-changing way - \$16.00 *



Becoming a Women of Prayer

Cynthia Heald

God designed women to seek Him in all they do. Prayer is our response to God's invitation - \$7.00 *



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