



Rest

So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation (Genesis 2:1-3).

Have you thought about the importance of rest? Probably not. Our culture seems to have lost all concept of the word *rest*. We go, go, go, and then go some more. If there is a spare second, we try to fill it. We idolize the idea of being busy.

I find it interesting that God rested. Did God wear himself out creating creation? Does God get tired? I seriously doubt it. I don't believe God needed to rest. His rest was not for his benefit, but for ours. I believe God was providing an example for us to follow. He knows something that we have a hard time understanding: We need rest! We need a time for quiet, peaceful rest. We need some time to recuperate. Our bodies wear down. Our minds wear down. Our spirits wear down. We need rest.

What seems crazy to me is that rest and recuperation sound so appealing, and I believe you would agree, but we often fail to take the time to do those things. Again, if there is a spare second we try to fill it. We want to stay busy. It is no wonder that God felt the need to command rest. God knew that we would not take the time to rest, recuperate and reflect so he created a time for rest and commanded that we take it (Exodus 20:10-11). Now, I know what you are saying; "We are not under the old law anymore. We do not have to follow the Sabbath laws." That is true, but I believe God's example is still one to be followed. We need rest.

The more time I spend in ministry, the more I believe this. Just a few nights ago I was having a conversation with a good friend and brother. In our conversation he mentioned needing time to just sit on his back porch in silence. It was a time of rest and recuperation. Don't we all need those moments? I know that I do.

If you are tired and you find yourself saying, "I would love to have some time to rest," listen to these encouraging words from Jesus: "*Come to me, all of you who are weary and carry heavy burdens, and I will give you rest*" ~ Matthew 11:28. -Gilbert Kerrigan

On Conscience

From

My Utmost for His Highest

Conscience is that faculty in me which attaches itself to the highest that I know, and tells me what the highest I know demands that I do. It is the eye of the soul which looks out either towards God or towards what it regards as the highest, and therefore conscience records differently in different people. If I am in the habit of steadily facing myself with God, my conscience will always introduce God's perfect law and indicate what I should do. The question is: will I obey? I have to make an effort to keep my conscience so sensitive that I walk without offence. I should be living in such perfect sympathy with God's Son, that in every circumstance the spirit of my mind is renewed, and I "make out" at once "what is that good, and acceptable, and perfect, will of God."

God always educates us down to the scruple. Is my ear so keen to hear the tiniest whisper of the Spirit that I know what I should do? "Grieve not the Holy Spirit." He does not come with a voice like thunder; His voice is so gentle that it is easy to ignore it. The one thing that keeps the conscience sensitive to Him is the continual habit of being open to God on the inside. When there is any debate, quit. "Why shouldn't I do this?" You are on the wrong track. There is no debate possible when conscience speaks. Drop it, whatever it is, and see that you keep your inner vision clear.

-Phil Travis



Ginger Maxwell-Spenard was admitted to St. Elizabeth Hospital, room 3152, on Tuesday morning....After several days in the hospital, **Connie Nicholson** was released on Monday....**Oka LeMaster** is now receiving hospice care....Continue praying for **Kaden Koebcke** (treatment for nephrosis), **Marge Campbell** (Nan Waltz's mother), **Eugene Zinn** (more tests on his heart), **David Henke** (ongoing chemo treatments), **David Hughes** (moved to a rehab center), **Sara Postlethwait**, **Tana Lee**, **Joe Bailey** (rehab for his knee), **Jera Feltz**, **Greg Wyant**, **Mike Sutherlin**, **Henrietta Frampton**, **Charles Moore**, **Herb King**, **Eileen Richardson**, **Hattie Coffel**, **Marie DeWoody**, **Irene Sims**, **Mary Tavana**, **Paul & Argie Verett**, **Delpha Allen**, **Valley Stockton**, **Eagle Bailey**, **Minnie Scott**, **Anna Dale**, **Irene Fox**, and **Burnell Gulden**.

Serving in our military : **Steve Brady**, **Mark Wilson**, **Shawn Wilson**, and **Ti Draughon**.

Power Lab VBS

June 2-6, 6:00-8:00 PM

“Discover Jesus’ miraculous power!”

Join Us!

This **Saturday, May 17**, we will be working on props and decorations following the church breakfast which begins at 7:43 AM.

Invite Someone!

Post-card invitations and flyers are available in various locations around the building.

Pick One!

Molecules, which represent items needed by station leaders are posted on the wall near the Farris foyer. Just take the molecule and bring it back to the church attached to the item.

Sign-Up!

Kids may be registered by going online at elmwood-church.org or by completing the form located near the bulletin board near the teachers’ workroom. Music CD’s are available for \$7.00 Contact Michelle Robson if you want one.

New Women’s Class offered

The Wednesday night upstairs women’s class begins a new series this **Wednesday, May 14**. The class is studying Beth Moore’s **Jesus, the One and Only**. Anyone interested is welcome to come. Class discussions led by Kate Kerrigan.

May 11, 2008

Class: 188 Worship: 317 Contribution: \$8,212

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It’s a Girl!



Amanda Arline arrived a bit early to **Jenna & Craig Powlen** on Tuesday, May 6. She weighs all of 2 pounds 14 ounces! She is doing well for a 29 week baby. Doctors hope she will be off the respirator soon. Congratulations to Jenna & Craig, and big sister and brother, Ashleigh & Noah. Continue to pray for Amanda and the Powlen family.

Well done!



A big congratulations to two of our youth. **Josh Stafford** was inducted into the **National Honor Society** at McCutcheon High School, and **Kaitlyn O’Donnell** was inducted into the **National Junior Honor Society** at Wea Ridge Middle School. We are proud of you!



I really appreciate all the prayers, cards, and concern for my recent surgery. They all were so encouraging and meant so much to me.

-Tana Lee

CSC Alumni Reunion (1989-1995)

Rekindle with old friends **July 25-27, 2008**. Activities for all ages. If you plan to come, contact **Donna (Burrell) Porter** at danddport@comcast.net by **May 15**.



Keep Being Family

Scripture says, "...it is appointed for people to die once..." it is a part of life – we will all likely face it at some time in our lives. Of course, there is the promise that some will not face death if the Lord comes back first; Lord come quickly! By now, most of you are aware that Lori Baker passed away last week – like I said, we all face death – but she was very young and death is for the old, right? None of us have any promises of the length of our days and we all need to live like this could be our last. The hard part for this situation is that Lori leaves behind a husband and two sons who loved her and depended on her very much. Those three guys are part of our spiritual family and we need to remember that at every opportunity. Lori loved her family very much and we need to help them continue to feel that love. I have been very pleased with how the church here at Elmwood has been family so far, but that need won't end after the funeral today. We need to keep being family!

I have faced loss of family many times and I have been blessed by the church at each occasion. When I became a Christian, I was disowned by my father...the church family stepped up and provided "parents" for me. Sharon and I lost our parents at a very early age – many in the church have helped fill that void as well as the need for "grandparents" for our children. No one can replace Lori in Scott, Brighton and Braxton's lives, but we can help out in many ways...let's watch for the opportunities – let's keep being family!

Lori's passing has served as a "wake-up call" for many and I think that is a good thing. We need to keep being family to those who have been placed in our lives while we can, while we have them with us. Tell your parents, children, siblings, grandparents, and all your family that you love them – constantly! Treat them with the respect they deserve and watch for opportunities to serve them whenever you can. It is God's plan for us to have families...let's keep being family!

Ropes/Challenge Course – May 31

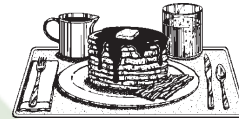
I pray all of you are planning to participate in the Ropes/Challenge Course on Saturday, May 31. This will be an all day experience and a very important one. These courses are specially designed to help individuals and groups to set goals, solve challenges (some people call them problems), and to become better functioning groups. I believe this will be a very special time for the eCy group and I pray that all of our students (6th through 12th grade) are planning to attend. The cost of \$35 covers the fees for the course, a meal and transportation – a great deal! I hope to have the rest of the information and release forms by this weekend.

– Lee Porter



Lori Baker, 46, died unexpectedly Thursday at St. Elizabeth Hospital following a brief hospital stay. Lori leaves husband, Scott, and sons, Brighton and Braxton. Our deepest sympathies to Scott and the boys, and to Lori's mother, Dorothy Monson, and sister, Julie Koehler and her family. The funeral was at Elmwood on Tuesday.

All-Church Breakfast, May 17, 7:43 AM



Everyone is invited to attend breakfast on **Saturday, May 17, at 7:43 AM, at Elmwood in A-2.** We will have a great breakfast prepared by Bob Evans. Plan to join us for a great time of fellowship.

Following the breakfast we hope you can stay to help with a to-do list of things that need to be done around the building; assist with assembling the new playground equipment; and/or lend your help at the Wayne Terrace house for various jobs.

Farewell to the Huffs

A "going-away party" is being planned for **Jimmy & Susan Huff** at the CSC on **Saturday, May 31, 6:00–10:00 PM.** We are going to be grilling out for the event and need people to bring side items that go with a typical B-B-Q. Questions? Contact Jason Cochran or Dan & Vicky Martin.



May 14, 7 PM...Bible classes for everyone

May 14, 5:50-6:50 PM...Good \$ense class

May 17, 7:43 AM...All-church breakfast & workday

May 31, 6-10 PM...Cookout/farewell party

June 2-6, 6-8 PM... Elmwood's Vacation Bible School

