

# Stained Glass Gazette

First Presbyterian Church, Moultrie, GA

February 9, 2012

John Calvin called prayer the “Chief exercise of faith.” I have always loved that description because it puts prayer within the context of *exercise*, which is something most of us can relate to these days. Odds are all of us either exercise our bodies on routine basis or know someone who does.

Now, I don’t know anything about Calvin’s exercise regime, mainly because he pre-dated Jack LaLanne by 400 odd years. If you have never heard of Jack LaLanne, he is considered the founder of “modern” fitness. LaLanne took the fundamental ideas of exercise, weightlifting, and good nutrition and combined them into what we now call “fitness” programs. If you have ever gotten up at 5:00 am and headed to the Y, you can thank (or curse) LaLanne. If you have ever forced down a mixture of carrot, broccoli, and papaya juice not because you enjoyed it but because it was good for you...you can thank (or curse) LaLanne. If you have ever started your morning with a hearty bowl of horse feed...I mean granola...well you get the picture.

Now, LaLanne’s exercise and nutrition programs did bear some serious fruit. At age 60 LaLanne swam from Alcatraz Island to Fisherman’s Wharf handcuffed, shackled and towing a 1,000-pound boat. At age 70, handcuffed and shackled again, he towed 70 boats, carrying a total of 70 people, a mile and a half through Long Beach Harbor. The Power of fitness was made evident in the life of Jack LaLanne.

So, back to prayer...remember, Calvin’s “chief exercise of faith”? Prayer is a powerful practice. Just read Mark 9:14-29, and see how Jesus answers the Disciples when they ask him why they failed to cast out an evil spirit. Prayer also has the power to build up and to nurture our faith towards living God’s will, just read 1 John 5: 13-15. Prayer can free us from bondage, both physically and spiritually (Acts 16: 16-34), it is the antidote to worry (Philippians 4:4-7), it is a source of comfort in times of intense fear (Luke 22:39-46), and most of all, it is an element of our Spiritual connection to God (Romans 8:26-27). Prayer, the Bible tells us, is all of these things and much more.

One of my greatest desires is for our church to become increasingly faithful in its prayer life together, to be Spiritually fit, so to speak. Now, many of us pray routinely on our own, and you could argue that we faithfully pray together as a church on Sundays. But, I would like to add one more component to our *exercise regime* and that is a time of intentional prayer, set aside expressly for the purpose of praying together, as a group for the benefit of others (intercessory), on our own behalf (supplication), and for our gratefulness to God for his abundant grace (thanksgiving).

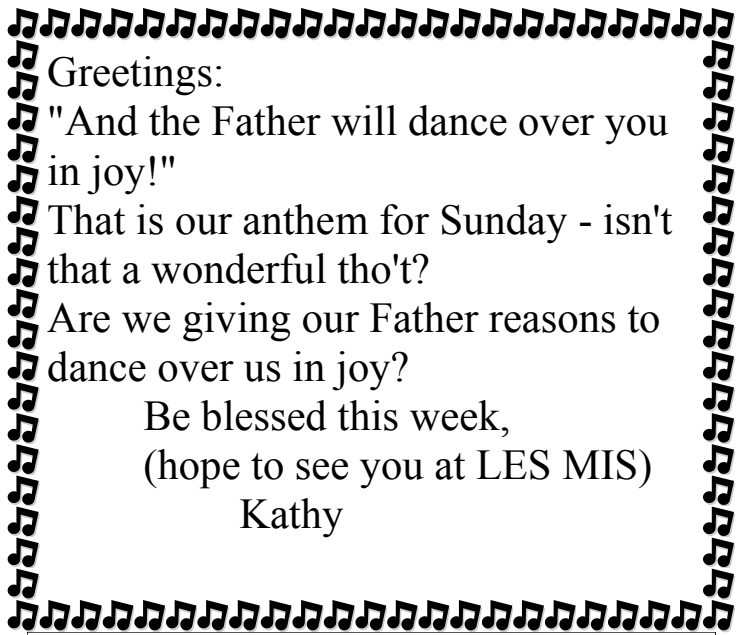
**To do this, we are inviting all who are interested to join us in the Sanctuary every 2<sup>nd</sup> and 4<sup>th</sup> Monday, from 12:15 to 12:45 pm for Prayer.** My hope is that we can make space in our schedules and find time in our busy lives to “work out” our faith muscles, and maybe, in the process, gain a little more knowledge of God’s will for our lives together.

Grace and Peace - Richard

## CONCERNS

\*Thomas Yogerst (Laabs’ son-in-law) \*Dick Aycock  
\*Patsy Miller \*Bobby Harnage \*Sharon Harnage \*Frances Grimm  
\*Pat Dalton (J. Mercer’s sister) \*Lola Knox  
\*Trey Newsome (A. Griner’s grandson) \*Louvera Walden’s mother  
\*Charles Kilgore (A. McNair’s stepson)  
\*Karter Stinson \*Vera Stinson (M. Jenkin’s nephew and mom)  
\*Ray Fletcher (K. Jacob’s father)  
\*Phillip Rossman (Fred’s brother)  
\*Deryl Beadles’ granddaughter

*The flowers in the sanctuary on  
Sunday were given to the glory of  
God and in honor of  
Gloria Beard’s 16th birthday*



Greetings:

"And the Father will dance over you in joy!"

That is our anthem for Sunday - isn't that a wonderful tho't?

Are we giving our Father reasons to dance over us in joy?

Be blessed this week,  
(hope to see you at LES MIS)  
Kathy

## CHILDREN'S CHURCH

### FEBRUARY

- 12 Gina Greene
- Bryce Mathis & Ansley Moore
- 19 Carrie & Andy Norman
- Mimi Bair & Garrett Moore
- 26 Laura Hall
- Mallory Herndon & Christopher Blanton

## TIME AND TALENT

We have different gifts according to the grace given us. Romans 12:6

How will/can you respond to God's Love? Time and Talent surveys can be found on the bulletin board and in classrooms. Please return your form to the office by Feb 22nd.

## BACK PACKS OF HOPE

Don't forget to add a few items to your grocery list for the Back Packs. Cost per week per back pack is \$10 (provides six meals and snacks) and we fill 22 each week for a total of \$220 per week for this mission.

Lists are on the bulletin board.

# YOUTH

## Youth Fellowship

Sunday 5-7 PM

### SOUPER BOWL SUNDAY

Youth collected \$487 and cooked for 18 residents at Crossroads Sunday.

Thank you for your support.

### ICE SKATING

Monday, February 20th

DEADLINE Monday, February 13th

## CHILDREN'S MINISTRY

### ICE SKATING

Monday, February 20th

Deadline February 13th

### HELPING HANDS WILL NOT MEET THIS SUNDAY DUE TO THE HIGH SCHOOL PLAY.

If you would like to join Miss Connie for lunch and go to the play let her know ASAP.

### **New in the Church Library, Faith Seeking Understanding by Daniel Migliore**

*Daniel Migliore's Faith Seeking Understanding (Eerdman's, 2004) has been a standard introduction to Christian theology for more than a decade. The book's presentation of traditional doctrine in freshly contemporary ways, its concern to hear and critically engage new voices in theology, and its creative and accessible style have kept it one of the most stimulating, balanced, and readable guides to theology available.*

This book is similar in some ways to Shirley Guthrie's Christian Doctrine. So if it's been awhile since you read a volume of systematic theology, here's your opportunity. Prof. Migliore is Professor Emeritus of Theology at Princeton Seminary. Faith Seeking Understanding is another new addition to our church library. Check it out.

## ANNOUNCEMENTS

### Ladies Evening Circle

Monday, February 13, 7:00 PM

Beth Mercer Home

### Tuesday Morning Circle

Tuesday, Feb. 14, 10:00 AM Parlor

### Session Meets

Sunday, February 19, 8:30 AM

### Office Closed

Monday, February 20, President's Day

### Congregational Care

Wednesday, February 22, 4:30 PM

### Strengthening of the Church

Sunday, February 26th 8:30 AM

## TUESDAY MORNING CIRCLE

February 14,

10:00 AM in the Parlor

Matthew 5:8

“Blessed are the pure in heart,  
for they shall see God.”

Teacher, Dianne Klar

## ATTENTION

The Presbyterian Student Center at VSU is in desperate need of a new roof. They are asking congregations within the Presbytery for financial assistance. They need to raise \$5600. If you would like to make a donation, you can do so by making a check payable to this church for the VSU Roofing fund.

## CENTENNIAL CELEBRATION

Oct. 14, 2012

If you have interesting stories or information about our church, please contact Nancy Coleman or Ginger Horkan.

## RECIPES NEEDED

**DEADLINE:** Feb. 29, 2012

Send to [preswomen@gmail.com](mailto:preswomen@gmail.com)

or place in box in Fellowship Hall

## CORNERSTONES

### FEBRUARY LUNCH MEETING

MONDAY, FEBRUARY 13th

This is a week earlier!!

### VALENTINE DESSERT THEATRE

TUESDAY, FEBRUARY 14TH 6:30 PM AT

THE ARTS CENTER-\$15

## PRAYER GROUP

Beginning Monday, February 13<sup>th</sup> we invite everyone to come and join us in PRAYER.

**Time:** Every 2<sup>nd</sup> and 4<sup>th</sup> Monday  
from 12:15 – 12:45 pm.

**Place:** The Sanctuary

The goal of this bi-weekly group is to foster a devotion to prayer, which lies at the very heart of our Spiritual lives found in Christ Jesus.

This group will offer the opportunity to pray in earnest for and with complete focus on the concerns of this congregation, its community, its country, its denomination, Christ's Church, and God's World.

Richard will lead the first few initial gatherings with the hope that the group will eventually find its own voice and way.

## CELEBRATION OF FAITH

MARCH 2-4

SOMETHING FOR EVERYONE

REGISTER NOW!!!

**First Presbyterian Church**

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**FROM THE KITCHEN**

We had a nice group at WATCH this week. We fed 191 and had 14 that did not call or cancel. Thanks for your cooperation with this matter.

**MENU for FEBRUARY 15, 2012**

REGULAR: Chicken Marsala, Brown Rice, Green Bean Bundles, Peach Bake, Rolls, Spinach Salad with Warm Mushroom and Blueberry Vinaigrette Salad Dressing, Salad Bar, Fruit

DIET: Baked Chicken, Steamed Vegetables, Salad Bar, Fruit

CHILDREN: Hamburgers, Fries

DESSERTS: Black Forest Trifle, Candy Bar Delight Trifle, Peanut Butter Trifle, Cookies, Ice Cream

**MENU for FEBRUARY 22, 2012**

REGULAR: Parmesan Chicken, Creamed Potatoes, English Pea Casserole, Pickled Beets, Layered Vegetable Salad, Salad Bar, Fruit

DIET: Baked Chicken, Steamed Vegetables, Salad Bar, Fruit

CHILDREN: Pizza, Chips

DESSERTS: Chocolate Turtle Cheesecake, Lemon Cheesecake, Vanilla Mousse Cheesecake, Cookies, Ice Cream

**FOOD FOR THOUGHT**

If you had to state the Gospel message in a nutshell, how would you put it?

In Christ, Faye