

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

June 10, 2015

Summertime and the Livin' is ...?

There is no doubt that most of us remember this classic aria from Gershwin's opera, Porgy and Bess. The first line tries to express the possibility that the summertime brings an ease or rest or even a renewal of life that is not found in the rest of the year. And for the most part many of us today buy into this idea. We struggle through the year and dream of the summertime when we can get away, get some rest and be restored. Well summer is here!

School is out and plans are being made for the next few months. Thoughts of things like sipping iced tea on the porch or dropping a hook in the water or even a hammock by the lake capture us. So we begin to plan our time off: we clean the gear, we buy the new equipment and we mark the days off our calendar. It is going to be a rest THIS YEAR. It won't be like all those other years. No, this year will be different because we are going to make sure we rest! **CAUTION**... it won't be different unless you make it different. We plan around what we want; but wouldn't it be different if we planned around what God might desire for us?

We all want rest and we wear ourselves out trying to find it. For months we plan our vacation of leisure and we return feeling like we need another rest just to recuperate. Have you ever wondered about that? We buy our second homes hoping it will be our escape and before long it seems to occupy our time and money or we think we have planned the perfect get-away and after it's over, we realize we have spent far too much time and energy to call it rest. Have we not forgotten that we find our rest, true rest, in God? True rest is what the Hebrews called Sabbath.

Our pattern in all things should be a Godly one. We are called to serve, give, worship and live in a way that expresses God's love and desire for His people. This should also be true in how we approach our rest. Remember, God was busy with creation and when he finished he rested, setting that day apart as Sabbath (Genesis 2:3). He gave that 'rest' to his people as a perpetual sign of our being separated 'to' him not 'from' him (Exodus 31: 13-17). True rest is a gift we receive from God as we cease to strive.

My prayer is that this summer each of us will seek a **Sabbath Rest**. It can be at the beach or lake or mountains or just home. But it starts with remembering where the rest comes from and who gives it: God and God alone. Then it amounts to what God wants us to be doing: it means we trust in the words of Jesus just as much in our way of leisure as we do in our way of worship. Jesus is the giver of all life and he wants us to experience it in abundance (John 14:14). That doesn't mean having a lot but having what is good for us and includes rest. The closer to Jesus we get the more we experience His rest.

Maybe we need to plan a different way this year. Maybe the rest we really need is found in the presence of God and in a renewed relationship with our Lord and Savior, Jesus. Maybe, just maybe, He is what we have been searching for all along. May the summer be easy for you and may we all find our rest in Him.

Blessings,

Caleb

Class of 2018

The Officer Nominating Committee urges all members to submit names of persons to serve as Elders and Deacons, Class of 2018. We hope to have a slate by mid-July to present to the congregation. You may put your list of names in the offering plate on Sunday, leave it in the office or give it to one of the members of the Nominating Committee: Zandie Burger, Ann Lee Bussey, Annie Ruth Counts, Kathe Gowland, Art Scott and co-Chairs Sally Jackson and Michael Watchulonis. Call Sally 770-491-0084 if you have any questions about the process.



School's out!

It's that time of year again and boys and girls in our community will be eating more meals at home 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, soda crackers, small containers of fruit and pudding, Kool-Aid packets, snack items, toothbrushes, toothpaste, baby shampoo, adult shampoo, deodorant, dish detergent, baby wipes, diapers, etc. Bins are in the narthex, near Founders Hall, and in Preschool hallway.

Thank you,
Outreach Committee



July Birthdays

1	Carol Cloninger	8	David Morgan	13	Richard Petty	25	Martha Carrick
	Evelyn Edwards	9	Sandra Smethers	14	Michael Watchulonis	27	Addy Kisseih
2	Lucy Cole Gratton	10	Ralph Chandler	15	Alan Abraham	28	Alice Day
	Mary Katherine Mitchell		Karen Foster		Linda Redman		Kennet Sorenson
	Jane Smith		Andrew Wilmot	16	Bob Waggoner		Anne Lawing
3	Catherine Carmichael	11	Trey Deal	18	Norman Harrison	29	Ann Malloy
	Caleb Clarke	12	Al Stacer	21	Susan Weimar	31	Jennifer McIntosh
5	Laurie Nielson		Vickie Carpenter	24	Pam Hohenstreet		

SILVER SNEAKERS

*In the continuing series of articles sponsored by Congregational Life and Care encouraging EPC members to become more conscience of their health and making choices to better their quality of life, the following paragraphs offer information on the **Silver Sneakers** exercise program.*

Published in the May issue of “The Witness” was the article sharing Norm Harrison’s inspiring story. A healthy life style involves making good choices. Eating nutritious and healthy foods in proper portions is a factor and a great start. Equally important is exercise. **Silver Sneakers** is a program offering a variety of convenient options to participate in an exercise/fitness program. This program is offered to senior citizens, 65 years and older who are enrolled in certain Medicare supplemental plans. **Silver Sneakers** is free and is offered through many (but not all) health care providers. Health care providers in Georgia that cover the **Silver Sneakers** fitness benefit include: AARP, Advantage Plan with Peach State Health, Aetna, Amerigroup, Blue Cross Blue Shield of GA, Coventry Health Care, Humana Gold Choice Advantage and Kaiser. However, please note that not all Medicare supplemental plans carry the **Silver Sneakers** benefit.

There are several ways to get involved in a **Silver Sneakers** program. You can visit a participating fitness center and use the equipment, pools, saunas and sign up for group classes. You can also attend outdoor walking and exercise groups (where available). Finally, you can exercise right at home with the **Silver Sneakers** ‘at home workout kit’. You can go as often as you like and to as many different facilities as you like. It is unlimited. You simply show/slide your **Silver Sneakers** membership card and exercise to your content!! Some of the facilities that participate in the **Silver Sneakers** program in our local area include: Fitness 19, Mountain Park First Baptist Church, LA Fitness in Stone Mountain and Snellville, Curves in both Tucker and Snellville, Just Fitness 4 U and Snap Fitness. This is just a partial list.

Unfortunately, not all Medicare supplemental plans allow for participation in the **Silver Sneakers** program. To see if **Silver Sneakers** is included in your supplemental plan and to check availability, you can visit SilverSneakers.com or call 1-888-423-4632 Monday – Friday, 8 a.m. thru 8 p.m.

Participation in **Silver Sneakers** is a wonderful way to get in shape, meet people, build and establish new friendships, find support and enjoy fun, social activities with people in our community. Again, Congregational Life and Care encourages all our EPC members to “get up, get out and get going”.





This is the second article in a series about EPC members that have made life style changes to improve their health. We hope these articles will encourage other members to get up, get out and get going.

Chip Wilmot

When I was in my early 40s I really took my health for granted. Being a neurologist and knowing from a professional standpoint what can happen when health begins to slip away apparently hadn't made enough of an impression on me. At my heaviest, I weighed about 250 pounds, far too much for my 5'10" frame. I wasn't exercising and would get out of breath going up just one or 2 flights of stairs, and I occasionally even had a little chest pain during exertion. I saw my doctor and found out my blood pressure was high and I was glucose intolerant – "pre-diabetes" as it's often called. Then a stress test suggested I had severe narrowing of a major heart artery. Scary! Thankfully, a follow-up heart catheterization proved that my arteries were relatively healthy. The whole episode proved to be a wake-up call for me that I couldn't easily ignore. I needed to take better care of myself, or sooner or later I'd be personally dealing with a lot of the health problems that I see in my patients.

A switch inside me just seemed to flip, and I decided to lose weight. And once that switch flipped, I didn't find it that difficult to lose the weight. Over the course of about a year I lost 60 pounds. I did it by simply watching my diet – i.e. cutting down on my usual overeating. During that period, I felt good when I was hungry – it reinforced the fact that I was doing something good for myself, and indirectly for my loved ones. I also started exercising, at first just walking on a treadmill, then running a little, and after a few months I started running outside. I'll never forget the first time I went outside and ran a 1.2 mile loop around our neighborhood—I was running 2 miles ~ 3 times/week on the treadmill at the time – and I had to stop and walk 4 times when I ran in the neighborhood with the small hills and the humidity. It took me a couple of months to be able to jog 2 miles without stopping. It wasn't always fun, but the sense of accomplishment kept me going. I could tell improvements in my stamina every week or two, and I slowly added miles. One day I just kept running around the 1 mile Mountain Park loop and realized that I had just run for over an hour straight. I felt proud of where I'd come from and where I'd gotten to. I stuck with it, running regularly and increasing my training, and eventually ran some 13.1 mile half-marathons and then ran the Disney full marathon about 4 or 5 years ago. I'm proud of that. Since then, I've continued to run, though much less intensely, and I was slowed by an achilles tendon rupture 2 years ago. I've gained back too much of my weight (about half of it), but even with my bigger-than-desired belly I completed a half marathon on March 1st, running every step (albeit slowly).

So what is the secret to making the lifestyle changes that will promote good health? To getting in shape, to losing weight, to avoiding diabetes? The short answer is that I have no idea. It is a struggle for me to this day, a struggle that I'll always have and I'll have setbacks here and there. But here are a few things that I've learned in my journey: 1) There is nothing more motivating than a health scare. Turning bad news and unfortunate circumstances into a positive is a great example of how God's plan is not always obvious to us at the outset. 2) Feeling good about small improvements can help fuel further gain and can snowball into very large improvements. So dote on yourself when you do well and forgive yourself when you don't. 3) A great deal can be accomplished when we are given enough motivation and time. I'm still amazed that I ran 26.2 miles one Sunday morning a few years ago down in Florida. It's proof that God can do wonderful things.

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 5th and returning on Saturday, July 11th. 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. 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.



Thanks!

A word of thanks and a big round of applause to everyone who stocked shelves, unloaded food, delivered and sorted items, and prepared bags for clients at the Stone Mtn. Co-op from May 15-June 3. Your time, efforts, cheerful attitude, and willingness to assist others were appreciated by many in our local community.

Outreach Committee

Mary Bentley, Pat Bridges, Carol Carmichael,
Linda Chapman, Mary Clarke, Marjory Crawford,
Ben Gerard, LaRue Gerard, Rueleen Kapsch,
Sally McMillan, Barbara Morgan, Bunny Smith, Janet Uthlout



Stephen Ministry Update

We offer heartfelt thanks and congratulations to our newly commissioned Stephen Ministers. These folks have spent 50 hours plus studying, praying, learning, role playing (oh yes) and giving their all to achieve their goal. Beth and Ginny are so very proud and appreciative of their dedication and contribution to Eastminster's congregation. This is one hard working group, so please tell them how awesome they are when you next see them. In case you missed their commissioning, here are their names:

Lynne Scott, Mardee Rightmyer, Susan Gordon, Janice Wilmot, Pat Carmichael,
Carol Carmichael, Linda Redman and Marty Hillman

We now have a good number of Stephen Ministers who currently have no care receivers, so please keep that in mind as you experience the challenges of daily life. We are here for you!

THE WITNESS IS
A MONTHLY NEWSLETTER OF

EASTMINSTER PRESBYTERIAN
CHURCH

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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. June 30
Sunday Bulletin ~ Wednesdays at 8:00 a.m.

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