

Christian Temple Disciples of Christ



Volume I, Issue 10

TEMPLE TALK



October 2010

OCTOBER CALENDAR

2nd Bible Study breakfast at Eat N Park in Elyria 9:00am.

3rd Elders Meeting 8:00am

10th Health Screening/discussion/ breakfast 8:15am in the Parlor

13th Choice Food Pantry 5:30-7:30pm

16th Fall Fiesta 10:00am-1:00pm @ Mary Mother of God Church School Cafeteria (St. Mary's Church)

17th Quarterly Administrative Council Meeting following Worship

19th Prayer Shawl meeting 7:00pm in the Parlor

23rd Pasta Dinner 5:00pm to 8:00pm @ Heritage Presbyterian Church

31st Fifth Sunday Meal @ Christian Temple

Wolf Den meets every Wednesday 6:00-7:00

Webelos every Thursday 6:30-7:30

Music Team rehearsals every Sunday @ 8:30am

OCTOBER ELDERS SCHEDULE

3rd Michele Nowlin and Bob Kromer

10th Missy Nunamaker & Don Duell

17th Rick Lewis & Cheryl Lewis

24th Jim White and Debbie Wright

31st Dan Cecil and Beverly Kavalac

REGIONAL ASSEMBLY

The Regional Assembly of the Christian Church in Ohio will be held October 15 and 16 at the Columbus Marriott Northwest, 5605 Blazer Parkway, Dublin, OH 43017

Special Opening & Closing Preacher:

Rev. Dr. Sharon Watkins, our General Minister and President.

Dr. Watkins delivered the sermon at the National Prayer Service for the Inauguration of the President of the United States of America.

Mark your calendar to be a part of this dynamic Regional Church gathering. This will be a blessed time of sharing and celebrating the transforming work God is doing in our lives as people of faith through the mission and ministry of our congregations.

Bring the whole family!

All activities will be at the Marriott location.

All worship services are free and open to the public. The registration fee must be paid to participate in other activities. You can register at ccinoh.org.

QUARTERLY ADMINISTRATIVE COUNCIL MEETING

Christian Temple will be holding the quarterly Administrative Council Meeting, following Worship, on October 17th, 2010. All are encouraged to attend this quarterly meeting.

PRAYER SHAWLS

The next meeting of the Prayer Shawl Ministry Team will be October 19th at 7:00 pm in the Par-

lor. We are thankful to the Nowlin Family who donated supplies to this ministry. Three shawls have been completed and taken to the Welch Home. Please see Linda Thompson or Gayle Donahue for more information.



PASTOR'S PONDERINGS, OCTOBER 2010

REV. DR. BRAD DONAHUE

“For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray with me, I will hear you. When you search for me, you will find me; if you seek me with all your heart.” Jeremiah 29:1

At our September Administrative council meeting, the church council approved a ministry planning process. This process will be engaged in over the next six to eight months and once the final ministry plan is approved by the congregation this plan will direct our ministries for the next five years.

The planning process will begin with a series of brief personal conversations with as many church members as are willing; from these conversations, we will begin to create a vision of our ministry.

I invite you to join me in this process. Look for more information in next month's newsletter.

Dr. Brad

Ministry Appreciation Month

October is ministry appreciation month. During this month, may we pause and thank God for all whose ministries, lay or ordained, have touched and strengthened our lives.

Web Site

Our thanks to Kit Marty who help us get our web site back on line . Visit us at www.christiantemple.net to view the latest newsletter, and to see other updates.

FROM YOUR PARISH NURSE

Dear friends,

“...the leaves of the tree are for the healing of the nations.” Revelations 22:2. Medications are used to maintain a certain level of health, prevent an illness, or cure a physical condition. For example, when your doctor orders a drug for blood pressure or diabetes, a specific level of that drug needs to be in your system to attain the desired outcome. Therefore in order to reap the most benefit, it is important to understand why you need the medication, how to take it, how to store it, and what to expect from it.

Don't be afraid to ask questions because the more you know, the more compliant you will be with your treatment. Consider some of these questions. Why are you taking the drug? How will it affect you? Are there any side effects? Should you drive when you are taking the medication? How quickly will you see results? Do you need to take the entire prescription? Can you take the pill with something other than water? If you have difficulty taking pills you might even ask if it comes in another form.

Medications do not last forever so take them as directed and if the prescription is not to be completed, ask about an expiration date. Over the counter medications will have an expiration date printed on the box and bottle so check the cough medicine you bought last year before taking any this year. Out of date medicine will have lost its strength to combat your illness so check your cupboards regularly and dispose of old medications.

Also be aware of possible interactions that can occur between some foods and other drugs. Taking medications with hot drinks may change its chemical structure while alcohol will change its absorption. With certain cholesterol, blood pressure, or cardiac medications, you should never eat grapefruit or drink grapefruit juice as it will increase the blood level of the drug and cause adverse side effects. To be sure you do not create potentially harmful interactions, take with your pharmacist about any items you should avoid.

Medications are to be helpful not harmful. Learn as much as you can to get the greatest benefit from them.

If you need any help understanding your medications, please give me a call. Have a safe and healthy October.

Blessings,

Merryann Werley, RN

Parish Nurse

MANY THANKS

Thank you for all the prayers, cards and visits to Donna Bearer during this time of illness. Continued prayers are greatly appreciated

Sincerely, Donna Bearer's family

PARISH NURSE INFORMATION

Flu Shots- The Lorain County Health Department is providing flu shots for \$15, Medicare Part B, and Medicaid on Sept. 29th, Oct. 5th and Nov. 6th, 2010. Multiple sites each date. See web site: livehealthyloraincounty.com/fluclinics or 440-329-7926.

Arthritis Expo- Oct. 6th, 2010, from 1:00 to 4:30 pm at LaCentre, 25777 Detroit Rd., Westlake, OH. Discussions will include emerging strategies for joint replacement, back pain-when is surgery appropriate?, acupuncture for arthritis, rheumatoid arthritis update, and an exercise program. Call 800-245-2275, ext.150 to register. No cost.

Health screening and Discussion

Portion Distortion- October 10th, 2010, in the parlor. Beginning at 8:15 am, I will be performing cholesterol/lipid profile, blood sugar, and blood pressure screenings. The discussion of the morning will be Portion Distortion. We will discuss how portion sizes have changed in the last 20 years and show you just how much you really should be eating. I will provide breakfast of scrambled eggs, fruit, toast, and ready-to-eat cereal. These foods will be served to show you the correct portion size. The parish nurse program will also host a coffee hour after worship. Please sign up on the flyer in the back hallway so I will know how much to plan for. You need to fast for approximately 12 hours before your blood is taken for the lipid profile. If you do not want your blood taken but would still like to come for breakfast and discussion, we plan to start at approximately 9:00am with discussion.

BIBLE CLASS AND PRAYER GROUP

The next Bible class and Prayer group will meet on October 2 at 9:00 a.m. at Eat 'n Park. We will begin our study of the Book of Romans.

IN SYMPATHY

Our thoughts and prayers are with the Nowlin Family on the death of Marguerite on September 8, 2010. A service, with Dr. Donahue officiating, was held for her at the church on September 13, 2010.

MUSIC TEAM

October 2010

Choral Schedule:

September 26, 2010

Shine on Me

October 3, 2010 (World Communion Sunday)

This Little Light of Mine

November 21, 2010 (Sunday before Thanksgiving)

Blessed Assurance

There's music in the air...

Linda Bohnert, Organist/Music Team Leader

Also, look for more "**Stained-glass Music**" as I continue pre-udes inspired by each of the windows in the sanctuary. The first was the burning lamp, the second will be the Cross and Crown.

THANK YOU

Many thanks to all who help out with our Choice Food Pantry. This is a very important ministry and could not be possible without all of our volunteers!

DO YOU KNOW WHERE THESE THINGS ARE?

Several things have gone missing from the church lately. If you have borrowed any of these items, please return them.

- ◆ The liner for the roaster
- ◆ A large George Forman Grill
- ◆ A large Drink dispenser
- ◆ 2 podiums from Fellowship Hall (one is antique)

Thank you.

October 2010

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
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OR CURRENT RESIDENT

*We confess that Jesus is the Christ and
proclaim Him Lord and Savior.*

www.christiantemple.net

PLEASE SUBMIT NEWSLETTER ITEMS TO CHERYL LEWIS

FALL FIESTA

Health Fair and Luncheon!

Saturday, October 16, 2010

10:00 a.m. – 1:00 p.m.

Mary Mother of God Church School Cafeteria (formerly St. Mary Church)

West 7th Street and Reid Avenue, Lorain

Free Luncheon! "Fiesta Fare"

Free Screenings!

Blood Pressure and Lab Screenings

Health Information and Resources

Free Winter Clothing!

Public Welcome

PASTA DINNER

The annual fund raiser for the Lorain Cooperative Ministry will be a pasta dinner on Saturday, October 23rd at Heritage Presbyterian Church, from 5 pm to 8 pm. Tickets cost \$8.00 for adults and \$4.00 for children 3-12. Children under 3 are free. For tickets or further information see Marilyn Evans.

FIFTH SUNDAY MEAL

The next fifth Sunday meal will be on October 31st, 2010, immediately following worship. It will be served by the Elders. Our thanks to Mary Fankell and the Worship Team who served the last fifth Sunday meal.

COMMUNITY CHOICE PANTRY

The October Choice pantry will be October 13th, 2010. Doors open at 5:30pm. Volunteers need to be at the church at 5:00 p.m. for a mandated civil rights training.

STAFF EMAILS

Dr. Brad: revbjd@christiantemple.net or
revbjd@gmail.com



Merryann, Parish Nurse: parishnurse@centruytel.net

Linda, Organist/Music Team: templemusic@live.com

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