

GCC MESSENGER

This is the message we have heard from Him and declare to you, that God is light and in



Volume 2 Number 3

March 1, 2008

HOW ABOUT A NEW DIET TO WELCOME SPRING?

Yes, Friends, Spring arrives on March 20! Winter does we overweight people an unintended favor. As the weather becomes chills, we begin to put on more and more layers of clothing, effectively disguising the fact that it's not all man-made insulation that gives us our 'Michelin Tire Man' appearance.

Conversely, when the weather begins to warm, the layers come off, revealing the layers, of fat, we've added through the winter.

Hence, everywhere you turn there's a new diet being advertised along with outrageous claims, such as: "Drop 50 pounds this week!" Wow, that sounds great! I wonder if that means losing my head and a leg or two to accomplish!

All this talk of diets has gotten me thinking about another reality. Americans, as a whole are a lot fatter than our forebears were. Have you ever wondered why?

One major reason is that when children are between 12 and 24 months old, mothers, dads, 'adults' love to put things like French fries, candy, hot dogs and other 'non-thin-making' foods in their mouths.

These children are literally programmed from the earliest moments to develop a taste for fattening foods - a programming that will last them a lifetime.

(If you don't believe me, ask anyone who has come to America from almost any

other culture and you'll find out they don't like American food - Too SWEET, too RICH.)

AND NOW A THOUGHT TO PONDER;

From your earliest moments, what words did Satan put in your mouth? What 'non-faith-building' lies were told you? (Some potential statements you've heard 'inside' all your life: "I'm nobody, I'm nothing, I'm worthless, I'm not talented or good enough or smart enough or deserving enough. I can't, because, after all, who am I?" - And the list goes on.)

Wonder why you are FAT with negative thoughts about yourself? Wonder why you can't be the 'over comer' God's word says you are?

Maybe we need to find a revolutionary SPIRITUAL DIET that will take off those unwanted pounds - the overwhelming weight of negative thoughts,

How about starting to consume a diet RICH in SPIRITUAL TRUTH? How about REHEARSING GOD'S WORD OVER YOU?

Here's a fun Diet to try: Open your Bible to Ephesians, the first chapter. You'll notice there that Paul addresses the Ephesian believers with words like "you," "us," "we."

Now, here's the diet - and the exercise. For one week, just seven days, begin each morning by reading Ephesians chapter one. Each time you come to the word "you," "us," or "we," replace that

word with your own name.

Once you've mastered this portion of the diet, on the second week, read the chapter, inserting your name – audibly – read it right out loud.

After the second week of diet and exercise, step on the 'spiritual scale' of the words found in Philippians 4:13; Romans 8:1; 37; Galatians 2:20. See if you haven't shed the unwanted weight of negative, faith-crushing thoughts and attitudes.

And then, the reality is made manifest in your heart: *Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God.* Eph. 2:19

Blessings!
Pastor Greg

WELCOME HOME

The GCC Church family welcomed the following new members in February:

Ken & Mary Brown—681-8796
143 Harrier Way, Sequim

Cecilia Eckerson —683-8598
463 Madrona Way, Sequim

Julie Mantere—629-4180
202 Rhododendron, Sequim

Miles & Mary Nesbitt— 582-1983
677 Manzanita Drive, Sequim

Nanette Ray—360-692-8370
16341 Olympic View Road
Silverdale, WA 98382

Robert & Diane Thu—683-2296
862 Willow Street, Sequim

Carol Yearout—477-6947
1363 Thompson Road,
Sequim

GCC MARCH DATES

3/2—Worship Service—10:30 a.m.
Communion Sunday

Coffee Fellowship following
3/9—Daylight Saving Time Begins
3/9—Worship Service—10:30 a.m.

3/16 — Palm Sunday
Worship Service—10:30 a.m.

3/23 — Easter Service — 10:30 a.m.
HE IS RISEN!

3/30—Worship Service —10:30 a.m.
Spring Pot Luck Dinner following

EVERY SUNDAY

9:15 a.m.—Bible Study

EVERY WEDNESDAY

5:30 p.m.—Choir Practice

7:00 p.m. — Bible Study



WHEN THE ROLL IS CALL UP YONDER

Jon Eaves

"I am the resurrection and the life. He who believes in Me, though he may die, he shall live."
John 11:25

This favorite old hymn was inspired by disappointment. James Black was calling roll one day for a youth meeting at his Methodist church in Williamsport, PA. One name didn't answer — young Bessie, the daughter of an alcoholic. Crestfallen at her absence, James commented, "O God, when my own name is called up yonder, may I be there to respond!" Returning home, a thought struck him while opening the gate. Entering the house, he went to the piano and wrote the words and music effortlessly.

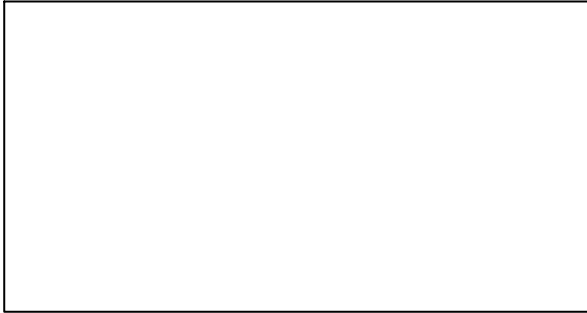
This hymn is one we sang at the Gardiner Community Church service on Sunday, February 17, 2008. I find it interesting to learn what experiences motivate and inspire composers to write hymns.

WOMEN OF FAITH

Mary Ellen Brown

This will be a pictorial report on our activities during January and February.

In January we prepared and shipped nineteen boxes to Air Force personnel in Afghanistan.



L-R: Diane, Cecelia, Doreen, Paige, Mary, Carmen, Kathy, Mardy & Sharon

Our Church Family responded to our request for aid in the shipping charges of \$107.05 in an overwhelming manner. We now have a reserve fund of \$131 to help with the shipping of our next such project. It was also decided that when we next send out such packages, that we will also send to those related to our church family as well.

Kathy shared the wonderful 'Love Book' for Doug and Roberta with us at our February meeting.

We had two additions to the Story Jar as Paige and Mardy added tokens and told related stories.

It is a pleasure to work with a group of women who are eager to raise their hands and volunteer. When the request was made for someone to be the Historian for the Women of Faith, Kathy Henderson raised her hand. She was then presented with a



supply of s c r a p e b o o k i n g equipment to make her new job a little easier.

Paige brought a lovely pillow and we had a 'just because' drawing to locate a new home for the pillow. Carmen left with the lovely 'HOPE' pillow in her possession.

Three of the women present volunteered to be a part of our 'Getting to Know You' project by sharing their brief biographies with the rest of us. We discovered that Mardy was a native Washingtonian, that Kathy had been adopted at a young age and that Sharon had grown up in Spokane. We will continue to share our lady's biographies throughout the year.

A start was made on our recipe book project and all ten women present had brought one or more of favorite main dish recipes. At the March meeting the featured recipe will be those of favorite salads.

It was also decided that the Women of Faith would take over the responsibility for organizing the First Sunday Coffee Fellowship gatherings as well as the quarterly Church Family Pot Luck Dinners. March 2 will be the Coffee Fellowship and March 30th will be the Spring Family Pot Luck Dinner. Those who are willing to help prepare and provide for gatherings, please let Paige Eaves know. She has agreed to be the chairman for these gatherings and we will need a list of those willing to help and provide food, thus making the calling a bit more efficient.

Space for one more picture, this one taken just before we started packing boxes. Mary and Cecilia arrived a bit later.



JUST SOME THOUGHTS

Paige Eaves

“Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe; in my name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick and they will recover.” Mark 16:15-18

Even though this contribution usually focuses on prayer, I am taking another course this time. Just a few tidbits to promote some thinking—ALL to the Glory of the Lord anyway.

When you mail a letter at the post office, you wonder if it will get where you want it to go. Sometimes, yes, but if it is really important, you may ask for a tracking number so that you are able to follow its progress to its intended destination. If only the Church was a reliable post office!

The Bible is like one big love letter to the world. Our job as God’s Church is to get the message out to all the corners. God’s letters are best distributed as they are lived out in our personal lives, so be an open book. Know where you are and know where you are going. You are a child of the Most High God, you are a delight to the King, and YOU are special. A Quote from an unknown.

THE LEGEND OF THE SAND DOLLAR

The pretty white sand dollar carries with it a popular legend that tells the story of the life of Jesus. According to this legend, the five pointed star in the center represents the Star of Bethlehem that guided the Wise Men. There is a flower like design at the top resembling the Easter Lily and on the back of the shell, a Poinsettia—the Christmas flower. The five markings on the sides are thought to represent the five wounds borne by Christ when He was hung upon the cross. When the shell is broken open, five small dove-like pieces are found—The Doves of Peace. (Author unknown)

ADVICE FROM A MOOSE

Think big. Spend time in the woods.
Eat plenty of greens. Hold your head up high.
Stay on track. Keep your nose clean.
It’s O.K. to be a little wild.

ADVICE FROM A BEAR

Live large. Climb beyond your limitations.
Gather the sweetness of life.
Live with the seasons. Make a good impression.
Get plenty of rest. Look after your honey.

Who of us have worked at building something that required a permit couldn’t relate to this story? This is a two part article so you will have to tune in to the next issue to “get the rest of the story”

BUILDING THE ARK IN 2002

It is the year 2002 and Noah lives in the United States. The Lord speaks to Noah and says, “In one year I am going to make it rain and cover the whole earth with water until all is destroyed. But I want you to save the righteous people and two of every kind of living thing on the earth. Therefore, I am commanding you to build an Ark.” In a flash of lightning, God delivered the specifications for an Ark. Fearful

and trembling, Noah took the plans and agreed to build the Ark. “Remember” said the Lord, “You must complete the Ark and bring everything aboard in one year.” (Continued in the April GCC Messenger.)

MARCH BIRTHDAYS

3—SUSAN MATA
5—MILES NESBITT
8—STELLA RICHARDSON
13—KATHY PATTON
19—DOUG MOORE

ANNIVERSARY

17—DOUG & LYNDA
CRONIN

HE GUIDED ME

Mary Ellen Brown

Many of us can look back over our lives and relive those moments when a decision was made that had to come from God.

It was Christmas Day 1956 and my husband Frank Dickover and I had entertained two of his aunts for Christmas dinner in our new Malibu home. We also wanted them to become acquainted with our ten month old daughter, Kristen. After dinner he took his aunts to their respective homes, one in Santa Monica and the other in Los Angeles.

Kristen had taken her first solo steps that day and the Great-Aunts were thrilled to see those little steps. After cleaning the kitchen, putting the leftovers away and putting Kristen down for the night, I sat down and read until Frank returned.

At 1:30 a.m. our telephone rang awakening us both from sound sleep. It was a neighbor telling us that the hills were on fire and with the wind blowing our way, we should probably evacuate. We looked out of living room window and the glow of the fire was already on the hill across the street from our home. We then called more of the neighbors to alert them to the fire danger.

We loaded our two cars with what we valued and could carry. Frank was a wonderful musician and had numerous instruments that he loaded into his car. He also took the sterling silverware and some clothes for himself. I loaded my car with Kristen and what was needed for her care, my Bible, my sewing machine and some clothes. We had agreed to meet down on Zuma Beach at the lifeguard's house. Cal and Cathy were friends from church and knew they wouldn't mind if we barged in.

We had lived in Malibu for about twenty months in our rambler home and enjoyed the two acres that overlooked the Pacific Ocean. (We purchased that house with no down payment, but with a balloon payment after 18 months – the total price was \$19,000. We had made the balloon payment previously that year.) We often went to the beach to visit with our friends. When Frank drove he always turned right out of our driveway. If I was driving I always turned left because it was a much shorter route. I would even tease him about his love of driving the long way! On this Christmas night I left the house first with Kristen and for some unknown reason, I turned right out of the driveway without giving it a conscience thought. I did not know that Frank had turned left until later.

I reached Zuma beach, which was about two miles from our home, and awakened Cal and Cathy and told them of the fire. We were standing outside looking up in the hills when a lot of burning embers, some were fairly good sized branches, started dropping around us. Cal told Cathy they should wake their two kids and leave right then. I got back in my car and headed for other friends' home in Topanga Canyon – not a smart choice as the exits from their house were limited if the fire spread in that direction. But fortunately as it turned out Topanga was not involved that time. I got our friends Al and Carley Brown out of bed. They put Kristen and I up for the rest of the night.

Al worked in the same department with Frank at Hughes Aircraft in Culver City. (I also worked at Hughes, but had to quit when I was five months pregnant, which was the general policy then.) At about 10:00 a.m. that day, December 26, 1956, Al came home and

