



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

# The HARBINGER

Volume 62

August, 2011

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

## *A Word From One Of Our Ministers*

*Come, now is the time to worship  
Come, now is the time to give your  
heart Come, just as you are to worship  
Come, just as you are before your God  
Come \**

This is one of my all-time favorite praise songs. It is both an invitation and a directive. You see, worship is at the heart of our relationship with God, both as individuals and a community. Worship is also the centerpiece of our life together at First Christian Church. In worship we focus on God: on hearing a message based on the Bible, on prayer, on inspirational music, and on the sacraments. Of course individual Christians can do many of these things in private. However, in worship we ground our life as a community in our corporate experience of God. Our worship not only honors and magnifies God, but it is also for our own strength and edification. Worship nurtures us spiritually and helps us develop a Christ-like character. One of the top priorities of your ministers is to provide diverse opportunities for authentic worship experiences that evoke the presence of God's Spirit with us.

(Continued in next column.)

Of course, this takes a "village", starting with the Worship Committee. This dedicated ministry team meets three times a month to plan the Sunday services and special worship events. The team includes Lola Bethel (Chair), Wilma Zalabak (Minister of Music), Sean Warner (Soulfire/Worship Leader), and Tommy Russell (bulletin/ powerpoint). Sue Merritt oversees the chancel and makes sure the paraments are changed according to the liturgical season. The Deacons prepare the Elements, and along with the Elders, serve at the Table. The Chancel Choir and Soulfire enrich our worship experience through music. Deanna Bishop and Angie Lan coach our Acolytes who bring in the Light of Christ each week. Ken Russell incorporates the film clips and other videos seamlessly into the powerpoint to enhance the spoken word. If I have forgotten anyone, please forgive me. God knows who you are and values your contribution.

Your ministry team strives to evoke a coordinated feel to the sermons, despite our weekly rotation. Each month we develop a theme and all of us who fill the pulpit preach to that theme. You may remember that during Lent we traveled to Jerusalem "In the Shadow of the Cross." We prepared for Pentecost with "Waiting on the Spirit." What can you expect in the coming months? Your worship experience matters and we take your comments seriously. Please continue to offer your feedback on the manila cards. Looking forward to worshipping with you on Sunday.

*Come. Worship the Lord now. Come.*

Blessings,

Rev. Donna Kremer

### ***A Note From Wilma***

Marietta has a new piano distributor company! It's quite a fun place to walk through. Yamaha grand pianos here, Yamaha electric pianos there, Lowry organs in the corner, and a nine-foot grand piano in the center of the show-room.

The men there let me play on a few of the pianos. I did play the nine-foot, with a thrill. The trained salesmen summed me up pretty quickly, however, and told me of one they thought I'd like best. Yes, I do! Let me tell you about it.

Yamaha has worked for many years to get the power of a nine-foot grand into an electronic device. They've pioneered touch sensitive keys, and keys that have weight so the finger muscles don't get soft. They invested millions of dollars into recording the exact sounds as produced at different locations in the piano's sounding case, and placing the best speakers in the exact locations needed to produce those same sounds.

Yamaha invested even more to pay attention to harmonics and resonances, those extra sounds triggered when, and lingering long after, a piano key is struck. These special sounds add a richness and vitality to the sound of a nine-foot grand piano and cause a musician's skin to shiver with excitement. All this is available in some of Yamaha's most affordable electronic pianos.

There is more

### **Elders Serving in August**

**Aug. 7 & 14-Venn Heerman**

**Bob Kremer**

**Aug. 21 & 28- Peter Chung**

**Rev. Donna Kremer**

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A special note for everyone, our worship services in August will be somewhat less formal. We hope you enjoy and receive a blessing each week.

**Worship Committee**

(Continued from right column.)

This piano, now named the Avant-Grand, was made because Yamaha asked What makes a musician want to play a grand piano? What is it that hooks someone into playing the acoustic piano with all its strings and hammers and bridle straps and dampers? They focused also on the para-sonic feedback given to the performer from the piano itself, mostly the vibrations the performer feels as he or she plays a grand piano.

So the Yamaha Avant-Grand uses the same piano action as in the grand piano, with the long keys reaching way into the piano for exquisite control by the artist, and with extra sensors of the strength and kind of touch the artist uses. Furthermore, the Avant-Grand brings vibrations back to the fingertips and foot that are identical to the vibrations such playing would feedback on an acoustic grand piano. I thought nothing much of the feeling brought back to me through my fingers and feet, until I practiced on the Avant-Grand. Then I knew it matters to me that I can feel the vibrations of the sound I'm creating. What a wonder! I had no idea it would matter that much.

Of course, I WOULD want to practice on their most expensive electronic model. It's still less expensive than even a six-foot grand. Being electronic, it has much easier access to many things a pianist wants, like very quiet volume and quick transposing besides a wide variety of tones.

Since I can't buy any piano right now, I'll be grateful for the opportunity of practicing and playing on the acoustic pianos and the electronic pianos and the organs I have access to. Thanks to First Christian Church for providing some of those opportunities

***Blessings  
Wilma***



## A Word From our Congregational Minister, Rev. Donna Kremer

### 7 Ways To Live Better With Arthritis

Living with arthritis can be disruptive and disconcerting. The pain and stiffness can make it difficult to perform the daily tasks most people take for granted. Even things like putting on socks or cooking dinner can be exhausting. If you have arthritis it is important to take especially good care of yourself — to relieve pain, improve function, and cope with difficult emotions. In fact, the American College of Rheumatology recommends not only medication but also nondrug treatments for people with osteoarthritis of the hip and knee. These methods include weight loss, physical therapy, and complementary therapies, such as acupuncture and massage. It makes sense that eating healthful foods, shedding pounds if you are overweight, strengthening your muscles, and learning to move your joints safely are helpful regardless of which form of arthritis you have and which joints are affected. Further, paying attention to diet, weight, and exercise is important for preventing heart disease, which has been linked to rheumatoid arthritis and lupus.

Following are some do-it-yourself strategies and therapies that can help you conserve energy, protect your joints, accomplish daily tasks more easily, and adapt to lifestyle disruptions.

1. **Keep moving.** Avoid holding one position for too long. When working at a desk, for example, get up and stretch every 15 minutes. Do the same while sitting at home reading or watching television.
2. **Avoid stress.** Avoid positions or movements that put extra stress on joints. For example, opening a tight lid can be difficult if you have hand arthritis. One solution is to set the jar on a cloth, lean on the jar with your palm, and turn the lid using a shoulder motion. Better yet, purchase a wall-mounted jar opener that grips the lid, leaving both hands free to turn the jar.
3. **Discover your strength.** Use your strongest joints and muscles. To protect finger and wrist joints, push open heavy doors with the side of the arm or shoulder. To reduce hip or knee stress on stairs, lead with the stronger leg going up and the weaker leg going down.
4. **Plan ahead.** Simplify life as much as possible. Eliminate unnecessary activities (for example, buy clothing that doesn't need ironing). Organize work and storage areas; store frequently used items within easy reach. Keep duplicate household items in several places; for example, stock the kitchen and all bathrooms with cleaning supplies.
5. **Use labor-saving items and adaptive aids.** In the kitchen, use electric can openers and mixers. In the bathroom, cut down on scrubbing by using automatic toilet bowl cleaners and, in showers or tubs, spray-on mildew remover. Other devices on the market can help you avoid unnecessary bending, stooping, or reaching.
6. **Make home modifications.** Using casters on furniture can make housecleaning easier. A grab bar mounted over the tub is a necessity for many people, as is a suction mat in the tub to prevent falls. Putting a bathing stool in the tub or shower is a good idea for people who have arthritis in the legs.
7. **Ask for help.** Maintaining independence is essential to self-esteem, but independence at all costs is a recipe for disaster. Achieve a balance by educating family members and friends about the disease and the limitations it imposes and enlisting their support. Ask for help with specific tasks.

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### CWF/DM Family Night

**Mark your Calendar for Thursday August 4, 2011 for our bimonthly family night. Bring a dish or two, a guest and listen to Rev. Kimberly Russell tells us "Everything you wanted to know about Chaplains but was afraid to ask!"**

## 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        |

## Church Staff

|                |                          |
|----------------|--------------------------|
| Wilma Zalabak  | Minister of Music        |
| Tommy Russell  | Administrative Assistant |
| Sean Warner    | Worship Leader           |
| Sherwood Smith | Dir. of Disciples        |
|                | Mission Food Pantry      |

## 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 Sunday                                                        |
| Website             | <a href="http://www.fccmarietta.org">www.fccmarietta.org</a>         |
| Email address       | <a href="mailto:fccmarietta@comcast.net">fccmarietta@comcast.net</a> |

## You are invited to...

### Worship

Sundays at 11:00 AM

Aug. 7-Rev. Jeff Shimizu will be bringing the message.

Aug. 14-Rev. Dr. Jerry Gladson will bring the message

Aug. 21-Rev. Tim Morrison will bring the message.

Aug. 28- Rev. Donna Kremer will bring the message.

### Conversations

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

Aug 3- Bible Study led by Rev. Dr. Jerry Gladson

Aug. 10- Bible Study led by Rev. Dr. Jerry Gladson

Aug. 17-Bible Study led by Rev. Dr. Jerry Gladson

Aug. 24- Bible Study led by Rev. Dr. Jerry Gladson

Aug. 31- Bible Study led by Rev. Dr. Jerry Gladson



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