



News of First Christian Church
(Disciples of Christ) of Marietta

The HARBINGER

Volume 62

April, 2011

We are an inviting, welcoming, growing Christian community, worshipping God
in the Disciples tradition since 1949, where you are a stranger but once.

Feel-Better Exercises Any Couch-Potato Can Do

By
Rev. Wilma Zalabak

Continued from last month!

Exercise your **face**! You can do it. Keep those wrinkles, jowls, and double chins away. To do this you will need your **tongue** and that's a good thing. Your tongue is a very complex muscle. The tongue is ALL muscle. Think how much you have to work with in exercising the tongue! You will never get bored. You will gain better diction and perhaps be able to learn a new language or lose a persistent accent. Since your tongue is connected with the vocal cords, your voice might even sound better with tongue exercises.

Furthermore, muscles inside the cheeks are connected to the gums so save yourself from gum laxity that invites disYou're searching for resistance in your face muscles, so run your tongue slowly and systematically around the inside of your mouth. Notice any muscle strand you can find. That's where you will start. Push your tongue against that cheek muscle and push the cheek muscle against the tongue.

Make as much resistance as you can and hold it for ten seconds, or thirty. Find another cheek muscle; find the matching one on the other side. Find muscle strands in odd places, down low, up high, in the line of your lips. Build what you can find and after awhile you will find more. ease.

(Continued on next column)

Press the tongue against the gums, and against the floor, top, and back of the mouth and hold it for ten seconds or thirty. Give your tongue the full workout.

Next the **eyes**. Lengthened-arm reading and dry eyes are only some of the reasons to exercise your eyes. Your eyeballs are attached to the inside of your skull and to the outside under your scalp. Those four large muscles for each eyeball can pack a whallop of energy, so let's learn how to tighten and hold here, too. Increase blood circulation and cleansing in the cranium and brain. The cornea itself is a muscle; keep it flexible. Face and eye muscle connections close to the ears may also enhance the function of the tiny muscles and bones of the ears for better hearing. First smile with your eyes. Smile the smile you give children or someone you really, really like. This tightens the conjunctiva to let the cornea stand out a bit and catch the light, hence the sparkle in the eyes. Hold this all day.

You can smile at the world or at yourself if you're alone. If you're with someone you love, this is good physiological reason for the energy you feel. Then without turning the head, look as far as you can to one side and then to the other, then up, then down, etc. The aim is not just to look in that direction but to put tension in the muscles that keep you looking there. Hold the tension in each direction for ten seconds or thirty. The consider your eyelids. You need those eyelids to stay closed while you sleep, but aging relaxes them and lets air dry out the eyes at night. So find a way to press the lids together, not like squinting but very smoothly, and hold for ten seconds or thirty.

With any of the face, tongue, or eye exercises, you may notice nasal passages clearing up or dropping their fluid to be swallowed. That is normal and to be welcomed to help flush out viruses and bacteria that otherwise might colonize there.

(Continued on page 2)

(Continued from Page One)

Perhaps you already do arm curls or shin kicks from your sofa. If you can figure out a way to use resistance, the benefit will multiply. Ankle or wrist weights might work, or just a can of vegetables in each hand. For wrists and ankles, do the range of motion roll very slowly and with great muscle squeeze. Leg and ankle work is important for balance and walking. **Fingers and toes** are often forgotten in exercises, yet they are so wonderfully full of energy-producing potential that you could keep occupied for quite some time with them. Don't neglect the final joint on each finger and toe. If you baby those joints or let them get frozen in one position, that loss may stretch to poor balance, metatarsal foot pain, cold or swollen extremities, and the inability to play the piano! Use the principles we laid out to get back the motion and function in your fingers and toes. 1) Hold in a squeeze for ten seconds or more. 2) Use slow motion and resistance. 3) Welcome the burn. 4) Listen to your body.

Just a few extras here: For hair loss in women, it's likely a parasite in the follicles, so anoint your scalp with tea tree oil once a day. For less respiratory illness and better breathing use a nasal flush twice a day, a little saline solution poured in each nostril. For less germs migrating from teeth to stomach, use a mouthwash upon first waking, with tea tree oil if possible. First attack for more energy: drink water; not tea, coffee, or soda; before, after, and during exercise; whenever hungry, tired, or irritated. You have now finished an amazing energy-producing workout, and you never had to leave your seat! You will notice some differences within minutes. Other benefits will come in a few days. Over months of consistent exercise, even the bones reshape themselves according to the squeeze and pull of the muscles attached to them. These all arise from my own experience, so I know you can make a difference—from the sofa! **The End!**

A Note of Thanks

Jennifer Chung and family wishes to express sincere gratitude to all for your sympathy, love, and concern during my time of bereavement. May God bless you all.

Pastoral Care and Visits

**Reverend Jeffrey Shimizu, Donna Kremer,
Jerry Gladson**

Your three ministers are very interested in your pastoral care and feel that it is critical to the life of the church. In days past Ministers would regularly visit their members at home. However, today many people are extremely busy with their job and family activities. When they get home in the evening they really don't want visitors. Many communicate via Twitter, Facebook, and email. They are just happy to know they can call us, their elders, or the church office if they need anything. Still there are others who appreciate the home visits. We want to be responsive to your individual needs and preferences. All we ask is to let us know if you would like us to visit you. You can call us, email us, put your request on the manila card in your bulletin, or simply tell one of us. We want you to know we care and pray for you always.

Jeff, Donna, & Jerry

Elders Serving for April

**April 3 & 10: Paddy Kern &
Peter Chung**

**April 17 & 24: Brenda Stoyko &
Bob Kremer**

**Maundy Thursday Service
April 21, 2011 @ 7PM**

A Note From Our Congregational Health Minister, Rev. Donna Kremer

Dealing with Conflict

Conflict is almost inevitable when people work closely together. But how do you work and serve effectively when conflicts and complaints arise? The following 10 points are adapted from Chapter 7 of the book, *Ten Habits For Effective Ministry*, by Lowell Erdahl.

- 1. Resolve to 'be unconditionally constructive'.** Follow a higher rule than the Golden Rule — it's the Diamond Rule: *'Love others as Jesus loved us'*. Don't regard some people as 'the enemy'.
- 2. Maintain objectivity. Don't personalize every conflict.** We are tempted to take too much credit for things that are good and too much blame for things that are bad!
- 3. Take problems seriously, but don't 'catastrophise' every conflict.** Overlook a lot of things that aren't worth a war.
- 4. When needed, ask for help and be open to receive it.**
- 5. Focus on people's desires, not their demands.** Don't assume that wants and demands are identical.
- 6. When agreement is impossible, work for consensus.** Consensus may mean agreement, but it can also mean, 'I don't agree, but I won't stand in the way'.
- 7. Be willing, if necessary, to let up a little.** Compromise is, in most cases, a part of life.
- 8. Renounce all forms of intimidation and manipulation.** Love, understanding and patience are essential to work through issues.
- 9. Affirm others, and celebrate when the conflict is over.**
- 10. Remember that there are places to meet again.** We are part of the one body of Christ. Those in conflict, or who have been in conflict, can't avoid meeting again — and again — **at the foot of the cross.**

Reprinted with permission from *In Touch*, Newsletter of the **Lutheran Nurses Association of Australia**, Vol 22 No 1 January 2011.

Disciples Women

On Thursday, April 7th, we will have our next Disciples Women/Disciples Men family night. The covered dish will begin at 7:00 pm and Rev. Ileda Dowdy, Chaplain of Atherton Place, will be our speaker. Her presentation is "Spiritual Care of the Elderly". Please plan to attend and support Disciples Women/Disciples Men in this every other month meeting.

Pastoral Staff

Hal Doster,	Senior Minister Emeritus
John Lee☞	Senior Minister Emeritus
Jerry Gladson	Minister
Jeff Shimizu	Minister
Donna Kremer	Minister/ Minister of
	Congregational Health
Warren Taylor	Minister of Recovery
Eduardo Villarreal	Minister Spanish Service
Sherwood Smith	Dir. of Disciples
	Mission Food Pantry

Church Staff

Wilma Zalabak	Minister of Music
Tommy Russell	Administrative Assistant
Sean Warner	Worship Leader

Services

Sunday School	9:45 a.m.
Worship & Communion	11:00 a.m.
Bible Study	6:30 p.m. Wednesdays
Choir Practice	7:30 p.m. Wednesdays
Spanish Bible Study	7:30 p.m. Wednesdays
Unlimited Recovery	7:45 p.m. Wednesdays
Church Office Hours	see sign on office door
	closed Monday
Website	www.fccmarietta.org
Email address	fccmarietta@comcast.net

You are invited to...

Worship

Sundays at 11:00 AM

April 3: Rev. Dr. Jerry Gladson will be preaching on the monthly series "The Shadow of the Cross"

April 10: Rev. Donna Kremer will be preaching on the monthly series "The Shadow of the Cross"

April 17: : Rev Jeff Shimizu will be preaching on the monthly series "The Shadow of the Cross"

April 24: Easter Contata"

Conversations

(A mid-week Bible study)
Wednesdays, 6:30 PM

April 6: Bible Study with Rev. Dr. Jerry Gladson leading.

April 13:: Bible Study with Rev. Dr. Jerry Gladson & Rev. Donna Kremer on "Spiritual Gifts"

April 20: Bible Study with Rev. Dr. Jerry Gladson & Rev. Donna Kremer on "Spiritual Gifts"

April 27:: Bible Study with Rev. Dr. Jerry Gladson & Rev. Donna Kremer on "Spiritual Gifts"



THIS IS TIME VALUED MAIL

Non-Profit Organization
U.S. POSTAGE PAID
Marietta, GA 30060
Permit No. 302

First Christian Church
(Disciples of Christ)
569 Frasier Street SE
Marietta, GA 30060
(2 Blocks North of Cobb County Civic Center)
Phone: (770) 428-3125
Fax: (678) 384-4080

