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**Inside this issue:**

Pastor's Article	1
Prayer Requests	1
"Renovate"	1
Mission Trip	1
Lighter Side	2
Living Healthy	2

**PRAYER REQUEST**

Our Church

Our Country  
Our Leaders

Our Soldiers  
Our Missionaries

Eva Carpenter  
Jettie Gilbert

Chris Holland  
Ellie Karlsen

Herman Moon  
Lester Smith

Betty Vaughn  
Betty Waldrep

**Greetings from our Pastor**

**SEEING GOD**

If we were to see God in our flesh, we would probably not survive the vision. Moses went into a cleft in a rock and God covered him with His hand. Still, just seeing the back of the passing glory, Moses' face shone so brightly that he had to have his face veiled for the people to look on him.

However, we can see God all around us if we try. Mother Theresa said she saw Jesus in those to whom she ministered. I saw Je-

sus in the face of a poor Haitian woman who received Jesus outside a hut. We see His face every time we touch a heart, or a life, and see that face light up with the awareness that someone loves them. Let's love God and "see" Him by loving others and seeing Him in them.



**TAKE NOTE!**

As you may have heard, Joshua del Risco will be going on a mission trip to Cuba in the near future. To help with expenses, we will be taking up a special offering on Sunday, August 11 for this purpose.

This will be the first trip back to Cuba for Joshua since he left many years ago. His one desire is to see many come to know Jesus as their Lord and Savior and to witness to his family who are still there.

**"RENOVATE"**

**Key Leadership Training for all age groups & Pastor/Staff.**

**Saturday, August 24, 2013, 8:00AM—12:30PM at Roswell Street Baptist Church. The event is FREE. Provided by the Noonday Assoc.**

**It would be great if we could all plan to go for this training. It will all age groups. More info will be in the bulletin on Sunday.**

## ***LIGHTER SIDE***

Growing up as a child in church, many funny things happened that I did not appreciate until later in life when I began to loosen up and realize that God loves for us to laugh.

Our preacher was in the habit of announcing that he was through preaching and then would go over all the material he had covered to make sure we got it. Then, he would say he was through and go over it again.

One Sunday the music director had crossed his legs and gone to sleep. Crossing his legs had caused one of them to go to sleep as well, so he was doubly asleep. I am sure the Scripture was not "Awake thou that sleepest." That would have been too perfect. Normally the song master would have time to rouse himself and get set for the invitation through the next two repeats of the sermon, but on this occasion the pastor just said "Jack, lead us in the invitation right now!" Jack tried to rouse himself, his leg and grab a hymn book at the same time. The sleeping leg would not support him and he fell out in the aisle blurting out "God" as he fell. Several in the congregation thought he had been slain in the Spirit, but alas it was just a sleeping leg. Those who gathered around did not know whether to pray or lift him up. Finally, he explained that his leg had gone to sleep and the sudden invitation had surprised him.

The moment was lost. We called on Mr. Hice to dismiss. After that, Jack was never the same. He sat through the sermon nervously eyeing the preacher with both feet firmly affixed to the floor and resigned his position a few months later. I often think of all the things that could have been if only Jack's leg had not fallen asleep.

## **HEALTHY LIVING.....**

### **"A Cheerful Heart Doeth Good Like Medicine"**

Readers Digest used to have a section entitle "Laughter—the Best Medicine." Laughter is beneficial to the whole of our lives if we take the medicine properly.

Medically, laughter causes changes in the whole of our physical system. Blood pressure drops, the grelin/leptin balance changes (tells your body you are full or hungry), nitrous oxide absorption increases, blood platelets become less sticky and oncogenes are switched off (cancer producing genes).

Wow! The Bible was right! All of the things listed above have been measured by scientist to be at work when we experience genuine laughter. But let me add one study to the mix. Patients who suffered depression were put through a pattern of exercises that made them laugh and then compared them to those with medication and traditional treatment. The laughter patients improved the most with no treatment.

How can you laugh more! Here it is .....read it. Don't watch television, it is canned laughter and usually not funny. Talking to friends is the best way to laugh. Telling them the funny things that happened to you and hearing their stories. Yak it up! **IT'S GOOD MEDICINE.**

