

# COMMUNITY CHURCH OF THEMIDLANDS

Unapologetically Christian, Unapologetically Progressive

## Pastor's Paragraph

### DO YOU CARE ABOUT YOUR HEALTH?

Of course, you care about your health! At least, most of us say that we do. But surveys indicate that, actually, we human beings pay less attention than we might to preserving it. We eat too much or eat things that are not good for us, exercise too little, smoke, drink too much, perhaps pay too little attention to dental hygiene, get too little or too much sleep, use harmful chemicals for cleaning the house or weeding the garden, and, worst of all, pay too little attention to the quality and depth of our relationships. Often, we tend not to pay attention even to that which we know is in our best interest, let alone try to learn more about what we don't yet know! Yet, we may like to think of ourselves as followers of Jesus, despite the fact that some of us pay less attention to our health and well-being than he did, even in the first century, to what is best for us.

The truth is that Jesus did place a great deal of emphasis on health and healing of the total person. In fact, there not only are accounts of his efforts to heal people with various physical and spiritual needs, he called attention particularly to vital spiritual principles that, if practiced, would help improve and preserve our health-mentally, emotionally and physically.

Jesus was not alone in his focus on our physical well-being as an important aspect of his effort to help individuals experience that fullest possible life. It seems that the founders of most of the great world religions did so. Therefore, our fellowship regularly has continued to highlight spiritual principles and practices that will enable us to flourish holistically, emphasizing the importance of deeper spiritual practice for a longer, more meaningful and abundant life.

Recently, as you know, we have featured the value of mindfulness meditation as a significant aspect of vibrant health and wholeness. However, at our upcoming Enlightenment session in September, I'll be introducing you to something a bit different: two simple practices that can be done in five to ten minutes or less, virtually anywhere and at any time-sitting in a chair, riding in

a car, lying in bed, standing in line waiting for something, or even in a bathtub or shower. They are that simple and that adaptable!

But are they worth our time and attention? Absolutely. The practices to which I refer are quite ancient in origin, but some new, record-breaking research has enabled us to realize their immense value and incredible power for our lives today. The two simple practices I will teach you have been proven to lower blood pressure, help depression, foster better concentration and contribute substantially to improved lung function. (I'll mention three even more remarkable benefits later.)

But what triggers such amazing improvements? Fortunately, that's quite easy to explain. Both of the simple practices I will teach you produce more saliva in your mouth than you ordinarily would have. Now I'm sure that you aren't likely to be jumping up and down with uncontrolled excitement as a result of that revelation! So, read ahead carefully to discern what is exciting about that revelation.

There are three astonishing benefits that take place in the body because of a greater abundance of saliva. Research published in *International Psychogeriatrics* (a medical journal) reveals the following three helpful discoveries.

First, scientists have found that a protein called nerve growth factor (NGF) is increased ten times more in the saliva of people when they do either or both of the two practices you will be learning. That discovery was considered remarkable by the scientists because NGF goes straight to the brain where it encourages brain cell growth, even in older people. Since there are substantially lower levels of NGF in persons with mild cognitive impairment and Alzheimer's disease, the ability of NGF to increase those levels is of inestimable value. So, the first extremely important benefit of the two practices are that they increase brain-boosting proteins in saliva that improve mental functioning, even as we age.

The second exciting discovery made by medical researchers is that additional proteins are produced that elevate the functioning of the immune system and also have cancer-suppressing properties. That especially is helpful to know if one has had any form of cancer, because it decreases the likelihood of the reoccurrence of a cancer already experienced; but, in addition, by elevating the functioning of the immune system, it can decrease the likelihood of one's getting cancer in the first place.

The third incredible benefit that medical researchers discovered is that the two practices I will teach help to reduce inflammation in the body. That is important because inflammation is a well-known enemy of health and longevity, but we all tend to develop inflammation as we age and whenever we experience prolonged stress. Unfortunately, increased inflammation contributes to a host of debilitating illnesses that usually are treated with steroidal medications that suppress immune functioning, thereby making us sitting ducks for other medical problems. So, the final incredible benefit of the two practices you'll learn can decrease inflammation in your body without the necessity of your having to take potentially harmful medications to combat it.

So, the next time we get together, we'll be extending the healing ministry of Jesus by giving you two ancient, marvelously effective tools about which most people have never heard and may never have the opportunity to hear. That event will take place at our next Enlightenment Gathering on Sunday, September 8<sup>th</sup>, at 10:00 a.m.

Now, to return to my original question: DO you care about your health? If so, join us to learn some amazingly simple practices that are so easy to use to effect enhanced well-being that you may wish you'd known about them years ago.

And, oh yes, as always, please remember how much I love and believe in you!

Warmly, your pastor and friend,

John

## IT'S HAPPENING AT CCM

September, 2019

As usual, our fellowship will gather this month on the 2<sup>nd</sup> and 4<sup>th</sup> Sunday. However, if you are a 'Visitor who is planning to join us, we suggest that you call 331-9999 before coming so we can alert you to any unanticipated change in our announced schedule. We look forward to seeing you!

### Sunday, September 8th (2nd Sunday of the Month)

#### 10:00 a.m. ENLIGHTENMENT: HOW TO ENHANCE YOUR PHYSICAL HEALTH AND WELL-BEING

Can you spare as little as 5 to 10 minutes a day to enhance your health and even extend the number of years you will live? As our pastor's article in this newsletter promises, we'll continue the healing ministry of Jesus today by learning a few scientifically proven techniques that, if put into practice, can make our life longer and more healthful. In order to tap the amazing potential of that ancient wisdom of which most people are unaware, John will teach us some vital principles that have the power definitely to impact our health and wellbeing. Since the practices are simple and can be learned quickly, we'll be able to adjourn earlier than usual. (Out by about 11:00 a.m.)

### Sunday, September 22<sup>nd</sup> (4th Sunday of the Month)

#### 10:00 a.m. WORSHIP GATHERING: LMING WITH GREATER AWARENESS

If someone were to ask you to explain to him or her the Christian view of money, what would be your response? Would you be able to explain what Jesus had to say about it? Perhaps you've never thought about the insights of Jesus on this important subject, but you will have an opportunity to explore those insights today.

However, grasping Jesus' viewpoint may not be easy. When one looks at statements in scripture about what Jesus taught, it can be challenging to reach a conclusion-mainly because some of his comments seem to contradict one another, and others are difficult to understand. For example, Jesus is reported to have said to a well-off man, "Go, sell everything that you own and give the proceeds to the poor." Good grief! What would

happen if we all were to do that? The poor would become rich and the rich would become poor! So, in what way would the recommendation of Jesus be of value? Today, our pastor will do his best to enable us to penetrate the mystery and emerge with some semblance of clarity., His sermon is entitled, "MONEY: WAS JESUS AGAINST WEALTH?"

Our usual informal discussion of the sermon will follow  
worship. (Out by about 12 noon)

## ANNOUNCEMENTS

### PLEASE REMEMBER TO SIGN UP!

In our newsletter last month, there was an announcement about our plans to celebrate Christmas this year. As you may recall, the celebration will be two-fold. The first part will feature CHRISTMAS FELLOWSHIP, and the second part will feature CHRISTMAS WORSIDP and our traditional CANDLELIGHTING CEREMONY.

THE WORSIDP AND CANDLELIGHTING will take place on Sunday, December 22, at 10:00 a.m. But this announcement is about our CHRIST.MAS FELLOWSHIP, because it is important for you to sign up early. The reasons of course, are that we want to reserve the best seats and, also, to be able to sit together.

Reserve seats? But for what? Here's the good news. This year, in lieu of our usual brunch, we'll have an opportunity to attend a seasonal play at Trustus Theatre entitled "CHRISTMAS AT PEMBERLY." Afterward, we'll gather at nearby Jason's Deli on Gervais for good conversation and a bite to eat. (Did we mention that there will be free ice cream for dessert?) This outing will be a great opportunity to do something a little different to celebrate the yuletide season together.

But, as you may know, seats at the Trustus (especially the best seats) tend to disappear quickly, so we need to make reservations as soon as possible, which is the reason for the importance of our signing up for the CHRISTMAS FELLOWSHIP part of our celebration early.

Please remember that a ticket to the play (\$28) would make a super-thoughtful gift for friends and family members, as well as a great way to enjoy their company. But invite them as soon as possible so they can reserve this special event on their calendar. A sign-up Sheet is now on the Welcome Table at CCM; and, for your convenience, a plate will be beside the Sign-up Sheet into which you can place your choice of cash or a check.

So, dear people, let's celebrate! After all, Christmas comes but once a year! The play at Trustus will be on Sunday afternoon, December 8th, at 3:00 p.m.; and we'll go to eat together at about 5:30 p.m.

### CCM BIRTHDAYS

You may be aware that our birthday list was misplaced and has not been available for publication for several months. But; fortunately, it now has reappeared! Three of our spiritual fellow travelers will be celebrating this month: Bob Nolan (9/15), Harriet Hancock (9/25), and Bill Austin (9/27) are the happy celebrants. Happy birthday to each of you!

### UPCOMING

At our worship gathering next month, our pastor anticipates that his message will be "A NEW APPROACH TO DEALING MORE EFFECTIVELY WITH ANGER." The capacity to experience anger is God-given, but helpful spiritually and scientific guidance to enable us to deal responsibly with our own anger and that of others has been God given, as well. Fortunately, we'll have an opportunity on Sunday, October 13th, to tap that wisdom.

CCM:  
SEEKING TO  
MEET THE UNACKNOWLEDGED  
SPIRITUAL HUNGER  
OF OUR TIMES  
WHOEVER YOU ARE, WELCOME  
TO CCM!

AS FOLLOWERS OF THE PATHWAY OF JESUS, WE ARE A SPIRITUAL FELLOWSHIP IN WHICH WE SEEK TO GROW IN LOVE FOR GOD, SELF, AND OTHER PEOPLE IN A WAY THAT AFFECTS ALL OF OUR RELATIONSHIPS, ACTIONS, AND DECISION MAKING, THEREBY HELPING TO MAKE THE WORLD A BETTER PLACE IN WHICH TO LIVE. WE WELCOME WITH OPEN ARMS, MINDS, AND HEARTS ALL WHO DESIRE TO CONNECT WITH US.