

Good News



Community Presbyterian Church

June 2008

From the Pastor

There was some public discussion following the recent decision of the court to overturn California's law prohibiting gay marriage. That discussion brought up a question that led my thoughts, through twists and turns, back to the work of God's Holy Spirit. While I have no intention of entering this debate about marriage, I would like to address the question it brought up: Why do we in a democracy allow a few judges to overturn a law passed by a substantial majority of the voters?

If this question is more than rhetorical then it is both fair and fertile. However, it will take some patience and a few paragraphs to get back to the Holy Spirit.

One way of approaching the question is with the assumption that the action of these judges was an integral part of the democratic process, that what they did allowed *all* the people to vote, that they spoke for a segment of the people who were unable to vote for or against this particular proposition. If we assume this then the question becomes: Whose votes do the judges represent?

The simplified answer to that question is: the judges represent the voters who ratified the constitution. In other words, when we allow judges to rule on the constitutionality of a voter-approved law, we allow past generations to vote in a current election. We intentionally listen to the wisdom of people who voted in the past. Over time democracies have found this is necessary and good.

Many commentators, pundits, and even local newspaper editors, had expected the court's decision about gay marriage to cause a big furor. But the public response was less than expected. This

was due, at least in part, to pressing concerns about the housing crisis and stressed government budgets and the price of gasoline. And these issues are ones in which it would be helpful to listen not so much to past generations as to future generations.

Although we can set up legal means to listen to the wisdom of the past, I cannot imagine a way for a democracy to listen to the voice of future generations. There is no way to access an election which will take place twenty years from now and use those results the way courts use our constitution. As voters we can only imagine how our decisions will affect our grandchildren and then let that information guide our current decisions.

But as Christians, we have more than our imagination to guide us. We have been given the Holy Spirit of God to guide us into the future. The Holy Spirit is not bound in time the way we are, it flows effortlessly between the past and the future and the present. The Spirit is able to speak to us on behalf of future generations.

Granted, the guidance of the Holy Spirit is rarely quick or easy. And often the Spirit restrains from giving a clear answer to a particular question we ask but leads us instead in directions we hadn't expected. But the Holy Spirit is ready to guide us in powerful ways.

Right now we could really use some wisdom from the generations to come. We can receive guidance for decisions that will affect those generations from the Holy Spirit. Let us seek God's guidance that we may do what is best for those who will follow us.



Sermon Requests

Do you have a topic you would like Pastor Mark to preach about?

Is there a question you would like to have answered in a sermon?

Is there some part of the Bible you think is being ignored in church?

Summer is your chance to submit topics or questions or bible passages for Mark to preach on. Send him an email or drop him a note.

Birthdays

- 14 Bridgett Hoover
- 15 Madeleine Wallace
- 16 Eva Goman
Jessica Wallace
- 20 Braxton Hoover
- 24 Phil Steckling
- 28 Alfonso Hollingsworth



GUEST PREACHER

On Sunday, June 15, the Rev. John Russell-Curry will be our guest preacher.

Anniversaries

- 4 Ray and Sharon Acord
- 17 Tommy and Kristen Duarte
- 23 John and Lauri Burgess



Some of our deacons are going to be visiting new families in our community. If you would like to help with this project, or if you know of a new family in town, please contact Valerie Arnold, 854-9971.



“The ransomed of the Lord will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.” Isaiah 51:11

June 1-7, 2008 is National Headache Week and this year marks the thirty-eighth year of the National Headache Foundation. Their contact information is: www.headaches.org or by phone: 1-888-NHF-5552 (toll-free).

29,500,000 Americans suffer from migraine headaches. You can be identified as a migraine sufferer if you answer yes to two of the three questions below:

1. Has a headache limited your activities for a day or more in the last three months?
2. Do you become nauseated or sick to your stomach when you get a headache?
3. Does light bother you when you have a headache?

Consult your doctor if your headache: is sudden and severe; is in conjunction with a stiff neck, fever, or uncontrolled vomiting; if you feel confused or lose consciousness; if it is persistent—when up until now you had no headache; is accompanied by numbness, weakness, or loss of vision; begins after 50 years of age; begins after head injury or other trauma; interferes with normal function; requires medication more often than two days a week.

Tips for getting the most out of your doctor’s visit:

- Schedule a physician visit specifically for your headaches
- Be prepared by doing your homework—have reasonable expectations about treatment; and

be ready to honestly share information about your medical history and all your current medications (prescription and over the counter including vitamins and natural remedies)

- Keep a headache diary with the date, length of headache, severity of pain, other symptoms, triggers to the headache, and impact on your daily life—days lost from work; family or social activities missed, etc. Also note medications taken—dose and how often, their effectiveness and duration of effect as well as any side effects.
- Be a partner with your physician by asking for detailed instructions and follow them. Focus on solutions. Follow-up regularly. Be your own advocate. You deserve the same medical attention as for any other disease.

The website listed 113 topics relating to headaches with information for each one. I explored the “Dietary Triggers” link and found a list of foods to be avoided, as well as another recommended link for more detailed information on ‘Low Tyramine Headache Diet.’ There is also information available for headache specialists in all 50 states.

Advances in technology and medical innovations have made identifying and treating headache pain much easier, but it still remains a complex and often misunderstood biological disease. Don’t let a lack of knowledge fuel your headache pain anxiety. Educating yourself is the first step in the process, as it strengthens communication with your doctor – a key factor in getting the treatment you need.

May we all be crowned with joy and see sorrow flee—

Nancy

COMMUNITY PRESBYTERIAN CHURCH

399 Sixth Street
Gustine, CA 95322
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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

Telephone: (209) 854-6772; email: pastormark@wefollowjesusingustine.org

Web Site: www.wefollowjesusingustine.org

