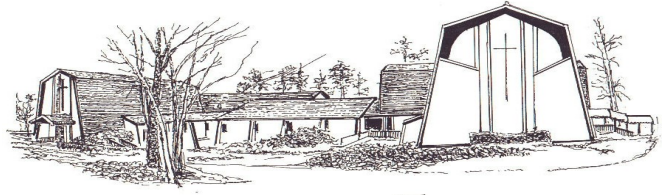


# THE WITNESS



The purpose of Eastminster Presbyterian Church is to  
share the Good News of Jesus Christ with all.  
EPC Mission Statement ~ Adopted by Session 2011

**May 13, 2015**

## Worship

Worship has always been one of the paramount ways Christians respond to God. We so often confuse worship with a place or an event where we go. But the fact is that true worship is not something we watch or hear but something we give. In fact the way in which we participate in worship often is the single most defining act of who we are and how we see our God.

If you stop and read Genesis 22: 1- 19, you will read about the first recorded worship experienced in the Bible. Can you guess what it is? You might be surprised. Go and get your Bible and read about what we are told about that first worship...

WOW, I'll bet you that was not the story you expected to read. It certainly does not have all the elements which our Book of Church Order suggests. Where are the prayers, the confessions and the assurances of pardon? Where is the reading of the Word and the singing of hymns? All of these are missing. But, the Hebrew word which we translate into the English word 'worship' has an important and distinct meaning. It means to bow humbly in reverence. It has this old idea of coming before the king and bowing in total surrender.

That is what was happening in the Book of Genesis and who is the king there? If you read the verses you know that it is God. And what was the sacrifice that was brought? Did you ever think sacrifice was central to worship? In fact the Bible is clear that our worship is just that: a sacrifice! So we see that worship is not some place we go or an event to be observed. **WORSHIP IS OUR SACRIFICE OF PRAISE UNTO OUR GOD.**

God calls us to worship and through worship we come to better see the world as experienced through God's grace. We spend all week looking at the world through other lenses and we are but called to worship to give and thus get a proper perspective. And we only do that communally one (1) hour out of every one hundred and sixty-eight (168) hours. That does not seem like a lot to give but then we know that in most churches only about 40% of the members regularly even worship at all.

Have you ever thought about why you worship? I would encourage you to do just that!  
Have you ever considered what sacrifice you will bring? That too is something to consider!

We will be combining our two Sunday services into one beginning May 24<sup>th</sup> and for the next few months we will be together for worship. So plan to join us for worship at 10 A.M.; but I sincerely hope that you do more than just plan. Let's all consider why we come, consider what we offer and then worship our God!

See you on Sunday!

*Caleb*

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## Sympathy to

The family of Margaret Moseley, who passed away on April 28.

## Congratulations to

Sally and Ken McMillan on the birth of their granddaughter, Mary Elizabeth, born May 5. Proud parents are Casey and Sarah McMillan (who already have 4 boys!).

## OASIS Outing

OASIS folks will visit the William Bremen Jewish Heritage and Holocaust Museum on May 28. We will meet at the church at 9:00 and have a tour, as well as a holocaust survivor who will speak to us, from 10:00-12:30. We will then go to lunch at Mary Mac's. Please contact the church office or [jeannesimpson@comcast.net](mailto:jeannesimpson@comcast.net) to make a reservation.



## S.O.S. - School's out soon!

It's that time of year again and boys and girls in our community will be spending extra time and eating more meals at home and away from school during the summer months. Please consider contributing some items to the Lilburn and Stone Mtn. Co-ops to stock their sparse shelves during this critical time of the year. Staples may include: peanut butter, jelly, soup, canned fruit, canned vegetables, hot and cold cereal, mac and cheese, tuna, granola bars, etc. You may deposit these donations in the narthex, upstairs receptacle adjacent to Founders Hall, and downstairs receptacle located in Preschool hallway.

Thank you,

Outreach Committee



## June Birthdays

1	Linda Richardsen	11	Susan Spears	14	Chris Uthlaut	26	Pete Craig
2	John Brieske	12	Susan Bentley	15	Carolyn Johnson	27	Tom Grissom
5	Nene Kisseih		Joshua Williams	19	Olen Duncan		Steven Weimar
	Robert Smith		Melanie Hicks		Annie Eaton	28	Kelly Gobba
6	Howard Ripley		Benjamin Kapsch		Rebecca Streich		Paul Wade
8	Tim Matthews	14	Jennifer Alff	21	Benjamin Smith	29	Anne Dean
	Jessica Williams		Teresa Hartle	22	Jacque Ripley		Katherine Gordon
10	Lawrence Garrett		Bill Norman	23	Lei Norman		

## Thanks!

- \* Thank you for all the meals you have delivered to us as Norman recuperates from his heart surgeries. Norman continues to get a little better day by day.

Barbara DeLong

- \* Thank you to EPC for purchasing cheesecakes and snack bags for our Spring Preschool Fundraiser! We made around \$700! This will help us to buy instructional materials and playground equipment, so thank you so much!

Stacey Moura

- \* I want to thank you for all your encouraging letters. I greatly appreciate them. It means a lot to know that I am being prayed for. I am also grateful for the Valentine's box you sent me. College is going well; only 5 weeks left! It's been difficult adjusting, but many people have helped me persevere through that transition into college. Again, thank you for your prayers.

Blessings,

Robert Turk

- \* Thank you so much for the Valentine's Day box. It was very sweet and thoughtful. I enjoy all the cards I receive from y'all! It makes me feel special being thought of. So thanks again!

Courtney Petty



## The igloo is complete!

The Preschool would like to say a BIG Thank You to all of you for contributing milk jugs! Our igloo is complete and the children just LOVE it! This igloo was made by one of our awesome parents, Ian Stedman. We will enjoy this igloo for many years to come!

Thank you again Eastminster church family for helping this idea come true!



*This is the first in what Congregational Life and Care hopes will be a series of articles about EPC members who have made healthy life style changes.*

*We hope these articles will inspire other members to become more conscience of their health and make changes to better their quality of life.*

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## **I'll get there and won't go back!!**

These words of conviction are how Norm Harrison describes his ongoing and very rewarding efforts to lose weight. Norm's weight loss efforts began in 2012. Norm was having back, hip and knee problems for which he sought the aid of a chiropractor. His chiropractor told him he needed to see an orthopedic doctor and he went to see Dr. Thomas Bradley who informed Norm that he needed a new hip. Compensating for the bad hip had thrown his back out of whack and was putting undue stress on his knee. There was only one problem, Dr. Bradley wouldn't operate on Norm at his current weight of 315 lbs. It was around October of 2012 when Norm began to lose weight in order to have the hip surgery that he needed. On December 12<sup>th</sup> of 2012 the now lighter Norm had his hip replaced and, as Norm says, he got his life back.

Norm was not satisfied with just losing the weight for the surgery, he wanted more, so he sought the aid of Dr. George Rafeedie, his primary care physician, who happened to have a background in Sports Medicine. Norm modified his diet, no bread or grains, no sweets and sensible portions. When weight loss plateaus hit, which is bound to happen, Norm used some appetite suppressants, prescribed and monitored by his doctor, to get him over the hump. Norm was adding more and more exercise to his daily routine as the pounds came off. His back and knee problems no longer held him back from doing the things he enjoys. Somewhere along the way Norm read an article encouraging people trying to lose weight to eat their biggest meal of the day first. This became his "overdrive" diet. Supper for breakfast, smoothie for lunch and something light in the evening is the way he eats now, and Norm prepares it all in-house.

Norm says he has "allowed" himself to gain a few pounds during holiday times but then it is right back on the program. Norm had high blood pressure and high glucose levels when he began his program and both are now normal. Norm credits his weight loss with giving him more energy to exercise more. He is sleeping better and looks forward to his time in the gym working out on stationary bikes and various strength training machines. Norm and others appreciate the new slimmer person he has become. Norm has not reached his weight loss goal, but step by step he is getting there. After all, as Norm says, "I'll get there and won't go back."

You might not need a hip replacement to get you started on a healthy lifestyle. Perhaps you have just been looking for some incentive to get started. Why not use Norm's success story to get you started today. The Congregational Life and Care Committee would like to encourage all our members to get up, get out and get going. We have lots of members that walk each day in parks near our church - why not join them? Read a book on diet and exercise and then start your own program. Who knows - in a few months it might be you saying "I'll get there and won't go back."



## Appalachian Service Project 2015



Last year Eastminster sent 20 people to Johnson City, TN for a week-long mission experience and we are going back this summer. We want you to go with us. We will be leaving on Sunday, July 5<sup>th</sup> and returning on Saturday, July 11<sup>th</sup>. Last year's trip was moving, inspirational and rewarding. We want you to share a similar experience this summer. The cost of the trip is \$400.00 and scholarships are available. Registration forms are available in the office or on line at [eastminster.us/ministries/outreach](http://eastminster.us/ministries/outreach). Come be the hands and feet of Jesus Christ working with and ministering to those in need. For more information contact Mark Sauls or Rick Adle.



## 2015 Birthday offering

Eastminster PW collected approximately \$675 toward our annual "Birthday Offering". Some of these donations will assist churches in Ohio who sponsor the Seventh Presbyterian in Barranquilla, Colombia by rebuilding an inadequate community center promoting social change for women and children. Other contributions will support "The Community of St. Therese of Lisieux in Memphis, Tenn. This is a nonprofit two-year residential community providing a program of education and encouragement for women seeking a better life following prostitution, human trafficking, and addiction. Your gifts and prayers are sincerely appreciated.



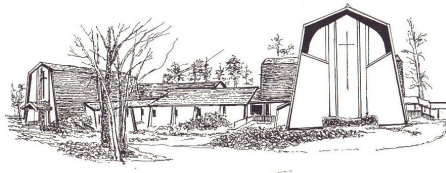
## A servant's heart

On Sunday, April 12 PW hosted their annual spring luncheon and presented another Life Membership Award to a very deserving individual. This year's recipient is Scott Uthlaut. He has been a member of Eastminster for many years and actively involved in our congregation serving with steadfast faith and abounding joy. Scott is currently serving as chairman of Building and Grounds, sings in the choir, participates in the Mountain Shadow Garden Club, and engaged with Stephen Ministry. He has also taught Sunday School and served on the Board of Deacons and Trustees. Scott's demeanor is quiet, gentle, and filled with humility. You may find him counting money on Mon. or Tues. mornings as well as raking flower beds around the premises any given week. He eagerly answers a plea for assistance with a smile. Please extend your sincere congratulations and thankfulness to Scott for inspiring all of us to continue to give praise to God with willing hands, a cheerful attitude, and grateful hearts.

THE WITNESS IS  
A MONTHLY NEWSLETTER OF

EASTMINSTER PRESBYTERIAN  
CHURCH

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Stone Mountain, GA 30087  
www.eastminster.us  
eastminsterpres@yahoo.com  
Contact: Paula McGill



**Return Service Requested**

**PHONE NUMBERS**

Church Office: 770-469-4881  
Fax: 770-879-9590  
Preschool: 770-469-4880  
School Age Program: 770-469-9489

**DEADLINES**

Newsletter ~ 5 p.m. May 31  
Sunday Bulletin ~ Wednesdays at 8:00 a.m.

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**Church Staff**

**Pastor** ~ Rev. J. Caleb Clarke III  
**Pastor to the Senior Adult Ministries** ~ Rev. Jeanne Simpson  
**Director of Mission and Youth** ~ Mark Sauls  
**Director of Christian Education** ~ Mardee Rightmyer  
**Director of Music Ministries** ~ Andrew Meade  
**Director of School Age Program** ~ Celeste Sears  
**Director of Preschool Program** - Stacey Moura  
**Communications Coordinator** ~ Paula McGill  
**Financial Coordinator** ~ Jan Zabarac