

The Rock ©



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

Flat Rock C.M.E. Church Newsletter

January 2008 † Vol. 2 • Issue 1

The Dance Recital & The District's Christmas Cantata

Held at Flat Rock Church

Flat Rock C.M.E. Church was the host of this year's annual District Christmas Cantata. It was held on Sunday, December 16, 2007, at 6:00 p.m.

The Cantata is a story told through music with praise and liturgical interpretational dance. The Cantata was started over ten years ago, with Presiding Elder Lee at the helm asking



Flat Rock's Praise Dancers

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Special Points of Interest

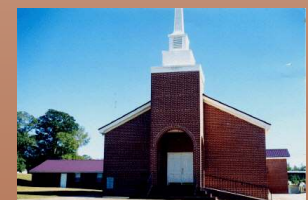
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Ms. Lois Alexander, the Coordinator of Music of the District of Elberton/Gainesville Choir, for assistance.

The Cantata featured the Elberton/Gainesville District choir, which is composed of choir members from churches throughout the district. Several members of the Elberton/Gainesville District choir sing with the Voices of the Sixth, that is under the direction of Dr. Alfreda Lakey. The Voices of the Sixth has over 200 members throughout the Sixth Episcopal District of the CME Church within the state of Georgia.

Flat Rock also hosted a Dance Recital whose theme was “*The Total Praise for Christmas*,” which was held on December 22, 2007.

Flat Rock's Dance Recital featured Flat Rock's Praise Dancers: Demetria Hunt, Amoshi Rucker, Miesha Thornton, Alicia Wilson, Montoya Simmons, Tee Amber Martin, Akira Martin, Leandra Mitchell, Tyesha Brewer, Jada Rucker, and Janasia Gaines.



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The Pastor's Corner

Greetings in the name of the Christ, Jesus of Nazareth: It is with a heart filled with joy and abundance of thanksgiving to Almighty God that I stand here knowing how blessed I am to be here in the land of the living in the year of 2008, knowing full well that nothing that I have done merit my yet being alive and well.

I have been blessed by God and you (the Flat Rock C.M.E. Church), this powerful and anointed church for having been given this opportunity to serve as senior pastor. Your words of support and encouragement have sustained me. Your prayers for me have been a blessing.

This is a new year, and it is up to us to make the best of it. The apostle Paul said in his letter to the Corinthians, 2 Corinthians 5: 13 If it seems we are crazy, it is to bring glory to God. And if we are in our right minds, it is for your benefit. 14 Either way, Christ's love controls us. Since we believe that Christ died for all, we also believe that we have all died to our old life. 15 He died for everyone so that those who receive his new life will no longer live for themselves. Instead, they will live for Christ, who died and was raised for them. 16 So we have stopped evaluating others from a human point of view. At one time we thought of Christ merely from a human point of view.

How differently we know him now! 17 This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! 18 And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him. 19 For God was in Christ, reconciling the world to himself, no longer counting people's sins against them. And he gave us this wonderful message of reconciliation. So you see, my brothers and sisters, the old things are passed away, and we are new persons in Christ. Let us put all old things behind us that might hinder or retard our new relationship with Christ and His church. It's a new day. Praise the Lord!

*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.

4 Rejoice in the Lord always: and again I say, Rejoice. 5 Let your moderation be known unto all men. The Lord is at hand. 6 Be careful for

nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:4-7 (KJV)

*In His Name,
First Lady Betty Thornton*

~ Newsletter Staff ~

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The Word

Who Will Be Your Successor?

9 When they came to the other side, Elijah said to Elisha, “Tell me what I can do for you before I am taken away.” And Elisha replied, “Please let me inherit a double share of your spirit and become your successor.” **2 Kings 2:9**



A “group of prophets from Bethel” was like a school, a gathering of disciples around a recognized prophet, such as Elijah or Elisha. These groups of prophets, located throughout the country, helped stem the tide of spiritual and moral decline in the nation begun under Jeroboan. The students at Bethel were eyewitnesses to the succession of the prophetic ministry from Elijah to Elisha.

Elisha asked to be Elijah’s “rightful successor” (that is, he asked for a double portion of Elijah’s spirit.) Deuteronomy 21:17 helps explain Elisha’s request. According to custom, the first born son received a double portion of the father’s inheritance (see Genesis 25:31). He was asking to be Elijah’s successor or heir, the one who would continue Elijah’s work as leader of the prophets. But the decision to grant Elisha’s request was up to God. Elijah only told him how he would know if his request had been granted.

God granted Elisha’s request because Elisha’s motives were pure. His main goal was not to be better or more powerful than Elijah, but to accomplish more for God. If our motives are pure, we don’t have to be afraid to ask great things from God. When we ask God for great power of ability, we need to examine our desires and get rid of any selfishness we find. To have the Holy Spirit’s help, we must be willing to ask.

Elijah was taken to heaven without dying. He is the second person mentioned in Scripture to do so. Enoch was the first (Genesis 5:21-24). The other prophets may not have seen God take Elijah, or they may have had a difficult time believing what they saw. In either case, they wanted to search for Elijah (2 Kings 2:16-18). Finding no physical trace of him would confirm what had happened and strengthen their faith. The only other person taken to heaven in bodily form was Jesus after His resurrection from the dead (Acts 1:9).

When Elisha struck the water, it was not out of disrespect for God or Elijah. It was a plea by Elisha to God to confirm his appointment as Elijah’s successor.

In 1 Timothy, we will find that Timothy was Paul’s successor. Timothy’s mother was a Jewish believer, but his father was a Greek.

At the time of his ordination, Timothy had received special gifts of the Spirit to enable him to serve the church (see 1 Timothy 4:14). Clearly Timothy’s spiritual gift had been given to him when Paul and the elders had laid their hands on him and sent him apart for ministry (see 1 Timothy 4:14).

When facing difficult transitions, it is good to follow Paul’s advice to Timothy and look back at your experiences. Who is the foundation of your faith? How can you build on that foundation? What gifts has the Holy Spirit given you? Use the gifts you have already been given. I ask, “Who will be your successor?”

“The Word will work, if You work it!”

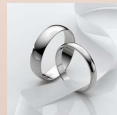
Flat Rock’s Good News

~ Welcoming ~
Flat Rock’s New Member

Ms. Cecilia Boss

~ Wedding Anniversaries ~

Mr. Sylvester & Mrs. Kayran Logan ~ December 29



~ Infants Dedicated to Christ ~

- Asher Tamar Bruce** - Parents: Andrea Curry & Terrance Lamar Bruce
- Endiya Jaleece Burton** - Parents: Romeshia & Jamie Burton
- Lakiera Nishay Curry** - Parents: Danesha Mattox & Lamichael Curry
- Makayla Anaya Tate** - Parents: Katina Curry & Chris Tate
- Jamarea Jermaine Thornton** - Parents: Monica Mattox & Jeremiah Thornton

Flat Rock’s Necrology
(Obituary)



Recipes from the Congregation

Crusty Baked Catfish

- 1¼ lbs. Catfish (4 fillets)**
- 2 Tbsp. Milk**
- 3 Tbsp. Dijon-style mustard**
- Salt & Pepper**
- ¾ cup finely minced pecans**
- Lemon wedges, for garnish**

Preheat oven to 400°.

- 1.) Thaw catfish, if frozen. Rinse in cold water. Pat dry with paper towel.
- 2.) Mix milk and mustard. Dip catfish in the mixture.
- 3.) Roll dipped fish in minced pecans. Place into a shallow buttered baking dish. Sprinkle with salt and pepper.
- 4.) Bake at 400°F for 10 to 12 minutes.
- 5.) Garnish with lemon wedges, if desired.

submitted by Mrs. Beulah Harper from her Soul Vegetarian Cookbook

The Youth Center



Hart County Schools



Emmanuel College

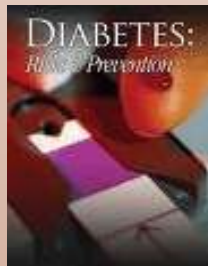
Mr. Steven Burton, Jr. ~ Dean's List

Ms. Melanie Jones ~ Dean's List

The Body is Your Temple

**What is Diabetes?
(High Blood Glucose)**

Diabetes means your blood glucose (often called blood sugar) is too high. Your blood always has some glucose in it because your body needs glucose for energy to keep you going. But too much glucose in the blood isn't good for your health.



What are the signs of diabetes?

- † Being very thirsty
- † Urinating often
- † Feeling very hungry or tired
- † Losing weight without trying
- † Having sores that heal slowly
- † Having dry, itchy skin
- † Losing the feeling in your feet or having tingling in your feet
- † Having blurry eyesight

What kind of diabetes do you have?

People can get diabetes at any age. **There are three main kinds.** **Type 1 diabetes**, formerly called juvenile diabetes or insulin-dependent diabetes, is usually first diagnosed in children, teenagers, or young adults. With this form of diabetes, the beta cells of the pancreas no longer make insulin because the body's immune system has attacked and destroyed them. Treatment for type 1 diabetes includes taking insulin, making wise food choices, being physically active, taking aspirin daily (for some), and controlling blood pressure and cholesterol.

Type 2 diabetes, formerly called adult-on set diabetes or non insulin-dependent diabetes, is the most common form of diabetes. People can develop type 2 diabetes at any age—even during childhood. This form of diabetes usually begins with insulin resistance, a condition in which fat, muscle, and liver cells do not use insulin properly. At first, the pancreas keeps up with the added demand by producing more insulin. In time, however, it loses the ability to secrete enough insulin in response to meals. Being overweight and inactive increases the chances of developing type 2 diabetes. Treatment includes using diabetes medicines, making wise food choices, being physically active, taking aspirin daily, and controlling blood pressure and cholesterol. Some women develop **gestational diabetes** during the late stages of pregnancy. Although this form of diabetes usually goes away after the baby is born, a woman who has had it is more likely to develop type 2 diabetes later in life. Gestational diabetes is caused by the hormones of pregnancy or a shortage of insulin.

What is pre-diabetes?
Pre-diabetes is a condition in which blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes. People with pre-diabetes are at increased risk for developing type 2 diabetes and for heart disease and stroke. The good news is, if you have pre-diabetes, you can reduce your risk of getting diabetes. With modest weight loss and moderate physical activity, you can delay or prevent type 2 diabetes and even return to normal glucose levels.

Why do you need to take care of your diabetes?
After many years, diabetes can lead to serious problems with your eyes, kidneys, nerves, and gums and teeth. But the most serious problem caused by diabetes is heart disease. When you have diabetes, you are more than twice as likely as people without diabetes to have heart disease or a stroke.

If you have diabetes, your risk of a heart attack is the same as someone who has already had a heart attack. Both women and men with diabetes are at risk. You may not even have the typical signs of a heart attack.

You can reduce your risk of developing heart disease by controlling your blood pressure and blood fat levels. If you smoke, talk with your doctor about quitting. Remember that every step toward your goals helps!

What's a desirable blood glucose level?
Everyone's blood has some glucose in it. In people who don't have diabetes, the **normal range is about 70 to 120**. Blood glucose goes up after eating, but 1 or 2 hours later returns to the normal range.

Source from NIH and NDIC - website

Flat Rock Church 2008 Calendar

January

- 7-10 Annual CME Pastor's Conf., Sheraton Gateway Motel, Atl, Ga.
- 19 MLK Banquet, Blackwell Cultural Ctr, Elberton, Ga. 6:00 p.m.
- 20 MLK Banquet, Elberton, Ga. 4:00 p.m.
- 21 Academic Bowl, Blackwell Cultural Ctr, Elberton, Ga., 10:00 a.m.
- 26 Board of Christian Education Meeting, St. Paul, Bowman, Ga.

February

- 9 Children's Program, White's Chapel Church, 3:00 p.m.
- 9 Flat Rock Valentine Affair, Family Life Center
- 16 Minister Spouses' Love Banquet, Flat Rock, 7:00 p.m.
- 22-23 Bishop's Christian Training Institute, Flat Rock
- 24 Usher Board Program, St. Paul Church, Bowman, Ga.

*~ Did You Know ~
that some often used phrases are in the Bible?*

- 27 At their wit's end ~ **Psalms 107:27**
- 20 By the skin of my teeth ~ **Job 19:20**
- 14 Blind leading the Blind ~ **Matt. 15:14**
- 10 For the love of money is the root of all evil ~ **1 Tim. 6:10**

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