

# The Rock ©

“On Christ, The solid Rock, I stand . . . ”



Flat Rock C.M.E. Church Newsletter

July 2008 † Vol. 2 • Issue 2

## Flat Rock CME Celebrates *Mother's Day* . . .

### ...Honoring Two Special Mothers

**F**lat Rock C.M.E. Church celebrated Mother's Day, on May 11, 2008, by honoring two special mothers. Mrs. Susie Meadows was honored as Flat Rock's beloved oldest mother in attendance at our Mother's Day celebration. Mrs. Meadows is also the mother of Ms. Emma Hunt, a member of Flat Rock CME Church.

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Mrs. Susie Wiggins Meadows



Mrs. Jeneva Curry

Mrs. Jeneva Curry was honored on Mother's Day as the mother with the **most children in attendance** at Flat Rock CME Church. They are all members of Flat Rock CME Church.

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## The Pastor's Corner

**G**reetings in the name of the Father, the Son, and the Holy Spirit; the blessing and peace of God be upon each of you.

It is with a deep sense of dedication and humility to have this glorious opportunity and privilege to say a good-bye to the conference year of 2008, which was a very good year. And, to say hello to the conference year of 2009, which I believe will be just as great with the help of God.

The year 2009 has great possibilities for the church of God, (Flat Rock C.M.E. Church). I believe that we can accomplish many things that were left undone in 2008.

Jesus once said, "How terrible it will be for you teachers of religious law, and you Pharisees. Hypocrites! For you are careful to tithe, even the tiniest part of your income, but you ignore the important things of the law justice, mercy and faith. You should tithe, yes, but you should not leave undone the more important things." **Matthew 23:23**

It's possible to obey the details of the laws, but still be disobedient in our general behavior. For example, we could be very precise and faithful about giving 10 percent of our money to God, but refuse to give one minute of our time in helping others. Tithing is important, but giving a tithe does not exempt us from fulfilling God's other directives.

*Your Servant in Christ,  
Rev. Eddie Thornton, Pastor*



## A Message From Our First Lady

**G**reetings in the name of our Lord and Savior, Jesus Christ.

**16** For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

**17** For God sent not his Son into the world to condemn the world; but that the world through him might be saved. **18** He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God. **John 3:16-18** (KJV)

I would like to extend a **thank you** to the church family for a successful conference year.

*In His Name,  
First Lady Betty Thornton*

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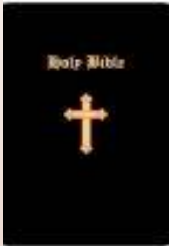
Rev. Florence Gaines, Jr. &

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## The Word

**He is a Servant as well as Friend**

*"He began to wash the disciples' feet." ~ **John 13:5***



The Lord Jesus loves His people so much, that every day He is still doing for them much that is analogous to washing their soiled feet.

Their poorest actions He accepts; their deepest sorrow He feels; their slenderest wish He hears, and their every transgression He forgives. **He is still their servant as well as their Friend and Master.** He not only performs majestic deeds

for them, as wearing the mitre on His brow, and the precious jewels glittering on His breastplate, and standing up to plead for them, but humbly, patiently, He yet goes about among His people with the basin and the towel.

He does this when He puts away from us day by day our constant infirmities and sins. Last night, when you bowed the knee, you mournfully confessed that much of your conduct was not worthy of your profession; and even tonight, you must mourn afresh that you have fallen again into the selfsame folly and sin from which special grace delivered you long ago; and yet Jesus will have great patience with you; He will hear your confession of sin; He will say, "I will, be thou clean"; He will again apply the blood of sprinkling, and speak peace to your conscience, and remove every spot.

It is a great act of eternal love when Christ once for all absolves the sinner, and puts him into the family of God; but what condescending patience there is when the Saviour with much long-suffering bears the oft recurring follies of His wayward disciple; day by day, and hour by hour, washing away the multiplied transgressions of His erring but yet beloved child! To dry up a flood of rebellion is something marvelous, but to endure the constant dropping of repeated offences-to bear with a perpetual trying of patience, this is divine indeed!

While we find comfort and peace in our Lord's daily cleansing, its legitimate influence upon us will be to increase our watchfulness and quicken our desire for holiness. Is it so? Jesus knew He would be betrayed by one of His disciples, denied by another, and deserted by all of them, for a time. Still, He "now showed the disciples the full extent of His love."

Chapter 13-17 tells us what Jesus said to His disciples on the night before His death. These words were all spoken in one evening when, with only the disciples as His audience, He gave final instructions to prepare them for His death and resurrection, events that would change their lives forever.

Jesus was the model servant, and He showed His servant attitude to His disciples. Washing guests' feet was a job for a household servant to carry out when guests arrived. But, Jesus wrapped a towel around His waist, as the lowliest slave would do, and washed and dried His disciples' feet. If even He, God in the flesh, is willing to serve, we, His followers, must also be servants, willing to serve in any way that glorifies God. Are you willing to follow Christ's example of serving? Who can you serve today? There is a special blessing for those who not only agree that

humble service is Christ's way, but who also follows through with it.

Imagine you as Peter and watching Jesus wash the others' feet, all the while as Jesus moves closer to you. Seeing his Master behave like a slave must have confused Peter. He still did not understand Jesus' teaching, that to be a leader, a person must be a servant. This is not a comfortable passage for leaders who find it hard to serve those beneath them. How do you treat those who work under you, whether they are children, employees, volunteers, or church members?

**"The Word will work, if You work it!"**

## Flat Rock's Youth Good News

**"Spring Youth and Young Adult Revival"**

**Flat Rock CME Church**

**May 18-20, 2008**

**Sunday:**

**Speaker:** Minister Wausheka McClary

**Topic:** "I'm Just **FIRE**"

**Background Scriptures:** Jeremiah 1:5 & 6; Psalms 27:1-5

**Choir:** New Doves Creek Baptist Church Youth

**Monday:**

**Speaker:** Minister Debbie Rucker

**Topic:** "Choose Your Homies Wisely"

**Background Scripture:** Daniel 2:48-49

**Choir:** Wesley Chapel UMC

**Tuesday:**

**Speaker:** Minister Brian Burgess

**Topic:** "Turn Me Loose and Let Me Go"

**Background Scripture:** John 11:38-44

**Choir:** Maple Spring

## Births

**Labraylon Jabarri Forston**

*Parents* are Nika and Antonio Fortson

**Kameron Isaiah Montgomery**

*Parents* are Leslie Carey and Mario Montgomery

## Flat Rock's Necrology (Obituary)

**Ms. Brenda Johnson** passed on January 11, 2008. She was the sister of First Lady Betty Thornton.

**Mr. Charlie David Meadows, Sr.** was funeralized on January 26, 2008. He was the father of Mrs. Emma Hunt.

**Mrs. Mozell Brown Harper "Granny Moz"** passed on April 24, 2008. She was funeralized at Flat Rock CME Church.

**Recipes from the Congregation**

**French Apple Cake**

1½ cup cooking Oil      2 Eggs  
 1½ teaspoon Soda      1 cup of Nuts  
 1 teaspoon Salt      2 cups of Sugar  
 3 cups of self rising Flour      3 cups of Apples grated fine

Beat Sugar, Oil, and Eggs well. Add the other ingredients and mix really well.

Bake at 350° for 30 or 40 minutes . This is a 3-layer cake.

**- Icing -**

1 pkg. of 8 oz cream cheese      ½ Stick of butter  
 1 lb. Box of powdered Sugar      Add Milk if needed

Spread between layers and over cake.

submitted by Mrs. Annie R. Gaines

**The Body is Your Temple**

**What is Depression?**

Everyone at one time or another has felt depressed, sad, or blue. Being depressed is a normal reaction to loss, life's struggles, or an injured self-esteem. But, sometimes the feeling of sadness becomes intense, lasting for long periods of time and preventing a person from leading a normal life. Depression that has these characteristics is a treatable medical condition called major depressive disorder, one of a number of depressive illnesses.



**The Different Forms of Depression**

Major depressive disorder, also called **major depression**, is characterized by a combination of symptoms that interfere with a person's ability to work, sleep, study, eat, and enjoy once-pleasurable activities. Major depression is disabling and prevents a person from functioning normally. An episode of major depression may occur only once in a person's lifetime, but more often, it recurs throughout a person's life.

Dysthymic disorder, also called **dysthymia**, is characterized by long-term (two years or longer) but less severe symptoms that may not disable a person but can prevent one from functioning normally or feeling well. People with dysthymia may also experience one or more episodes of major depression during their lifetimes.

Some forms of depressive disorder exhibit slightly different characteristics than those described above, or they may develop under unique circumstances. However, not all scientists agree on how to characterize and define these forms of depression. They include: Psychotic depression, which occurs when a severe depressive illness is accompanied by some form of a psychosis, such as a break with reality, hallucinations, and delusions.

Postpartum depression, which is diagnosed if a new mother develops a major depressive episode within one month after delivery. It is estimated that 10 to 15 percent of women experience postpartum depression after giving birth.<sup>1</sup>

Seasonal affective disorder (SAD), which is characterized by the onset of a depressive illness during the winter months, when there is less natural sunlight. The depression generally lifts during spring and

summer. SAD may be effectively treated with light therapy, but nearly half of those with SAD do not respond to light therapy alone. Antidepressant medication and psychotherapy can reduce SAD symptoms, either alone or in combination with light therapy.

**Bipolar disorder**, also called **manic-depressive illness**, is not as common as major depression or dysthymia. Bipolar disorder is characterized by cycling mood changes-from extreme highs (e.g., mania) to extreme lows (e.g., depression)

**What are the Symptoms of Depression?**

People with depressive illnesses do not all experience the same symptoms. The severity, frequency and duration of symptoms will vary depending on the individual and his or her particular illness.

**Symptoms include:**

- † Persistent sad, anxious or "empty" feelings
- † Feelings of hopelessness and/or pessimism
- † Feelings of guilt, worthlessness and/or helplessness
- † Irritability, restlessness
- † Loss of interest in activities or hobbies once pleasurable, including sex
- † Fatigue and decreased energy
- † Difficulty concentrating, remembering details and making decisions
- † Insomnia, early-morning wakefulness, or excessive sleeping
- † Overeating, or appetite loss
- † Thoughts of suicide, suicide attempts
- † Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment

**If you are unsure where to go for help, ask your Family Doctor or your Health Care Provider.**

Source from NIH and NIMH - website

**Flat Rock Church 2008 Calendar**

**July/August**

- 30-1 Pastor Thornton in revival at New Beginnings Independent Methodist Church; the church family & choir are invited Friday night
- 4-8 Pastor Thornton in revival at Wesley Chapel UMC; church family & choir are invited Friday night
- 10 Homecoming Worship Service, 11:00 a.m.
- 11-15 Annual Revival Services, 7:30 p.m. nightly
- 20-29 Pastor Thornton in revival at Glover's AME Church, Calhoun Falls SC; Flat Rock is invited on Friday night
- 31 Family Life Center reserved

**~ Do You Know ~**

**The Longest Verse in the Bible?**

9 Then were the king's scribes called at that time in the third month, that is, the month Sivan, on the three and twentieth day thereof; and it was written according to all that Mordecai commanded unto the Jews, and to the lieutenants, and the deputies and rulers of the provinces which are from India unto Ethiopia, an hundred twenty and seven provinces, unto every province according to the writing thereof, and unto every people after their language, and to the Jews according to their writing, and according to their language.

~ Esther 8:9 (KJV)

**Note:** Worship Service is now available on cassette tapes and CDs. See Mr. Sylvester Logan or Mr. Zack Mattox in the control booth.