

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

September 9, 2015

WE REMEMBER...

The Message of the Marsh

The end of August and beginning of September always make me think of returning to school after a long summer. In the elementary years we were often asked to write a little essay about "What I did on my summer vacation". It's that time of year again, and although I'm decades past my school days, I'm going to share mine with you.

Tim and I have a secret, little place we own with other families located in the marshes of McIntosh County, Ga. It is about forty miles south of Savannah on the Crescent River (Johnny Mercer's "Moon River") in a no light, one stop sign town called Crescent. The house sits on fifteen acres of land, is large and old, built in the early 20's, and complete with a tin roof and wrap around screened porch with ceiling fans and rocking chairs. The floors of heart pine creak and gossip with every step, making secrets impossible. We are surrounded on all sides with ancient live oak trees dripping with Spanish moss that serve as our breeze barometer. When the moss is swaying, it is a sign that you can go down to the dock and not worry about gnats or mosquitoes. This world revolves around the tides and man cannot dictate his fishing, crabbing, or shrimping times no matter his wishes. One look into the river reveals life teeming with such numbers that it is not surprising this marsh contains more living organisms per square inch than any place in the world! In a nutshell, this is nature at it's finest and her beauty and ferocity cohabitate in a rhythm that is incomprehensible to human beings. It is one of God's natural preserves that remains unspoiled; part one of the message.

Our days are spent in such simplicity that it takes a while to become acclimated. Morning dawns with sunrises that jolt you awake with their colors. Good mornings having been offered, coffee follows on the porch in a rocking chair. I have found it nearly impossible to do anything but pray in this time of quiet. My prayers are often interrupted however, with the sloppy manners and sounds of sea otters climbing on the dock with their stolen oysters and others fruits of the sea. They crack and scamper, finish their repast and quickly move on to other daily activities. An osprey perches in a tall pine right at the bank of the river, and with stealth and quiet he casts a huge shadow as he takes flight and dives into the water for his first catch of the day. Back on his perch he takes his time enjoying the spoils of his hunt before he also continues his day. When I venture down to the dock I see evidence of wild mink and raccoons that crept along the river bank the night before. I glance behind me just in time to catch sight of a bald eagle eyeing me warily before he soars high into the sky. If I knock on the lid of the live bait well, I am often successful in luring a dolphin or two to come near and investigate. They smile at me and I smile back. Tim and I walk a mile or two on the dirt road where we investigate the animal prints left in the sand from the night before. Here is part two of the message; no matter where you look, God's footprint is there as well.

And so the day goes as the temperature rises and the heat becomes so white hot that all thoughts of any outside activity are abandoned, and we retreat again to the cool of the porch. I rock and continue my talk with God that began in the morning. I read, maybe write in my journal, sew or crochet, and doze off and on until the afternoon begins to transform to evening. I cook dinner, Tim washes dishes, and then it's back to the dock or the porch to bid the day goodbye. Dark falls, and I hear the first owl of the night. In the woods eyes glow in the dark and leave one to wonder what creatures lurk so near home. It's time for bed and time to finish my prayer that began in the morning. I am always careful not just to thank God for the beauty he has given us, but I also give thanks for the peace which falls so softly in this remarkable place. Here I am reminded that it's always the perfect time to sing God's praises and marvel at the beauty of the lovely lady we call "Mother Nature". I am mindful of God's desire to have us call on him no matter the location, time, or circumstances and I thank him again and again for giving me the marsh, its' miracles and the final message it contains; God is everywhere all of the time, and sometimes it takes the marsh and it's life to remind me of the power, grace, and magnificence of our Creator.

Ginny Matthews

Thank you!

I cannot thank our EPC family enough for your calls, cards, flowers, plants and food when my mother died. Your expressions of sympathy and caring helped so much during such a difficult time.

Love,

Carol Carmichael



Sympathy to...

Bonnie Evans and family on the death of her husband Joe on August 31.

Time, Talent and Treasures

Sabbatical

A minister recently finished a 3-month assignment at a church where the senior pastor was on sabbatical.

This minister related what a broadening experience it was. New acquaintances, new liturgical style and music, new issues... all led to a renewed respect for the variety of the Christian life. And as a matter of fact, the pastor on sabbatical reported a similar experience. His time away from his church allowed him to visit many other churches and get in touch with their worship, their interests, their ways.

It's very desirable, of course, for a member to feel at home in his or her own church. But getting out once in awhile, in a new church environment, reinforces St. Paul's comment about the body of Christ... a body made up of many parts, different yet united in a shared purpose, a shared faith, a shared baptism. It's good to be at home... it's good to travel a bit too!

Julian Wade

Chair, Ways and Means



October Birthdays

1 Rick Adle	13 Sarah Lawley	21 Ashley Burger	26 Donna Kellogg
2 Lydia Rivera	14 Ted Kapsch	Hil Craig	27 Carol Burrell
3 Charles Smith	Bo Ramos	Mitch Dunn	28 Cathy Alexander
4 Dick Warren	15 Michael Gowland	22 Ruth Adams	Dominic Szathmari
6 Courtney Craig	16 Francie McCormick	Andrew Smith	29 Chuck Gobba
Chris Gerard	17 Ray Hartsfield	23 Amy Carmichael	30 Kirk Alexander
7 Barbara Garrett	18 James Brandon	George Mitchell	Parker Bennett
Kathe Gowland	19 Kelly Gunter	Wyatt Moore	Bunny Smith
9 Brian Howell	Rueleen Kapsch	25 Cooper Frank	31 Bill Hicks
Lila Smith	Betty Willis	George Nielson	
11 Charlotte Scott	21 Peter Boven	26 Pat Carmichael	



THANK YOU!

THANK YOU!

THANK YOU!

The diaper shower on August 30 was amazing. We were totally overwhelmed by the church's kindness, thoughtfulness, and generosity. It is a blessing to be part of such a loving congregation, and we look forward to sharing the new baby with all of you this fall!

With gratitude,

Andrew, Joy, and Lydia Meade

Outreach Blood Drive - Sunday, October 25

The month of October is Mission Emphasis and Outreach. Make plans to join us Sunday, October 25, for our Fall Blood Drive, and renew your personal commitment and outreach through your "Gift of Life". Jesus, in the book of Matthew, said to his disciples, "The harvest truly is plentiful, but the laborers are few". Come and let us all give our "Fall Harvest" which is both free to give and so greatly needed. Help us reach our goal of 20+ units of donated blood.

The LifeSouth Van will be here Sunday, October 25, from 8:30 a.m. to 1 p.m. Sign up sheets will be in the Narthex but all last minute donors are welcome. The only requirements are that you be at least 17 years of age, weigh a minimum of 110 pounds, and have a picture ID.

Be a part of this very special ministry of EPC. Come Donate Blood - knowing that your generosity will save many lives.

The Outreach Committee



OASIS

Join us for our September OASIS outing to the Fernbank Museum of Natural History on MONDAY (not Thursday), Sept. 28 to see two new exhibits that will have just opened. We will meet at the church and leave at 9:15 am, stay for lunch at the museum cafe, and return at 1:00 pm. EPC will pay half the admission, so your cost will be \$7.50 plus lunch. Information about these two new exhibits is included below. Please notify Jeanne Simpson at jeannesimpson@comcast.net or the church office if you plan to attend.

Searching for the Queen of Sheba

Shrouded in mystery, the Queen of Sheba has been passed down through the centuries in legend, with conflicting details of her tale found in the Bible, the Qur'an, and in the Ethiopian Holy Book, Kebra Nagast. Rumored to be magnificently wealthy, beautiful and wise, the Queen of Sheba has inspired artists, mystics, poets, composers, and even modern film-makers since time immemorial. But who was she? Discover the myth and mystery behind one of history's most elusive female figures in the world premiere of *Searching for the Queen of Sheba*.

Women of Vision

For 125 years, National Geographic has documented the world featuring photography that communicates the nuances of a narrative beyond the words on a page. For the last decade, some of the most powerful and impactful stories have been produced by a new generation of photojournalists who are women.

From the savannahs of Botswana to the war torn streets of Libya and Afghanistan; the beaches of the Jersey Shore to the Mongolian steppe or the rainforests of New Guinea - these 11 women have traveled the world as explorers, capturing compelling stories of our planet and its people. *Women of Vision*, a new photographic exhibition, is a tribute to the spirit and the ambition of these journalists who have created powerful experiences for millions through the insightful, sensitive and strategic use of a camera.



Welcome Back Potluck Picnic

Sunday September 13th

@ Lilburn Park in downtown Lilburn

4:00-6:00 p.m.

Bring a blanket / tailgate chair and a side dish to share. There will be games for the kids and a playground for monkeying around.

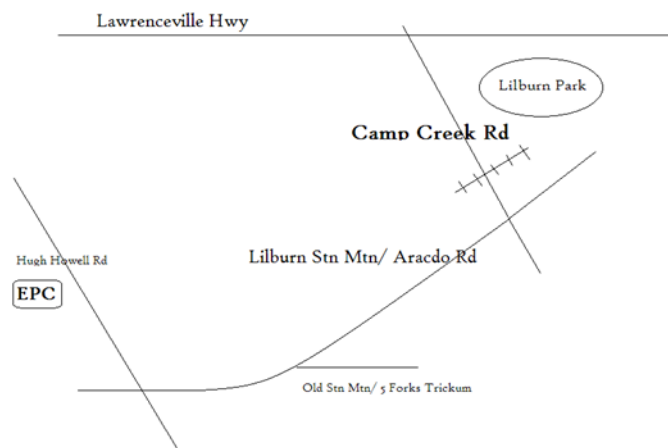
BBQ will be provided.

Sign Ups for side dishes (Last name alphabetical order):

A-G: *Desserts*

H-N: *Vegetables*

O-Z: *Starch*



Address: 78 Main St NW Lilburn, GA 30047 (Camp Creek becomes Main St.)

**“WEAR IT FIRST” HALLOWEEN
COSTUME CARNIVAL**

**SATURDAY, OCT. 24, 2-4
EASTMINSTER GYMNASIUM
PRESCHOOL AND ELEMENTARY AGES**



**FUN GAMES AND PRIZES
MINI-PUMPKIN DECORATING
FACE PAINTING**

**ADMISSION 1 CAN OF FOOD,
1 BAG OF CANDY FOR CO-OPS**

**Helping Hands Needed
for Fall Carnival**

All are invited to attend and bring your elementary and preschool age children, grandchildren, neighbors. Smiles and games will be abundant. Also needed are lots of volunteers to help make this happen! Please save the date and contact Janice Wilmot to volunteer, gwilmot@comcast.net. Thank you!

Fall Chili Luncheon

The Deacons invite you to join us for our annual Fall Chili Luncheon to be held in the gym on October 4 immediately following the 11:00 service. Please come for good food and good fellowship!

This is the third in a series of articles about Eastminster members that have made significant life style changes to improve their health and wellbeing. We have highlight Norm Harrison and Chip Wilmot so far. This article is about Rueleen Kapsch who received a health warning when she visited her doctor complaining of fatigue.

Rueleen Kapsch



When I turned 60, my health and life changed dramatically when I was diagnosed with type 2 diabetes. I had been feeling extremely tired and sleepy, and thought I might be coming down with something. Up to that point I had never had any serious health issues or weight problems, but I had been steadily gaining weight for a few months and did not know why. When the symptoms continued, I called my doctor to help me figure out what might be wrong. With the first blood tests, the diagnosis was made. I learned that my insurance company offered to pay for diabetes classes. I contacted Saint Josephs hospital, since it was on my way home from work, and they offered night classes. I had always been eating the right kind of foods, but my portion sizes were too big. Years ago a diabetic diet was a very complicated formula, but now they know that simply counting carbs and keeping them in a range your doctor recommends is the key to good management, along with exercise and medication, if needed. I was placed on oral diabetic medication, Metformin, to help control my blood sugar. My goal was to lose 10 lbs., and I was told that it would be easy if I counted carbs and exercised. In the next 3 months I lost 30 pounds by walking for at least 30 minutes a day and counting carbs. My doctor became concerned that I was being too rigid with my diet and did not want me to lose any more weight. Exercise became far more important, and walking is my favorite way to exercise. After retirement I have tried to walk daily for a minimum of 30 minutes. When I attended a family reunion, I learned that my mother's two remaining siblings had been diagnosed with type 2 diabetes in their early 60's, but before that I did not know of any family history. If you have other health conditions, such as high cholesterol or elevated blood pressure, you are at increased risk of developing diabetes, even if you are not overweight, but family history greatly increases your risk. Although type 2 diabetes is not difficult to manage once you learn to count carbs, it can create problems when you have an unusual amount of hard physical labor, such as yard work, hiking or dancing. I have had to learn to pace myself, drink extra water, take breaks, eat extra carbs, and not work more than half a day to avoid low blood sugars when I have unusual activity.

Although type 2 diabetes is easier to manage than type 1, for people who are insulin dependent, you can still have the same complications of loss of vision, kidney failure, and loss of nerve sensations to feet and hands, and delayed healing if you do not manage your diet and medications well. People with type 1 diabetes can give themselves extra Insulin if their blood sugar is too high, but type 2 makes it especially important to count carbs for good management since it may take hours for your blood sugar to be regulated. My diabetes is well managed, but requires twice a day monitoring of blood sugars, and Metformin at breakfast and dinner. At lunch I often eat a salad loaded with fresh vegetables with some form of protein, such as meat or cheese, and I eat vegetarian at least two days a week. You must always think of what you are eating or drinking to keep count of how many carbs you are consuming. You check your blood sugar two hours after a meal, so I have to pay attention to the time that I eat my meals, especially dinner. You must always carry extra food with you, in the event of a low blood sugar. You cannot skip meals, and must be attuned to how you are feeling to avoid hypoglycemia (low blood sugar). I am unable to tell if my blood sugar is too high, although that is seldom an issue, but everyone has a different experience. Having a blood sugar that is too low is far more dangerous in the short term than a high blood sugar, since you may faint and harm yourself when you fall. If you faint with a low blood sugar, your brain shuts down, and your heart and blood pressure slows. It is most important to know your bedtime blood sugar, since if it is too low, over the course of the night your liver will put out extra glucose into your blood stream and you will wake up with a very high blood sugar. It took a couple of months for me to learn my target, if my blood sugar was below a certain range, I had a combined protein and carb snack, but if it was higher than I wanted, I ate an ounce of nuts or a piece of cheese with a glass of water. Drinking extra water (more than the recommended 8 eight ounce glasses a day) helps to reduce your blood sugar and blood pressure. Learning to remember and figure out what type of bedtime snack was the hardest thing for me to do, since I had never been in the habit of a bedtime snack.

(Continued on page 7)

Rueleen Kapsch (continued)

When my blood sugar becomes too low, I am unable to speak, even if surrounded by people, to let them know my needs. I carry a blood sugar monitor, diabetic snacks, glucose tablets and water with me when I travel. Every person must learn what their own body will tolerate or what they must avoid to keep your blood sugar in the proper range. I try to avoid white rice, white bread, white potatoes, and pasta. When I had a few episodes of hypoglycemia, I talked to my doctor, and she reduced the amount of Metformin I had to take, and that has eliminated that problem. It helps that I have never been a dessert or sweets loving person, but diabetes is a day to day challenge, but well worth the effort to stay in good health and have enough energy to do most of whatever you like to do. We are blessed to live in a time that with good medical management you can live a normal life with diabetes. At diabetes classes we were encouraged to have a diabetic friendly dessert once a week, to plan on it by eating low carb in the other meals for that day, so you don't feel deprived and start cheating on your diet. When I go to Salt Shakers dinners, I always plan on a small dessert and some extra carbs for that meal, and it's certainly worth it!

Congregational Care and Life hopes that these articles will inspire you to make life style changes where needed to improve your health and well being.

Wanted!

Are you retired but still a little restless, wanting to do something useful? Do we have some volunteer opportunities for you! We need help answering phones, we need folks to send cards or call or visit those who cannot get to church, and we need folks to pray for our congregation and our community. You don't need a hammer or a degree in engineering or a degree in anything but Christian commitment. Please let Jeanne Simpson know if you can be a Senior in Service!



Work Day

Please make plans to attend the Fall work day on Saturday, October 10 from 8:00-noon. We will have projects for inside and out. Tools needed for outside projects include pruners, blowers, and pressure washer (for sidewalks). Inside projects will include some cleaning and some projects requiring hand tools. As always, donations of pine straw are greatly appreciated. Call Scott Uthlaut 770-923-9762 or Ed Jones 404-840-4210 if you have questions. We look forward to seeing you there.



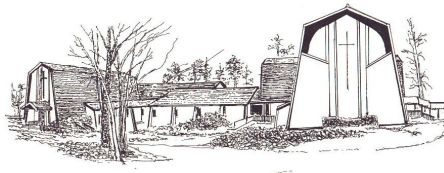
Join us!

Get ready for an "Evening in Italy" with a delicious Italian dinner and a Silent Auction for the Preschool! Special items will also be auctioned in a Live Auction. The date is Saturday, September 26, starting at 5:00 p.m. The money raised will go towards the playground and student scholarship fund. Please consider donating items for the auction or donating services. Tickets are \$12 for ages 12 and up, with childcare available for ages 11 and under. Tickets will be available for purchase at the Church Office, Preschool Office, or see Janet Uthlaut or Stacey Moura. For more information you may call the Preschool at 678-507-7584. Donations are greatly appreciated!

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A MONTHLY NEWSLETTER OF

EASTMINSTER PRESBYTERIAN
CHURCH

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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. September 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 Zabarc