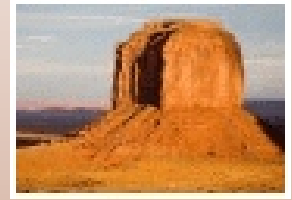


# The Rock ©

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



Flat Rock C.M.E. Church Newsletter

September 2007 † Vol. 1 • Issue 2

## Appreciation Ceremony for Presiding Elder

### Rev. Elder Albert Lee, III

**F**lat Rock C.M.E. Church Family Life Center hosted an Appreciation Banquet for Presiding Elder Albert Lee, III and Mrs. Ruenette Lee on July 7, 2007. This spectacular event featured musical guests such as The House of Prayer, The Ladies of Worship, and The Georgia Boys, along with several special guest speakers.

Rev. Lee is married to Mrs. Ruenette Williams Lee. He is the proud father of two children: Eric Bernard Lee and Zaneta Lee Bush. He is also the very proud grandfather of Alex, Eric Jr., Emani, and Darrius.



Born May 7, 1945, in Albany, Georgia, to the late Mr. Albert Lee, Jr. and Mrs.

Bernice Hill Lee, he grew up as a Christian at Friendship Baptist Church under the late Pastor John Wesley Lowe's leadership and received his early education in Albany as well. He graduated from Monroe Senior High School in 1965. He received his Certificate of Theology from the Phillips School of Theology/Interdenominational Theological Center in Atlanta, Georgia.

He received his call to preach the gospel while a member of Butler Street Christian Methodist Episcopal Church under the leadership, direction, and guidance of Rev. Dr. Thomas L. Brown, Sr.

In August 1998, Albert Lee III was appointed as Presiding Elder serving the Elberton/Gainesville District. Currently, Elder Lee provides guidance to 31 churches in the Elberton/Gainesville District.

Prior to this appointment, Elder Lee was installed as the first full-time pastor of the College Park Christian Methodist Episcopal Church in College Park, GA., in August 1992. He brought to the pastorate some twenty-seven years in the public sector, twenty-five years of active membership at Butler Street Christian Methodist Episcopal Church (four years as a local preacher), and most important of all, a spiritual calling not to be denied.

Rev. Lee's ministry does not begin nor ends in the pulpit. He preaches God's WORD everywhere he goes. Rev. Lee encourages church members to "grow their love" and extend their personal ministries.

Rev. Lee's motto: *"God is Good all the time, and all the time God is Good."*

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## The Pastor's Corner

Greetings in the Matchless and Glorious Name of our Lord and Savior Jesus Christ! I am humbled to have been appointed pastor of Flat Rock C.M. E. Church for another year. I am honored, privileged, overwhelmed with the joy of the Lord, and tremendously excited about this conference year.

We have seen a remarkable period of ministry and service marked by the continued growth of the church, deepened spiritual and financial commitments, and the engagement in creative outreach ministries for all of God's children. Yet, we have so much more that needs to be done, but with the Lord on our side we can make it.

As we embark upon a new year of service, praise, and worship we are confident that God will lead us to the "next" level of achievements.

**As we look to a new conference year, there are many concerns and challenges:**

1. The church needs to grow numerically for the right reasons. Rather than growing for the sake of "filling the pews," it is my prayer that people will allow God to use them to

bring others to Christ, because people need the Lord.

2. Those that are Christian must be witnesses for our Lord; there are those around us that are hurting, lost, and in need of a savior. The people of God have the answer for a hurting and lost world.
3. We are challenged to support and inspire our young people, and we can do this. This is a great congregation, and we will find the means to develop and encourage this part of our ministry. With God's help and the help of all the parents, we can and we must do this.
4. We have the blessed opportunity of showing and sharing real love and fellowship with our brothers and sisters. Remember that Jesus said, "*A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.*" **John 13:34 (KJV)**

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.

I would like to share a passage that has been placed on my heart and is dear to me.

*Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy path.*

**Proverbs 3:5-6 (KJV)**

May God continue to bless you!

**First Lady Betty Thornton**

~ Newsletter Staff ~

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Reverend Eddie S. Thornton

† **First Lady**

Mrs. Betty Thornton

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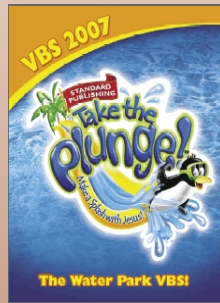
Ms. Brenda Rouse

† **Photographer**

Rev. Florence Gaines, Jr.

### Vacation Bible School

Vacation Bible School was held on June 4-8, 2007, 6:30 - 8:30 p.m. The theme was "Take the Plunge! Make a Splash with Jesus." Classes were held for ages 2 and up. The average daily attendance was 95 and the total enrollment was 105. Refreshments were served each night. A special thanks goes to the 37 adults that worked in various capacities to make the Vacation Bible School a success. The Vacation Bible School was planned and directed by the Board of Christian Education with Bunice Porter as Director and Doris Burton as President. Brother Jimmy Curry served as Superintendent and Bro. Jim Allen served as Assistant Superintendent. *submitted by Mrs. Bunice Porter*



### The Word

*The Lord taketh pleasure in His people.*  
*Psalm 149:4 (NJV)*



How comprehensive is the love of Jesus! There is no part of His people's interests which He does not consider, and there is nothing which concerns their welfare which is not important to Him. Not merely does He think of you, believer, as an immortal being, but as a mortal being too. Do not deny it or doubt it: "But the very hairs of your head are all numbered." "The steps of a good man are ordered by the Lord: and He delighteth in his way." It would be a sad thing for us if this mantle of love did not cover all our concerns. What mischief might be wrought to us in that part of our business which did not come under our gracious Lord's inspection? Believer, rest assured that the heart of Jesus cares about your meaner affairs. The breadth of His tender love is such that you may resort to Him in all matters; for in all your afflictions He is afflicted, and like as a father pitieth his children, so doth He pity you. The meanest interests of all His saints are all borne upon the broad bosom of the Son of God.

Oh, what a heart is His, that doth not merely comprehend the persons of His people, but comprehends also the diverse and innumerable concerns of all those persons! Dost thou think, O Christian, that thou canst measure the love of Christ? Think of what His love has brought thee-justification, adoption, sanctification, and eternal life! The riches of His goodness are unsearchable; thou shalt never be able to tell them out or even conceive them. Oh, the breadth of the love of Christ! Shall such a love as this have half our hearts? Shall it have a cold love in return? Shall Jesus' marvelous loving kindness and tender care meet with but faint response and tardy acknowledgment? O my soul, tune thy harp to a glad song of thanksgiving! Go to thy rest rejoicing, for thou art no desolate wanderer, but a beloved child, watched over, cared for, supplied, and defended by thy Lord.

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

### Flat Rock's Good News

#### ~ Welcoming ~ Flat Rock's New Member

Mrs. Annie Ree Gaines  
Mr. Joseph Davis  
Ms. Dorsica Davis

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



### The Youth Center

#### ~ Back-to-School Jamboree ~

More than 200 hundred enjoyed the Back-to-School Jamboree held at the Flat Rock Family Life Center on August 4, 2007. Those in attendance enjoyed inspirational music from Maple Spring Baptist Church Youth Choir, Mt. Herman Baptist Church Youth Choir, The Gray Family, and the Flat Rock CME Church Youth Choir.

The special guests were Evangelist DeWayne "Rev. Rap" GoLightly and his son Daniel Cornelius GoLightly, a.k.a. Free\$T@L (Freestyle), of Louisville, Kentucky. Rev. Rap and his son are gospel rappers that give a different beat to traditional Christian music. They ignited the crowd with interactive praise and worship. As a minister, Rev. Rap takes the Word of God and uses Rap as a vehicle and a tool to teach God's Word in a way that is educational and entertaining. He feels that he can expose youth to scriptures, biblical stories, and the life of Christ that will positively and biblically impact their lives for many years to come. His goal is to reinforce the Sunday school lessons, sermons, and positive words they hear from their parents, pastors, and teachers.



Approximately 160 youth were given gift packs of school supplies and served a hotdog dinner. This affair was co-sponsored by Deer Court CME Church and Flat Rock CME Church.

*submitted by Mrs. Bunice Porter*

*Recipes from the Congregation*

**Shepherd's Pie**

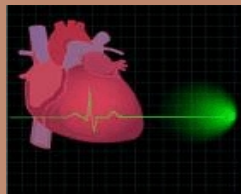
- 2 lbs. ground beef
- 1 can of all mixed vegetables
- 1 can whole kernel corn
- 1 can cream of mushroom soup
- 1 cup of your favorite shredded cheese (optional)
- 1 bag of tater tots
- salt and pepper to taste
- 1 casserole dish

Brown ground beef, adding salt and pepper; once done drain  
 Add all vegetables, meat, & soup in casserole dish  
 Cover with tater tots  
 Cook in 350° oven until tater tots are brown ( for 30 to 40 minutes )  
 When tater tots brown  
 Add cheese (optional) (bake until cheese melts )  
*submitted by Mrs. Doris Shumaker*

*The Body is Your Temple*

**Signs of a Heart Attack**

Acting fast at the first sign of heart attack symptoms can save your life and limit damage to your heart. Treatment is most effective when started **within 1 hour** of the beginning of symptoms.



**The most common heart attack signs and symptoms are:**

- † Chest discomfort or pain—uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that can be mild or strong. This discomfort or pain lasts more than a few minutes or goes away and comes back.
- † Upper body discomfort in one or both arms, the back, neck, jaw, or stomach.
- † Shortness of breath may occur with or before chest discomfort.
- † Other signs include nausea (feeling sick to your stomach), vomiting, lightheadedness or fainting, or breaking out in a cold sweat.

**If you think you or someone you know may be having a heart attack:**

- † Call 9–1–1 within a few minutes—5 at the most—at the start of symptoms.
- † If your symptoms stop completely in less than 5 minutes, still call your doctor.
- † Only take an ambulance to the hospital. Going in a private car delays treatment.
- † Take a nitroglycerin pill if your doctor has prescribed this type of medicine.
- † Put an aspirin under your tongue. Aspirin reduces blood clotting and can help keep a heart attack from getting worse. **But don't delay calling 9–1–1 to take an aspirin.**

*Source from NIH and NINDS - website*

*Flat Rock Church 2007 Calendar*

**September**

- 1-2 **Family Life Center reserved**, Family reunion
- 8 **District Wide Planning Meeting**, Flat Rock CME Church, 8:00 a.m. - 1:00 p.m.
- 8 **Family Life Center reserved**, for late afternoon
- 22 **Family Life Center reserved**, Family gathering
- 23 **Pastor Thornton, the choir, and church family** are invited to Crossroad Baptist Church, Toccoa, GA, for their Church Anniversary.
- 24-26 **Youth and Young Adult Explosion**, Flat Rock CME Church, 7:00 p.m.

**October**

- 7 **Pastor Thornton, the choir, and church family** are invited to Mt. Olive Baptist Church, Anderson, SC, for a Men's Day Program.
- 14 **Missionary Women Day Service**, 11:00 a.m.
- 20 **A Women's Conference by the God of Prophecy Worship Center** - Family Life Center reserved

**November**

- 11 **Flat Rock Church Anniversary**, 4:00 p.m. Pastor Thomas and the Wesley Chapel UMC, Elberton, will be the special guests.
- 22 **Church Dining Hall reserved**

**~ Celebrations ~**

**Family Reunion**

The following families held their reunions at the Family Life Center and/or worshiped with us this summer:

- The Fleming Family** – July 14 – 15
- The Harper - Sturghill Family** – August 11 – 12
- The Hunt Family** – August 18 – 19
- The Hardman Family** – September 1 - 2

**Did You Know ~ Jesus had Siblings?**

**55** Is not this the carpenter's son? is not his mother called Mary? and his brethren, James, and Joses, and Simon, and Judas? **56** And his sisters, are they not all with us? Whence then hath this *man* all these things?

*~ Matthew 13:55-56*

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