



## The Best Heart Medicine

The United States does a lot of things very well. But one of the things we don't do well is to take care of our hearts. Heart disease, heart attacks, heart problems—these are runaway serious problems in the U.S. Not surprisingly, a lot of research has been done on the topic. One of the results of that has caught some off guard.

Take Al, for instance. (Not his real name.) Al was a hard-driving executive with a good paying, high-pressure job. He attended to his work, he loved his work, he spent every minute thinking about it. But in the process he forgot a few other things—important things like, for instance, his wife. So at the age of 61 Al was facing a divorce and the breakup his family. (Not that his family noticed much: he had already pretty well cut himself off from most of his family and friends.) Now with his divorce he was definitely alone.

A heart attack was the next chapter in Al's life. It didn't kill him, but the doctor told him he'd have to give up smoking, change his diet, and start exercising. He also started doing research on his own. He found that his risk of dying from heart disease was four times greater if he remained depressed and lonely. So he started working less and socializing more. People went from the bottom of his priority list to the top. Today, according to last week's *Newsweek*, he's healthier than he's been in a long time. Al now says his heart attack was the best thing that ever happened to him.

Dr. Dean Ornish is a professor of medicine at the University of California. In his book *Love and Survival*, he begins by noting that medicine has traditionally focused on drugs and surgery. What is often forgotten, he writes, is how powerful love and intimacy are to wholeness and complete health. Connections with other people not only make our lives enjoyable, but they even make us healthy.

Jesus came saying, "A new commandment I give you, that you love one another." He didn't explain all the reasons for that, but with this new medical research we know at least one more: we should show love to the people around us because it's good for our health—and theirs.

G. Crowe

## A Daily Empowered Life

"Jesus can't help me!" Those were the boy's words as we discussed his drinking problem. He liked to go to church. He believed in Christ. He prayed all the time, read the Bible, spent time with Christians. But when it came to his drinking, it was off limits for God. He wanted to quit, but he couldn't. And as we sat and talked, he made one thing clear: *God cannot help with my drinking problem!*

You see he believed in a God, but not a practical, real-life issue God. He believed in a God that would bring him to heaven when life is over, a God that could forgive sins, a God that came to earth in human form and performed miracles (even raising people from the dead), and yet he knew that his drinking problem was beyond God's control.

His view of God is a fairly popular one these days. We can give Christ all the credit for salvation; we can assign him the status of God; we can feel the weight of discipleship; and we can even believe in forgiveness of sins, and yet we have lost any sense of empowerment that God gives us to lead a holy life. We can believe all the above, but we have trouble believing that God can make any difference in our daily lives.

The lack of logic is astounding. If we serve a God who can destroy sin, raise people from the dead, and forgive sins, then we absolutely serve a God who can take our daily lives and empower us to live lives that are holy and pleasing to Him. Praise God for salvation, his forgiveness, and his empowerment.

~Dan

# Prayer Concerns...

**Joe White's** condition continues to deteriorate. Their daughter, Darla, is here ....**Natasha Risley's** doctor's appointment in St. Louis was good! She will enter the hospital in St. Louis on January 2 and be in traction for 3 weeks. On January 26 she will undergo an 8-10 hour surgery. Doctors are optimistic that this will be very beneficial!...**Alice Follick** is at St. Anthony's Health Care, room 106, where she will remain....Michelle Mullen's friend, **Lucie Levy**, has been diagnosed with breast cancer....**Elizabeth Tinkle** is now at Heritage Health Care, 3401 Soldiers Home Rd., West Lafayette, where she will continue her rehab....**Joe Ruhl's** hand injury is improving daily....Continue to pray for **Marie DeWoody, Merville Zin, Mark Eddy, Geneva Hamilton, Terry Pepper, Anna Dale, Eunice Whitesell, Ramona Farris, Irene Fox, and Delpha Allen.** Those in Rosewalk Village: **Paul & Ruth Marks, Minnie Scott, and Burnell Gulden**....**Thelma Hoyt** is in Gdansk, Poland, on a mission trip.

**Josh Hunt** is going through demobilization at Camp Atterbury in Indiana. He hopes to be home later this week. Others now serving in Iraq: **Dustin Holley** (relative of Paul & Argie Verett and Pauletta & Rob Smith), and **Brad King** (Joe and Sandy Seele's neighbor's son).

## Food Pantry Report

During July, August, and September we did not accept new families in the food pantry. Even so, during these 3 months we provided services as follows:

July	138 families with 451 individuals
August	151 families with 478 individuals
September	151 families with 455 individuals
Total	440 families 1384 individuals

Beginning in October we plan to serve up to five (5) new families per week and see if we can accommodate this gradual increase. Due to your continued support of food we made purchases of only \$1,048 during this 3 month period. And much of this was offset by your generous cash contributions. Praise God for this opportunity to serve.



Food  
Pantry  
Needs

The food pantry is in need of **cereal and canned fruit** this week.

## Men's Retreat 2005



This year's **Men's Retreat** will be held at the Tecumseh YMCA Camp at Brookston, Indiana, on **October 21, 22, 2005**. Retreat activities will begin Friday evening with dinner at 5:30 PM and conclude Saturday afternoon. Inspirational messages on becoming more Christ-like will be presented by **Ken Chaffin**, former minister at Elmwood, and currently preaching in Wake Forest, North Carolina. The theme of this year's retreat is **"Husbands Love Your Wives"** as presented in Ephesians 5:22-23. Men of all ages, married or single are invited to attend. Sign up sheets are posted in the Farris foyer.



## Congratulations, Suzanne!

Check out *Family Circle's* October 18, 2005, issue, p. 142, and you'll find Elmwood's own **Suzanne Fournier**, a grad student at Purdue. Suzanne won the college cook-off for her bbq chicken wings. Her award includes \$2,500 in cash and other awards totaling \$3,000. Congratulations, Suzanne!

Congratulations, also, to **Mariah Wise**, a senior at Purdue. Needing at least a 3.5 GPA, she received the senior scholarship for the college of agriculture with a 3.7 GPA! This is the fourth such award she has received!

## Gulf Contribution!



Once again, Elmwood members and friends have opened their hearts and dug into their pockets to help those in need. The \$22,946 contribution (\$23.00 was given by the pre-school worship children) is \$11,000 above our average first Sunday contribution. A check for approximately \$12,000 will be sent to the Church of Christ Disaster Relief Effort in Nashville, Tennessee (<http://www.disasterrelieffort.org>). Thanks to all for your generosity!

**October 2, 2005**

Class: 208 Worship: 306

Contribution: \$22,946

Budget: \$8,100

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## Crossroads – Fall Retreat at SMBC October 7-9

Our group will leave here around 4:00 on Friday and will return around 3:00 on Sunday afternoon. Please keep the group in your prayers as we travel and as we look at different individuals whose lives were changed after they “bumped into” Jesus as they traveled through this life. As we all know, no one is ever the same after encountering Jesus – pray that the encounters this weekend will be exactly that way. If you want to really minister to me, I speak on Saturday afternoon and I’ll be talking about “Blind Bartimaeus.” Ask the Lord to speak through me so some of the spiritual blindness Satan has inflicted on some will be removed – thank you!

## Open House at...the House October 9

Lord willing, the teens and I will be back from the retreat about 3:00 on Sunday afternoon, just in time to finalize things for the Open House, following evening services. After services, plan to make your way over to the house – it is just next door on Wayne Terrace if you didn’t already know that – take a short tour and then make your way to A-2 or the Fellowship Room where you will find grilled hamburgers and hotdogs (meat and buns) prepared by the youth ministry. If you are so inclined, you may make a donation for the food and/or toward the continued renovation of the house. Note: we will have pictures, but we will not send you through the basement; it will be gutted, soon. Back to the meal, you can bring the usual wonderful desserts, chips, dips, lettuce, tomatoes, onions and anything else you like with your hot dogs and hamburgers. Thank you for your support of the youth ministry. You are supporting the church of today and tomorrow... should tomorrow come.

## Men’s Retreat – October 21, 22

We only have one or two teen guys currently planning to go to the retreat. Let’s beef up that number. Retreats are always an awesome time and this one is bound to be no exception. I have personally never been to Camp Tecumseh, but from all I have heard, it is a wonderful facility. Picture it now, cool, clean, crisp air, wonderful food, great lessons, great singing, the sounds of nature, and the sounds of a couple dozen guys snoring...okay, forget that one. Let’s show up with a good number of teens and show the old guys what a retreat is really all about. Ken Chaffin is our speaker and I know he is going to do an awesome job–sign up now!  
–Lee

## You Can Help!

Jean Haynie, one of Elmwood’s own Purdue students, is going to Biloxi, Mississippi, October 6-11 with the Purdue Christian Campus House to help and minister to those devastated by Katrina–in any way they need her. If you have wondered if you can help, this is a great opportunity as the group is in need of many things. Some of these include: rubber gloves, work gloves, scoop shovels, rakes, power washers, hoses, scrub brushes, demo tools, squeegees, brooms, mops, chain saws, drills, circular saws, and tents. If you would like to donate (or loan) any of these items, contact Jean Haynie at [jhaynie@purdue.edu](mailto:jhaynie@purdue.edu) or 260.479.5048. Or you can contact the Purdue Christian Campus House directly through Dana Marcellino [dmarcellino@pcch.org](mailto:dmarcellino@pcch.org) or 765.743.3612.



*The family of Tom Matthew Bishop thanks you for the flowers and expressions of sympathy.*

–Marty & Tom Bishop

*Dear Elmwood family,*

*We appreciate the flowers sent in memory of Matt Bishop.*

*You also surrounded us with visits, prayers, and cards.*

*Thank you so much. The Bishop, Vaught, Miller & Hodges families.*

## YWCA Offers Free Help

Are you a woman, age 40-64? No insurance? Unmet deductibles? Insurance doesn’t cover Pap tests and mammograms? You may be eligible for a free Pap test and mammogram! Call the YWCA at 742-4375 or 800-770-9004 to find out.



**October 5, 7 PM...**Bible classes for all; Young Mom’s Class, room 202, is beginning a new series, titled **“Celebrating Friendship”**

**October 9, 6 PM...**Worship at Elmwood:

Jim Jones leads us in a devo on *Psalms*;

**Finger Foods**–see instructions in Lee’s column

**Oct. 21-22...**Men’s Retreat at Camp Tecumseh; sign-up sheet in the Farris foyer

**November 5...**Noah’s Ark Night

Read:  
Jeremiah 16-31;  
I Thessalonians 4-I Timothy 2  
Psalms 77-80; Prov. 25:6-19

# 2005 Spiritual Adventure

## Week 42: October 17-23

### MORE AND MORE

I was talking with someone recently who was discouraged because he thought that when he became a Christian, he would immediately stop sinning. Of course it didn't happen. And that is why God's gift of salvation through grace is such a priceless and extraordinary gift. The idea that man can avoid sin in his life entirely is not taught in scripture. Rather, scripture pictures Christians growing in "living to please God." In I Thessalonians 4, Paul uses the phrase "**more and more**" twice. He had instructed the Thessalonian brethren "how to live in order to please God" and he said, "Now, we ask you and urge you in the Lord Jesus to do this **more and more**." Paul told them some of the behavior that needed attention. He said that it was God's will that they should be sanctified, avoid sexual immorality, learn to control their own bodies in a way that is holy and honorable, not act out their passions as the heathen do, not wrong their brothers or take advantage of them, and to live holy lives. He said God did not call us to be impure but to live a holy life.

Paul made another "**more and more**" admonition to these same brethren. He said they had "been taught by God to love each other." He continued, "In fact you do love all the brothers throughout Macedonia. Yet we urge you, brothers, to do so **more and more**." Neither living to please God nor loving one's brethren is a transformation that happens in an instant or completely. They are processes of growth. One is not zapped with perfect holiness, but with God's help we develop, grow, learn, mature. We make imperfect progress toward the goal of perfection. Our assignment is to live to please God **more and more** and to love our brethren **more and more**. By the way, my friend's outlook changed from hopeless to hopeful. God lifts his people up. He does not grind them down.

-Earl Nelson