

Music Box

— OCTOBER 16, 2011 —

Melinda Coffey Armstead, piano and organ

- His Eye Is On the Sparrow..... Mary McDonald
based on the tune by Charles Gabriel
- Praise Him! Praise Him! Hugh S. Livingston, Jr.
based on Joyful Song by Chester Allen
- Precious Memories..... Harold DeCou
based on the tune by J.B.F. Wright
- I Need Thee Every Hour John Purifoy
based on Need by Robert Lowry
- Leaning on the Everlasting Arms..... H Livingston
based on Showalter by Anthony Showalter

- Jesus Loves Me Robert W. Thygerson
based on China by William Bradbury

- Love Lifted Me Howard E. Smith
- Standing On the Promises R. Kelso Carter
- When the Roll Is Called Up Yonder..... James M. Black

These are some of my Dad’s favorite hymns. He would have been 92 today. I recorded them on a CD for his 87th birthday in 2006, and he enjoyed them for the next 11 months. He grew up in a large family (11) on a farm in a small town (Sulphur Springs) in east Texas. He walked 4 miles (each way) to school, (barefoot through the snow!! we used to tease), attended the Baptist church, worked at farm jobs, including picking cotton for as little as 25 cents a day, until he joined the Navy (1937 to 1968). Amazing to me how someone born just in time to face all of the Great Depression and WW II maintained an eternally cheerfully optimistic outlook and enjoyed hard work his entire life. “Just do the best you can with what you’ve got”. And smile.

He had a great smile.

Melinda Coffey Armstead



Painless and Economical

If you use the internet, why don't you have the weekly newsletter sent to you via email? It is fast, easy and saves the church money — here's what to do: Send an email to the office at citf@mbay.net and ask Kay to put you in the list. You will receive it early every week!

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Monday morning, October 10, 2011

Dear members and friends,

There are a lot of things in the modern world that excite fear and dismay and certainly one of them is fat. Young women are given the catechism early on, "You can never be too rich or too thin." I've seen grown women tremble and turn pale at the mention of "fat."

Entry into the world of the beautiful people is almost impossible if you carry too much avoirdupois unless your assets are in the billions, which commands respect from even the snootiest tastemakers. It's exciting to report that sometime ago Jennifer McLagan nailed the 95 theses of dissent to the door of dietary orthodoxy in her cookbook, *FAT*. The extended title is "*Fat: An Appreciation of a Misunderstood Ingredient, with Recipes.*" Her assault on the canons of dietary belief is rooted in a recovery of the reverence in which fat was held for generations before ominously skinny killjoys infiltrated the kingdom of cuisine and established a new orthodoxy. Under intriguing titles ("*How Fat Lost Its Luster,*" "*Why Fat Is Good for Our Health*") McLagan returns fat's luster to our diets. And it is a heartening cry of liberation from the tyranny of the food Nazis. The fattening of America comes not from the consumption of fat, but from haphazard ways of eating, screwy indulgences, and the consumption of non-animal fats.

In the Bible the ultimate sign of a great party was eating the FATTED calf, and giving purpose to conquests was the promise

that the conquerors would enjoy the FAT of the land. Most of us remember the story of the Prodigal son and how his return caused the death of the FATTED calf and its cooking and serving the acme of joy. I don't think Jesus was afraid of fat do you?

Which all can be summed up that God gave us wonderful and delicious things to eat and we should not be so Calvinistic or Jack Sprat as to deny ourselves their pleasures.

See you in church,



Charles C. Anker

ANNOUNCEMENT: The office just received a call from Bill Rolland in Minneapolis that daughter Elissa and her husband are over the moon with the birth of a baby boy, 8 pounds, 19.5 inches, at 3:40 this morning. The proud grandfather is about to take a nap!

Calendar

Sunday, October 16, 2011

8:30 AM Bible Study with the Rev. Charles Anker

9:15 AM Music Prelude

9:30 AM Morning Prayer

Passages Philippians 2: 14-18; Psalm 34:1-8; Matthew 12: 43-45

Lector Theo Fowler

Crucifer Leslie Mulford

Flowers Bill and Mary Rydell

Cookies Ruth Mair & Kay Gameiro

Altar Care Martha Jordan

Ushers George and Dee Dee Schroeder

Sermon the Rev. Dr. William B. Rolland

Title Surprising Opposites

Monday, October 24, 2011, Memorial Service for Beau Breck at 2:30 pm