



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

The HARBINGER

Volume 62

February, 2011

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

Introducing Your Transitional Ministers January 2011

Reverend Donna Kremer, Jerry Gladson, and Jeff
Shimizu



Rev. Donna Kremer:

I have served First Christian Church since 2003 as Minister of Congregational Health. I strongly believe that health and healing take place by promoting wholeness in mind, body, and spirit. In addition to my passion for health ministry, I also claim the Spiritual Gift of showing mercy. My desire is to serve God by empathizing with and comforting those who are in distress. As a nurse, I am quite at home in a hospital and can interpret health care terminology. Other areas of spiritual emphasis for me are pastoral care, ethics, and teaching. My greatest joy as a Disciple is to officiate at the Lord's Table. I am both honored and humbled to serve as member of the pastoral team.

Rev. Dr. Jerry Gladson:

Having served ten years as your senior minister, I don't feel I need much introduction to our church's wider family.
(Con't)

Since I retired in 2007, I've been busy doing theological research and writing, passions I've neglected while pasturing over the years, and teaching part time at Columbia Theological Seminary. However, I've continued to be very interested and active in the life of our church and therefore humbled and excited that you would call on me to become part of a transitional pastoral team, along with my good friends, Donna Kremer and Jeff Shimizu. I hope to bring to this team a strong emphasis on preaching and teaching. I will accordingly teach in Sunday School and *Conversations* (Bible study), as well as preach regularly in worship, and assist in other services. Having not one, but three pastors, I believe, offers Marietta First a unique opportunity in ministry

Rev. Jeff Shimizu:

I began my work life as an electrical technician but earned a BA in Business Administration from the University of Louisville and a MBA from Bellarmine University in Louisville, Kentucky. I have been a manager and business leader 27 years working for Hewlett-Packard/Philips Healthcare. During that time I have dealt with many business and employment issues. Sometimes it is difficult for us to bridge the gap between church on Sunday and work on Monday. We often struggle to reconcile what we learn on Sunday and what we face in the real world on Monday morning at work. During my years in management I developed leadership and presentation skills. I am a firm believer that public speaking is a learned skill. My theological education is from Columbia Theological Seminary in Decatur. I earned a Masters in Theological Studies (MATS) with a major in ethics.

(Con't pg. 2)

Elders Serving In February

**February 6 & 13: Peter Chung and
Brenda Stoyko**

February 20 & 27: Donna & Bob Kremer

**If for some reason you cannot serve, please call
Paddy Kern.**

Greeters for February

February 6 & 13: Tommy Russell

February 20 & 27: Al & Sondra Rowe

Members of Marietta First Christian Church,

One of our top pastoral priorities this year is to improve and simplify communication throughout First Christian Church. Especially in times of crisis you need to be able to reach your pastors without delay.

We now have an Emergency Cell Phone that one of us will carry at all times. The number is **678-761-4727**. Please continue to contact the Church Office at 770-428-3125 for routine or non-emergency calls.

One more thing - we want to remind everyone of our church's Inclement Weather procedure. We will make the decision to remain open or to cancel services no later than 7 AM on Sunday morning. We will notify both WSB Channel 2 and 11 Alive and will also send you an email

In His service,

Jeff, Donna, and Jerry

Rev. Jeff Shimizu con't.

My favorite classes were Ethical Leadership, Philosophy, and Disciples of Christ History and Polity that was taught by the Reverend Doctor Jerry Gladson. I don't consider myself a musician. Steve Wood is a musician. I do play some guitar and keyboards. Soulfire doesn't let me sing unless they are desperate. I do enjoy talking about music and am a better teacher than a player. I enjoy golf and play hockey but again I am a better teacher than a player. If you need my assistance please feel free to contact me anytime.

A Word From Wilma.

I'm a teacher of music rather than a performer. That means I understand some things about music and can explain them, but can't always perfectly make my body do what I understand and hear. So I've developed ways to try to help myself and others. Here's one.

Please consider with me the place of muscles in making music. In order to play the guitar or the violin, the fingers must have strong muscles. Likewise, in order to play the piano, the muscles in the fingers and hands, and even way around into the torso, must gain tone and strength. The place of muscles in singing or speaking is of similar interest to me. The vocal cords are simply muscles. Contracted, or thick, vocal cords make low sounds. Stretched, or thin, vocal cords make high sounds. Much of what we label "flat" is simply a loss of muscle tone, or the lack of ability to tightly contract or stretch the vocal cords and hold them that way. When I suddenly lose the tone I thought I had, it's likely a muscle that got tired. That muscle that got tired may be as far away from my voice as my hip or my abs, yet it has an effect.

I invite you to my website <http://listenary.com> to learn more about targeted exercises that really do work. Look in the main menu at the left of the page and click on "Voice Care."

In my experience, muscles matter. Building muscles as described in the several articles on my website may have many happy side effects, like younger-looking face and neck, better eyesight, increased gum and soft tissue health, less colds and flu, and clearer sinuses, besides better resonance, better diction, and better tone control. I love my volunteers in this choir. I love working with you. May God grant you patience, and persistence, . . . and power in the voice.

Blessings,

Wilma

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

Make the Most of Indoor Exercise

Many of us love being outdoors for physical activities. But when the weather gets crummy—too cold, too hot, or too much precipitation of any sort—we stay on the sofa, maybe for months, until things get better. There's no reason to give up exercising just because the weather stinks. You can stay physically fit, or get there, without leaving the comfort of indoors

These tips from HealthyLiving can help make your indoor workouts work wonders for you:

1. Put down the dark chocolate hearts and pick up your TV's remote control. Get up off the couch. Turn on your set. If you have cable, it may offer free "when-you-want-them" video selections, including fitness or exercise programs. You'll find choices from abdominal exercises to gentle yoga to walking or weight training. Some are as short as six minutes. Pick a different program every day or set up your own routine: walking videos three days a week; strength training two days a week. Vary your selection and you won't get bored. You can also use a video recorder to capture regularly broadcast fitness shows.
2. Use a free 5 or 10 minutes to do ab crunches on your bedroom rug or leg lifts while talking on the phone. Research shows that three 10-minute sessions of exercise in one day are as beneficial as one 30-minute session
3. Dance—with or without a partner. Just push back the coffee table and put on the music that gets you moving.
4. Ride your bike indoors. Sounds crazy, but you can get a special bicycle stand that turns your street bike into a stationary exerciser. Check sporting goods and bike stores.
5. Forget that you're a grown-up and head to the roller rink. Family sessions are usually the most sedate and best for those who haven't been on wheels for awhile. Once you get your rhythm going, you can burn more than 400 calories an hour.



Let's make 2011 our year for optimal Health and Wellness!

CWF/DM Potluck Dinner/Program

On February 3, 2011 @ 7PM come, bring a friend with you and a dish to share. It is a fun and informative evening!!

Pastoral Staff

Hal Doster,	Senior Minister Emeritus
John Lee☩	Senior Minister Emeritus
Jerry Gladson	Interim Minister
	Senior Minister Emeritus
Jeff Shimizu	Interim Minister
	Ministries /Pastoral Assoc.
Warren Taylor	Minister of Recovery
	Pastoral Associate
Donna Kremer	Minister of Congregational
	Health /Interim Minister
Eduardo Villarreal	Minister /Spanish Service
	Pastoral Associate
Sherwood Smith	Director . of Disciples
	Mission Food Pantry

Church Staff

Wilma Zalabak	Interim Minister of Music
Tommy Russell	Administrative Assistant

Services

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

You are invited to...

Worship

Sundays at 11:00 AM

Fed. 6-Rev. Jeff Shimizu will start a new series :Sermon on the Mount"

Feb. 13-Rev. Donna Kremer will be continuing the series on "Sermon on the Mount"

Feb 20– TBA

Feb. 27-Rev. Dr. Jerry Gladson will wind up the series on "The Sermon on the Mount"

Conversations

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

.Feb. 2– Rev. Dr. Jerry Gladson is leading us in a discussion about "What do Disciples believe?"

Feb. 9-Rev. Dr. Jerry Gladson is leading us in a discussion about "What do Disciples believe?"

Feb. 16-Rev. Dr. Jerry Gladson is leading us in a discussion about "What do Disciples believe?"

Feb. 23-Rev. Dr. Jerry Gladson is leading us in a discussion about "What do Disciples believe?"



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