

The Great Bend Christian



Vol. 41

October 2008

No. 10

BILL'S BITS -

While I was in seminary, Lois, Eric, and I stopped to grab a sandwich at a fast food place. I noticed someone standing in the serving area with a clipboard and a stop watch. Obviously they were checking to see just how fast the food was being delivered to the customer. Being in a hurry and a seminary student with a full-time church, life was a blur. Despite the fact we were under a tight schedule, I had some sympathy for those who were being judged by the board and watch. I thought to myself, this is a commentary on the times we live in today.

All of us have felt the pressure of being under the gun or being pulled in many directions. That, my friend, is stress. Now there are some thoughts that can help us in dealing with the pressure cooker of life. Life has a certain amount of stress. Life without any stress leads to other problems.

I. A certain amount of stress is needed. The violin string lay inactive in the showcase. A master violinist purchased it one day and strung it across the bridge of his violin. It was dull, lifeless, and gave no music to his touch. But then the master began to tighten it. He strained it nearly to its breaking point. Finally, it was in key. Then, under the master's bow, it vibrated into life and burst into glorious music. In many ways, we are like that violin string. We can be lifeless, idle, and inactive. But then we are stretched across the bridge of existence. Life strains us to the breaking point. We cry aloud and fight it. But when we finally accept it, when we decide to work with it the best we can, the Master can sweep his bow across our spirit and make glorious, beautiful music.

II. Do things one at a time. Some people are great at doing several things at once. If that fits you, great, but for others, it is one thing a time. Do you have things to do, errands to run, children to get to school, three telephone calls to make, a doctor's appointment after the luncheon engagement, a racquetball reservation, and too many bills to pay for the balance in your checkbook? It gets overwhelming at times, doesn't it? Things come from all directions and we seem to lose control. Organization and a relaxed attitude are the keys to stress control. Stop and think. Keep calm and take things in order-one at a time. Pick the most essential item on your list and do that first. Then, move on to the second. Some things are absolutely essential; others are merely important. Do the essential ones immediately; leave the important ones until later. Many of them are things you want to get done but can actually wait until tomorrow. A cardiologist in Nebraska gives some good advice: "If you can't fight and you can't flee, flow." Much of life is like that. Learn to flow.

III. Be cool, with humor, if possible. Naturally, it had to happen at the busiest intersection in town and at the time everyone was on their way home. The man's car stalled. Obviously flustered, he got out and looked under the hood. As he did, the driver behind him started blowing his horn. After awhile, the driver of the stalled car looked at the impatient man behind him (who was still blowing his horn) and calmly said, "I'll make a deal with you. You are probably a better mechanic than I am, so you fix my car and I'll come back here and keep honking the horn for you." Noise seldom helps resolve the cause of impatience. Whether it's blowing your horn, stomping your foot, yelling at your child, or screaming at the top of your lungs, impatience over trivial annoyances usually just makes matters worse. Keep your cool. Count to ten. After that, count to ten again.

Continued on page 4.....

First Christian Church

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620-793-6603

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Sunday Services

8:15 am Early Worship

9:00 am Sunday School

10:20 am Morning Worship

Sunday Activities

6:00-8:00 pm Grades 7-12 Youth Group

Wednesday

5:30-7:00 pm Family Fellowship Supper

6:00-6:30 pm K-6th Program

6:30-7:15 pm Adult Bible Study

7:00-8:00 pm Middle School Bible Study

8:00-9:00 pm High School Bible Study

Opportunities for Service and Growth

Adult and Children's Choirs Promise Keepers

Vacation Bible School Disciples' Men

Men's Groups Women's Groups

Sunday school for all ages Kansas Disciple Women

Regional Assembly Junior and Senior High Youth Group

Bible Studies Youth Ski Trip

Mission Projects and Trips Social Events

Special Services Educational seminars/workshops

First Christian Church (Disciples of Christ)

5230 Broadway - Great Bend, Kansas 67530

620.793.6603 620-793-3136 (Fax)

William Johnson.....Minister

.....Youth Coordinator

Kathy Rose.....Secretary

Jerry Ford.....Music Director

Mary Hunter.....Bell Choir Director

Connie Weiser.....Organist

DeWayne and Brenda Wagner.....Custodians

Tammy Jording.....Nursery Attendant

Rev. Bill Johnson, Minister

bjohnson@cck.kscoxmail.com

Kathy Rose, Church Secretary

fcc@cck.kscoxmail.com

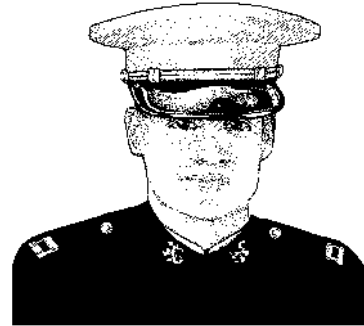
Web Site

www.firstchristiangb.org

Please be
Praying for...



...to Jan Embrey and family at the loss of her brother, Jerry Kelley



**PRAY FOR OUR
U.S. MILITARY**

Mike & Susi Bargainear, relatives of LaDonna Moore - Ft.

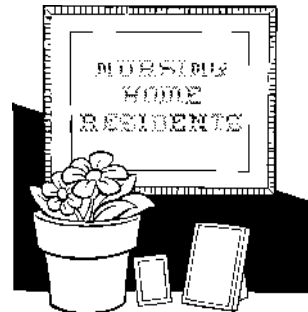
Campbell, KY

Staff Sgt. Ryan Barnes - nephew of Connie Weiser - Iraq

Lt. Col. Ken Bellinger, Army Chaplain, Cliff Bellinger's son - Iraq

Josh Gieger, Army, Roger Marshall's fraternity brother's son - Iraq

Delbert Wells, nephew of Hap Donecker - Germany



Great Bend Health & Rehab

Viola Schwein

River Bend Assisted Living

Lois Hart

Marge Keller

Kansas Christian Home

Louise McCullum

Cherry Village Nursing Home

Mildred Lang

Martha McKown

Rachel Williams

Sterling House of Great Bend

Wilma Hauser

John Richardson

Lela Wilson

Woodhaven Care Center - Ellinwood

Mildred Boepple

Good Samaritan Society - Hutchinson

Winnie Phillips

Please notify the church office if you would like to have yourself or your loved one included in our prayers. fcc@cck.kscoxmail.com or 793-660

THANK YOU!

Dear Church Members,

My birthday was wonderful! The cards and calls and help at the birthday coffee. My thanks to all of you!

Love and Prayers,

Floreine Blankenship

September Attendance and Gifts

	7	14	21	28	AVG
Sunday School	N/A	70	60	N/A	N/A
Early Service	41	42	36	N/A	N/A
Late Service	160	174	159	N/A	N/A
Children's Church	5	5	--	N/A	N/A
TOTAL	206	221	195	N/A	N/A
General Offering	4,871.85	3,970.90	4,566.44	N/A	N/A
Bldg. Offerings	2,527.50	1,037.50	662.50	N/A	N/A
Special Offerings	683.20	330.00	361.00	N/A	N/A
TOTAL	8,082.55	5,338.40	5,589.94	N/A	N/A

* Special Offerings include Memorials for Leon Westfall, Pauline Omlor, Rachel Johnson and Fred Aden, Sunday School Books, building use deposit, the church food bank, and the Youth Fund

Elders/Deacons Meeting – October 8 – 8 pm
Cabinet Meeting – October 1 - 8 pm
Board Meeting – October 15 – 8 pm



MEN'S PRAYER BREAKFAST

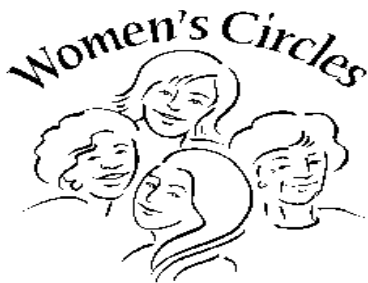
FCC Men's Breakfast Club!

1st Saturday of each month
 at the Highland Hotel
 8:00 am

October 27 - 7:00 pm
 Friendship Classroom
 Hostess: Dru Dougan
 Program: Mary Hunter



Congratulations to Lew and Jan Embrey on the birth of their great-grandson, Daniel Jasper Wayne Rodriguez on September 3, 2008.
 Daniel weighed 6 lbs. 3 oz.



Martha Group

October 15 - 1:30 pm
 Hostess: Ruth Miller
 Program: Anneliese Ward

Lunch Bunch

October 15 - 11:30 am
 The Highland

Joy Group


October 28 - Noon
 Hostesses: Lois Johnson/Patsy Hiss
 Program:

New Day Group

IT'S NOODLE TIME!

The ladies will be making noodles on October 13th, October 27th, and again on November 10th.

Please call the church office (620-793-6603) with your orders. The noodles are \$3.00 per pound.



Bridal Shower

Come join us in the church parlor on Thursday evening, October 2nd, at 7:00 pm for a bridal shower for Andi Brown, the daughter of Ted and Susan Brown.

Life Skills

7th Grade - College, 1:00 pm



It's a Matter of Manners - Sept.

28

O.K....It's time to get your feet off of the coffee table and take your supper away from the TV. Come learn how to set a table for a fancy feast, the art of formal dining and the manners that you should have when out on a date. **Take lots of notes during this training**, because you're going to need them real soon!



A Shopping We Will Go - Oct. 5

Grab that budget and your checkbook! We're headed for the grocery store. It's time to meal plan and prepare. After planning the meal that you're going to prepare during **Iron Chef America**, (see future dates), we'll head out to the fabulous Wally-World Mart to get all of the supplies that you'll need for the contest. **The secret ingredient will be given to you during the 10:20 am Worship Service when you meet up with our famous Iron Chefs.**



Let the Battle Begin! - Oct. 19

Our challengers will meet and face off against the best Iron Chefs in America. Coming to you LIVE will be **Iron Chef Bobby Flavor, Iron Chef Cat Cabbage, Iron Chef Marion Rigatoni, Iron Chef Alton Brown-Rice, Iron Chef Masaharu More-A-Meat, Iron Chef Paula Limabean, Iron Chef Rachel Raisinbread** and the famous **Iron Chef Emeril Lasagna!** Your battle will begin at 8 am and you will have 3 ½ hours to take your secret ingredient and prepare a meal for the toughest of judges...a panel of 150 from the worship service. You will use all of the skill that you learned from your previous training in formal dining. Be ready for the biggest throw-down event of the season!



“Captain Clean Machine” – Oct.

26


Grab those “smelly” sweats, socks, and undies! You're heading out to the Laundromat to learn how to wash your own garments. You'll need your own personal favorite laundry soap/cream rinse, laundry basket, hangers, and of course, your stinky gear. **You will hopefully have money left in your budget to exchange for quarters!** If not, then you will need to provide \$ for the machines.



OTTO Repair, Inc.

2 Hr. Service – Nov. 2

OTTO is looking for new business! Bring your auto in for a maintenance check-up. You will learn how to check the tire pressure, check the oil and water levels, check the belts, and just simple maintenance that can save you lots of money in repairs. Prepare your auto for winter weather at OTTO Repair, Inc.



DISCIPLES WOMEN

The Kansas Christian Home Bazaar will be held on October 31st and November 1st. If you plan to provide craft items for this bazaar, it is time to remind you that we need these items by our October group meetings.

Uncover your sewing machines or pull out those knitting needles...provide a craft for this bazaar.

These items provide monies for the “extras” that are needed to care for our church friends in KCH.

THANKS!!!!

Continued from page 1.....Bill's Bits

IV. Use prayer. Do you remember the *Thresher*? It was a submarine that was lost in the Atlantic. Some of the bulkheads hadn't been properly welded, and when the ship got down to a certain depth, they gave way. The men inside were cooked as if in a pressure cooker. The outside pressure was so great that the ship crumpled like a piece of paper. Only small pieces of the *Thresher* were ever found. Outside pressures tend to crumple us, too. We let things build up and bother us. We often try to handle them by conforming, but it is actually *transforming* that we need. We need inner strength to handle the outside pressure. God can give you that. Let him work on the *inside* to keep things safe on the *outside*. How can you do that? The primary way is prayer. - adapted

See you Sunday!



It is with joy that we,
Delora Wiles
And
Marvin Baldwin
invite you to share
in the celebration of love
as we exchange our
marriage vows
on Saturday, the fourth
of October

Two thousand and eight
at five o'clock in the afternoon
First United Methodist Church
2123 Forest Avenue
Great Bend, Kansas
Dinner & Dance
immediately following