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BUILDER

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minister's message

New Year, New You?

Rev. Carra Greer

We are already a month into 2018 and half of us have already ruined our New Year's resolutions. Statistically speaking, half of us didn't even make resolutions and of those who did, approximately 40% feel as if they are or will be unsuccessful.

Can you guess the number one resolution made by Americans? Yep... exercise/healthier eating/weight loss. One would expect the number one resolution to garner more than 20% of Americans. I'm guessing people may not want to admit they resolved for a healthier lifestyle whether it's through cleaner eating, more exercise or weight loss because this resolution can feel like an unattainable, gigantic task. I think it seems too difficult to tackle because we are looking at it in all the wrong ways.

First, to be completely clear, it's a new year, but there's no need for a new you. God created you exactly as God intended. You are beautiful. You are a person of value and worth. We can all be better versions of ourselves, but this idea to completely transform yourself into someone you are not isn't accomplishing anything. And the unnatural diets and extreme workouts many try is not sustainable or healthy long term.

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travelers' class book study

Beginning Sunday, February 11 at 9:45 AM, the Travelers' Class will study Brian McLaren's book "We Make the Road by Walking: A Year-Long Quest for Spiritual Formation, Reorientation, and Activation." The title comes from one of Brian's heroes, Brazilian educator/activist Paolo Freire. The title suggests Christian faith is still "in the making." It continues to grow, evolve, learn, change, emerge, and mature... in and through us. What we will be as Christians in the 21st century, for better or worse, will surely change what Christian faith will be in the 22nd century and beyond.

feb/mar birthdays

Myrna Parker 2/2	Graham Walker 2/2
Karla Nelson 2/10	Tommie Puckett 02/18
Susie McCarthy 2/21	Jim Wright 2/21
Leisa Smith 2/23	
Cindy Small 3/9	Linda Warren 3/19
Thomas Bennett 3/23	Linsey Addington 3/26
Zeb Crenshaw 3/26	Grace Jarrell 3/29
Philip Thomas 3/31	

prayers

Please pray for our special members:

Doris Berry	Beth Carter
Ethel Jansson	Grace Jarrell
Mary Kerr	John Phillips
Georgia McClure	June Zwald
Carole Strickland	

get involved:



Spanish Class: Every Wednesday, at 5:30 PM in the Conference Room for anyone interested in working on their language skills. \$10 per class



Spiritual writing group meets every 2nd and 4th Wednesday starting Feb. 28.



Fun/Work Day: Saturday, Feb. 10 from 9:30 - 12:30. Come out for donuts & coffee, cleaning and organizing!

regular sunday schedule:

9:45 AM sunday school

11:00 AM worship & children's church

2:00 PM choir rehearsal

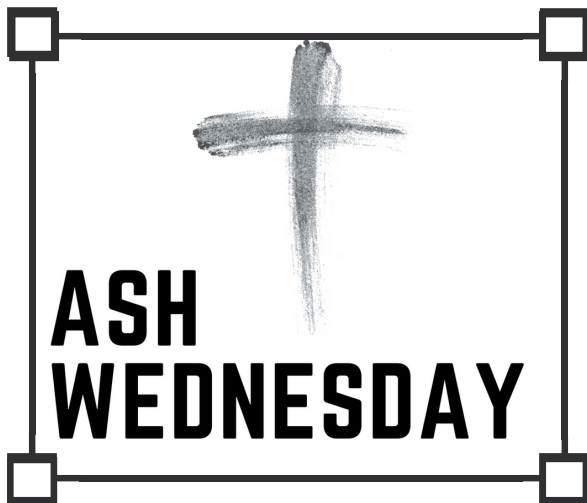


Saturday, February 10

Family Ministry Work Day also on the 10th from 9:30 AM - 12:00 PM. We will clean and reorganize the nursery and upstairs classroom. Kids can come serve alongside mom and dad.

Sunday, February 11

Valentines/Mardi Gras Celebration after worship in the Parlor, including light refreshments and great conversation.



Friday, March 30

Good Friday Service: Remembrance of the passion of Christ at 7:00 PM.

CALENDAR

Monday, February 5

Creative Crafting Circle is a new group meeting for the first time at 11:30 AM. If you love crafts or just enjoy getting together over lunch. We will gather on the 1st and 3rd Mondays of each month at 11:30 AM in the Parlor. Bring your lunch and your ideas!

Saturday, February 10

Fun/Work Day at the church from 9:30 AM - 12:30 PM. Come out for donuts & coffee, cleaning and organizing!



Tuesday, February 27

Welcome Table Meal: We will have the 4th Tuesday this time, starting at 5:30 pm. To help with a meal at St. John's, contact Allen.Jones@dhbc.org.

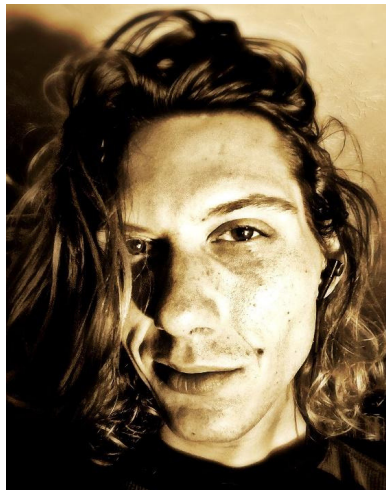
Wednesday, February 14

Join us for Ash Wednesday at 7:00 PM at St. John's Lutheran.

Sunday, March 25

Meridian Chorale Southern Folk Passion Concert: Our annual Palm Sunday presentation will begin at 4:00 PM.

C O M M U N I T Y
S P O T L I G H T



Meet Judson George

Judson George is a 33-year-old Artist, born and raised in Atlanta. He grew up in Fulton county, with his mom, dad and younger brother. Judson earned his Bachelor of Science in Psychology from Georgia State University. He works as an Artistic Administrator for EDIN (the Eating Disorder Information Network).

Judson has enjoyed creating art since childhood, but 4 years ago he discovered his love for photography manipulation. A year after he began editing his photos as a hobby, Judson opened his own artistic consulting business, Stray RT Ink. Judson's work has been featured by various businesses around Atlanta, as well as in several art shows and galleries. Judson runs a reality testing inspirational Facebook account, as well as the Instagram account for EDIN.

Although this young man is seemingly full of hope and promise, he admits at one point in his life he didn't think he had the strength to make it through another day.

At the age of 14, Judson began fighting the destructive behaviors of Bulimia. Desperately, he tried to keep his illness a secret from family and friends due to the shame of having a disease stereotyped for only female patients. After reaching out for support 7 years ago, Judson was hospitalized with this life-threatening eating disorder.























Slowly recovery began to transform Judson and he was introduced to the Eating Disorder Information Network's Junior Board. Through his work with this group, Judson courageously told his recovery story to hundreds of students a year, as a part of EDIN's speakers bureau. Judson is now an advocate for eating disorder recovery and mental health. He believes if he can help other people realize they are not alone in their fight to end their suffering, then his story can be hope for others. What a brave and courageous soul Judson George is. Take time to meet him, chat with him or ask about his art next time you see him around the church.

CHURCH @ PONCE & HIGHLAND

church directory

As part of our new Health Ministry, the Faith Community Nurse is starting a Health and Wellness Team at the Church at Ponce and Highland. The mission of the team is to determine the specific ways in which our church can facilitate the physical health and wellness of our congregation and community. This team will likely meet no more than quarterly, and some meetings will take place by email. If you are interested in this new ministry, please contact Leslie Garrett, your Faith Community Nurse.

Serving-Size Comparison Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Milk & Milk Products			
Cheese (string cheese)			1½ ounces
Milk and yogurt (glass of milk)			1 cup
Vegetables			
Cooked carrots			1 cup
Salad (bowl of salad)			2 cups
Fruits			
Apple			1 medium
Canned peaches			1 cup
Grains, Breads & Cereals			
Dry cereal (bowl of cereal)			1 cup
Noodles, rice, oatmeal (bowl of noodles)			½ cup
Slice of whole wheat bread			1 slice
Meat, Beans & Nuts			
Chicken, beef, fish, pork (chicken breast)			3 ounces
Peanut butter (spoon of peanut butter)			1 tablespoon

©2012 Dairy Council of California **portion control serving size chart**

minister's message cont....

Another huge misconception of living healthier is that it requires weight loss. Weight loss can be a part of an individual's journey to healthier living, but should be something you speak with your physician about. Many Americans are overweight. According to the Center for Disease Control's website 70% of adults 20 years and older are overweight, 20% of adolescents aged 12-19, 17% of children aged 6-11 and even 9% of children aged 2-5. There are definitely people who need to consider weight loss, but weight loss (and how it's obtained) can be healthy for some and unhealthy for others.

[Continued Pg. 6]

minister's message cont....

The journey to health (as I like to call it) is different for everyone. It is worth consulting your physician to discuss a plan and set goals to achieve “good health” specific to you. There are some “basics” of good health I live by you may find helpful in your own journey to health:

1. Drink water. And lots of it. The standard “8 glasses of water a day” is generally a good rule to follow. If you want to really get down to specifics, you can look online for the amount of fluid you need based on your sex, weight, activity level and climate you are in. Moral of the story, most of us are not drinking enough water. Tea and sodas don't count!

2. Your body needs sleep, 8 hours of it. This is the hardest one for me because of my kids. Lack of sleep has been attributed to all sorts of issues like cardiovascular issues and disease, not to mention poor performance at work/school and lack of energy for the things we love.

3. You've got to MOVE. Exercise is essential. We have become so inactive for a number of valid and not-so-valid reasons. We have to get up and move our bodies. The Department of Health & Human Services recommends 150 min. of moderate aerobic activity (walking, swimming, mowing), 75 min. of vigorous aerobic activity (running, aerobics) and complete body weight training twice a week. This can be overwhelming, but basically 30 minutes a day of exercise. There are ways to fit exercise in daily by taking the stairs, parking in the furthest spot, walking down the hall to speak with a coworker instead of sending an email and even walking around the office on your lunch break.

4. Clean eating and portion control. This is a difficult habit to break since we have made food/eating such a huge part of our culture. You have to make a mental shift from thinking about eating for pleasure vs eating for energy. Foods that taste “oh so good” are usually the foods leaving us feeling bloated, tired and ill. Clean foods are not only fresh fruits and vegetables, but minimally processed foods with short ingredient lists. Choose foods with healthy ingredients like whole grains and healthy fats and those low in added sugar and salt. I was surprised to learn correct portions a few years ago. Check out the chart on page 5 to see appropriate serving sizes.

5. Meditation/Spirituality/Support. This is the most important and life-giving category for me. It's important on our journey to fitness that we have support from someone (a spouse, workout buddy, trainer, or therapist). Spirituality and seeking strength from a Higher Power can be a positive driving force that empowers us to succeed, when success feels unattainable. We can connect to that spirit through meditation, yoga or prayer. And in turn, these practices will contribute positively to our mental health. It a beautiful cycle that takes practice, patience and vulnerability.

I hope this gives us all something tangible to work towards. Remember we are each on a journey to health and that road is different for each person. Many of you may discover there is work to do and barriers to overcome with your mental health before you can even face your physical health and that is okay. Ultimately, it's not about what size jeans we fit into or what numbers are on the scale, it is about becoming our strongest, healthiest, joy-filled selves.

Ministry Team

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We are an affirming, authentic, and appreciating church that offers a fun and nurturing environment to anyone seeking faith. Our partnership and collaboration within the whole Atlanta community allows us to be theologically inclusive through the arts, ministry, activism, and community partnership.



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