

Good NEWS

Community Presbyterian Church

January, 2008

Warning: If you have made your New Year's resolutions and are already beginning to implement them, read this article with caution. It is not intended to impair your efforts to keep your resolutions.

From the Pastor

I haven't made any new year's resolutions. That's partly because things got a little hectic and I didn't feel like I had the time to give them some serious thought. But now with time to think about this newsletter article I guess I could kill two birds with one stone and write about my resolutions.

Having thought about it, I've decided that I'm not going to make any new year's resolutions this year ... at least not yet. The time just doesn't seem right to turn over a new leaf—all the leaves are on the ground and the wind is doing a fine job of turning them over.

Resolutions are important; they can help us become better people. They can even help us be more faithful to our Lord Jesus. And having a date set to begin our resolutions is important too. It gets us started for one. And it can encourage us along the way. We can look back and see that who we are now is different from who we were on December 31, 2007.

However, it does seem to me that *this* time of year, the middle of winter, doesn't offer much support to our efforts to become new people. Winter is a time for hibernation, for staying in and slowing down and gathering ourselves together. At its best winter can be a period of time that marks a transition between an old life and a new one. But it is not an aid to making that transition.

I have noticed that there are two times each year when something deep inside me itches to begin something new: the beginning of Spring, with the almond blossoms in late February; and the coming of Fall in late September or early October. At least for me, these are times of increased energy and desire to grow.

It seems to me that I might have more success with keeping a resolution if I began it when I already have within me a desire to begin something new. The possibility of becoming a new person might well increase when all of life around me is becoming new at the same time.

So this year, with what's left of winter, I'm going to do some self-evaluation, examine myself to see what could be changed for the better. I'll pray and ask God to guide me. I'll read my Bible and ponder the scripture I know by heart. Then I'll sort and sift and come up with one or two new habits I might want to begin in 2008.

When the first blossom opens on the purple leaf plum tree in our patio I'll begin to implement my resolution. I'll commit myself to practicing it daily through the entire Lenten season. Then when we enter Holy Week I can decide if this new "me" is someone God is calling me to become, or not. If it is, I can celebrate my dying to my old life and rising to a new life in Jesus Christ on Easter, the day of resurrection.

That's the plan. What do you think of it?
Stay tuned for updates.

"The joy of the Lord is our strength."



Congregational Meeting

Sunday, January 27
following worship

Please have the annual report sheets
back to our church secretary
before January 15

Birthdays

- 16 Shirley Groefsema
- 17 Janet Hudson
- 21 Alice Schlak
- 23 Valerie Arnold
- 25 Richard Hoover
- 27 Gerald Richman
- 30 Nicole Costa

Anniversaries

- 26 Vern and Jo Fisher



IN

Remembrance

We mourn the loss and celebrate the resurrection of our members who died last month:

Nellie Jones Eignor, Dec. 20

Jerry Brewer, Dec. 24

Sara Jane Horstmeier Van Clief, Dec. 27



Joyce Green wrote us from Coarsegold concerning Nancy's December article:

Mild cases of SAD (seasonal affective disorder) can be successfully treated with a full-spectrum fluorescent lamp in the kitchen.



“You blind guides! You strain out a gnat but swallow a camel.” Matthew 23:24

Instead of suggesting that you swallow either a gnat or a camel, I will ask you to perform a self-test, so please continue reading until the end of this article!

Since 27 million people suffer from a thyroid condition, January 2008 has been chosen as “Thyroid Awareness Month.”

Our thyroid gland is butterfly-shaped, rests just below our Adam’s Apple, and is responsible for maintaining proper functioning of our major organs as well as our metabolism.

The website www.thyroidawareness.com lists 4 thyroid conditions briefly summarized below:

1. Hypothyroidism—underactive thyroid gland accounts for the majority of thyroid conditions. Slowing down of thyroid hormone production eventually leads to symptoms such as fatigue, forgetfulness, dry skin & nails, weight gain with puffiness, constipation and sore muscles. Enlarged thyroid, known as goiter is eventually evident. Blood testing for level of Thyroid-Stimulating Hormone is most commonly diagnostic. Treatment is a daily pill.
2. Hashimoto’s Thyroiditis—the most common type of Hypothyroidism in the US; it is an inherited, auto-immune disease which often causes no symptoms for many years. Swelling or pressure in the neck often causes difficulty in swallowing.
3. Hyperthyroidism—excessive production of

thyroid hormone. Symptoms include fast heart rate, nervousness, weight loss, protruding eyes, scalp hair loss, & fingernails separating from the nail bed. There are multiple causes, ranging from autoimmune (Grave’s Disease) to Toxic Goiter (more common in over 50 years of age & may affect the heart rate), to Subacute (inflammation following a viral infection). There is even a Postpartum Thyroiditis which affects a mother several months after giving birth. Hyperthyroidism is diagnosed with blood tests, and often requires a Specialist (Endocrinologist) to properly treat these disorders.

4. Thyroid Nodule—usually a painless lump—most often found by examination. May be a cyst or a tumor. There are 4 kinds of Thyroid Cancer (papillary, follicular, medullary, & anaplastic) & may result from exposure to radiation to the head or neck, or family heredity. Diagnosed with needle biopsy, most types of thyroid cancer can be cured completely.

Since these are complex conditions, this article cannot contain all the information necessary on this subject. I recommend the website listed above, or you may call the American Association of Clinical Endocrinologists at 904-353-7878, extension 147.

NOW FOR THE TEST “NECK CHECK” AS PROMISED ABOVE:

1. **HOLD YOUR MIRROR SO YOU CAN SEE YOUR NECK (ADAM’S APPLE)**
2. **TIP YOUR HEAD BACK WHILE STILL VIEWING YOUR NECK**
3. **TAKE A DRINK OF WATER AND SWALLOW**
4. **LOOK AT YOUR NECK AS YOU SWALLOW, CHECKING FOR BULGES**
5. **REPORT ANY BULGES TO YOUR DOCTOR**

May this New Year bring balance and Peace,

Nancy

COMMUNITY PRESBYTERIAN CHURCH

399 Sixth Street
Gustine, CA 95322
Address Service Requested

NON-PROFIT ORG.
U.S. POSTAGE
PAID
Permit No. 12
Gustine, CA 95322

Sunday School, 9:00 AM — Worship, 10:30 AM

Pastor — Mark Hollingsworth

Treasurer — Patricia Brown; Choir Director — Jim Conrad

Secretary — Med Hoover; Parish Nurse — Nancy Hollingsworth

Office Hours — 9:00-Noon, Wednesday, Thursday and by appointment

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This month we will begin publishing our newsletter online (as well as on paper). It will appear on our website and we will e-mail it in pdf format to whoever requests it.

If you would like to receive your newsletter by e-mail or if you want notified by e-mail when the newsletter is on the website, please send us an e-mail at:

pastormark@wefollowjesusingustine.org