

Around The Conference

Serving the Servants — News from the Upper Midwest

by Daniel L. Peterson, Area Representative for Minnesota and Wisconsin

Having loved his own who were in the world, he now showed them the full extent of his love... so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet... (John 13:2, 4b-5a)

How do you feel when you are made to clean up someone else's mess? When under compulsion, there is often a resistance to the authority over our will. Children respond openly to the way they feel inside. When Jesus washed his disciples' feet, he did not feel he was under compulsion, but instead was compelled to wash the disciples' feet. Jesus laid aside his outer clothing; took up the towel and washed their feet. The word used for *laid aside* is the same word used in John 10:11 and 15:13. It means to do something for someone in their place. Jesus washed the disciples' feet because they wouldn't do it. What's more important is the fact that Jesus laid aside (laid down) his life for us and he told us to do likewise to one another. In other words, we wash one another's feet, metaphorically speaking.

In the Upper Midwest Congregational Fellowship, I have witnessed several acts of this "washing" taking place. I have witnessed on a regular basis our Conference Ministers: Dr. Steve Gammon, Dr. Ron Hamilton, and Dr. John Kimball repeatedly wash our feet by interceding for the spiritual vitality of our Conference and its mission.

Bonn Clayton has faithfully washed many feet by moderating the UCMF Executive Council's bi-monthly meeting, making sure everyone has a voice and that the meeting is carried out in an orderly fashion. Randy Melhus continues to "wash feet" as he helps plan the annual Spring "couples' retreat." Church planters like John Sommerville, Dan Schauer, Rob O'Neal and Matt Milligan continue to equip their people to build new bridges to the people of their communities, some who are fighting to break addictions, others looking for a place to belong. Cliff Christensen and his wife Carol continue to serve the Mantorville Congregational Church, preparing them to call their next pastor. Cliff also filled in as interim Area

Representative for the past several months.

And what more can I add as the Avon Community Church has added Joshua Ottoson to their staff and the Woodbury Community Church prepares a Spiritual Emphasis week in early October. Several pastors and delegates from our area will hold a Vicinage Council for Harlan Seri and the Minnewashta Congregational Church. And Tom Sutton is under care and has an advisor to walk with him through his journey into full-time ministry. There are many more sightings of foot washing going on that could be mentioned, but space limitations do not permit it all to be recorded.

Yes, the servants of Christ in the UCMF are serving the servants. Jesus said: *Now that you know these things, you will be blessed if you do them. (John 13:17)*

Conservative Congregational Christian Conference

62nd Annual Family Conference

July 26-29, 2010

At the Sheraton Hotel and Conference Center

Springfield, Massachusetts

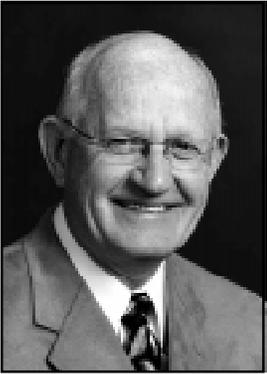


On the inside...

From the Acting Conference Minister	2
Notes on Conference Minister Steve Gammon	2
Good News In The Northeast	3
Urban Church Planting	3
Transformation	4
Please Pass the Computer	4
Elder William Brewster	5
On the Calling of the Pastor	6
2010 Short Term Missions Opportunities Announced	6
Using Technology in Ministry	7
Changes and Opportunities	7
Promotion to Glory	7
Health Tips	7
Instant Christmas Pageants	8

God creates order out of chaos...

by Acting Conference Minister Ron Hamilton



As I recently read the creation story in Genesis 1–2, I was reminded that God creates order out of chaos. The story begins with the words, “the earth was formless and empty” and ends with God looking at all of creation and saying, “It was very good!” In his creative power, God made something beautiful out of chaos.

By God’s grace, we now live in the reality of the new creation in which the “old has gone and the new has come.” The work of Christ has ushered in a new day in which broken and sinful people can experience salvation. People who know God’s work of grace in their lives understand the words of the Psalmist,

Sing to the LORD a new song, for he has done marvelous things; his right hand and his holy arm have worked salvation for him. (Psalm 98:1)

This reminds us that we should never be satisfied with a life that is characterized by chaos and emptiness. This is especially true of our life together in the local church. God is grieved when there is fighting, brokenness and a lack of purpose. He wants to look on His church and say, “It is very good!”

As a part of our commitment to Biblical Congregationalism, we agree on this statement, “We believe that Jesus Christ is the Head of His body, the Church universal, and of each local church.”

The church is God’s creation and Jesus is Lord of the church. It is vital for us to submit to the Lordship of Christ in prayer. We encourage our new church plants to be born out of prayerful trust in the Lord. We promote regular prayer as a discipline for established churches. The result of human control of the church is brokenness and chaos. Churches that yield to the Lordship of Christ experience unity and purpose.

While there is much that we offer our pastors and churches to help them develop a healthy and thriving ministry, there is nothing more important than prayer. Let’s

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remember that God creates order out of chaos. It opens the door to God’s powerful work when things seem to be getting out of hand and people are not unified.

An Important Note from our Conference Minister

I began my leave of absence in late August to report on active duty in the Navy. I had orders to report for processing and training, and ultimately to Kuwait for seven months of duty with the Warrior Transition Program.

I reported on active duty as ordered, but was stopped at the Navy Mobilization Processing Site (NMPS) in Norfolk, Virginia where, after an incomplete health review, I was deemed to be not physically qualified (NPQ). I was then given orders to demobilize and return home. As part of that process on September 10 I reported to the Navy Operational Support Center in Albuquerque, New Mexico, where a more thorough medical review concluded I was indeed physically qualified for this assignment, and a formal request was sent to Bahrain to lift the NPQ. I was told to keep my bag packed and be prepared to go again on short notice.

On September 11 I returned home to Minnesota to await further orders, expecting that any day I could leave again. The answer from CENTCOM in Bahrain finally came on September 28, clearing the way medically for me to fulfill my orders. That same day I also learned that someone else was already ordered to fill the assignment I had previously been given. I was then told to stand by for new orders which could come at any time, to relieve another chaplain returning soon from Kuwait. On October 16 I was at last informed that I will not be receiving new orders after all, so **I have joyfully returned again to my responsibilities as CCC Conference Minister!** I want to express my profound thanks for your prayers and support, as I hold on to the precious promises of God’s Word including Jeremiah 29:11 and Philippians 4:6–7!

Steve Gammon

Good News In The Northeast

Rev. Terry H. Shanahan, Northeast Regional Minister

“Jesus went into Galilee, proclaiming the good news of God. The time has come,” He said. “The kingdom of God is near. Repent and believe the good news!” Mark 1:14–15



What a joy it is to travel through New England at this time of year. Every week I have the privilege of worshiping with a different group of faithful followers of Jesus Christ. I witness firsthand through the praise and prayers of God’s faithful “frozen chosen” here in New England, that there is a movement of the Holy Spirit in our land.

At this time of year, we watch the leaves turn from vibrant green to beautiful shades of crimson red, warm orange, and brilliant yellow. The skies are blue and the sun is bright. But we all know that soon the colorful leaves will die and fall from the trees, leaving the skeleton of the branches bare and stark against gray skies. Winter is coming. Winter with its cold and snow and ice and short, dark days and gray skies. We can’t change that. But we can look to the future and what we know will happen. On the other side of the darkness is a bright and beautiful rebirth. The trees will bud out again in vivid green. The flowers will bloom in their spring colors.

And so it is with the Church. The Church in New England has had its dark season. The leaves have fallen off and been

blown around and scattered. The days were short and the word of God was hard to find. But we are now in a time of renewal. People are hungry for the word of God. They search everywhere for truth and something to hold on to. God is awakening the churches, calling them to obedience. He is lifting up the chosen to lead the lost into the Kingdom. He is longing for His church to be revitalized.

It is in this time that we are following close to the Lord and seeing His vision for us as a Conference. We are rebuilding the broken churches. We are beginning new works that offer the truth of the Gospel to new populations. We are following in God’s footsteps as He leads the way.

The time is now. Even as the leaves are turning and falling from the trees, and as we face the long night of winter, our hearts are on fire with the truth of God and the vision He has for us. Together we will obediently serve Him for His glory.

Urban Church Planting

Pastor Dan Pryor, pastor of Plymouth Church, Whittier, California
Member of the CCCC Church Multiplication Committee



At least once or twice a week I walk up into the Whittier Hills behind my home. At the top, there is a place I like to stand and pray for the entire L.A. Metro Area. From that one place I can see where well over ten million people live. It is an inspiring sight! Frequently, from there the Lord

reignites in me His passion for those millions — most of whom are like sheep without a shepherd — and calls me to recommit my life to the great purpose of living out the Gospel among them.

The U.S. has become an urbanized nation. 80.8% of the population is living in densely congested urban areas comprised of non-traditional families, large clusters of immigrant communities — and decreasing Christian presence and influence. Why is America and the world urbanizing so dramatically? I believe it is the plan and purpose of God. He is coalescing great multitudes into urban centers so that they can know of His love for them. We read in Acts 17:26–27, *“From one man he made every nation of men, that they*

should inhabit the whole earth; and he determined the times set for them and the exact places where they should live. God did this so that men would seek him and perhaps reach out for him and find him, though he is not far from each one of us.”

There is a great need for a movement of church planting in urban America. As communities change, existing churches find it more difficult to reach their communities with the gospel. Consequently, over time, there are more and more unreached people and fewer and fewer churches to reach them. The answer to this dilemma is new churches!

The CCCC churches of Southern California are trusting God and actively working together toward planting sixty new churches in our area by 2020. That is a vision that is so big it can only become a reality by the mighty hand of God! We have started the L.A. Metro Church Planting Center, and are putting in place a process of assessment, training, coaching/mentoring, and funding.

Please pray with us that the Lord of the Harvest would send laborers into this vast harvest field.

Transformation

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

We should have started earlier, but it's not too late. She's playful, a white-beige mix, and has a tongue a mile long. Most of her behavior might be cute for a puppy. The problem? This puppy is 62 pounds! She yips and joyfully jumps on people to say "hello." She tries to join us on the loveseat, thinking she's still a lapdog. She's the most loving, most loyal dog you can find — but that doesn't excuse her behavior.

If you've ever trained a puppy, you know that it takes patience, persistence and intentionality. Usually you can produce a loving, loyal and well-mannered dog. If you don't, your friends won't come to visit. Some dogs are easier to train than others, but most dogs will eventually submit. Bottom line: even the smartest dog cannot train itself. And while human beings are the only "animal" with the capacity for self-discipline, in matters of discipleship, the same holds true for us as well.

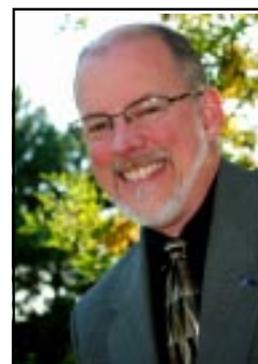
Discipleship must be intentional. It must be Christ-centered (for his glory) and Christ-like (following his example). Jesus disciplined his followers life on life. But too often churches leave spiritual growth to the individual. We expect people to pray, but we do not spend consistent time praying with them so they learn how. We ask people to tithe, but spend precious little time helping people understand Biblical stewardship in their daily lives. We tell people to spend time in the Word daily, but we do not train them how to study and use good tools to dig deep into the rich truths of Scripture. We talk about a personal Sabbath, but do not spend such time in rest together nor do we free up our schedules to allow for it! We

certainly bear some responsibility for our own maturing, but the main biblical emphasis is the impact of the believing community on us for Christ.

The true measure of Christian discipleship is not how much biblical truth we know; rather it's how Christlike we are! Discipleship's impact is seen in spiritual maturity, character and the actual fruit borne in our lives. It's not just about right thinking, but about righteous *living*. Discipleship requires more than academic learning — it must have a mentored life investment from one spiritual generation into another.

How's your community doing? Are your folks demonstrating the fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control) more each passing year? Is righteousness increasing among them? Are times of corporate intercession joyful and natural or is gathering them like pulling teeth? Do your folks urge one another on to good deeds in ministry and outreach? Is the number of true disciples in your church increasing? If the answers to these questions are not what you desire, it might be time to assess discipleship.

If you'd like more information on what the CCCC is doing to help our churches grow in this area, give our office a call at (651) 739-1474.



The Bronx Household of Faith is a CCCC church in the heart of New York City. I'm sharing the following from their church newsletter, because so many of our churches have been or are now in building programs. It was written by their pastor, Bob Hall. I've left the article as is, but please understand the appeal for funds was being made to their people — Ed.

Please Pass the Computer

"Did you hear me?" as I was sitting in my son's living room waiting for my turn to use his laptop to check e-mail, "I said, 'Please pass the computer!'" Never in my wildest dreams, as a young man who started out in computers, did I envision that we would be using computers that would sit on our laps.

I remember the predictions that some day we would have computers that would sit on top of our desks. Fine! I thought to myself, but you would still need a moving company to get it into your house.

On another occasion, my son wanted a document that I had written. Like magic, it flew across the living room from my laptop to his hand-held iPod! I'm still dizzy with amazement.

Computers, for the most part, do what you want them to do. I wish I could say the same for the building department bureaucracy that we have been dealing with over the last year. Red tape has not yet yielded to random access memory.

There is still the all too human element that we have been dealing with over the past year to restart our construction engines. Perhaps it is the case that technology has changed our expectations. Can it be that we have, unwittingly, succumbed to the entitlement mentality? I want it now because it's my right!

It's time for a reality check. Sometimes, one just has to wait.

I'm happy to report that we no longer have to wait for our building permit. Construction has resumed under a new contractor. There have been a lot of lessons learned and by God's grace we want to build on them (no pun intended).

At the very least we can say that we intercepted some problems in construction that would have come back to bite us five to ten years down the road.

A large part of the delay over the last year was making sure that everything we were doing and using was in compliance

with the new building codes. That took time, and getting the actual building permit renewed also took time. So here we are. We have resumed construction and we are grateful to the Lord for that. We're also confident that the end result will be far better than what we had previously.

Let me remind you of the intended use for this building. Of course, our church will meet there for worship; but it is primarily designed for outreach ministry. We are in a unique position to make a significant contribution to this community.

We currently have ministries to youth, and a school for at-risk youth is still very much a part of our vision. Changes in our community also make ESL classes a viable option, not to mention after-school tutoring, which is already happening.

As things stand now, we are under pressure to see the funds come in so that we can keep the men working. We do not owe any money on the building. Given today's economy, we

are breathing a sigh of relief that we don't have any debt.

We want to continue in that mode, building only when we have the money. Some have questioned us as to the wisdom of this but this is what we feel we need to do at this time. Every penny that has come in for the building has been used for the building. Our treasurer has been very scrupulous about keeping those funds separate from our regular expenses.

As yet there are no computers that can build buildings. We still have to rely on men wielding tools. They have to be paid and that takes money. Will you pray for the completion of this building and will you also ask God what He might want you to give. I accept the reality that God might say — nothing.

If man can do the heretofore deemed impossible with a computer, it is nothing for God to accomplish this impossible-from-our-perspective task and so we are asking Him to er... please pass the building!

Eminent Congregational Christians — Nineteenth in a Series

By Alwyn York, CCCC Conference Historian

Elder William Brewster

William Brewster served as spiritual leader of the Plymouth colony at its most critical time, although he had no theological training and was never ordained. Throughout a long and useful life, he was a man the Plymouth Pilgrims could rely upon to do whatever was needed.

He was born about 1567 in the village of Scrooby in the north of England. His father was bailiff (a sort of administrator) of Scrooby Manor, one of the palaces of the Archbishop of York. He attended Peterhouse College in Cambridge, but did not complete a degree. After leaving Cambridge he briefly served in the court of Queen Elizabeth. He became an assistant to William Davidson, a diplomat in the service of the queen. Brewster traveled to the Netherlands with Davidson when he negotiated a treaty with the Dutch. Any hopes Brewster may have had of advancing within the royal court were dashed when his patron Davidson fell out of favor with the queen and ended up in prison.

Brewster returned to Scrooby, where he served as postmaster from 1590–1607. He began attending the preaching of two nearby ministers, Richard Clyfton and John Smyth, whose convictions about church reform were becoming increasingly radical. John Smyth formed a Separatist congregation at Gainsborough in 1606. When part of this group organized as another congregation in Scrooby with Clyfton as their minister, they usually met at Brewster's home. (It was ironic that this group who believed in separation from the established church was meeting in Scrooby Manor, a residence owned by the bishop.)

When the restrictions and pressure placed upon the Separatists by the government convinced them that they should move to the freer environment of Holland, Brewster was deeply involved in the plans and preparations. He was one of the men captured by the authorities during their first attempt to leave England in 1607. He was finally able to arrive

in Holland in 1608, and was elected elder of the congregation in 1609. The Scrooby group first settled in Amsterdam, but moved to Leiden after a year. During the years in Leiden, Brewster made a living as a teacher of English, and from 1616 to 1619 printed and published religious books. The press was finally seized by the Dutch authorities under pressure from England. Brewster's partner was arrested, but Brewster himself was able to escape. With the help of Robert Cushman, he obtained a land patent in America for his group.

Because Pastor John Robinson stayed behind when the Pilgrims sailed for America in 1620, it fell to William Brewster as elder to lead the congregation. The plan was for Robinson to come over eventually, but he died before he was able to do this. Thus Brewster ended up with a greater responsibility for spiritual leadership than had been intended. The Plymouth colony did not have a regular pastor until 1629, when Ralph Smith arrived.

Brewster's good friend William Bradford wrote of his ministry, "When the church had no other minister, he taught twice every Sabbath, and that both powerfully and profitably, to the great contentment of the hearers and their comfortable edification." (*Of Plymouth Plantation*, Morison ed., p. 327) Unfortunately none of his sermons have been preserved.

Despite the hardships of emigrating twice in his life, first to the foreign environment of Holland, then to the wilderness of America, Brewster lived to a good old age, being in his late seventies when he died in 1644. William Bradford wrote that he had the blessing "to die in his bed, in peace, amongst the midst of his friends." He was not ill for very long, not being confined to bed until the last day, on which "about nine or ten o'clock that evening he died without any pangs at all... and so sweetly departed this life unto a better." (*Of Plymouth Plantation*, p. 324)

On the Calling of the Pastor

On the 30th anniversary of his ordination, Pastor Alwyn York recalled, “I pulled out the first sermon I gave as a pastor, in Greenwood, Wisconsin on August 26, 1979. I remembered that in that sermon I spoke about the kind of pastor I hoped to be. I wondered how my words would strike me today. Here is part of what I said.

“As a minister, I want to be one who says to the world, ‘The way of righteousness and truth is not always fun. The fact that something is unpleasant for the moment doesn’t mean that it is wrong. I want to encourage people to stand by those things that are worthwhile — to be willing to struggle to make their community a better place, to make a marriage work, to stand by the church even when it is unpopular to do so. I want to lead young

people so that they will have standards, a sense of right and wrong, and a commitment to the cause of Jesus Christ in the world. I want to be able to comfort, to inspire, to impress people with the joy and glory that are to be found in Christ’s service, but I also want to have the courage to speak strong words when they are necessary, to rebuke and admonish. I would like to have some tokens of worldly success in my ministry, but I pray that I might also have the conviction to labor on even when it doesn’t seem to be paying off.”

He then added, “Thirty years later, those ideals don’t sound so bad. I hope that I have been true to them over the years, and that I will have the fortitude to maintain them however many years of ministry I may have ahead of me.”

2010 Short Term Missions Opportunities Announced

One of the key ways Christians have become involved in missions in recent years is through short term mission trips. The CCCC has offered dozens of such trips, accomplishing much for resident missionaries and their work, and giving a life-changing experience for the participants.

Our Missions Committee is offering opportunities for short term missions trips abroad during 2010. Please do not let the price be your deciding factor. We would like to see all participants send out personal support letters to let their church, friends and family be able to take part in the mission outreach or project with finances and prayer. In all the years of sending these teams we have yet to see anyone drop out of a trip because of finances. Remember: Where God guides, God provides!

The following trips are tentatively set for the year 2010. Please note that all of the information listed below is subject to change. If you are formally registered for a specific missions trip, all necessary updates will be forwarded to you. Each of these trips requires an application, a confidential pastoral reference, a valid passport, and a one-time, non-refundable deposit.

The CCCC Missions Committee has set aside funds in order to make it possible for our CCCC pastors to go on a mission trip. The fund will grant each pastor up to \$1500 for an overseas Mission Trip that is sanctioned by the CCCC Missions Committee. We encourage our pastors to go on Mission Trips. To apply for these funds, contact Malcolm Collins, CCCC Missions Committee Chairman.

E-mail address: malcolm-barbara_collins@juno.com

MALAGA, SPAIN — April 17-May 1, 2010

Building Team — 10–18 people

Cost: \$950.00 plus airfare — includes, food, lodging, ground transportation, insurance and an excursion to Morocco.

Team Leader: Clair Longuevan

Project Description: This team will do various projects at the

Malaga Media Center where Gospel programs are prepared for radio and television to reach the Muslim world.

Missionary: Dan Lippincott

E-mail address: dlippincott@avmi.org

Deposit Required: \$150.00

VINJU-MARE, ROMANIA — June 18–July 2, 2010

Building and Ministry Team — 10–15 people

Cost: \$1500.00 plus airfare — includes food, lodging, ground transportation, insurance and a two-day excursion.

Team Leader: Clair Longuevan

Project and Ministry Description:

1. Begin the construction of a wood frame church building
2. Ladies on the team can assist with the ministry among women and children.

We will be working with missionaries, Daniel & Marianna Cocar.

E-mail address: dcocar50@yahoo.com

Deposit Required: \$150.00

PRISTINA, KOSOVO — July 16–25, 2010

Youth Ministry Team — 15–25 people - ages 16 through adult

Cost: \$975.00 plus airfare — includes food, lodging, ground transportation, insurance and a two-day excursion to Thessalonike, Greece.

Team Leader: Clair Longuevan

Ministry Description: Children’s clubs, youth work, and possibly an inter-church youth camp and Bible classes with adults. All ministries will be in English with a translator. Some team members needed for manual work at a nearby Bible camp, and or painting school classrooms, general repair, etc

Missionaries: Dan & Primrose Avila

E-mail address: dan.avila@ecmi.org,

primrose.avila@ecmi.org

Deposit Required: \$150.00

Using Technology in Ministry

by Teddie Techie

One does not have to be an expert to begin using technology in ministry. There are many simple things a church can do to enhance their ministry. For example, it is common to try to reach a church on the telephone and have no answer. Voice-mail and answering machines are neither high-tech nor expensive, but even small churches need to use them.

Even small churches often use other technical ministries. They use mass e-mails to keep the congregation informed of special events, last-minute changes, weather emergencies, deaths and funeral arrangements, serious prayer requests (without personal details), even regular midweek bulletins. Other churches dispense much of that information with autodialing telephone messages. And many youth ministries utilize Facebook and other social networking tools.

Many churches provide assistance to their elderly parishioners with small home repairs. But it might also be good to offer them help in understanding their cell phones and getting messages from them, using cable or satellite television, or even getting better use out of personal computers, including web surfing or using Skype.

Changes and Opportunities

Pastoral Changes:

Loysburg, PA St. John's Reformed Church * Charles Campbell

Pastoral Openings:

Brighton, CO	Zion Congregational Church * (Associate Pastor)
Wethersfield, CT	First Church of Christ
Buffalo Center, IA	First Congregational Church *
Garner, IA	Zion Evangelical and Reformed Church *
Treynor, IA	Zion Congregational Church *
Paul, ID	Ebenezer Congregational Church *
Rockland, ID	Rockland Congregational Church (Part-time) *
Round Lake, IL	Community Church of Round Lake *
Billerica, MA	Community Congregational Church *
Blackstone, MA	Christ Community Church of Blackstone *
Boxford, MA	First Church Congregational * (Minister of Youth & Music)
Medway, MA	Community Church of West Medway *
South Grafton, MA	Union Congregational Church * (Part-time)
Brewer, ME	Second Congregational Church *
Maple Rapids, MI	Maple Rapids Congregational Christian Church *(Youth Pastor)
Edina, MN	Colonial Church *
Mantorville, MN	First Congregational Church *
Kulm, ND	First Congregational Church *
Scotland, SD	United Church of Christ
Suffolk, VA	Cypress Chapel Christian Church *
Wilton, WI	Faith Congregational Church *

* = Conference member

+ = In process

Promotion to Glory

Nevin E Haines died January 29, 2009. He joined the CCCC in 1968 as an ordained minister. He was born August 11, 1918 in Greenville, Ohio. His wife's name is Marjorie and lives in Pueblo Colorado. He pastored the Zion Evangelical Church in Scottsbluff, Nebraska for over nine years.

We extend our deepest sympathy to Marjorie and to other family members as well.

Health Tips

Physical Activity Guidelines

The main idea behind the new U. S. Department of Health and Human Services physical activity guidelines for Americans aged 6 years and older is that regular physical activity over months and years can produce long-term health benefits. Many studies have demonstrated that regular exercise helps to lower your risk of developing chronic ailments such as obesity, heart disease and adult onset diabetes.

It is recommended that adults do a minimum of 2 hours and 30 minutes of moderate-intensity activity a week like brisk walking, ballroom dancing or general gardening. One hour and 15 minutes a week of vigorous-intensity aerobic physical activity may be done instead, like jogging, aerobic dancing or jumping rope. A combination of these activities during the week may also be an option.

Adding strength or muscle strengthening exercises that work all major muscles groups twice a week achieves additional health benefits such as increased bone density and strength.

Older adults should be as physically active as their abilities and conditions allow, adding exercises to maintain or improve balance.

By specifying the total amount of activity per week allows people to design their own way of accumulating the recommended time each week. The amount and type of exercise can vary from day to day.

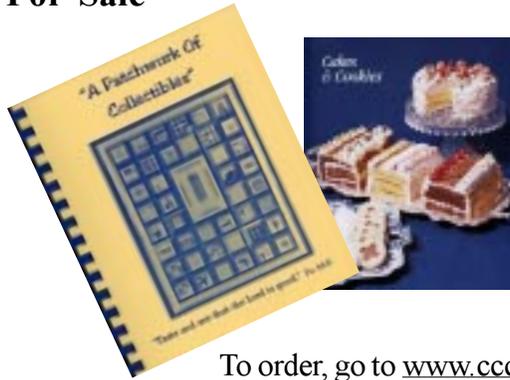
There are many ways to exercise. It is very important that you get up and start moving.

Source: www.health.gov/paguidelines

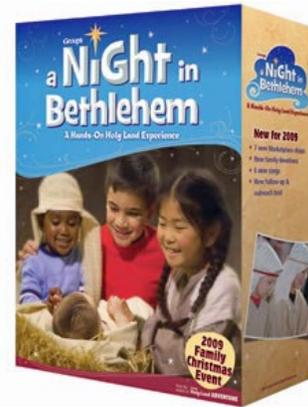
Betty Mitchell, RN, Parish Nurse
Emmanuel Bethel Church
Royal Oak, MI

Vintage Cookbooks

Vintage 50th Anniversary Cookbooks For Sale



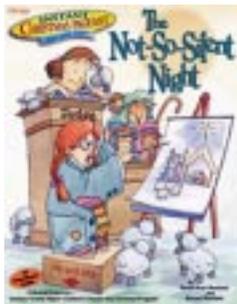
To order, go to www.cccusa.com
Price is \$8.00 + shipping



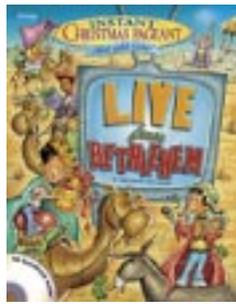
Night In Bethlehem Starter Kit
Special Price: \$35.97

Instant Christmas Pageants

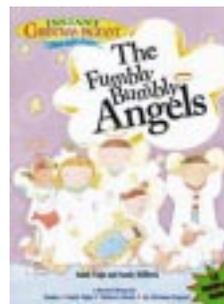
⁸And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. ⁹An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. ¹⁰But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people. ¹¹Today in the town of David a Savior has been born to you. Luke 2:8-11



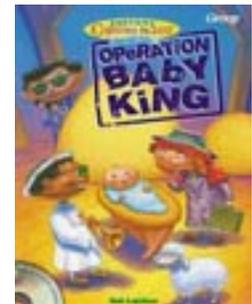
The Not-So-Silent Night
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Contains all that's needed to prepare:

- Compact disc with all the spoken dialogue, sound effects, and music. You even get songs for the whole congregation to sing with the children.
- Book and CD provide clip art to make fliers, bulletins and posters to publicize the pageant.
- Most of the props can be created from provided patterns, or borrowed from homes or Church.
- Costumes are combinations of makeup, patterns and clothing.
- Ideas for adjusting the number of roles to fit your group.
- Perform using real voices combined with sound effects from the CD, or movements combined with complete soundtrack for younger children.
- Rehearsal ideas that allow children to easily learn their parts, without memorizing or lip-syncing.

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www.cccusa.com for more information.

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