

# NAME THIS NEWSLETTER

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September 2016

2016 Theme: "Watch and Be Ready!" Matthew 24: 36-44



## AT CHURCH STREET

Worship Services  
8am & 11am Sunday

Children's Church  
8am - 1st & 3rd Sundays

Sunday School  
9:30am Sunday

Fifth Sunday Combined  
Worship Service 11am  
Sunday School 9:30am

Fourth Sunday  
Family Worship Emphasis

Bible Study  
11:30am & 6:30pm  
Wednesday

Children's Bible Study  
6:30pm Wednesday

Radio Broadcast – WEUP  
2:30PM Sunday

Video Tape Ministry CD,  
DVD (\$10)  
Contact the Church Office



## The Pastor's Message

Do you, like me, thank God for vacation time... a time of **retreat** for **relaxation, restoration and revival**?

For all of the years of my fulltime pastoral ministry since graduating from seminary, I have practiced setting aside a time to getting away and taking a break from the rigorous regular routine. I am glad that I learned early that "*Life is a balance between rest and movement.*" (Osho) Benefitting from the wisdom of my seminary professors and of my senior pastors, I was guided to respect my human limits and to set some personal boundaries. I was instructed to periodically but systematically take some *time away* from the fulltime ministry setting to have a time of...**Resting...Reflecting...Refocusing...Refreshing!**

**Harry Emerson Fosdick** got it right, when he wrote, "*He who cannot rest, cannot work; he who cannot let go, cannot hold on; he who cannot find footing, cannot go forward.*"

In the fullness of His humanity, Jesus set the example of **resting**. Knowing the brevity of His physical earthly time in ministry, yet Jesus did not work/minister/serve 24-7. While seeing the enormity of the conditions of the crowds, yet Jesus was very *intentional* and *purposeful*.

**In the Gospel of Mark chapter 6 verses 31-32 (THE MESSAGE VERSION)**, (to His disciples) "*Jesus said, "Come off by yourselves; let's take a break and get a little rest."* For there was constant coming and going. They didn't even have time to eat. So they got in the boat and went off to a remote place by themselves."

UPCOMING EVENTS  
August 2016

Holy Communion – September 4  
E.D. White Men's Fellowship  
Quarterly Breakfast – September 10  
Grandparents Day – September 11

My recent pastoral break provided me the opportunity to **review** and to **recommit** to the **CALL & COMMISSION of CHRIST, as person and as pastor**. I am reminded of what matters eternally, as reported in the **Gospel of Matthew chapter 6 verse 33 (NEW LIVING TRANSLATION)**, "Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

Thus, the challenging proposition before us is this -how do we live out Jesus' call and commission, "Seek the Kingdom of God above all else..."? In real, practical and meaningful ways, what does Jesus want us to be and to do -when He says, "Seek the Kingdom of God above all else..."? As individual Christians and as a corporate community of faith/a congregation, what are our passions, our priorities, and our pursuits in "Seek(ing) the Kingdom of God above all else..."?

The answer is clear. **SEEK**...to reach the UNSAVED and the UNCHURCHED...of all ages **SEEK**...to teach/to disciple/to mature those of all ages who have been reached and who *spiritually*. Now, once we *come apart from*; then we *return to reengage* in life and ministry with **renewed** verve, vigor, vim, and vitality. Once we *come apart from*, we *reenter* with **refocused** valuing and **re-centered** venturesomeness.

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The answer is clear. **SEEK**...to reach the UNSAVED and the UNCHURCHED...of all ages **SEEK**...to teach/to disciple/to mature those of all ages who have been reached and who have accepted Jesus Christ as Savior. **SEEK**...to share in caring, compassionate and meaningful ways to make a significant difference in the lives of those whom Jesus calls "*the least*" (the hungry, the thirsty, the stranger, the naked, the sick, and the imprisoned...just to name what Jesus names in **Matthew chapter 25**). **SEEK**...to imitate Jesus' expressed MISSION and MINISTRY as recorded in **Luke 4:18 (LIVING NEW TRANSLATION)**, "*to bring Good News to the poor...to proclaim that captives will be released, that the blind will see, that the oppressed will be set free,*<sup>19</sup> *and that the time of the LORD's favor has come.*" **SEEK**...to respond to Jesus' two summation commands as defined in **Matthew 22:37-40**, "'You must love the LORD your God with all your heart, all your soul, and all your mind.'<sup>38</sup> *This is the first and greatest commandment.*<sup>39</sup> *A second is equally important: 'Love your neighbor as yourself.'*<sup>40</sup> *The entire law and all the demands of the prophets are based on these two commandments.*"

**As person and pastor, after my recent retreat -I am refocused and even more so**

recommitted to the CALL and to the COMMISSION of my Lord and Savior Jesus the Christ! JOIN ME...remembering: *“The church is not a select circle of the immaculate, but a home where the outcast may come in. It is not a palace with gate attendants and challenging sentinels along the entrance-ways holding off at arm's-length the stranger, but rather a hospital where the broken-hearted may be healed, and where all the weary and troubled may find rest and take counsel together.”*  
**Author:** James H. Aughey

**NOTE THESE QUOTES:**

- *“Rest time is not wasted time. It is economy to gather fresh strength. It is wisdom to take occasional furlough. In the long run, we shall do more by sometimes doing less.”* **Author:** Charles Spurgeon
- *“The bow cannot be always bent without fear of breaking. Repose is as needful to the mind as sleep to the body. Rest time is not wasted time. It is economy to gather fresh strength.”*  
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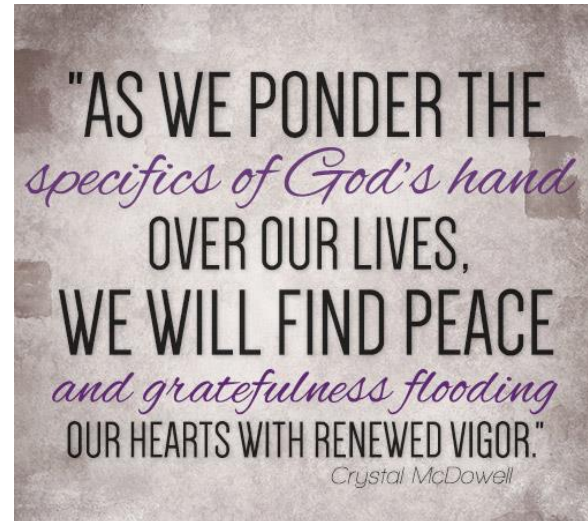
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- *“If there be anything that can render the soul calm, dissipate its scruples and dispel its fears, sweeten its sufferings by the anointing of love, impart strength to all its actions, and spread abroad the joy of the Holy Spirit in its countenance and words, it is this simple and childlike repose in the arms of God.”* **Author:** S.D. Gordon
- *“Christ's invitation to the weary and heavy-laden is a call to begin life over again upon a new principle--upon His own principle. "Watch My way of*

doing things," He says. "Follow Me. Take life as I take it. Be meek and lowly, and you will find Rest."

**Author:** Henry Drummond

- "Our rest lies in looking to the Lord, not to ourselves." **Author:** Watchman Nee
- "In place of our exhaustion and spiritual fatigue, God will give us rest. All He asks is that we come to Him...that we spend a while thinking about Him, meditating on Him, talking to Him, listening in silence, occupying ourselves with Him - totally and thoroughly lost in the hiding place of His presence." **Author:** Chuck Swindoll
- "The reason for our hurt feelings lies in the fact that we are not amenable to being treated as our Lord was and are loathe to submit ourselves to the will and ordering of God. Were we to deliver our natural energies to death and capitulate entirely to the Lord, our soul, though so nervously sensitive, would rest in the Lord and not misunderstand Him." **Author:** Watchman Nee
- "Nothing is so intolerable to man as being fully at rest, without a passion, without business, without entertainment, without care." **Author:** Blaise Pascal
- "God, you have made us for yourself, and our hearts are restless till they find their rest in you." **Author:** Augustine
- "Rest in this - it is His business to lead, command, impel, send, call or whatever you want to call it. It is your business to obey, follow, move, respond, or what have you." **Author:** Jim Elliot

(NEXT MONTH...I want to focus on: "RETHINKING/REIMAGINING...CHURCH (CHURCH STREET")!



# Our Daily Bread

September 1, 2016

## “Because You Prayed”

**W**hat do you do with your worries? Do you turn them inward, or turn them upwards?

When the brutal Assyrian King Sennacherib was preparing to destroy Jerusalem, he sent a message to King Hezekiah saying that Judah would be no different from all the other nations he had conquered. Hezekiah took this message to the temple in Jerusalem, and “spread it out before the Lord” (Isa. 37:14). He then prayed and asked for help from Almighty God.

Soon afterward Isaiah the prophet delivered this message to Hezekiah from the Lord: “Because you prayed about King Sennacherib of Assyria, the Lord has spoken” (Isa. 37:2-122 NLT). Scripture tells us that Hezekiah’s prayer was answered that very night. God intervened miraculously, conquering the enemy forces outside the city gates. The Assyrian army didn’t even “shoot an

arrow” (v. 33). Sennacherib would leave Jerusalem, never to return.

Three words in God’s message to Hezekiah – “Because you prayed” – show us the best place to go with our worries. Because Hezekiah turned to God, He rescued him and his people. When we turn our worries into prayer, we discover that God is faithful in unexpected ways!

### TODAY’S READING:

Isaiah 37:9-22, 23

**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God.**

**Father please,** help me to turn my worries into prayer. My problems are better in Your hands than in my own.

**Prayer moves the hand that moves the world. E.M. Bounds**

# CHURCH NEWS

## July Congregational Meeting:

### Witness and Service:

The Outreach Team continues to provide assistance to those in need. They did a large yard cleanup in July. The work continuously to schedule new projects.

### Evangelism Team:

Elder Elect Margaret Loperena, Chair of the Evangelism Team, is planning to work with other elders to develop a plan for door-to-door evangelizing.

### STREAMM:

Elder Army Daniel reported the field trip to the Space and Rocket Center was a well-enjoyed experience.

**Elder Monica Brooks**

**Clerk of the Session**

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## Powerful Quotes

"One hundred religious persons knit into a unity by careful organization do not constitute a church any more than eleven dead men make a football team. The first requisite is life, always." (A. W. Tozer)

"You can be committed to Church but not committed to Christ, but you cannot be committed to Christ and not committed to church." (Joel Osteen)

"What the Church needs to-day is not more machinery or better, not new organizations or more and novel methods, but men whom the Holy Ghost can use — men of prayer, men mighty in prayer. The Holy Ghost does not flow through methods, but through men. He does not come on machinery, but on men. He does not anoint plans, but men, men of prayer." (E. M. Bounds)

"Believers are never told to become one; we already are one and are expected to act like it." (Joni Eareckson Tada)

"The Church is the only society that exists for the benefit of those who are not its members." (William Temple)

"We will never bring in the Kingdom by simply seeking to save an adult generation. We must give God a chance at the children or the cause of righteousness is going to be defeated. But if we will save the child, we will surely save the world." (Clovis G. Chappell)

"You may speak but a word to a child, and in that child there may be slumbering a noble heart which shall stir the Christian Church in years to come." (Charles Spurgeon)

"The Kingdom of God is not going to be advanced by our churches becoming filled with men, but by men in our churches becoming filled with God." (Duncan Campbell)

"The congregation, not the building is holy... The church is holy because the congregation is the house of God." (Edmund Clowne)

"There has never been a spiritual awakening in any country or locality that did not begin in united prayer." (A. T. Pierson)

"We do not want, as the newspapers say, a church that will move with the world. We want a church that will move the world." (G.K. Chesterton)

"The True Church can never fail. For it is based upon a rock." (T.S. Eliot)

## *Vision Statement:*

***"Church Street CPCA aspires to live faithfully, peacefully, and lovingly; growing through change and spreading the gospel to the world."***



# ENCOURAGEMENT

*A noun which means the action of giving someone support, confidence, or hope ("Thank you for all your support and encouragement").*

*Synonyms (words that mean the same in support of encouraging): heartening, cheering up, inspiration, motivation, stimulation, support, morale boosting ("incentives and encouragement to sing a solo, the act of trying to stimulate the development of an activity, state, or belief").*

**But my mouth would encourage you; comfort from my lips would bring you relief. (Job 16:5)**

Let's face it. Sometimes we could all use a little motivation, encouragement, inspiration, or support. Sometimes our prospects don't seem very exciting. Sometimes we lose sight of what really matters.

**Encourage even the smallest effort.** Small efforts may appear little but to the doer, having the effort recognized can mean a great deal. It can be enough to spark the motivation to continue with a challenge. It could even be a way of helping a small effort grow into something large. It is so easy to find something wrong. Why? Are we so perfect that we should criticize others; "No".

**Stop finding fault with the wrong and applaud the right.** By nitpicking and projecting our own insecurities and irritation onto others, we fail to see what the other person is doing right. By noticing the things done well, and downplaying the things we're not happy about or don't like, there is a greater likelihood of seeing more of the same right behavior and responsiveness. Water the flowers you want to see grow, rather than feeding the weeds.

**Look for outwardly noticeable ways to encourage a person.** Stars or happy faces work with children. Badges, certificates, gifts and notes are nice ways to encourage employees, coworkers, friends, students, family members, etc. A photo of the two of you doing something good together, by way of both memory and acknowledgment, can be a terrific way to encourage another person and shows your team spirit with their efforts.

**Reject negative responses.** These are the reactions such as frowns, pouts or nasty comments. There is always room for improvement—most people are constantly aware of this, but there is no room for berating or criticizing with mean intent; you may feel temporarily clever but "hooks" leave lasting marks, with no benefit. Think

with a helping spirit rather than an attacking one—be very cautious of your own inner emotions if all you feel like doing is dressing down someone else, as the source of your irritation is inner unhappiness. Deal with that directly rather than discouraging someone else.

**Make positive comments.** To a child, say things like “your work was really neat”, “I can see you did a great deal of research on that topic, that's fantastic.” Tell people how well they have performed at something, faced their fears, overcome obstacles and succeeded at even the smallest things. Even if you feel dislike for a person or feel competitive towards them, there is always at least one thing about them that you can honestly say is positive, so dig for that and tell this person—remember that it may encourage more of the positive, less of the things that bother you!

**Keep it honest, keep it real.** People know the truth about themselves. They'll also know when you're flattering rather than complimenting from the heart. Flattery is not a sincere form of encouragement; it usually always comes with an edge of wanting something or of wanting to pump up another person, only to pierce their balloon later. Get into the habit of speaking only honest compliments and you'll leave the gossip and rumor style comments well behind.

**Bite your tongue when you're feeling mean.** We all feel mean at times, often when

we're tired, rundown, hungry or feel humiliated in some way. It happens and it's part of life's journey to learn how to manage our own blues and down times. One important lesson to learn is to bite your tongue and not say negative and discouraging things, just to get people off your back. Instead, you could insert an encouragement or simply say nothing until you feel more like yourself again.

**Have a good upbeat attitude.** The cup is half full rather than empty. Each of us feels other people's negativity. As our mother taught us, “If you don't have something nice to say, say nothing at all”. Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.

**If it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully (Romans 12:8)**

**MKBrooks**





# September Birthstone

## Sapphire



Sapphire, one of the most coveted gemstones of all times; surrounded by love and legend is the birthstone for those born in the month of September. This beautiful blue-hued stone has been used in various types of adornment since ancient times and symbolizes wisdom, power and faith. This gemstone is also associated with the star sign Virgo.

This September birthstone has been believed to protect the wearer from envy and harm and attracts blessings from heaven. Sapphire, with its stunning blue shades, is a symbol of heaven and considered to indicate purity of the soul. This gem signifies truth, faithfulness and sincerity, and was worn by priests during the middle ages as a talisman against impure thoughts and temptation. Sapphire is thought to boost intuition and clairvoyance and promote good health. Incorporated in royal ornaments, it symbolized a pure and wise reign. This gem gives a sense of inner peace and develops a positive attitude in the wearer.

In olden times, it was common for warriors to gift their wives a necklace made of Sapphire to ensure their fidelity. It was believed that the color of this gem would darken if worn by an unfaithful or unworthy person. Sapphire is the hardest substance after the diamond and often used in industries as an abrasive. The 'Long Star' is the largest blue Sapphire in the world, originating in a mine in North

Carolina weighing a whopping 9717.5 carats. In Greece, the Sapphire was associated with Apollo, the God of Clairvoyance and Prophecy and often worn by those who sought His blessing and help when visiting Delphi. The calming properties of Sapphire are used to bring down fever, treat nosebleeds, rheumatism, ulcers and reduce inflammations. It increases mental clarity and focus on the wearer, reducing the effects of any nervous disorder. This gem balances the circulatory and endocrine system. Sapphire is used as a protection from evil thoughts and negative energies.

A link to the heavens and a symbol of intelligence and power; the Sapphire is one of the most regal gemstones, an ideal birthstone for the September-born. The unparalleled beauty of Sapphire makes it very desirable in all sorts of jewelry designs and its beauty stands out irrespective of whether it is set alone or with other stones.

*Now I have prepared with all my might for the house of my God the gold for things to be made of gold, and silver for things of silver, and the brass for things of brass, the iron for iron, and wood for things of wood; onyx stones, and stones to be set, glistering stones, and divers colors, and all manner of precious stones, and marble stones in abundance.*

*1 Chronicles 29:2*

## September Birth Flowers

*Morning Glory/Aster*





September 2016

*Marcus Gladney*

*Maurice Anders*

*Ashanti Roberts*

*Jo Ann Walton*

*Nathaniel Craig, Jr.*

*Freddie Porter*

*Zara Franklin*

*Daphne Ignont*

*Paula Rooks*

*Ruth Garrett*

*Mary Walker*

*Felicia Troup*

*Robert Lewis*

*Cameron Hart*

*Rev. Henry Bradford, Jr.*

*Daniel Edwards*

*Felicia Colley*

*Cameron Jefferson*

*Sylvia Scott*

*Peggy Steger*

*Cedric Ewing*

*Joshua Wilson*

*Mitch Oko*

*Willie Powers*

*Aiidin Aliinde Parker*

*Kabel Franklin*

*Ruth Jackson*

*Karen Owens*

*Margaret Yarbrough*



*Walter & Julianne Lacy*

*James & Anita Garner*

*Hundley & Virginia Caples*

## **NEW: VISION STATEMENT, VISION STATEMENT, & CORE VALUES**

**Vision:** Church Street CPCA aspires to live faithfully, peacefully, and lovingly; growing through change and spreading the gospel to the world.

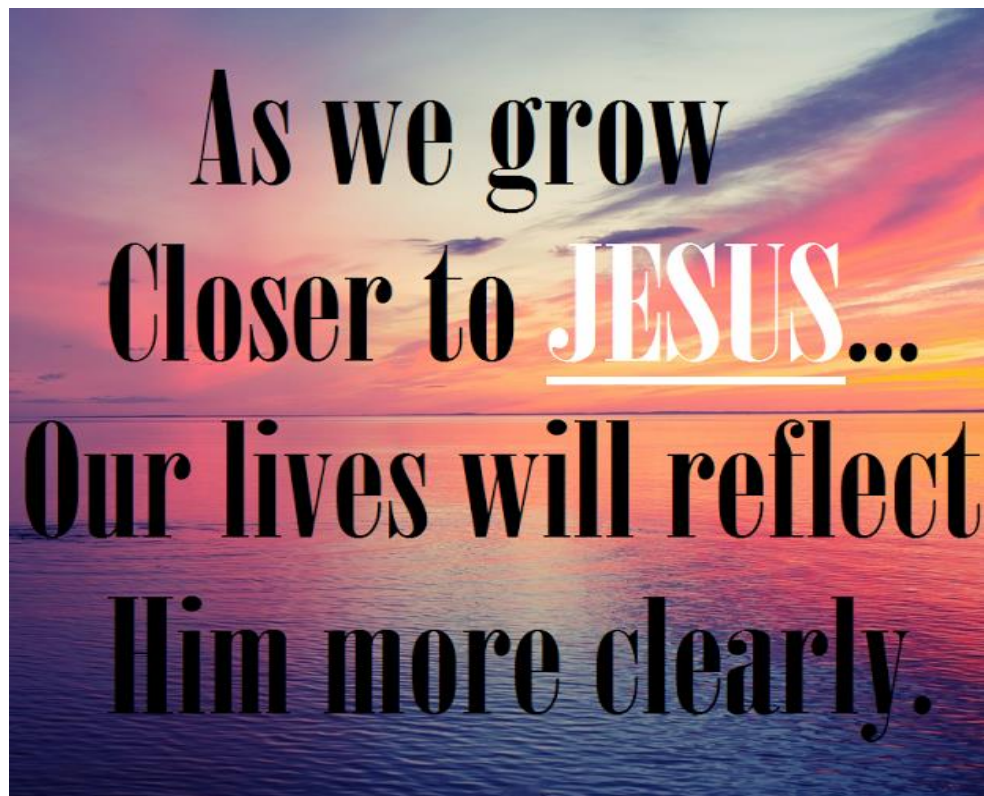
**MISSION:** We, a united body, are equipped, focused, and entrusted by God to obey His great commission and commandments. We lead through: biblical study, worship and witness; exemplifying love for mankind; sharing Jesus' examples through righteous living, ministries, teachings, actions, and evangelical service throughout the church/community and world.

**Core values/statements** (principles/worth that summarize/enhance mission)

- A. Acknowledge that God is head and center of our lives
- B. **B**oast in the Lord
- C. Connect and **c**ommit to ministries
- D. **D**edicated and accountable to vision, mission and discovering gifts
- E. **E**vangelize (inside/outside/everywhere)
- F. **F**aithful and **f**orgiving
- G. **G**ive cheerfully (stewardship - time/talent/thanks - total praise)
- H. **H**umble and **h**opeful
- I. **I**nclusion - every person matters; all are God's diverse children
- J. **J**oin in ministry - **a**ll are spiritually gifted; join in fellowship
- K. **K**indness and self-control
- L. **L**ove - This is not optional
- M. **M**otivate and encourage each other
- N. **N**ever miss opportunity to do right things, right
- O. **O**bedient to God's will/His word
- P. **P**rayerful
- Q. **Q**uiet time -- patience/wait on the Lord
- R. **R**espectful - value relationships
- S. **S**tudy; learn to be **s**elfless stirred to **s**erve in every way to the glory of God
- T. **T**rust in God; **t**hank Him daily

- U. **United** and **useful**. All = 1 blessed body
- V. **Volunteer** - Harvest is plentiful; laborers are few
- W. **Worship, work, and walk** spirit filled
- X. **X-ray** - eXpose -- let light shine everywhere/everyday
- Y. **You take the lead** -- Here I am, send me”
- Z. **Zealous** -- in total praise, worship, service, and witness for the Lord

**Note:** Our **vision** is a **goal** we seek to attain. **Mission** is **why** we exist & **how** we operate; a little more in-depth supporting the vision. It's our in-house business strategy; X nr. paragraphs not necessarily advertised or learned as our vision. It can always be more detailed/ developed into several objective paragraphs. Core values enhance/further help explain to define mission (task breakout). **God gives the church universal, a mission - Matt 28:19-20** Thereby, we so layout as to how we incorporate this (**it's**) mission.



## National Health Observances –September, 2016–

### September Fruits & Veggies – More Matters Month

Sponsor: [Produce for Better Health Foundation](#)



Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

However, many people don't eat enough fruits and vegetables.

- Fewer than 1 in 4 adults eat the recommended amount of fruits every day.
- Fewer than 1 in 7 adults eat the recommended amount of vegetables every day.

The good news? Communities, health professionals, businesses, and families can work together to encourage people to eat more fruits and vegetables.

Make a difference: Spread the word about tips for healthy eating and encourage communities,

organizations, families, and individuals to get involved.

#### **How can Fruits & Veggies – More Matters Month make a difference?**

We can use this month to raise awareness about the importance of getting enough fruits and vegetables.

Here are just a few ideas:

- Spread the word about programs that support local agriculture.
- Encourage families to make small changes, like keeping fresh fruit or carrot sticks within easy reach.
- Motivate local restaurants, stores, and other businesses to provide quality foods made with fresh fruits and vegetables.

#### **How can I help spread the word?**

We've made it easier for you to make a difference! This toolkit is full of ideas to help you take action today. For example:

- [Add information about fruits and veggies to your organization's website or newsletter.](#)
- [Tweet about Fruits & Veggies – More Matters Month.](#)
- [Host a community event](#) where families can try different fresh foods while learning about healthy food resources.
- [Add this Web badge](#) to your website, blog, or social networking profile

# NUTRITION ACTIVITY

## Healthy Food – Healthy You

# 11

Ways to Beat Mindless Eating

Changing How—Not Just What—You Eat Can Make It Easier to Get to, and Stick to, a Healthy Weight

By Brian Wansink, PhD

Most of us are blissfully unaware of what influences how much we eat. We believe that how much we eat is mainly determined by how hungry we are, how much we like the food, and what mood we're in. We all think we're too smart to be tricked, but not us. That is what makes mindless eating so dangerous. We are almost never aware that it is happening to us.

**1** **THINK 20 PERCENT LESS.** Dish out 20 percent less than you think you might want. People can eat 20 percent less without noticing it. A 30 percent decrease is noticeable, but 20 percent is under the radar!

**2** **SEE IT BEFORE YOU EAT IT.** Put everything you want to eat on a plate before you start eating. People eat about 14 percent less than when they take smaller amounts and go back for seconds or thirds

**3** **KEEP AN EYE ON WHAT YOU EAT.** Keep chicken wings or rib bones on your plate. You'll eat less if you see what you've already consumed!

**4** **MAKE THE MEAL GO FURTHER.** Use smaller serving spoons, and set the table with smaller plates. Diners serve themselves up to 57 percent less when using smaller plates or bowls and smaller serving utensils.

**5** **“DE-CONVENIENCE” TEMPTING FOODS.** Put them in a hard-to-reach cupboard. Reseal packages and wrap the most tempting left overs in an aluminum foil and put them in the back of the refrigerator or freezer.

**6** **MAKE THE BAD STUFF HARD TO GET.** Preportion unhealthy snacks when you're not craving them. Before you eat it, cut a pie into 10 smaller pieces instead of six. That way, when you're unable to resist hitting the fridge for snack, you'll have a better chance of eating less.

**7** **BEWARE OF LEFTOVERS.** The more side dishes and little bowls you bring out of the refrigerator, the more you will eat. If you're bring out carrot sticks, this probably doesn't matter—but are you?



**8**

**LEAVE ALL YOUR SERVING DISHES IN THE KITCHEN.** Having them at least 6 feet away gives us a chance to ask if we're really that hungry. But turn this around for your salad and vegetables. Make sure they're firmly planted in the "pick me" spot in the middle of the table.

**11**

**REWIRE YOUR COMFORT FOODS.** The key is to start pairing healthier foods with positive events. Instead of celebrating a personal victory or smothering a defeat with a "death by chocolate" ice cream sundae, try a smaller bowl of ice cream topped with fresh strawberries.

**SNACK ONLY AT THE TABLE AND ALWAYS ON A CLEAN PLATE.**

**9**

This strategy makes an impulse snack that much less convenient.

**10**

**EAT HEALTHY FOODS FIRST.**

At a party, use the volume approach to make yourself feel full. Chow down on healthy stuff (like broccoli, cherry tomatoes and carrots), and then see if you have room for the rest.

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Brian Wansink, PhD, directs the Cornell University Food and Brand Lab. He is the bestselling author of *Mindless Eating: Why We Eat More Than We Think* and *Slim by Design: Mindless Eating Solutions for Everyday Life*



## PHYSICAL ACTIVITY



Physical activity is good for people of all ages.  
Staying active can help:

- Lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer
- Improve your strength and balance so you can prevent injuries and stay independent
- Reduce symptoms of depression
- Improve your ability to think, learn, and make decisions

Before you start...

If you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about the types and amounts of physical activity that are right for you.

Aim for 2 hours and 30 minutes a week of moderate aerobic activities.

- If you were not exercising before, start slowly. Begin with 10 minutes of aerobic activity and gradually build up to doing 30 minutes at a time.
- Aim for 30 minutes of aerobic activity on most days of the week.
- Choose aerobic activities – activities that make your heart beat faster – like walking fast, dancing, swimming, or raking leaves.

- Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

Do strengthening activities 2 days a week.

- Try using exercise bands or lifting hand weights. You can also use cans of food as weights.
- Breathe out as you lift the weight, and breathe in as you lower it. Don't hold your breath – holding your breath can cause unsafe changes in your blood pressure.

Do balance activities 3 or more days a week.

- Practice standing on one foot (hold onto a chair if you need to at first).
- Stand up from a sitting position without using your hands.



# Recipe of the Month

## Fresh, Healthy Tacos

This taco recipe aim to give Texas-size flavor without the guilt

# Sesame Chicken Tacos



### Ingredients

6 skinned and boned chicken thighs, cut into small pieces  
3 tablespoons low-sodium soy sauce, divided  
1/4 teaspoon kosher salt  
1/4 cup plus 1 1/2 tsp. cornstarch, divided  
2 tablespoons canola oil  
1 1/2 tablespoons honey  
1 tablespoon dark sesame oil  
2 teaspoons rice vinegar  
1 teaspoon sambal oelek (chile paste)  
1 large garlic clove, minced

3 tablespoons coarsely chopped dry-roasted peanuts  
3/4 cup celery slices  
8 (6-inch) fajita-size corn tortillas, warmed  
1/3 cup sliced green onions  
1/2 red bell pepper, sliced

### Preparation

Place chicken and 1 Tbsp. soy sauce in a large zip-top plastic bag; seal bag. Let stand at room temperature 30 minutes. Remove chicken; discard marinade. Sprinkle chicken with salt. Place 1/4 cup cornstarch in a shallow dish. Toss chicken with cornstarch.

2. Sauté half of coated chicken in 1 Tbsp. hot oil in a large skillet over medium-high heat 6 minutes or until done. Remove chicken; drain on paper towels. Repeat procedure with remaining 1 Tbsp. oil and coated chicken.

3. Whisk together honey, next 3 ingredients, and remaining 2 Tbsp. soy sauce and 1 1/2 tsp. cornstarch in a small microwave-safe bowl. Microwave at HIGH 1 1/2 minutes or until thickened, stirring twice. Stir in garlic. Toss together honey mixture, chicken, peanuts, and celery; divide among tortillas. Top with green onions and bell pepper slices.

**ANNOUNCEMENT BULLETIN BOARD**

**Church Street Cumberland Presbyterian Church in America**

**E-mail: [secretary@Churchstepca.org](mailto:secretary@Churchstepca.org)**

**New Grief Support Group!**

Brookdale Place Jones Farm, First United Methodist Church, Hospice of North Alabama and Laughlin Service Funeral Home are pleased to announce a new six week grief support group "Life after Loss: A Journey to Healing." The group will meet on **Thursdays, 5:30-6:30 pm, Sept. 1– Oct. 6** in the Bamboo Room of Brookdale Place Jones Farm, 2815 Carl T. Jones Dr. SE. It is open to the entire Huntsville community at no charge. The facilitator will be The Rev. Carl Malm of The Center for Loss, Grief and Change. Reservations are requested but not required. Light refreshments will be served. For more information or to make a reservation, please phone Brookdale Place at 256 881-6111 or Rev. Malm at 256 883-6539.

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**BIRTH**  
**ANNOUNCEMENT**



**Baby Londyn Lewis**, 6 pounds 9 ounces born on August 13, 2016 to Andre & Amber Lewis. Londyn is the Granddaughter of Sister Bridgette Strong, Great Granddaughter of Elder Janice Ray, Niece of Ashley Strong, and Great Niece of Sister Carolyn Ray.

*Broken*  
*The Spiritual Care of the*  
*Divorced*

*Presented by the School of Applied  
Ministry of the Huntsville  
Association for Pastoral Care*

**Tuesday, September 13, 6:00  
pm – 8:30 pm**

(Supper and Registration at 5:30)

**First Baptist Church  
600 Governor's Dr.  
Community Room in the Family  
Life Center**

(Across St. Clair from the Public  
Library, Entrance 7)

**Cost: \$35 (includes supper!).  
(No charge for those from  
sponsoring churches.) To  
register or for more  
information:**

**[malmcarl@hotmail.com](mailto:malmcarl@hotmail.com) or 256  
883-6539.**

***CEU's (2 contact hours for social  
workers; 2.2 for nurses) will be  
available for nurses and social  
workers through HAPC  
(ABNP1490, Eugenia Graves, RN,  
BS, FCN, HAPC Education Director).***  
*Participants will learn ways to  
encourage the divorced to take action  
to help themselves, how to identify and  
support grief reactions in the divorced,  
when and how to make a referral to a  
professional, and ways to give grace  
and hope to the divorced.*

**Presenters**

**The Rev. Brad Hall, Associate  
Chaplain, Huntsville Hospital  
The Rev. Jim Norris, Licensed  
Marriage and Family Therapist  
and Pastoral Counselor with  
The Vine Pastoral Counseling  
Center**

**Kathy Sieja, Licensed  
Professional Counselor  
(Retired)**

*The Huntsville Association for Pastoral  
Care represents many Christian  
denominations and since 1977 has  
been working to improve the  
availability and quality of  
pastoral/spiritual care in our  
community. Its many ministries include  
supporting and encouraging  
community chaplaincy; the Center for  
Loss, Grief and Change; the Council for  
Faith and Mental Illness; Diakonia;  
Good Samaritan Ministries;  
congregational health ministries and  
the School of Applied Ministry. Tax  
deductible donations may be made to  
HAPC or any of its ministries by mailing  
a check to HAPC, PO Box 16032,  
Huntsville, AL 35802.  
[www.facebook.com/HAPCHSV](http://www.facebook.com/HAPCHSV)*

**~~ ANNOUNCING ~~**

**HUNTSVILLE/MADISON COUNTY BRANCH**

**NAACP**

**FREEDOM FUND and AWARDS BANQUET**

**Friday – September 10, 2016**

**Time: 6:00 PM**

**The Jackson Center**

**6001 Moquin Drive – Huntsville AL 35**

**Speaker: Rev. Charles White**

**Tickets: \$50.00 by September 1<sup>st</sup> / \$65.00 thereafter**

**Souvenir Ads: \$150 full page, \$100 half page, \$50 card size**

**For additional tickets and/or information contact**

**The Rev. Banks Booker, Banquet Chairperson, at**

**[marticiab@gmail.com](mailto:marticiab@gmail.com)**

**The Reverend Robert L. Shanklin, President**

**Ph. 256-698-5095 cell**



**PRAY FOR ME - (PUSH) PRAY**



**UNTIL SOMETHING HAPPENS. We continue to pray for the lost and**

**backslider.** If you have family or friends in either of those categories, please remember the Church meets each *fourth Sunday at 4:00* p.m. for corporate prayer. Come and join us!

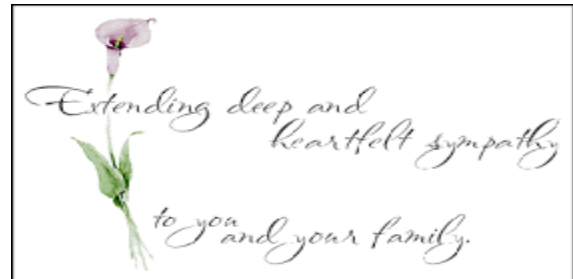
*“Commit to the Lord whatever you do and your plans will succeed”.* Proverbs 16:3



**INTERCESSORY PRAYER FOR OUR FAMILY AND FRIENDS:**

Abby Ard, Caleb Atnip, Naomi Bell, Annie Joyce Brown, Jonathan Bryant, Taylor Burns, Dr. Kathy Castilla, Catherine Crook, Alexis Daniel, Brandon Douglas, Katie Evans, Melody Forbes, Evelyn Hight, Linda Fay Hood, Darius Jackson, Robert Jackson, Deb Kampman, Donnie Love, Jr., Victor Macon, II, Athelstine Malone, Pastor Mary Miller, Tonzie Moore, Ann Pettaway, Sylvester Pettaway, Debra Rush-Santens, Kelsey Sales, Basil Quintell Scott,

Mildred Skillman, Erika Smith Rosa Taylor, Tias Mignon Walker, Willie Fred Walker, Damon Williams, Love Williams, Adrian Wright, Angela Zeigler.



**Condolences to:**

Abby Ard, Caleb Atnip, Naomi Bell, Annie Joyce Brown, Jonathan Bryant, Taylor Burns, Dr. Kathy Castilla, Catherine Crook, Alexis Daniel, Brandon Douglas, Katie Evans, Melody Forbes, Evelyn Hight, Linda Fay Hood, Darius Jackson, Robert Jackson, Deb Kampman, Donnie Love, Jr., Victor Macon, II, Athelstine Malone, Pastor Mary Miller, Tonzie Moore, Ann Pettaway, Sylvester Pettaway, Debra Rush-Santens, Kelsey Sales, Basil Quintell Scott, Mildred Skillman, Erika Smith Rosa Taylor, Tias Mignon Walker, Willie Fred Walker, Damon Williams, Love Williams, Adrian Wright, Angela Zeigler.

## **SOME HEALTH AWARENESS REMINDERS FOR SEPTEMBER**

Childhood Cancer Awareness Month

**Fruit & Veggies—More Matters Month**

Healthy Aging Month

National Food Safety Education Month

National Sickle Cell Month

Ovarian Cancer Awareness Month

Prostate Cancer Awareness Month

Sexual Health Awareness Month

World's Alzheimer's Month

National Childhood Obesity Awareness Month

**HELP FOR THE HOMELESS** - a RECEPTACLE has been placed in the foyer to receive White socks (men & women),



reading glasses, underwear (men & women), incontinence needs (depends),

Vaseline, disposable razors, shaving powder, deodorants (regular size), cough drops, wash cloths, coupons for food, shuttle passes (\$1.00 each way), bottle water, allergy meds, cough medicine (alcohol free), over the counter meds, women sanitary needs. . *Let's be a blessing to others!*

**CHURCH NEWSLETTER** - Our Newsletter Editor (Elizabeth Jolly) is working to produce our next monthly newsletter. Please submit your articles by **noon on the 15<sup>th</sup> of each month** for consideration. If you have articles or photos, please send them camera-ready.

### **NAME THIS NEWSLETTER**

We are pursuing a name change for the newsletter to take place by August 2016. However, we did not get any suggestions, so **we are extending the time to the end of August 2016.** Please submit any suggestions to Liz Jolly.

### **HELP WANTED**

If you are interested in working with the newsletter ministry, please contact the church secretary, Ms. Dianne Bryant and let her know of your interest.

# National Grandparents Day

The impetus for a National Grandparents Day originated with *Marian McQuade*, a housewife in Fayette County, West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. President Jimmy Carter, in 1978, proclaimed that **National Grandparents Day** would be celebrated every year on the **first Sunday after Labor Day**.

In 2016, Grandparents Day falls on Sept. 11<sup>th</sup>

**This newsletter is recognizing the grandparents of Church Street Cumberland Presbyterian Church in America with the following picture collage:**







# National Grandparents Day



**Grandparents**  
make the world...  
a little *softer*,  
a little *kinder*,  
a little *warmer*.

# Least of These

How we treat the most vulnerable among us probably says more about the character of our culture than anything else.

It's hard to imagine any more vulnerable human beings than unwanted children.

The ancient Romans routinely discarded undesirable infants. Scores of nameless girls and boys were thrown into the Tiber River or abandoned on the city dump.

If these little ones didn't die of exposure, they might be collected by the proprietors of brothels, who raised them into a life of sexual slavery.

Other times they were gathered by followers of Jesus, who cared for these "foundlings" in the world's first foster homes and orphanages.

Since their parentage was unknown, they were sometimes given the Latin name *Exposito* – one who was left to die. Echoes of that surname live on today. Every time you meet someone named *Esposito*, you are encountering a person whose heritage includes the compassionate rescue of a child intentionally left behind.

Humanity, unfortunately, hasn't always moved beyond the cruelties of the ancient world.

In Seoul, South Korea, for instance, hundreds of babies born with disabilities – Down syndrome, blindness, deafness – are abandoned on the streets every year.

A pastor named Lee John-rak, who is the father of a boy afflicted with cerebral palsy, decided to respond to this reality in a practical way.

He crafted a kind of "drop box" in one of the walls of his home.

A mother or father who wishes to remain anonymous can open the lid and place an unwanted infant into a blanketed, warm compartment. Pastor John-rak has included a motion sensor and an alarm as well. When he or a volunteer hears the alarm, they bring the child into the care of an ever-growing orphanage.

Does the "baby box" work?

As many as 18 little ones a month are placed in that compartment.

In his book *Vanishing Grace*, Philip Yancey writes: "Every Christian can be an activist, whether full- or part-time... When parents discard unwanted children, Christians make a home for them. When scientists seek ways to purify the gene pool, Christians look for special-needs babies to adopt. When politicians cut funding for the poor, Christians open shelters and feeding stations."

Why?

King David made what is perhaps history's most eloquent case for cherishing reverence for every human life: "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am

fearfully and wonderfully made” (Psalm 139:13-14).

When we care for the most vulnerable, we honor the One who crafted each one of us.

And each one of us is a masterpiece.

Glenn McDonald | Director, Mission Integration

4040 Vincennes Circle  
Indianapolis, IN 46268

Direct: (317) 334-8039

Mobile: (317) 507-6623

[Glenn.McDonald@ascension.org](mailto:Glenn.McDonald@ascension.org)

Rooted in the mission of Ascension, we serve our clients, deliver value, and enable new possibilities.

for you created  
my inmost being  
you knit me  
together  
in my mothers  
womb  
I PRAISE YOU  
because i am  
fearfully and  
wonderfully  
made  
Psalm 139:13-14





## *The Kiddie Korner*

### Left Out?



**Theme:** Jesus doesn't leave anyone out and neither should you.

**Object:** An invitation to a party

**Scripture:** Then Jesus said to his host, "When you give a luncheon or dinner, do not invite your friends, your brothers or relatives, or your rich neighbors; if you do, they may invite you back and so you will be repaid. But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous." Luke 14:12-14 (NIV)

Look what I have! I received an invitation to a party. It is going to be a really great party. Listen to this, "You are invited to a party at the Church Street CPCA this Friday at 6:30 PM. There will be games and fun for all and plenty of delicious food."

Did you receive one of these invitations? You didn't? I wonder why you were left out? How does it make you feel to know that you were left out of what promises to be a great party? Are your feelings hurt? Do you wonder why I got an invitation and you didn't? It isn't a very good feeling to be left out, is it?

Do you ever leave someone out when you are having a party or doing something special? Do you only invite your very best friends? Do you perhaps leave out the child who doesn't have much money and wears old and ragged clothes? Or maybe you leave out the child who is physically handicapped and has to get around in a wheelchair. Maybe you leave out

the child who isn't very smart and the other kids make fun of him. Maybe you leave out the child whose skin is a different color. How do you think those children feel when they are left out?

Jesus said that when we are having a party, we shouldn't just invite our best friends or the most popular kids in school. In fact, he said that we should be sure to invite the very ones that we might leave out -- the poor, the crippled, and those who are less fortunate than we are. He said that if we only do good things for those who can do good things for us that we already have our reward, but if we do good things for those who cannot do good things for us in return, that we will receive our reward in heaven. Would you rather be rewarded now, or in heaven? If you want to be rewarded in heaven, be careful who you invite to your next party.

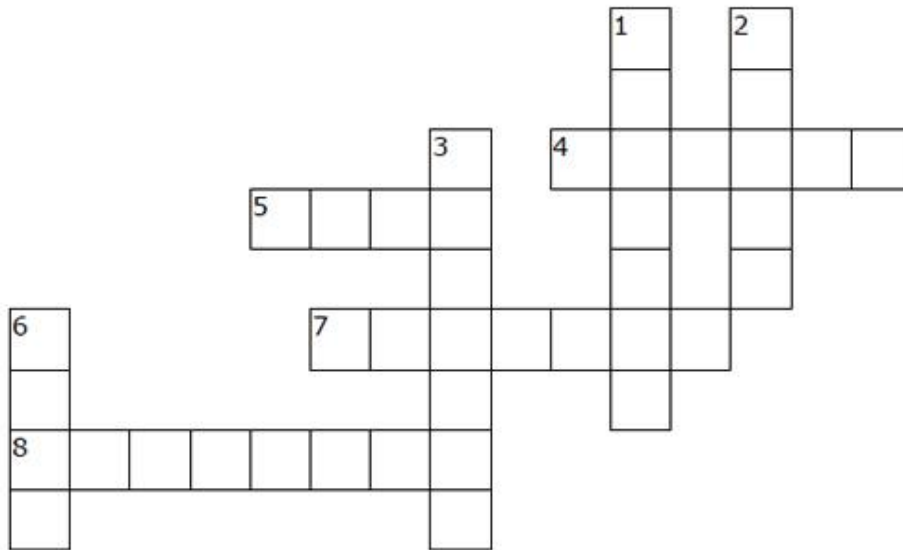
Oh, by the way, you know this invitation that I told you about? It isn't a real invitation. I just made it up to help us to understand how it feels to be left out. It feels pretty good to know you haven't been left out, doesn't it?

Dear Father, help us to be loving and caring toward those who may not have as much as we have. Help us to include them in the special things that we do. In Jesus name we pray, amen.

# Left Out?

"But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed."  
 Luke 14:13-14a (NIV)

Based on Luke 14:12-14



## ACROSS

- 4. To ask someone in a friendly way to do something
- 5. Having very little money or possessions
- 7. To be highly favored by God
- 8. To be lame or disabled in the feet or legs

## DOWN

- 1. A dinner party for many people
- 2. Unable to see
- 3. People that you know well and like very much
- 6. Having a lot of money

BLIND	FRIENDS	BANQUET	BLESSED
RICH	POOR	INVITE	CRIPPLED



PARENTS BE AWARE:

## Nickelodeon Introduces Married Same-Sex Couple on Children's Cartoon Show 'The Loud House'

By LEAH MARIEANN KLETT (NEWS@GOSPELHERALD.COM) Jul 21, 2016 10:34 AM EDT



The cartoon couple depicted in "Loud House," Harold and Howard McBride, are voiced by comedian Wayne Brady and actor Michael McDonald. Twitter

Amid increasing pressure from the LGBT community to include more diversity in film and television, the children's TV network Nickelodeon this week introduced a bi-racial

gay couple on the animated show "[The Loud House](#)."

[Variety](#) reports that the series, which premiered in May and centers around the life of Lincoln Loud and his ten sisters, is the first Nickelodeon show in history to feature an

interracial, married same-sex couple. The cartoon couple, Harold and Howard McBride, are voiced by comedian Wayne Brady and actor Michael McDonald and are the parents of one of Loud's friends, Clyde McBride.

In the scene, which aired Wednesday evening, Clyde rings the doorbell. When Loud answers the door, he greets them by saying, "Hey, Clyde. Hi, Mr. McBride. Hi, Mr. McBride."

[The Christian Post](#) notes that Howard, who is tall and white, is portrayed as being effeminate, while Harold, who is short and black, is portrayed as being more emotionally stable.

While the decision to include a homosexual couple in a children's show has been met with [praise](#) by many in the secular media, it didn't sit well with a number of conservative groups, including [One Million Moms](#).

"Unfortunately, children are now being exposed to same-sex marriage on a network that is designed for kids," the group wrote. "Just because something may be legal or because some are choosing a lifestyle doesn't make it morally correct."

OMM also contended that families who are watching the shows on the said network may encounter a discussion about sexual orientation that is too early for the children.

"Conservative families need to urge Nickelodeon to avoid controversial topics that children are far too young to comprehend. This is the last place a parent would expect their children to be confronted with topics that are too difficult for them to understand. Mature issues of this nature are being introduced too early and too soon, and it is extremely unnecessary."

This is not the first time Nickelodeon has introduced gay characters, as noted by [The Guardian](#).

In 2014, Nickelodeon paired Korra with her best friend Asami on *The Legend of Korra*, and showed the characters sharing a kiss in its two-part series finale. A year later, the network also showed another gay character, RuPearl, a snail drag queen, in an episode of *Bubble Guppies*.

The push for more diversity in children's entertainment has extended to film as well: in May, fans of Marvel films used the online hashtag "Give Captain America A Boyfriend" to call for a same sex relationship between the hero and Bucky Barnes, the Winter Soldier.

Other fans for Disney's animated film "Frozen" also started the hashtag #GiveElsaAGirlfriend to [urge Disney](#) to make the princess character a lesbian in the upcoming sequel, which is geared toward children.

At the time, Franklin Graham [accused](#) the LGBT community of attempting to get their "morally bankrupt" message to young children and influence their lives as the U.S. sinks "deeper into secularism."

"What happens when you remove biblical standards and leadership from a country? Moral bankruptcy, that's what," he wrote on [Facebook](#). "As our culture abandons its once cherished Judeo-Christian foundation and values, godly traditions disappear and we sink deeper into secularism."



# *The Photo Gallery*



Marc Lacy – presenting the students at the Academic Achievement Recognition



Academic Achievement Recognition: Preschool through 2016 High School Graduates – August 14, 2016





Bruce Martin – Guest Speaker



Reverend Garrett



Ajani Redrick – Candidate for Baptism



Redrick Family and Reverend Garrett



**Courtlyn Hart – Candidate for Baptism**

**Refreshments – Provided by Elder Patton**



## **Labor Day in the United States**

Labor Day is annually held on the first Monday of September. It was originally organized to celebrate various labor associations' strengths of and contributions to the United States economy. It is largely a day of rest in modern times. Many people mark Labor Day as the end of the summer season and a last chance to make trips or hold outdoor events.



Labor Day is a day of rest for many Americans.

## **Celebrate Labor Day**

Labor Day is a day of rest or the last chance for many people to go on trips before the summer ends. For some students, it is the last chance to organize parties before school starts again. In some neighborhoods, people organize fireworks displays, barbecues and public arts or sports events. The football season starts on or around Labor Day and many teams play their first game of the year during Labor Day weekend.

## **Public Life**

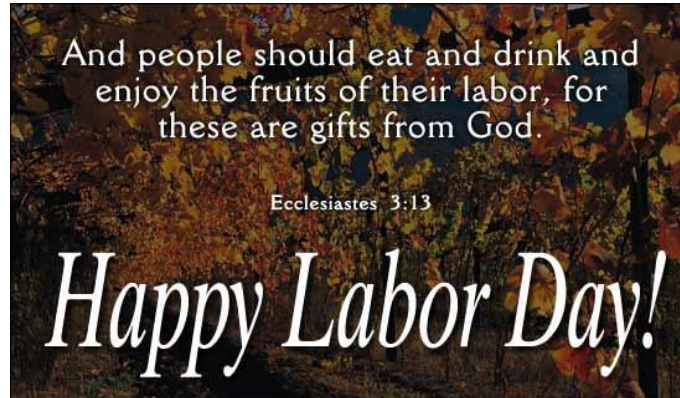
Labor Day is a federal holiday. All Government offices, schools and organizations and many businesses are closed. Some public celebrations, such as fireworks displays, picnics and barbecues are organized, but they are usually low key events. For many teams, it is the start of the football season. As it is the last chance for many people to take summer trips, there may be some congestion on highways and at airports. Public transit systems do not usually operate on their regular timetables.

## **About Labor Day**

The first Labor Day was held in 1882. Its origins stem from the desire of the Central Labor Union to create a holiday for workers. It became a federal holiday in 1894. It was originally intended that the day would be filled with a street parade to allow the public to appreciate the work of the trade and labor organizations. After the parade, a festival was to be held to amuse local workers and their families. In later years, prominent men and women held speeches. This is less common now, but is sometimes seen in election years. One of the reasons for choosing to celebrate this on the first Monday in September was to add a holiday in the long gap between Independence Day and Thanksgiving.



**CHURCH STREET CPCA**  
228 Church Street NW  
Huntsville, AL 35801-5541  
Return Service Requested



The **CHURCH STREET NEWS** is a publication of Church Street Cumberland Presbyterian Church in

America

228 Church Street NW ~ Huntsville, AL 35801

Editor: Sister Elizabeth Jolly

Administrative Assistant: Minister Dianne Bryant

Worship Services: Sunday 8:00am & 11:00am Sunday School: 9:30am

5<sup>th</sup> Sunday Combined Worship at 11:00am Sunday School: 9:30am

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Web Site: [www.churchstcpca.org](http://www.churchstcpca.org)