



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

The HARBINGER

Volume 62

May, 2011

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

EVIDENCES OF THE LIVING CHRIST

We need to take courage from what happened here on Easter. We talk a lot in our church of the "Living Christ." We speak of this at the Communion. We pray for the Presence of Christ to be with us in our Board Meetings, committees, elders' meetings, and so forth. But we are like the disciples of old, who had walked several miles with a stranger heading toward Emmaus, when suddenly they realized who He was. "Their eyes were opened, and they recognized him" (Lk 24:31). On Easter Sunday---here---our eyes were suddenly opened and we humbly realized the Living Christ had been among us.

Is that too great a Reality to believe? I think not. I believe the Living Christ, the Christ of resurrection, is here in our lives today. Now, let us live in the light of that realization.---*Jerry Gladson*



EVIDENCES OF THE LIVING CHRIST

Those in the Chancel Choir had opportunity Easter Sunday, April 25, to look out on nearly filled sanctuary. The congregation buzzed with activity, The children giving out jelly beans in the "jelly bean prayer," *Soulfire*, our contemporary Christian band, and the choir singing together in an Easter Musical, "Portraits of the Savior," with readings by Donna Kramer and Jeff Shimizu from the Gospels telling the story of Jesus' passion, death, and resurrection. Festivities began that morning with a sunrise service, led by Jerry Gladson and *Soulfire*, followed by a delicious pancake breakfast prepared by Ken Russell with the assistance of Joe Kern.

I came away from the celebration of Easter with a glow in my heart, feeling that something of a resurrection was occurring at First Christian Church (Disciples of Christ) of Marietta. New life seemed to be flowing through the congregation that moment. It was climaxed Sunday when Jean Burnett and Robert Blazak joined our church family by responding to the invitation at the conclusion of worship. In the afternoon, our Hispanic Worship service had an attendance almost like that of the morning service. So powerful was this new life that I think we can live off It for several months!

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"Yes, I can believe it. With your determination, you could do that."

recital or rhythm (my weakest points), please be patient with me. Perhaps my determination will make a difference one day!

So I told her I had let the music lapse for thirteen years, and I had hard work to recover it. Again in response, she cited my determination. I figure here's evidence for all of you that any music we squeeze out of Wilma Zalabak was gained by hard work and determination, not necessarily by giftedness. Perhaps this very fact makes me a good teacher. On the other hand, if I disappoint you in recital or rhythm (my weakest points), please be patient with me. Perhaps my determination will make a difference one day! WZ

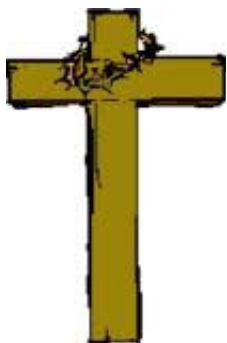
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### Elders Serving In May

May 1 & 8: Rev. Donna Kremer &  
Venn Heerman

May 15 & 22: Jean Farris & Paddy Kern

May 29: Lola Bethel & Sherwood Smith



*He Has Risen!*

### A Word From Wilma:

I recently had the privilege of preaching at my 40th high school reunion. I saw the gentleman who helped me get my first flute. His father was my church orchestra director and first flute teacher. I also saw a trumpet student of this amazing orchestra director who told me something I didn't know. There was an elderly lady who always played in the church orchestra, way into her nineties. I hear now that she learned to play the violin at age 65, taught by this same marvelous orchestra director. I used to think that these people just came together to play, but now I know that Mr. Hamel created his orchestra out of often surprising material!

I, Wilma Zalabak, was surprising material for sure!

Also at this 40th high school reunion, I met the teacher who taught me piano in fourth grade. She was a young college student then, but she nurtured me and inspired me for a year before I went to a professional classical teacher. I told Jean I always remember her encouragement to me as my piano teacher. She looked a bit surprised claiming great youth at the time. Then I told her that I'm teaching piano now, and her first look was another one of surprise, so I finished with "can you believe that?" She adjusted her face a bit and then said, "Well, there's one thing about it, you were very (pause) determined."

Others interrupted us and she stood nearby. When we got another moment and Jean asked what else I was doing, I told her I play the organ for church, and I accompany and direct a choir for another church. Since I was sensing her surprise, I finished again with "can you believe that?" Her response,

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# Eat Right with Color

Although National Nutrition Month was observed in March, it is never too late to incorporate healthy eating into our daily routines. This month, Brooke Schembri, MPH, RD, CHES, Director of WellStar Corporate & Community Health, shares her ideas to Eat Right with Color.

A diet rich in colorful fruits and vegetables helps to manage weight and reduces risk for heart disease, diabetes, and cancer. Eating a variety of colors ensures your body receives the full spectrum of vitamins, minerals, and antioxidants necessary for good health. Dark green leafy vegetables are rich in vitamins C and K, folic acid, and cancer-fighting phytochemicals; red fruits and vegetables are a good source of the antioxidant lycopene; deep blues and purples provide heart-healthy resveratrol; and orange vegetables are packed with vitamin A, which plays an important role in immunity.

According to the CDC, in 2009 only 26% of Americans ate three or more servings of vegetables each day, and 33% ate two or more servings of fruit each day. In an effort to increase consumption of these beneficial foods, the USDA recently announced new dietary guidelines that recommend filling half of your plate at mealtime with fruits and vegetables. Meeting this guideline may seem daunting, but it can be quite simple. Stock your kitchen with both fresh and frozen fruits and vegetables each week. Roast or steam vegetables until tender and add them to your favorite pasta, rice, or bean dishes. No time to cook? Open up a frozen entrée and pile frozen vegetables on top before microwaving. Keep chopped vegetables and hummus on hand for a nutrient-packed snack between meals. For a sweet treat, blend frozen berries with plain low-fat yogurt, or add fresh fruit to oatmeal for a heart-healthy breakfast.

A registered dietitian can help you learn more about making healthy dietary changes. The WellStar Nutrition Network offers a variety of nutrition services for the community, including individual consultations, group classes, weight management programs, and support groups. Our providers include registered dietitians, nurses, physicians, and psychologists, providing a comprehensive approach to nutrition education and disease prevention. For more information, call 770-793-7454 or e-mail [nutrition@wellstar.org](mailto:nutrition@wellstar.org).



## 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             | <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

May 1: Rev. Chris Goss will be bringing the message

May 8: (Mother's Day) Rev Jeff Shimizu will be bringing the message

May 15: Rev. Donna Kremer will be bringing the message

May 22: Rev. Dr. Jerry Gladson will be bringing the message

May 29: Rev. Jeff Shimizu will be bringing the message

### Conversations

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

May 4: Rev. Dr. Jerry Gladson will lead us in a one time topic of "What if there is no Hell?"

May 11: Rev. Dr. Jerry Gladson will lead us in a study on the book of Ruth

May 18: Rev. Dr. Jerry Gladson will lead us in a study on the book of Ruth

May 25: Rev. Dr. Jerry Gladson will lead us in a study on the book of Ruth



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