



## Training is Tough

I have started playing softball this summer. Our team is not winning a whole lot of games, but we are having a lot of fun. During our second game of the summer reality hit me square in the face, or I should say in my leg. I'm not getting any younger and I am badly out of shape. As I started running just as fast as my legs would take me toward a fly ball, I pulled a muscle in my leg. The rest of that game (and every game since then) I hobbled around the bases, barely able to run. This was a wake-up call for me. I knew I was getting older. I knew I was out of shape. I never realized how bad it was until then.

This was the motivation I needed to get my body back in shape. People have been trying to get me to start running for years, and I have always talked my way out of it. But since my wake-up call, chasing down that fly ball, I have started running. It is not fun, but I do it because I realize my body needs it.

I have made a discovery about getting in shape, a discovery many of you made long ago. Sometimes (most times) getting in shape can be just as painful as pulling a muscle. My ankles and knees are very sore from running. But not only is it painful, it is also difficult. It takes a lot of discipline and an inner motivation to stick with the program. This is especially true when you are sore all over. The end result makes enduring this kind of pain and difficulty so much more rewarding than the pain of pulling a muscle.

This experience has given me a greater appreciation for Paul's words to the Corinthians. He writes, *"Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize"* (1 Cor. 9:25-27).

The end result for Paul (the crown that will last forever) makes the painful training and difficult self-discipline worth enduring. Discipleship is not always easy and pleasant, but it is well worth the effort to hear the Master say, *"Well done, good and faithful servant."*

How is your training program going?

—Gilbert

## Don't be a Faith Amnesiac

Stories help shape and define us; they help us understand our place within the universe, and within society. Stories of courage inspire us, stories of tragedy sadden us. Our own stories give us identity.

Global amnesia, which is quite rare, is when there is a total loss of memory. This is the amnesia that is often portrayed in pop-culture. With this type of amnesia, a person can no longer remember the stories that gave them identity. How they act may be different from what is expected by those who know them.

I think that sometimes we suffer from faith amnesia. Unlike medical amnesia we often *choose* to forget the story that gives us identity.

In Ephesians 4:21-24 Paul says, *"Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."*

Paul says that we learned a story and accepted it. We were to put on a new self, one in which we would be like God in righteousness and holiness. Still, sometimes we become faith amnesiacs. We forget, or temporarily reject the story that remakes us, and we act according to our former way of life.

Let us continually remember the story of the Savior which gives us a new identity, and the power to put on the new self!

—Phil

After a scare with his heart being out of rhythm, **Pete Swank** is home recuperating from successful bypass surgery on his knee...**Kaden Koebecke's**, second chemotherapy treatment at Riley Children's Hospital went well. Their hope is that this treatment will put his condition in remission. Two more treatments!...Continue praying for **Carol Bell, Ginger Maxwell-Spenard, Susan McFadden, LeAnn Egle, Oscar Miller, Ann Vaught, Diann Doty, Jan Lucas, David Brutans, Charles Moore, Eloise Shank, Hattie Coffel, Mary Tavana, Ted Heitman, Annie Crowder, Dorothy Walters, Irene Fox, Edith McCoy, Eugene Zinn, Valley Stockton, Irene Sims, Marie DeWoody, Paul & Argie Verett, and Minnie Scott.**



In the military: **Josh Martin** (Phyllis Simmerman's nephew), **Brent Kaufman**, and **Matt Kaufman** (nephews of Ronda Tidrick) are serving in Iraq.

## Guess Who's Coming to Dinner?

Guess Who's Coming to Dinner is a "blind-date style" opportunity for you to share in small group fellowship this summer. Each host (*we need volunteers to host the meal*) will select a main dish and be told how many guests to expect. Guests will be given an address to go to and a dish to bring to complete the meal. We hope you will be blessed by breaking bread with your Christian family on **July 26**.

**Indicate on your yellow attendance card if you plan to participate as a guest or host. We need to have that information by this Sunday, July 12.** Burgess Brown, Mindy Hart, and Vicky Martin will be coordinating the groups.

## Women's Ministry News:

The second **Ladies' Tea** will be held on **Saturday, August 1, 2009, from 1:00 until 2:30 in the afternoon.** We have received many positive comments from the 26 women who attended the first one. It was suggested that larger groups would make the teas even more fun. We would like to have many more women involved in the second tea event. Please consider attending and getting to know the other women at Elmwood on a more personal level. Those women who attended the first tea will be placed with a totally different group of women for this second one. Please sign up on the yellow cards this Sunday if you would like to host or attend.

## Electronic Newsletter?

As was noted in Gilbert's article last week, we have begun sending our newsletter via e-mail in a pdf format. Sending it this way already saved the church \$10+ last week! If you opt for e-delivery of the newsletter, let the church office know via e-mail or write your request on your yellow card on Sunday. Thanks for giving it your consideration.

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## Sunday Night, July 12: Concert of Prayer

**This Sunday night, July 12,** a concert of prayer is an activity for people to experience different types and moods of prayer as they spend time at "prayer stations" throughout the building. Come and be blessed by this experience.



*Thank you for all the cards and prayers over the last few weeks. My family thanks you for thinking of us after my grandmother's passing. Also, the doctors found that my mother had gallstones and she has been able to recover from that following surgery.*

—Doug Smith

## Our Sympathies

Our sincere sympathies to **Mike Merriman** on the death of his mother, **Audrey Merriman, 84.** A lifelong resident of Rensselaer, she served in the Navy during World War II. Her funeral was Tuesday at the First Christian Church in Rensselaer.

**July 5, 2009**

**Class: 146 Worship: 248**

**Contribution: \$10,429**



## Summer Camps!

This is the time of the year when everybody is excited about summer camps. I know I loved going to Wiregrass Christian Youth Camp in Chancellor, Alabama. There were always rumors that we doubled the population of Chancellor whenever camp was in session. So many great memories were made at that camp. There was nothing special about the camp itself. It felt like it was the second hottest place on the face of the earth, next to the equator. The food was never great, but never terrible either. The bugs at that place could carry small dogs away. Nope, there was nothing special about that camp at all, except that God was there. God was in the people that were serving the food. God was in the trees that offered the shade on the hottest days. But most of all, God was in the people. Some of my greatest spiritual influences were found right there at camp.

There were also many firsts for me at camp: my first, award-winning, belly flop off the diving board; my first ghost story; my first (uh oh) kiss which was followed by the first time I would run away from a girl for fear that she might kiss me again. It was also the place where I first witnessed Jesus through other people's actions. It was the first time I saw what true confession was. I first learned what it was to be a Christian there at camp and Camp is where I first became a Christian through baptism.

Camps can be a great experience for those that go. Next week, I'll be attending Spring Mill Camp and the week after that I'll be at Camp CUMO serving some children from inner-city Cincinnati. With God's help, there will be lots of spiritual growth and spiritual bonds being formed. Please be praying for these two camps to be successful and be praying for those that might be attending and serving at these camps.

—Randy

## Weekly Prayer Focus

### July Prayer Focus: God's Spiritual Warriors

Our spiritual life is often described as a battle. Our focus this week is to lift up our ministers and the work they do. Just as we pray for our military these are some of our own spiritual warriors. Each day take the time to pray for each of them. Pray that the word of God will speak to them as they study and as they help the church to grow. Pray for the guidance and the ability to speak with power from the word of God. Pray for Lee Porter and Randy Kerrigan and the work they do in youth ministry. Pray for Phil Travis and the work he does with the Campus Ministry. Pray for Gilbert as he preaches here at Elmwood so that the church here will grow in love, in the strength of God's word, and in faith.

## You Can Help!



Once again Elmwood will be a collection site for Salvation Army's "Tools for Schools." If you would like to help children in the community with school supplies for the upcoming school year, a box has been placed in the Farris foyer for your donations. Some suggested items: glue sticks, Fiskars scissors (5 in. pointed), zippered pencil packs, 1 inch 3-ring binders, new backpacks, plain pocket folders (no prongs), highlighter markers (yellow), colored pencils (12 count/24 count), solar powered calculators, 8 count large crayons, 8 count regular crayons, Prang oval paints (8 pan), washable markers, notebook filler paper, Pedigree pink erasers, and black, Expo dry erase markers. Bring them anytime during the month of July. Your generosity is much appreciated.



- July 8, 7 PM...**Bible classes for all
- July 12, 6 PM...**Concert of Prayer at Elmwood
- July 12-18...**Lee Porter, Randy Kerrigan, and Elmwood students will be attending Spring Mill Bible Camp in Mitchell, Indiana. Pray for them as they participate in activities that will draw them closer to God.
- July 26, 6 PM...***Guess Who's Coming to Dinner?*

Read:  
*II Chronicles 1-22;*  
*Matthew 26-28*

# 2009 Spiritual Adventure

Week 29: July 13-19

## DO NOT BE AFRAID

In the New Testament reading (Matthew 26-28), Matthew gives us a step by step account of the events from Jesus eating the Passover feast with his disciples through the resurrection. Matthew's description begins a couple of days before the Passover feast to let you know that even though there were many tasks and details to perform for this most important Jewish feast, Jesus was preparing for what was to ultimately happen to Him and the establishment of the church. We have the description of the Passover feast with the disciples providing the "pattern" for the Lord's supper we use on each "first day of the week." After the supper, Jesus and the disciples walk to Gethsemane, where Jesus leaves them in two groups and finally goes on to pray by himself. This is in the middle of the night; the disciples have just had a huge meal and sleep overtakes them. Now the action takes place. It is still night time. Matthew says Judas was accompanied by "a large crowd armed with swords and clubs" and in the gospel of John we know this group used lanterns in their search for Jesus. Picture the following events happening at night without street lights. It's dark; it's confusing. Jesus is arrested. He appears before the Sanhedrin. The Sanhedrin has already made up its mind that they were going to kill Jesus, but without the power to carry out capital punishment they had to send Jesus to the Roman governor, Pilate. The chief priests and elders gathered together a large crowd (probably a crowd that was increasing in size) to shout for the crucifixion of Jesus. Seeing that this crowd was growing into a riot, Pilate conceded and gave the order for Jesus to be crucified. The text that covers the trial before Pilate, the crucifixion, the death and burial of Jesus may be very familiar to you. Read them again. Let the words come alive in your heart. Let Jesus' words "do not be afraid" ever dwell within your heart.

—Carol Bell

Weekly Schedule	Elders	World Missions
<p><b>Sunday</b></p> <p>Worship 8:00 a.m.</p> <p>Bible Study 9:30 a.m.</p> <p>Worship 10:45 a.m.</p> <p>Life Groups 6:00 p.m.</p> <p><b>Wednesday</b></p> <p>Bible Study 7:00 p.m.</p>	<p>Bill Bell 463-1139</p> <p>Joe Mathews 474-8369</p> <p>Rick Swensen 463-6822</p> <p>Don Vice 471-8653</p> <p><b>Staff</b></p> <p>Ministers</p> <p>Gilbert Kerrigan 418-3652</p> <p>Lee Porter 463-6993</p> <p>Phil Travis 447-2874</p> <p>Office</p> <p>Sherry Marks, Manager 447-2874</p> <p>Carol Bell, Secretary 447-2874</p>	<p>Kevin Chambers</p> <p>World Christian Broadcasting</p> <p>Anchor Point, Alaska 99536</p> <p>Loren and Penny Hollingsworth</p> <p>Phuket, Thailand 83000</p> <p>E-mail: lholly54@yahoo.com</p> <p>Bren and Cheryl White</p> <p>P.O. Box 245</p> <p>New Market, MD 21774</p>
<p><b>Our Vision:</b>            Knowing Christ,            Making Christ Known.</p>		



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