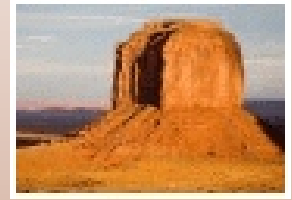


The Rock ©

"On Christ, The solid Rock, I stand..."



Flat Rock C.M.E. Church Newsletter

November 2007 † Vol. 1 • Issue 3

Flat Rock CME Church 138th Anniversary...

...History Dates back to 1869

Flat Rock C.M.E. Church history dates back to 1869. Originally, the abbreviation C.M.E. stood for Christian Methodist Episcopal. But, in 1870, the abbreviation became known as Colored Methodist Episcopal Church; subsequently, it was changed back to Christian Methodist Episcopal Church in 1954.



They held the first regular meetings of Flat Rock C.M.E. church under a "Bush Arbor," which was the original church. They named it "Flat Rock," based on the geographic structure of the earth and rockbeds of Little Coldwater Creek that runs approximately 300 yards from our present site.

Many who were involved in the beginning of the new edifice were called to God before the church was completed. Those who did not see the completions of the new church were Mr. and Mrs. L.H. Hardy, Sr., Mr. Bequest Bowman, Mrs. Lola Heard, Rev. Lucius Hardy, Sr., Bro. P.B. Harper, Sr., Mrs. Sula Curry, and Mrs. Fannie Barnes, who lived to be 109 years old.

The first sermon delivered in the new church was by the pastor, Rev. S.S. Brewer, at 11:45 a.m., on November 28, 1965. Rev. Hicks preached the dedication sermon at 4:30 p.m., November 28, 1965. Bishop Randolph Shy performed the dedication ceremony.

The first double funeral was Bro. George Hunt and Bro. Jimmy Harper. The first church wedding was Miss Vashti Strange on June 9, 1968.

Former pastors of Flat Rock C.M.E. Church include Rev. A.F. Bailey, Rev. Wise, Rev. Beckon, Rev. O.R. Jackson, Rev. Counter, Rev. Wheeler, Rev. Rushin, Rev. E.L. Barnes, Rev. Jay, Rev. S.S. Brewer, Rev. R.P. Hudson, and Rev. Sercery. Our current pastor, Rev. Eddie S. Thornton, has served since 1981.

In 2007, the Flat Rock C.M.E. Church Family celebrated 25 years of service for Pastor Eddie S. Thornton to the church. During his spiritual leadership Flat Rock Church has grown, with its membership and attendance and continues to do so. Because of this growth, worship service was expanded, which includes an Evangelism Ministry and a weekly Bible Study. This growth also inspired its spiritual outreach to expand into the community by building the Flat Rock Family Life Center and The Life Center gymnasium, which has been named The Eddie Thornton Christian Fellowship Center.

The church is committed to continued spiritual growth.



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The Pastor's Corner

Greetings in the Matchless and Glorious Name of our Lord and Savior Jesus Christ!

What Do You Think of When You Think of Thanksgiving? Eating, Football, Long Weekend, Shopping, History, or Family? Thanksgiving is much more than any of this. True Thanksgiving is not just a day for food, football, and family. It is not just a holiday every fourth Thursday in November. **For God's people, every day ought to be Thanksgiving Day!**

Psalm 100 is a song of Thanksgiving. It is subtitled "A Psalm of Thanksgiving." This is an invitation, an invocation for people who recognize the Lord and His goodness to publicly acknowledge Him. Not only does it call upon us to praise the Lord with thankfulness but it also describes to us the nature of Thanksgiving.

God has done so much for us! We have so much for which to be thankful. We should be willing servants. We have all seen people serve the Lord with their hands or their head but not with their hearts. We serve Him because we are thankful. We are to joyfully sing to the Lord. We are to "come before Him with joyful singing." We know that God is omnipresent and that we are always in "His presence." However, the writer of this Psalm had in mind the special sense of "His presence" when God's people worship together.

Our Thanksgiving needs to be perpetual. Note *Three Perpetual Attributes of God. He is always GOOD. Psalm 100:5* says, "For the Lord is good..." Every good thing in life, faith, family, health, happiness all comes from God. In fact, **James 1:17** states, "Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow." There is no "variation" with God. There is no "shadow" with God. He has no dark side. He is ALWAYS GOOD. **His MERCY is everlasting.** Yet, God not only has mercy on us today, but His mercy is everlasting! **His TRUTH endures.**

Jesus said in **Matthew 24:35**, "Heaven and earth will pass away, but My words will not pass away." **Isaiah 40:8** says, "The grass withers, the flower fades, but the word of our God stands forever." From the beginning until today, the Word of God endures and it will endure forever.

When you think about it, we all have so much for which we can be thankful. God has blessed us all immeasurably. Let's not let this season be consumed with food, football, family, shopping and all the other festivities without remembering the One from whom all blessings flow. Let us make our Thanksgiving joyous, purposeful, passionate, and never ending.

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



A Message From Our First Lady

Greetings in the name of our Lord and Savior, Jesus Christ.

11 Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan. **12** God's purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God. **13** And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. **14** The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him. **Ephesians 1:11-14** (NLT)

God's purpose is to offer salvation to the world, just as He planned to do long ago. God is sovereign; He is in charge. When your life seems chaotic, rest in this truth; Jesus is Lord, and God is in control. God's purpose to save you cannot be thwarted, no matter what evil Satan may bring.

The Holy Spirit is God's guarantee that we belong to Him and that He will do what He has promised. The Holy Spirit is like a down payment, a deposit, a validating signature on a contract.

The presence of the Holy Spirit in us demonstrates the genuineness of our faith, proves that we are God's children, and secures eternal life for us. His power works in us to transform us now, and what we experience now is a taste of the total change we will experience in eternity.

*In His Name,
First Lady Betty Thornton*

~ Newsletter Staff ~

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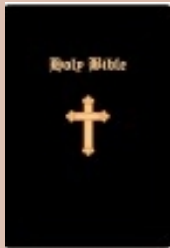
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Rev. Florence Gaines, Jr.

The Word:*A Thankful Heart*

16 Always be joyful. 17 Keep on Praying. 18 No matter what happens, always be thankful for this is God's will for you who belong to Christ Jesus.

1 Thessalonians 5:16-18

Our joy, prayers, and thankfulness should not fluctuate with our circumstances or feelings. **Obeying these three commands—be joyful, keep on praying, and be thankful**—often goes against our natural inclinations. When we make a conscious decision to do what God says, then we will begin to see people in a new perspective. When we do God's will, we will find it easier to be joyful and thankful.

We cannot spend all our time on our knees, but it is possible to have a prayerful attitude at all times. This attitude is built upon acknowledging our dependence on God, realizing His presence within us, and determining to obey him fully. Then we will find it natural to pray frequently, spontaneously, and with short prayers. A prayerful attitude is not a substitute for regular times of prayer but should be an outgrowth of those times.

Paul was not teaching that we should thank God for everything that happens to us, but *in* everything. Evil does not come from God, so we should not thank Him for it. But when evil strikes, we can still be thankful for God's presence and for the good that He will accomplish through the distress.

19 Then you will sing psalms and hymns and spiritual songs among yourselves, making music to the Lord in your heart 20 And you will always give thanks for everything to God the Father in the name of our Lord Jesus Christ.

Ephesians 5:19-20

When you feel down, you may find it difficult to give thanks. Take heart in all things God works for our good if we love Him and are called by Him (Romans 8:28). Thank God, not for your problems but for the strength He is building in you through the difficult experience of your life. You can be sure that God's perfect love will see you through.

28 And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them. **Roman 8:28**

God works in "everything"—not just isolated incidents—for our good. This does not mean that all that happens to us is good. Evil is prevalent in our fallen world, but God is able to turn every circumstance around for our long-range good. Note that God is not working to make us happy but to fulfill his purpose. Note also, that this promise is not for everybody. It can be claimed only by those who love God and are called by Him, that is, those whom the Holy Spirit convinces to receive Christ. Such people have a new perspective, a new mind-set. They trust in God, not worldly treasures; their security is in heaven, not on earth. Their faith in God does not waver in pain and persecution, because they know God is with them.

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

Flat Rock's Youth Good News**"Youth and Young Adult Revival"**

September 24-26, 2007

An inspirational revival was experienced by all. Many committed their lives to God at the Youth and Young Adult Revival. Each night several choirs performed and different inspirational speakers spoke, Minister Katrina Jackson Goudelock, Rev. Tracy Curry and Bro. Jim Allen.

Monday night, Minister Katrina Jackson Goudelock of New Hope Full Gospel Baptist Church, Hartwell, GA, was the speaker. Minister Goudelock's topic was "I've Fallen But I Can Get Up." The background scriptures were **Proverbs 24:16** and **Romans 3:23**. The featured choir was furnished by the Ladies of Worship, Shiloh CME Church, and a soloist from New Hope Full Gospel.

Tuesday night our own, Rev. Tracy Curry of the Israel CME Church, Cornelia, GA, was the messenger. Rev. Curry's topic was "Who Needs God? An Invitation to a Changed Life." The background scripture was from **John 3:16**. Music was furnished by Mt. Calvary Youth Choir of Elberton, GA, and Holy Calvary Dance Team provided the Praise Worship.

Bro. Jim Allen, of Flat Rock CME Church, brought the message on Wednesday night. Bro. Allen's topic was "You Can Make a Difference." The background scripture that night was from **Mark 2:1-5**. The featured choir was the Flat Rock Youth Choir.

***Flat Rock's Necrology:
(Obituary)***

Mr. Lee Steward Hardy, Sr., passed on October 29, 2007. He was funeralized on November 2, 2007, at Flat Rock CME Church.

Recipes from the Congregation:**Chocolate Pound Cake**

½ cup shortening (Crisco)	5 eggs
½ lb. of butter	3 cups of flour
½ cup of cocoa (not the dark)	3 cups of sugar
½ tsp. baking powder	1 tsp. vanilla
¼ tsp. salt	1 cup of sweet milk

Preheat oven to 300°. Cream shortening and butter. Add sugar and continue to cream until well-blended. Beat in 1 egg at a time. Add with all dry ingredients sifted together, alternating with sweet milk. Add vanilla. Pour into a tube pan. Bake at 300° for 1½ hour or until done.

Icing - use the recipe on the Hershey's Cocoa box.

submitted by Mrs. Bunice Porter

The Youth Center



Tykeshia Jones - Miss Bullpup of Hart County, (Hart Co. Middle Sch.) Parents- Dale & Toscha Wilson
Granddaughter of Betty Harper

Hart County Schools

Devin Teasley-Student of the Month - Parents- Michelle & Richard
Grandson of Pam and Stan Mattox (So. Hart Co. Elementary Sch.)

Jolanda Sturghill - Outstanding 3.7 G.P.A., (Hart Co. Middle Sch.)
Parents - Joe & Ann Sturghill - Granddaughter of Mrs. Jeneva Curry

Hart County High School

The Body is Your Temple

**What are the Signs of High Blood Pressure?
(Hypertension)**

High blood pressure is called the silent killer because you can have it for years without knowing it. **Signs of long-untreated high blood pressure (such as headache, fatigue, nausea, vomiting, shortness of breath, restlessness and blurred vision) can be the result of damage to the brain, eyes, heart and kidneys.** The only way to find out if you have high blood pressure is to have your blood pressure measured. Using a blood pressure cuff and stethoscope or an electronic sensor, your doctor or nurse can take your blood pressure and tell you if it is high.



Although high blood pressure usually has no signs or symptoms, it is dangerous if it continues over time. Finding out if you have high blood pressure is important. If you do have it, you need to learn how to keep it under control.

How Do You Know Whether You Have High Blood Pressure? Most of the time, there are no symptoms. **Other symptoms** that may also occur include:

- † Confusion
- † Chest pains
- † Ear noise or buzzing
- † Irregular heartbeat
- † Nosebleeds
- † Tiredness
- † Vision changes

If you have a severe headache or any of the symptoms above, see your doctor right away. This may be a sign of a complication or dangerously high blood pressure called [malignant hypertension](#).

Only your doctor can tell you whether you have high blood pressure. Most doctors will check your blood pressure several times on different days before deciding that you have high blood pressure. A diagnosis of high blood pressure is given when there are repeated readings of 140/90 mmHg or higher, 130/80 mmHg or higher, of if you have diabetes or chronic kidney disease. **A blood pressure reading below 120/80 mmHg is considered normal.** In general, lower is better.

Having your blood pressure tested is quick and easy. Your doctor or nurse will use some type of gauge, a stethoscope (or an electronic sensor), and a blood pressure cuff, also called a [sphygmomanometer](#) (sfig-mo-ma-NOM-e-ter).

- † Sit with your back supported and your feet flat on the floor.
- † Rest your arm on a table at the level of your heart.
- † Take two readings, at least 2 minutes apart, and average the results.

Some people's blood pressure is high only when they visit the doctor's office. This condition is called white coat hypertension. If your doctor suspects this, you may be asked to check and record your blood pressure at home with a home monitor. Another way to check blood pressure away from the doctor's office is by using an ambulatory blood pressure monitor. This device is worn for 24 hours and can take blood pressure every 30 minutes.

Source from NIH and NINDS - website

Flat Rock Church 2007 Calendar

November

- 11 **Flat Rock Church 138th Anniversary, 4:00 p.m.** Pastor Thomas and the Wesley Chapel UMC, Elberton, were the special guests.
- 17 **Outreach Ministry Pre-Thanksgiving Dinner, 5:00 p.m.**
- 18 **Youth Adult Organizational Meeting** after church
- 22 **Church Dining Hall reserved**
- 23 **Family Life Center reserved**

December

- 1 **Flat Rock's Widows Outing**
- 14-15 **The District Music Workshop at Flat Rock, Dec. 14, Fri., 6:00-9:00 p.m. and Dec. 15, Sat., 9:00 a.m. - 12:00 p.m.**
- 16 **The District Christmas Cantata at Flat Rock, 6:00 p.m.**
- 31 **Watch Night Service, St. Mary's - Elberton, 10:00 p.m.**
Rev. Alton Downer

~ Community Achievement Award ~

**Hart County NAACP Annual Banquet Awards
held in October 2007**

Brenda Rouse, for 32 years of Service to our Children.
Charlotte Harper, for 34 years of Service to our Children.

~ Did You Know ~

Adam & Eve had another child besides Cain and Abel?

25 And Adam knew his wife again; and she bare a son, and called his name Seth: For God, *said she*, hath appointed me another seed instead of Abel, whom Cain slew.

~ Genesis 4:25

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