



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

The HARBINGER

Volume 62

June, 2011

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

In conjunction with the sermon a movie night will be held at the church the Saturday before the sermon at 6:30pm. We will watch the movie and have popcorn and drinks...maybe even some candy. In addition we will...

- It is "Break Our Attendance Record" Sunday. Bring as many guests as you can. The person with the most guests that don't attend regularly in the service will win a prize.... ***priceless.***
- Honor our graduates during the service.
- After the service we will have an Auction. This might be bake goods or any other item of value you would like to donate. Reverend Jeff will preside over the auction.

You should look forward to a great summer at First Christian Church

*Reverend Donna Kremer
Reverend Jerry Gladson
Reverend Jeff Shimizu*

Exciting News

We have so many exciting events planned for FCC for the remainder of the year. Rather than spoil it for you I will simply tell you about what is happening in June and July. You won't want to miss a single Sunday in June.

1. Your pastors continue their series on "Waiting on the Holy Spirit."
2. Our Church Visioning Meeting is scheduled for Saturday June 18 from 10am to 2pm at the Roswell Road Library across from the Military Cemetery near the church. Church leaders are urged to attend this meeting and anyone who would like to attend this important planning meeting is welcome. Child care will be available at the church at 9:30. Please join us as we plan the future of FCC.
3. On Saturday June 25th Soulfire will be playing at Chestnut Ridge at 6:00.

Mark Sunday July 17 as an Extra Special Sunday to come to FCC

On July 17th we have a sermon from Reverend Jeff. The sermon is one in a series of Movie Sermon your ministers will deliver in July.

(con't in left column)

To all my Church Family:

Thank you all so much for your thoughts, prayers and calls while I was in the hospital. There were certainly bumps and a few scary concerns for my family, especially when I had to re-enter for the brain surgery on April 29, Fluid had accumulated and I was very near having a stroke. I know it was the prayers of many, many that prevented that from happening.

While I have several inches of staples and stitches in my head, and certainly am not as agile as I was before the heart surgery, I'm on my way to recovery, God willing.

Thank you all again, and please feel free to call me on my cell phone - 404-317-2504. My Son Derrick and his wife Jane are taking very good care of me. I look forward to see all of you before I return home to Alabama.

Doris Jefferson



Elder's Serving in June

**June 5 & 12th: Brenda Stoyko
Venn Heerman**

June 19 & 26: Bob & Donna Kremer

A Word From Wilma:

Our hymnal is a wonderful document. I call your attention to the several indices at its end. You can find a hymn or response by its title or its first line or its topic. You can find a hymn by its biblical reference or a Bible text related to the hymn's words. You can find a hymn by the name of its tune or the name of its composer or even by its rhythm if you know how to count it. I remember studying these things as a child and being totally fascinated.

So, for an example, look in the index of hymn tunes for the one named "Holy Manna." There you will discover that the same tune is used for several different hymns. So that's why you may sing a song that you were sure you didn't know but it seemed somehow familiar. It was a known melody. Someday, for the adventure of it, we may use the same tune for all hymns in the service. Would that be fun?

Usually, however, the hymns chosen for a particular service are chosen more for their words than for their tunes. This is true in most churches, whether it be traditional hymns or praise and worship songs. We look at the words of the song to see if it fits the topic of the day. Talking about hymns, would you help us out?

We would like to know your favorite hymn. During the month of June, would you write on one of the manilla cards, and place it in the offering plate, a song or hymn you'd like to hear in our church? We will try to use it somewhere in our services this summer.

Perhaps there will be a hymn sing, or a Soulfire gig, or a choir cantata that will use them. Perhaps they will come in a regular service somewhere. So please let us hear from you. Actually, I'm going to suggest you could turn in one request each week during the month of June if you have so many favorites. I hope you do!!!

Wilma

Healthy bread: White is the new brown?

If you're trying to eat more whole-grain products, as in whole-grain bread instead of white bread, you're doing the right thing. Whole grains are higher in fiber, which helps reduce the risk of cardiovascular disease. Plus, whole grain products may contain more minerals, vitamins, and antioxidants.

But because whole-grain breads are traditionally brown, choosing them can be a turn-off, especially if there are kids in the family. It's also hard to tell which breads really are whole grain. "Wheat bread" doesn't mean the wheat is whole, "whole wheat" doesn't mean the bread is 100 percent whole wheat, and "multigrain" doesn't mean all those grains are whole.

According to the Food and Drug Administration, some examples of whole grain products include **oatmeal, whole-grain cornmeal, brown rice, whole-grain barley, whole rye, and buckwheat.**

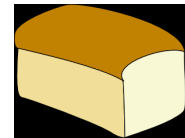
Some manufacturers, like Pepperidge Farm, are now using an albino variety of whole-wheat flour that's softer in texture and, yes—white in color. Because white whole wheat isn't refined, it's technically a whole grain. That means it contains the entire edible part of a grain or seed, including the sprout of a new plant, the endosperm, which is the energy storehouse of the seed, and the nutrient-rich bran, the seed's outer layer.) Refined grains, on the other hand, are stripped of their bran and germ layers during processing.

To spot white whole wheat products, check the label on "white" breads and other products for the operative words "whole grain" as the first or second ingredient. Pepperidge Farm's Farmhouse Soft 100% Whole Grain White has "whole grain" right on the front label, so it's easy to spot.

When *Consumer Reports* last tested 12 whole wheat and multigrain breads, **Nature's Pride 100% Natural Healthy** was judged "excellent" in the multigrain category. It was tasty enough to eat plain, with a nutty, complex mix of grains and crunchy seeds, and it was moist, chewy, and sweeter than most.

Among whole wheat varieties, **Milton's 100%** and **Pepperidge Farm Farmhouse Soft 100%** were rated very good.

(This article is adapted from the May 2011 ShopSmart magazine.)



Disciples Women

On Thursday, June 2nd, we will have our next Disciples Women/Disciples Men family night. The covered dish will begin at 7:00 pm and Jean Nash, Insurance Agent with Bankers Life and Casualty, will be our speaker. Her presentation is "Protecting Your Retirement". She will be speaking on financial security and retirement needs of seniors and their families. 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	Hispanic Minister
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
AA Meeting	5:00 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

June 5: Rev. Donna Kremer
will be bringing the message

June 12: Rev. Dr. Jerry
Gladson will be bringing the
message

June 19: (Father's Day) Rev.
Jeff Shimizu will be bringing
the message

June 26: Rev. Kimberly Rus-
sell will be bringing the mes-
sage

Conversations

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

June 1 Rev. Dr. Jerry
Gladson will lead us in
Bible study

June 8: Rev. Dr. Jerry
Gladson will lead us in
Bible study

June 15: Rev. Dr. Jerry
Gladson will lead us in
Bible study

June 22: Rev. Dr. Jerry
Gladson will lead us in
Bible study

June 29: Rev. Dr. Jerry
Gladson will lead us in
Bible study



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