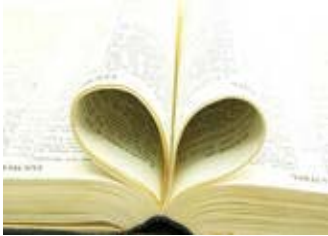


The Witness

September 2010

Red Bank United Methodist Church

redbankumc.org



*Your Word have I
treasured in my heart...*

Psalm 119:11

Pastor Jeff

1 Corinthians 3:9

For we are labourers together with God: ye are God's husbandry, ye are God's building. KJV

The ancient city of Corinth was in southern Greece. With a population of half a million people and two major seaports, people from every nation stopped at Corinth. The city was known for its immorality and idolatry. Paul stayed at Corinth for eighteen months sharing the Gospel, teaching and was able to establish a Church there. Paul makes it clear to the Corinthian Church that *we are labourers together with God*. There was a lot of work and witnessing that needed to be done in Corinth. The Church at Corinth had plenty to do to reach their community with the good news of Jesus Christ. Red Bank is not like the pagan city of Corinth in Paul's day but there are still many people who need to know that God loves them. As Christians we are all called to serve and do our part in building the Kingdom of God. We are all called to be witnesses. God not only calls us to work for Him, God equips us for the work of the ministry. He enables us and empowers us by the Holy Spirit to minister His grace and love to others. God has equipped each of us with spiritual gifts. We all have something to give. What are you giving? What are you doing to build the Kingdom of God? What are you doing to make a difference in Red Bank?

Red Bank UMC Picnic and Community Block Party

Sunday, September 26

Meal at 5:30

(Covered dish—Bring food dishes and drinks to share with everyone and bring your chairs)

Concert at 6:30

Outdoor Praise and Worship Service

Everyone in Red Bank is invited!

There is no charge!

Location will be the church front yard—right across from the Middle School



Check out the website at
redbankumc.org

A Healthier You!

Psalm 139:14

“I praise you because I am fearfully and wonderfully made... I know that full well”

Know that you are a physical miracle from God (Psalm 139:11); therefore, empower yourself with healthier behaviors!

Nutrition

A few strategies which can aid body composition and weight management—Eat more salads. These foods take longer to consume and digest with fewer calories. But, be careful with the dressings.

When eating out, select side orders with fewer calories: baked, broiled, steamed entrees.

Eat more whole grains. Breads and cereals are quality sources.

Eat breakfast every day. Find variety; yogurt, cereals, oatmeal, bagels, English muffins, fruit and juices (Fanning, 2009, p.132).

Breakfast eaters typically are thinner than non-breakfast eaters. The metabolism genes are turned on which means calories are more likely to be burned before they turn or are stored to fat. Do not eat breakfast at fast-food sites. Check the menu; there are few, if any, healthy options found (Roizen, 2006, p. 129, 241 & 258).

Fanning, W.L. (2009). *Concepts in Fitness*.

Roizen, M and Oz, M. (2006). *You on a diet*.



We are a caring family seeking God's direction through prayer to reach the lost and grow through Christ, for Christ and in Christ.

Rev. Jeff Lambert, Pastor

(Home 842-1151, Cell 653-7982)

David Brackett, Program Director

Linda Towers, Administrative Assistant

Marti Redden, Children's Director

Adolph Canales, Sexton

Greta Satterwhite, Preschool director

Celebrate

...I will celebrate before the Lord. 2 Samuel 6:22b

To Save A Family Campaign

Sunday Evenings in August and September

5:00 Small Groups

6:15 Church Dinner

7:00 Worship Service

9/12 Strong Families Have Faith!

9/19 Strong Families Leave a Legacy

Don't miss these last two sessions!

It has been great so far with an average attendance of 67—and the meals have been delicious!

* * *

Opportunity for Service

Red Bank Middle School is requesting donations of clothes for their students who cannot afford clothes that conform to the dress code.

They need to be:

Polo-style shirts with collars (any color)
and plain long pants of any color.

New or slightly used.

Bring to the church office

Check your Sunday bulletin or the tables outside the sanctuary doors for sign-up sheets and information on the Small Groups forming in 2010. There is something for everyone!

Youth Calendar September

- 5 9:45 Cornerstone Sunday School (Lambert)
- 8 5:30 Dinner at the church
- 6:00 Open Gym
- 6:30 The Wall Program—I Am Happy
- 12 9:45 Cornerstone Sunday School (Meagher)
- 11:00 Worship
- 5:00 Foundation Bible Study—To Save A Life
- 6:15 Church Supper
- 7:00 Evening Worship
- 7:30 Addition: Birthday Party for everyone
- 15 5:30 Dinner at Church
- 6:00 Open Gym
- 6:30 The Wall Program—Am I Happy
- 19 9:45 Cornerstone Sunday School (Redden)
- 11:00 Worship
- 4:45 Mentor Meeting—Loft
- 5:00 Foundation Bible Study—Love Feast—Loft
Everyone bring dessert foods to share. Come Dressed for the 1960's
- 6:15 Church Supper
- 7:00 Evening Worship
- 22 5:30 Dinner at church
- 6:00 Open Gym
- 6:30 The Wall Program—Am I Happy
- 25 10:00 am Community Kitchen—(Service Project)
- 5:30 "M" Night—Just for Middle School Students
- 26 9:45 Cornerstone Sunday School (Richie)
- 11:00 Worship
- 5:30 Church-Wide Picnic on the front lawn
- 29 5:30 Dinner at church
- 6:00 Open Gym
- 6:30 The Wall Program—Am I Happy

Kid's Korner

*The school year has begun and we are ready for our Wild About Kid's Klub after-school-program to open Sept. 1 at 3:30. All children K-5 are welcome in the club.

If you go to Red Bank Elementary, you can ride school bus #19 and you will be met by none other than Pastor Jeff. He will walk everyone up to the church where you will be greeted and taken to the craft room for snacks; then it is on to the gym for fun and games. Last but not least you get to do your homework so you won't have to do it at home. After that it is supper time in Fellowship Hall; then back upstairs for Bible stories and crafts. What a great way to spend your Wednesday afternoons.

If you go to Alpine and need a ride to our church, let us know so someone can pick you up. Permission slip required.

*Please turn in your Sunday School registration form to your Sunday School teacher or Marti soon. We can update your information quicker if we have those in hand

*September 18—Mark your calendar for a great day of fun. We will be playing on different playgrounds in the area and coming back to the church for waterside fun and lunch.

We meet at 10:00 and end at 1:30. Bring your lunch and swimsuit. If it rains, we will reschedule.

The Wednesday Nighter—September

The Wednesday Nighters begin on September 1. The meal begins at 5:30 with programs starting at 6:30; choir practice at 7:30.

The price of meals will be as follows:

Catered Meal (Southern Restaurant) \$ 7.50

Family meals:

Parents with children 18 years & under 18.00

(This is top price if children eat food prepared in kitchen)

Children's Meal (prepared in kitchen) 3.00

Children's catered meal 7.50

Carry out—add .50 cents to cover cost of container

Make or cancel reservations by noon on Tuesdays.

Sept. 8 Fried chicken breast, potato salad, baby lima beans, cheesecake. Program by Greg Bentley

Sept. 15 Ham, sweet potato casserole, crowder peas, carrot cake. Program by Carla Pritchard

Sept. 22 Meat loaf, pinto beans, turnip greens, cornbread and peach cobbler. Program: NCD

Sept. 29 Pulled pork, mac & cheese, baked beans, buns and banana pudding. Program by Cal Moss.

(Meals include drink and rolls unless other bread listed)

Applications are on the office table for the
Susan G. Komen Race for the Cure
Sunday, September 26
2:00

5K race, Run & Walk, 1-Mile Run & Walk

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2:30 Safe House 5:30 Dinner 6:30 Programs 6:30 Youth 7:30 Choir	2 6:45 AA Meeting 7:00 College Bible Study	3	4
5 No Evening Service or Youth Activities	6 Office Closed Labor Day	7 2:30 Safe House 7:00 Evangelism Committee Meeting	8 9:00 Exercise Class 2:30 Safe House 5:30 Dinner 6:30 Programs 6:30 Youth 7:30 Choir	9 10:00 Morning Bible Study 6:45 AA Meeting 7:00 College Bible Study Rosh Hashanah	10 9:00 Exercise Class	11 8:00 United Methodist Men Breakfast and Program 9:00 Church-Wide Planning Meeting
12 12:15 Parlor Dedication 3:00 Parsonage Committee 5:00 <i>To Save A Family, dinner, worship service</i> Grandparents Day	13 6:30 Men's Bible Study 9:00 Exercise Class 2:30 Safe House 6:30 Coley Small Group 7:00 Bethel Study	14 2:30 Safe House	15 9:00 Exercise Class 2:30 Safe House 5:30 Dinner 6:30 Programs 6:30 Youth 7:30 Choir	16 10:00 Morning Bible Study 6:45 AA Meeting 7:00 College Bible Study	17 9:00 Exercise Class	18 10:00 Children's Play Day
19 <i>To Save A Family</i> 5:00 Small Groups 6:15 Dinner 7:00 Worship Service	20 6:30 Men's Bible Study 9:00 Exercise Class 2:30 Safe House 6:30 Coley Small Group 7:00 Bethel Study	21 2:30 Safe House 6:30 Lay Leadership Committee Meeting	22 9:00 Exercise Class 2:30 Safe House 5:30 Dinner 6:30 Programs 6:30 Youth 7:30 Choir	23 10:00 Morning Bible Study 10:30 Young-at-Heart 6:45 AA Meeting 7:00 College Bible Study	24 9:00 Exercise Class	25
26 5:30 Church Picnic	27 6:30 Men's Bible Study 9:00 Exercise Class 2:30 Safe House 6:30 Coley Small Group 7:00 Bethel Study	28 2:30 Safe House 7:00 Stanfield Small Group	29 9:00 Exercise Class 2:30 Safe House 5:30 Dinner 6:30 Programs 6:30 Youth 7:30 Choir	30 10:00 Morning Bible Study 6:45 AA Meeting 7:00 College Bible Study		