



CHRIST CHURCH PRESS

The Monthly Newsletter of Christ Church, Presbyterian
4201 Southern Pines Drive, Evans, Georgia, 30809

Volume 8, Issue 9

September 2012

The Pastor's Pen... The Health Benefits of Humble Pie

Birthdays

- Sept. 05 David Denis
- 05 Lulu Johnson
- 06 Charlotte Boyd
- 06 Will Boyd
- 08 Mark Goodell
- 08 Mary Elizabeth Goodell
- 08 Martha Seward
- 09 Gloria Gill
- 09 William Jewett
- 09 Cathy Moody
- 10 Brandt Caldwell
- 12 Grace Cornelison
- 14 Laura Caruso
- 18 Faye Robeson
- 20 Janet Ladun
- 22 Roy Emerson
- 22 Sam Myers
- 23 Cherry McPherson
- 24 Lex Bailey
- 24 Angie Boyter
- 25 William Cornelison
- 25 Daniel Kaminstein
- 26 George Doss
- 26 Becky Gianino
- 28 Monica Boyd
- 29 Trina Davis

Anniversaries

- Sept. 06 Anne & Michael Bowen
- 10 Lanier & Mark Goodell
- 11 Linda & Warren Jones
- 17 Angie & Norm Boyter
- 20 Emily & Paul Lyday
- 23 Lena & Glynn Dyer

When we are young and invincible, we generally give little thought to the health benefits or deficits of what we are eating. All that matters is taste. That pepperoni pizza with extra cheese might have far too much grease and way too many calories. It tastes good, so who cares? Bring it on. Sure, that mouth-watering dessert that grandma makes has enough fat and sugar in a few bites to exceed what your intake for the entire day should be. It's absolutely delicious, though, so you readily say, "I'll take seconds, please." As we get a little older and wiser, however, we begin to recognize that taste isn't everything. While taste still matters some, our long-term health matters more. Thus, we take the advice of the doctor and start paying attention to the nutrients and number of calories listed on the labels. We even eat some foods that may not taste that great but are rich in nutrients that promote the health of our bodies. This is the course of wisdom, if we are to be good stewards of our bodies.

What is true with regard to the care of our bodies is in many ways also true when it comes to the care of our souls. When we are young and immature believers, we tend to give far too little attention to the nutritional contents of our spiritual diets. Consequently, we frequently imbibe of that which makes us feel good and puffs us up, rather than that which is truly beneficial to the health of our souls. As we mature in the faith, however, we more and more see the importance of our spiritual health over our temporal happiness. Thus, following the advice of the Great Physician, we pay attention to the nutritional benefits of our spiritual intake and learn to eat that which promotes the health of our souls—even if we are not crazy about the taste.

With that in mind, there is one dish that is worth our consideration. It receives 100% approval from the Heavenly FDA (Father's Dietary Administration) for promoting overall health. It is a dish commonly known as humble pie. To help us see the wisdom of making humble pie a regular part of our diet, we briefly consider just a couple of the extraordinary benefits it provides to our spiritual health.

One area in which the FDA literature suggests strong benefits for those who include humble pie as a regular part of their diet is that of cognitive development. In particular, the data points to marked improvement in learning aptitude and practical application of knowledge (i.e., wisdom) for those who get the recommended amounts of the nutrients found in humble pie. Psalm 25:9, for example, reports, "He leads the humble in what is right, and teaches the humble His way." To that Proverbs 11:2 adds, "When pride comes, then comes disgrace, but with the humble is wisdom" (emphasis added). Whereas one can gain knowledge in many areas without true humility, if one is to gain spiritual insight into God's ways and obtain the wisdom to apply that knowledge rightly to his everyday life, humility is required. Pride prevents one's spiritual cognitive faculties from functioning properly; humility, on the other hand, promotes an aptness to learn and apply knowledge with depth of insight. Hence, for those who desire to be instructed by the Great Teacher, it is imperative that they be sure to eat their recommended daily portion of humble pie.

Perhaps an even greater incentive for making humble pie part of one's diet is the proven benefit it provides for heart health. There is unquestionable support in the Literature that sin is the number one threat to heart health. It quickly clogs the arteries and drastically restricts the flow of life-sustaining nutrients to the heart. What is needed to fight sin buildup in the arteries is repentance. Here is where the FDA literature points to the tremendous benefits of the ingredients in humble pie. The research data consistently shows a connection between humility and repentance. In fact, there is clear evidence that humility is necessary if there is to be repentance. One convincing piece of evidence is found in 2 Chronicles 7:14. Here, the Lord God first calls for humility ("If my people who are called by my name humble themselves") before He calls for repentance ("turn from their wicked ways"), leading to the removal of sin buildup ("then I will forgive their sin"), which in turn leads to healing ("and heal their land"). To put it another way, humility enables one to see his sin for what it really is and with godly

continued on page 3

Inquirer's Class & Bible Studies

September will see the Christ Church calendar filled with wonderful opportunities for fellowship and growth! Please consider how you might participate:

Inquirer's Class: A new Inquirers Class will begin Wednesday, September 5 in Covenant Hall at 6:00 p.m. There will be four sessions led by Pastor Josiah Jones and others, the first three focusing on the identity of Christ Church, Presbyterian as an "Evangelical, Reformed and Presbyterian" congregation; the fourth and final session will explore the many ministry opportunities offered and how to become actively engaged in the body here at Christ Church. A snack supper will be available prior to each session. This class is for all who are interested in knowing more about Christ Church, Presbyterian and are prayerfully considering becoming a member. Members who are interested in the class are also warmly welcomed to attend. Childcare will be provided. *If you are planning to attend, please sign up for this class by Sunday, September 2nd in order to provide an accurate count to the ladies who are kindly preparing the meal. To sign up, please call the Church Office at (706) 210-9090 or visit the church website (www.christchurchpres.org).*

Adult Bible Study: An adult Bible Study is hosted by Ron and Sue Moncrief twice a month at their home on 2910 Mayfair Road in Augusta. The study, which is currently focusing on 2nd Thessalonians, meets every first and third Thursday evening of the month and is led by John Manthei.

Women's Bible Study – The Women's Bible Study will resume meeting on September 13 and will begin with a study of Psalm 12. The group meets the 2nd and 4th Thursdays of each month from 6:45 until 8:00 p.m. and will gather at the home of Monica Boyd, 9 Summerville Lane in Augusta, on September 13. If you plan to attend, please contact Charlotte Jewett at cjewett@att.net so that she can add you to the list to receive a study guide each week. If you do not have email or a printer, copies will be available on the Welcome Table.

Young Family & Young Married Couple's Bible Study – All young families and young married couples are encouraged to attend this monthly Bible study in the home of Ora and Natalie Parish, 609 Woodwalk Lane, Martinez, GA. This Bible study will be led by Pastor Josiah Jones beginning on Thursday, September 20 at 7:00 p.m. and will meet on the third Thursday of each month. Childcare will be provided.

Men's Bible Study – All men are encouraged to attend a monthly Bible study to be held in the home of Billy and Debra Hatcher, 1067 Peninsula Crossing in Evans. The study will be led by Elder Billy Hatcher beginning on Tuesday, September 25 at 7:00 p.m. and will meet on the 4th Tuesday of each month.

Getting to Know Accent: Who They Are & What They Do

Over the last two years, Christ Church has contracted with Accent to provide us with housekeeping services. If you are at the church campus on Thursday mornings, you might see them in the Sanctuary or in one of our other buildings. So who is Accent?

Accent, Inc. is a service provider for adults diagnosed with mental retardation and developmental disabilities which strives to promote independence and quality of life with their clients, and education to the community at large about the abilities of the individuals they serve.

Accent has two specific program areas to help develop independence in their clients:

- AOI is Accent's program aimed toward individuals requiring help to become more independent in basic life skill areas such as hygiene, grocery/clothes shopping, food preparation, personal care, money management, mobility training, behavior management, community and social integration, recreation, and pre-vocational options. After acquiring these independent living skills and pre-vocational training, clients transition into Accent's work program.
- Once clients become comfortable with basic living skills and have been working in a pre-vocational program with AOI, clients are ready to test the waters in the job market. AOW assists in locating a work environment best matched to each individual's skills, preferences and needs. This may include working on a crew with a job coach and 100% supervision, or in an enclave where 100% supervision is not required but a job coach is always available.

Through CC,P's relationship with Accent, we not only receive necessary services, but also provide opportunities to developmentally challenged individuals in our community to cultivate independent living and work skills.

Notes from the Session, Diaconate and Committee Meetings

Building Update

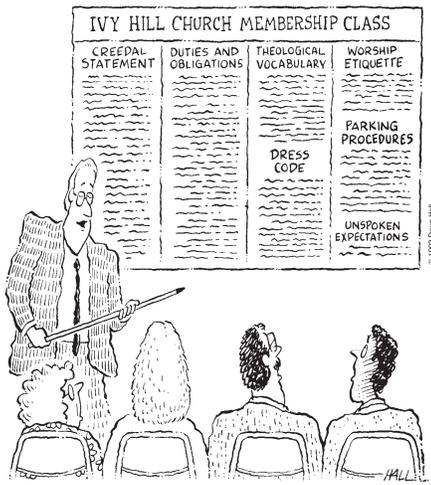
- The sanctuary and fellowship hall building exteriors were chemically cleaned and pressure washed during the month of August. The buildup of insects and dirt from the past couple of years has been removed.
- We have added a new fifty inch zero turn Toro mower to our fleet of riding lawnmowers to keep the grass on the property trimmed. We express our thanks to the 9 men who volunteer to mow the church property! Currently each team mows once every four weeks. We are still in need of volunteers to assist in mowing the church lawn. If you are able to assist, please contact Charles Kimbrell at (706) 738-6065.

Treasurer Update

- All bank requirements for the Church Property Loan refinance have been reviewed and approved. The next step is for the bank to schedule closing when the trustees of the church will sign the loan documentation. A financial update will be mailed to all in September providing the details of the loan. Praise be to God for His provision during the process of refinancing the church's property loan!

Mercy & Hospitality Update

- We are so appreciative of the Nursery Volunteers who serve in this ministry to our children! There remains a significant need for volunteers to assist in the Toddler Nursery. The nursery is staffed for all worship services, so assistants from our Youth Ministry are also needed. Those who volunteer, whether for both Sunday services or for evening only, are asked to provide care just one Sunday per month affording children a Christ-centered environment in which they can learn and play. Please consider serving in this vital ministry of the church by contacting Helen Caldwell at hcaldwell@georgiabankandtrust.com.



"Some churches use the acronym TULIP to remember their beliefs. We use CHRYSANTHEMUM."

sorrow turn from it, which leads then to forgiveness and restoration of heart health. It is no wonder the FDA so strongly promotes humble pie. It is absolutely vital to heart health!

It should be added that there are a number of other health benefits of humble pie recorded in the Literature (e.g., helps promote clear vision, helps prevent falls [Prov. 16:18]; with regard to the corporate body, it helps prevent fractures, by maintaining unity of the Spirit [Eph. 4:2]). Space, however, does not permit us to explore these other benefits.

All this being said, given the extreme importance of cognitive development and heart health to the wellbeing of one's soul, it is not an overstatement to insist that, if one cares about maintaining his or her spiritual health, there is no excuse for neglecting to make humble pie a staple item of

one's diet. This is especially the case, given the fact that, when it comes to the nutrients in humble pie, there are no cheap, generic supplements that provide the same incredible benefits. Only the 100%, all-supernaturally-made humble pie will do.

As the Lord our God offers us a slice of humble pie today, for the good of our souls, let us gladly eat the whole slice. In fact, considering the exceptional nutritional benefits of humble pie, this is one dish for which it would be perfectly good and healthy to say, "I'll take seconds, please!"

Your Pastor,

Christmas is Coming

If your schedule won't allow you to commit to the regular service of the choir, consider joining us in preparation for the Christmas Festival Service. The rehearsal schedule is as follows. If you have questions, please contact Mark Nabholz, music@christchurchpres.org.

Sunday, Sept. 30 – 4:30 - 5:45 p.m.

Saturday, Oct. 20 – 9:30 - 11:30 a.m.

Sunday, Nov. 4 – 4:30 - 5:45 p.m.

Wednesday, Dec. 5 – 7:00 - 9:00 p.m.

Wednesday, Dec. 12 – 7:00 - 9:00 p.m.

Saturday, Dec. 15 – 9:30 a.m. - noon
(DRESS REHEARSAL w/ORCHESTRA)

Sunday, Dec. 16 – 6:00 p.m.
(CHRISTMAS FESTIVAL SERVICE)



Missionary Spotlight

Missions Update – September, 2012

Please be in prayer for these missionaries and agencies during September. As you pray, consider the needs you would have if you were in their place such as:

- Trusting the Lord in all things,
- Having the spiritual and physical strength to complete the tasks before them,
- Being patient, kind and gentle in their service,
- Having courage in demonstrating the love of Christ.

Missionaries Prayer Focus

- Rick and Betty Aschmann, Mission to the World (PCA), Ecuador
- Dick and Nancy Baggé, Wycliffe Bible Translators, Kenya
- Bob and Andrea Burnham, Mission to the World (PCA), Ukraine

Praise and Prayer Requests

Rick and Betty Aschmann

- Pray that their children, Anne and Nathan, would have a positive semester in school;
- Pray that God would provide the remaining amount needed in pledged support so that the Aschmanns can return to the mission field in January;
- Pray for Paul Chiriboga, a young Ecuadorian missionary whom Rick is discipling by way of the internet, that the Lord would continue opening doors for the Gospel and the growth of the church in the small Quichua town of Mondayacu.

Dick and Nancy Baggé

- Pray for the protection of Kenya in the face of terrorist threats;
- Pray that Dick and Nancy would have compassion and insight as they counsel individuals, couples and families;
- Pray for an encouraging week September 16 – 21 when SIL's (Summer Institute of Linguistics) international counselors gather in Nairobi.

Bob and Andrea Burnham

- Please pray for the Burnham's transition back to Ukraine – both for their ministries and for the girls as they settle back into school and Russian language studies;
- Please pray for Bob as he meets with the other Ukraine leaders to develop a plan for phasing out of Odessa and phasing in to a new ministry in the city of Kharkov.

Christ Church Press

Christ Church, Presbyterian
 4201 Southern Pines Drive
 Evans, GA 30809
 706-210-9090

NONPROFIT
 ORG
 US POSTAGE
 PAID
 AUGUSTA GA
 PERMIT 367



September Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
11 a.m. Worship 6 p.m. Worship					7 a.m. Men's Prayer Meeting	
2	3	4	5	6	7	8
11 a.m. Worship 6 p.m. Worship		7 p.m. Joint Session / Diaconate Mtng	6 p.m. Inquirer's Class 7 p.m. Choir Rehearsal	7 p.m. - Adult Bible Study (Moncrief Home)	7 a.m. Men's Prayer Meeting	
9	10	11	12	13	14	15
11 a.m. Worship 12:15 p.m. Fellowship Luncheon 6 p.m. Worship			6 p.m. Inquirer's Class 7 p.m. Choir Rehearsal	6:45 p.m. Women's Bible Study (Boyd Home)	7 a.m. Men's Prayer Meeting	
16	17	18	19	20	21	22
11 a.m. Worship 6 p.m. Worship			6 p.m. Inquirer's Class 7 p.m. Choir Rehearsal	7 p.m. - Adult Bible Study (Moncrief Home) 7 p.m. - Young Family & Young Married Couple's Bible Study (Parish Home)	7 a.m. Men's Prayer Meeting	
23/30	24	25	26	27	28	29
11 a.m. Worship 6 p.m. Worship		7 p.m. Men's Bible Study (Hatcher Home)	6 p.m. Inquirer's Class 7 p.m. Choir Rehearsal	6:45 p.m. Women's Bible Study (Folley Home)	7 a.m. Men's Prayer Meeting	