

BRIDGING THE GAP

FAIRVIEW HEIGHTS CHURCH OF GOD

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A Word to the Diet Conscious!

In America we have never been more health conscious than we are right now. It is difficult to pick up a magazine these days without reading an article on the hazards of cholesterol. Whoever thought oat bran would become so popular or that chicken would cost more than steak! Low fat diets are in and so is exercise. Joggers are as common as cars and health spas have growing memberships. We are consuming foods reported to lower our risk of cancer and making sure we have fiber in our diet.

I suppose it is good that we are taking a more active role in maintaining good health, but I wonder if we are overlooking some areas that are equally as important as diet and exercise.

The writer of Proverbs said, "My son, do not forget my teachings, but keep my commands in your heart for they will prolong your life many years and bring you prosperity." Proverbs 3:1-2.

A little bit farther down in the same chapter we read, "Fear the Lord and shun evil, this will bring

health to your body and nourishment to your bones."

What we do to maintain the body is important; what we do to strengthen ourselves spiritually is of even greater value! A negative, critical, doubting, undisciplined spirit will destroy us no matter how big our muscles get. Diet is very important, but I am reminded of the words of Jesus, "What goes into a man's mouth does not make him unclean; but what comes out of the mouth, this defiles a man." Matthew 15:11.

He was speaking to the Pharisees who were strict in their diet but spoke from hearts that were far from God. Their diet didn't make them holy and our diet won't make us healthy if in our hearts there is bitterness, resentment, or guilt.

Go to your doctor and get your cholesterol level checked, stay on a balanced diet and get adequate exercise. But make sure you also feast on God's Work and consistently adhere to the disciplines of the faith that produce spiritual maturity. Let's face it; none of us are super saints! Salvation is a gift offered us by a loving Father. His love is truly unconditional and our significance grows out of that love. As we start another month, celebrate your uniqueness. Be the person God intended you to be and exercise daily in His word. It is very important we take care of the inside, the heart, first. Be determined to be all you can be for Jesus! Christ is counting on you!

*Enjoy the Journey,
Pastor Clayton*

Don't let your worries get the best of you.
Remember, Moses started
out as a basket case.

**SERMON OUTLINES FOR
JUNE 2006**

June 4

MORNING SERVICE: Pastor Clayton
"Have You Seen the Church?"
1 Corinthians 12:12-14
Children's Moment by Pastor Clayton

EVENING SERVICE:
No evening service because of family day

June 11

MORNING SERVICE: Pastor Clayton
What Happens When I Die?"
Luke 16:19-31
Children's Moments by Pastor Brian

EVENING SERVICE:
"How to Give a Testimony" by Pastor Clayton

June 18 Father's Day

MORNING SERVICE: Pastor Clayton
"Let the Dream Begin!"
Ephesians 2:10

Children's Moments: Hand bells

EVENING SERVICE:
No evening service; spend time with your family

June 25

MORNING SERVICE : Pastor Brian will be
preaching

EVENING SERVICE:
Pastor Brian will be leading the service

Packing

I have been doing a lot of packing in preparation for our move. Normally I hate packing, but this time seems different. I seem to have more time to get things done and have been looking at the things I am packing away. I look at an item and remember who gave it to me and when. I can almost feel those feelings of gratitude again. I

see things I have bought for my beautiful bride and remember the 'just because I love you' gifts of years past. I look in the basement and open boxes that have been left untouched for 6 years. I open them up and rediscover treasures of my youth that I didn't think I could ever forget. I opened other boxes and thought "why did I even keep this let alone pack it and move it the last time?"

I think it is the same way with our hearts. We keep packing things away day after day, year after year, often forgetting what and why we packed it away. Through the cleansing of hearts when we become Christians, we hold onto things instead of letting them go. To hold more in our heart we need to let Jesus cleanse our hearts completely.

I took a lot of things to the trash can this time. There is no need to pack everything up and take all with me. As I cleanse my storage areas, so goes my heart.

Pastor Brian

PS With the new job comes a new cell phone number. It is 314.783.PRAY (7729)

All Church Picnic June 4th

Immediately following the morning worship service there will be a church picnic. Men4Him will provide hamburgers and hot dogs for grilling. Everyone else is asked to bring a covered dish and a dessert to share. Dining will be available inside or outside.

**SOFTBALL GAMES
CHILDREN'S GAMES
FELLOWSHIP**

Please bring you lawn chars for a late afternoon time of singing and sharing under the tent.

Be ye fishers of men. You catch them - He'll clean them.

Don't put a question mark where God put a period.

Forbidden fruit creates many jams.

SENIOR ADULT RETREAT

First, PLEASE start planning right now to attend the Senior Adult Retreat next year! It is always scheduled in May at our State Retreat Center in Decatur. You do need to send your name and forms in early to get a room (you don't have to send in your \$50.00 per person early) but we do need to know who is coming in advance.

WOW... where do I begin? We had seven attend from our congregation: Edna Mae Earl, Cariloyln Eilers, Grover Johnson, Marge King, Peggy Whittom, Darla and Pastor Clayton.

We went on a cruise so you know we loved it. We traveled to a port in Italy on Tuesday evening and then onto a port in Greece on Wednesday evening. We had a service project on Thursday morning. We loaded up into seven vehicles and went to the other side of Decatur to the Fair Haven Nursing Home. We presented a short program of songs (including a special song from our church trio), a testimony, and then we had three songs from the hand bell choir. The group then gave out craft items that had been made the day before. We then had time to share with the residents who were able to attend the program.

We had a great time of worship with Pastor Terry. The conference/teaching times were so good and directed by the Holy Spirit. Don and CeCe Finley, our leaders for this retreat, did a conference on writing your testimony. You will be hearing more about this conference. Pastor Jerry Sword did a conference on tolerance. Our main speaker was Pastor Tony Blumenburg who title was "Crusin' through life with God."

The "food" was great and was just like we were on a cruise line. All who attended just had a wonderful time with God and fellowship together. Plan now to attend next year!

Darla Clayton

GETTING TO KNOW YOU...

Ivan & Norma DeHart

I had no idea when I called Ivan for an interview that I would be educated on the Fairview Heights Church of God history! I was astounded as this older gentleman spouted off names and dates to me as if it had been yesterday. Ivan enlightened me about many details concerning the very

founding of our church to the hard work of building it. I heard names like Grover Johnson, Jane & Kenny Knowles, and Marshall Field who all put in the sweat and tears that are our church building. Ivan could remember as far back as to when the church was only 35 people meeting in a VFW Hall and that Norma picked the very spot that our church is built on today.

Ivan and Norma met at a bank they each worked for in the late 1940's. Ivan was the CEO. They were parted for a time as Ivan had to serve our country in the military, but were reunited and married December 4, 1953. They have both been Christians for more than 50 years and began worshiping in a Nazarene church. Ivan has taught Sunday school and filled in for many Pastors over the years while Norma loved and molded our babies in the nursery. Have you ever thought about who does the preparation for our communion services? Since 1972 that would be Norma DeHart, We don't often realize how much a person does until it doesn't get done! Norma had to take a short break from her duties to have replacement knee surgery February 20th of this year. She's had a remarkable recovery! Even the doctor and nurses could hardly believe it. That's what happens when people pray. Ivan and Norma built a home together in 1966 and live there still. They have one daughter who is a school teacher. She and her husband of 20 years sing in the Master's Chorale at St. Peters Cathedral.

I encourage everyone to get to know Ivan and Norma DeHart. They will expand your mind and touch your heart. There is a book in the library about our church history, but I encourage you to have Ivan tell it. You will be astonished and amazed. The way the Lord laid out the foundation of our church to be built....it's nothing beyond a miracle.

SHANNON PEIFFER

By special request from Pastor's Mother's Day sermon....

Top Ten List of What my Mother Taught Me

10- My Mother taught me religion: *You better pray that will come out of the carpet!*

9 - My mother taught me about time travel: *If you don't straighten up, I'm going to knock you into the middle of next week!*

8 - My mother taught me about the circle of life: *I brought you into this world and I can take you out!*

7 - My mother taught me about receiving:

You are going to get it when you get home!

6 - My mother taught me genetics: *You are just like your father!*

5 - My mother taught me humor: *When that lawn mower cuts your toes, don't come running to me!*

4 - My mother taught me foresight: *Make sure you wear clean underwear in case you are in an accident!*

3 - My mother taught me about my roots: *Shut that door behind you! Do you think you were born in a barn?*

2 - My mother taught me about the weather: *This room of yours looks as if a tornado went through it!*

1 - My mother taught me about justice: *One day you'll have kids and I hope they turn out just like you!*

Youth

Schedule of Events

On Sunday, May 21st, a youth/parent session was held to plan summer activities. Many fun and exciting events are scheduled along with opportunities to share God's love and serve others.

June 3 - 8:00a.m. **Moving Day!**

Leave from the church to help Pastor Brian move into his new house. Lunch will be provided; parents will be called & informed before returning to church.

June 11 - 7:00p.m.

All Church Graduation Celebration!

Matt Cain (HS/GED)

Amanda Floyd (8th)

Leiah Fuller (8th)

June 17 - 9:00-12:00 **Car Wash at church**
12:00-???? Center Field activities

Youth in the News:

Congratulations to Amanda Floyd and Leiah Fuller on completion of eighth grade! This August Amanda will attend O'Fallon High School and Leiah will attend Belleville East High School!!! Just a word of advice ladies, don't buy

any elevator passes during the first week of school; they are almost always a prank played on freshman!! Congratulations are also in order for Matt Cain for obtaining his high school/GED equivalent via classes at SWIC. Matt passed the classes and the final exam in the top 5% of his class. He received a full scholarship to SWIC towards his associate degree!! Way to go Matt; we are sooo proud of YOU!!!!

Church beware! One of our Youth received her driver's permit this past week and will begin earning/recording her driving minutes to obtain her Illinois driver's license. Please pray for her parents and especially for her younger brother, Nathan, as he enters a new phase in sibling experiences. Just kidding, Alexis, we pray God will protect you and provide a great driving experience!

Richard Ryan

Extra Youth News

Andrew and Daniel Pollard have recently completed another AWANA (Approved Workmen Are Not Ashamed) year at Westgate Baptist Church, Trenton, IL.

Benjamin Pollard was named freshman of the year at Lebanon High School, received a 4.0 plaque, received straight A St. Louis Cardinal Tickets, received certificates for participating in Saturday Scholars and Model, and also was the recipient of the biology/science award for the entire school. He also received his Varsity Letter for sports by participating in baseball and soccer this year and served as the Freshman Class president.

Nathan Hamilton was one of the two in his 3rd grade to be awarded a book because he loves to read.

Editor's Note

Thanks for all of the emails and articles! Keep them coming. The tidbits and stories you forward are appreciated. Remember - this is your newsletter!

"Extra Youth News" is a new article for you to share your kids (and grandkids) achievements with the church. Be proud and email them to me at dshp50@yahoo.com

Debbie Porter