

Good News



Community Presbyterian Church

June, 2009

From the Pastor

I have spent some time this month looking back over my life up to this point. This personal reflection hasn't been inspired by anything major; just some little events.

I discovered a new networking site and got hooked for a few days. At Goodreads.com you can track what you have read and what you would like to read. So I entered a few hundred titles in "my books." I went through my library and my memory, thinking about the books that have influenced my thought and life, all the way back to third grade when our teacher read to our class *A Wrinkle in Time*, hot off the presses. As I listed the books, I noticed some recurring themes, some growth, and some books I want to pick up again.

Another event that spurred my recollections was a project Nancy and I are beginning around our home. She found some information about native California plants that was published by the arboretum at UC Davis. On Memorial Day we took a trip to the arboretum to see the plants in leaf and flower. We walked around the campus and I relived some of my college experience. Then we drove to Dixon to see the apartment and three houses we lived in there, and the church, and the downtown. Together we recalled the two times we lived in that town and were amazed by what had changed and by what hadn't changed.

It was while we were living in Dixon (the first time) that I dedicated my life to Jesus for good. And it was in Dixon that I came back to the church.

I found myself looking back on that time and trying to make sense of it in from a larger and longer perspective. I remember very clearly the

day I joined the Community Church of Dixon. The pastor quoted the words of Jesus to us, "You did not choose me but I chose you." I remember wondering about the truth of those words as he spoke them. Since then I have come to believe them from the depths of my heart. At first it seemed that I came to Jesus through the church, but time and experience have taught me that in fact I came to the church through Jesus.

People begin coming to our church—for the first time or after a long absence—for a variety of reasons. Some come because something that has happened in their lives and they sense a need for God or for fellowship with others who know God. Some come because of a positive relationship with people from our church. Some come because someone invited them two or three or six or twenty times and they finally gave in.

Of course we are always happy to have everyone join us in worship or in other activities. But we also desire and pray that each person who begins coming here will come to know Jesus and commit their life to him as their Lord and Savior through the ministry of our congregation. We want people to come to church, and then we want them to come to Jesus through church.

Now, I understand both theologically and by personal experience that we actually come to the church through the work of Jesus and not the other way around. I know that Jesus is calling each person who comes to him, though few recognize his work at first.

So I also trust that in good time you who are here and those who are to come will recognize that we have joined the church because Jesus has chosen us and called us. That's good news!

Pastor Mark



New Members

On Pentecost Sunday, May 31, we welcomed three new members into our fellowship: Cheryl Borbon, Shirley Broman and Belinda Burke.

Birthdays

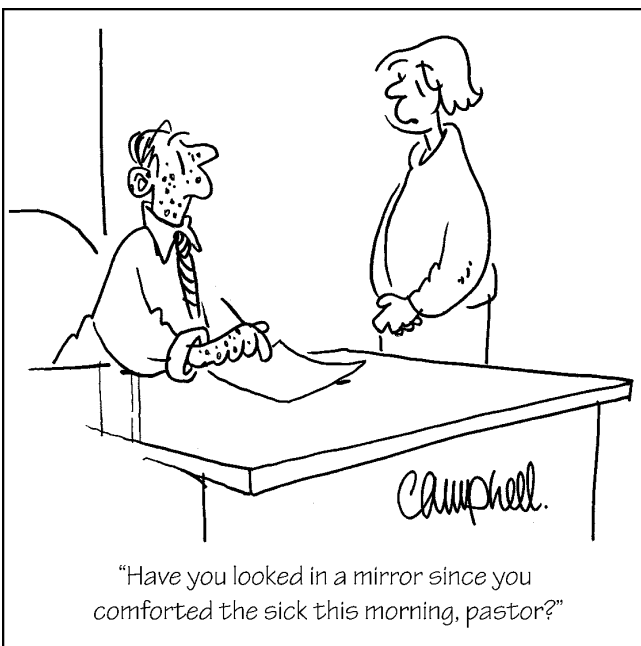
- 14 Bridgette Brady
- 16 Eva Goman
- 16 Madeline Wallace
- 17 Jessica Wallace
- 20 Braxton Hoover
- 24 Phil Steckling
- 28 Alfonso Hollingsworth
- 30 Corey Pfitzer

Anniversaries

- 5 Sharon & Ray Acord
- 17 Kristen & Tommy Duarte
- 23 John & Lori Burges



On Sunday, **June 7**, the Rev. John Russel-Curry will return to our pulpit. We welcome John back to Gustine and to our congregation.



Thank you to Kathy Mendonça and Nancy Hollingsworth for their faithfulness and joy in teaching our children this year.



“Oh my anguish, my anguish! I writhe in pain”.
Jeremiah 4:19a

June 7-13 is National Headache Awareness Week.

Any of us who has ever had a migraine or severe headache can empathize with Jeremiah! I encourage you to visit the National Headache Foundation’s website at: www.headaches.org; or to call the national headquarters at “1-888- NHF - 5552” for toll free; or 312-274-2650.

In the list and brief description of the different kinds of headaches listed below, see if there is new information for you—as there was new information for me:

1. Episodic: often called “tension headaches”—occur at random times; often triggered by stress, anger, fatigue or anxiety. Pain in forehead, back of neck and head, or temple areas. Treated with over-the-counter medication. (NOTE—if you are taking headache pills daily—or nearly daily—see your doctor. It may be chronic headache)
2. Migraine—life-disrupting for several hours or days at a time; may be an abnormal function of the brain’s pain system; affect 29.5 million in US, with 80% of them having family history of migraines; affect women over men at a rate of 3:1. Traits such as perfectionism, analytical/critical thinking, & orderly personalities may predispose. The trigeminal nerve triggers blood to shift to the veins, causing pain, nausea, sensitivity to light & noise. Some migraines are preceded by an “aura”—a period of about 5 to 30 minutes before the pain begins with neurologic symptoms (such as flashing lights, jagged or wavy lines; tunnel

vision; blind spots; strange odor or taste; pins & needle sensation, or difficulty in speaking). Migraine sub-types include Abdominal Migraine, Basilar Artery, Retinal, Ophthalmoplegic and Hemiplegic migraines.

3. Cluster—called cluster headaches because the attacks come in groups. The pain arrives with little, if any, warning, and it has been described as the most severe and intense of any headache; may occur only in spring & fall and may be mistaken for allergy. Often occur up to 4 times in one day. More common in men, 5:1.
4. Rebound—headaches caused by overuse of medications—over the counter pills, often plus caffeine in beverages; taken more frequently than recommended due to frequent headaches requiring higher doses to be effective. This becomes a viscous cycle that can lead to addiction to the medications, and more severe pain when the medications wear off. Serious side effects can also occur. If you are using medication two or more times a week you can assume you are over-medicating. Seek medical attention because you may be innocently sabotaging your health and treatment.
5. Sinus—when empty areas behind the nose, forehead of cheeks become inflamed by allergy or clogged by secretions; fever is a symptom; x-rays can diagnose; treated with antibiotics; antihistamines, or decongestants—(*If no infection decongestants can make your headache worse.)
6. Organic—caused by a problem in the skull, such as a brain tumor (less than 5% of headaches; may be benign or cancerous); aneurysm, blood clot, infection such as meningitis or encephalitis, abscess, or bleeding inside the brain.

DANGER SIGNS- seek medical help for: sudden, sharp, unusual intense pain; sudden loss of balance; confusion; difficulty speaking; inappropriate behavior or seizures.

Proverbs 10:6a tells us: “Blessings crown the head of the righteous”— May we realize how blessed we are, and give thanks.

Happy early summer, Nancy

COMMUNITY PRESBYTERIAN CHURCH

399 Sixth Street
Gustine, CA 95322
Return 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 — Dorothy Gray; 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; Blog: church95322.wordpress.com

