



"Genesis and the Authority of the Word of God"

This fall Dr. John Doane will be teaching a class on "Genesis and the Authority of the Word of God" at Forcey. The class will meet on five Sunday evenings throughout the fall, beginning on Sunday, September 18, 2011. The class will also feature a guest lecture by Dr. Todd Beall of Capital Bible Seminary.

The purpose of the class is to show that the first few chapters of Genesis are a true account of the origins of the universe, life, civilization, and the human condition, and that a literal, historical reading of these chapters is not only scientifically valid but also important for defending the authority of Scripture.

In his lectures, Dr. Doane will draw on his knowledge of the Bible, his academic training at Yale and MIT, and his professional experience as an engineer. He has a wealth of insights to share as a believer who has travelled widely and talked with many scientists -- Christian and non-Christian, creationist and evolutionist -- from all walks of life.

Please pray about attending this class and bringing family and friends with you. It will truly be a great opportunity!

- Mark Zimmerman

"God's Perfect Timing"

Several years ago, Tom and I decided to take the training to become Stephen Ministers. Our career paths had involved caring for people so being led to this ministry seemed like the perfect next step for each of us. But then Tom's cancer recurred and I thought maybe it might be too much to tackle the first night of Stephen Ministry training and the first day of chemotherapy. Yet we went forward with the training. And I am really glad we did because 8 months into the training, God led us to go to New Orleans and minister to people devastated by Hurricane Katrina. God had timed our training perfectly.



During our time in New Orleans, we were able to put to use the tools we had just learned. Whether we met with people that wandered into the church or we went to their homes or visited them in the hospital, they were grieving, discouraged, and questioning.

Tom and I had learned in our training how to deal with our feelings and theirs, how to listen effectively, and how to give them hope as we let God's words and love flow from us to them. I know we could not have done this magnitude of Christian caring on our own. The power and partnership of God was clearly evident.

Since then, it is been a blessing and privilege as a Stephen Minister to befriend and confidentially walk beside members of the body of Christ. This ministry exists to continue Jesus' ministry of loving and caring for people (1 John 4:19). And if God is nudging you to take the training for this ministry, I would encourage you to listen. It just might be the perfect time.

- Nancy Beam , Stephen's Ministry

Soul Winning at Forcey

“**Q**nd let us not be weary in well doing: for in due season we shall reap, if we faint not” (Gal 6:9). In the great work of personal evangelism, the soul winner soon learns that patience and perseverance are required to be successful. This principle was emphasized to a Forcey member during a recent visit to a nearby hospital.

After seeing the Lord provide a bountiful harvest the previous Sunday, the Forcey member hoped that this week’s visits would produce similar results. However, this was not to be. As he visited from room to room, he found little interest in spiritual matters from the patients and visitors that he met. After several hours of effort, with no visible results, the Forcey member finally came to the last room to be visited. As he entered the room, he was somewhat dismayed to see that the patient was a prisoner handcuffed to his bed, with two armed officers guarding him. Often in this situation, the guards will allow literature to be left for the prisoner, but will not allow conversation with him. The Forcey member asked permission to talk to the patient and, to his surprise, the guards granted it. As he began to talk to the patient, he found the young man very respectful and eager to talk about spiritual issues. The Forcey member explained carefully to him from the Bible the plan of salvation through faith in the atoning death of the Lord Jesus. With evident sincerity and the simplicity of a child, this young prisoner called upon the risen Saviour to forgive his sins and to save his soul.

As the Forcey member started to leave, this new convert thanked him profusely for taking the time to share the gospel message with him. This young man, though still bound by civil authorities, was now set free in Christ through the gospel. As he departed the hospital that Sunday, the Forcey member rejoiced that the Lord rewarded his perseverance in witnessing with this one precious soul coming to Christ.

- **Ralph Zimmerman, Evangelism Team**

Stockade 555!

Yep, it’s time again to be thinking about your son’s school year activities, including Stockade every Wednesday night! We start up with registration and a parent’s meeting on Wednesday Sept. 14. Open registration begins at 6:00 in the foyer if you’re just wanting to sign up. Curious? Not sure what it’s all about? An informational parents’ meeting will follow from 7:00 – 8:30 in Room 326.

1st night of Stockade is Sept. 21!

BE The ONE!

Throughout the coming year, your son will be challenged to “BE the One” boy in his class, on his team, in his neighborhood to show true Christ-likeness. We’ll talk about seven qualities of a godly young man: Honor, Courage, Chivalry, Purity, Obedience, Loyalty, & Dedication.

Mark down the upcoming dates and plan for your son to experience an outstanding year of spiritual growth, personal maturity, and far-out fun!

If you have questions, please contact Chief Ranger Brent Lydic at csbhiker555@gmail.com, or call him at 301.448.2469. For more info about the overall Stockade program, check out www.csbministries.org.

READY BOYZ???

Who are we gonna be??

BE THE ONE!!



Mental Fitness



Whether age 15 or 50 we all want to stay mentally sharp! Here are some key ways to help maintain and possibly improve your memory and focus.

Dr. Barbara Stitt, from her Book, *Food and Behavior* says, "If our diet contains the substances needed for proper brain function, then the brain will work normally; behavior will be rational and constructive, lives will be

full and fruitful. If, however, the diet does not supply the proper nutrients, and if it contains harmful substances as well, then the brain malfunctions – and anything from irritability to lunacy may result. And the alarming point I must make is that the American way of eating is precisely the sort of diet which will cause brain malfunction." **The foundation to good mental clarity and recall is a healthy diet.**

- ✔ **Eat high fiber wholesome foods** and eat 4-6 times a day to maintain steady blood sugar levels so the brain will not be sluggish. Beans, lentils, whole grains, fruits and veggies are all great.
- ✔ **Eat fresh fruits and vegetables, especially berries and greens.** This guards our brains and are filled with antioxidants that protect our DNA from free radical damage. Eat the rainbow of colors to get all the nutrients in fruits and veggies.
- ✔ **Eat the healthy Omega 3 fats** which help feed the brain, reduce inflammation, deliver fat soluble vitamins and support nerve and hormone function. Add into your diet raw unsalted nuts like walnuts and almonds, olives, avocado, flax seeds, mercury free krill or fish oil and wild caught fish such as salmon. Also avoid trans fats which are listed as hydrogenated oils on your labels.
- ✔ We need to **get the full range of vitamins and minerals** but especially your B vitamin complex as well as vitamins C and E, and minerals magnesium and zinc.
- ✔ **Avoid Monosodium glutamate (MSG), artificial colors, flavors, & sweeteners.** The research has shown this to have a harmful effect on the brain both impacting Alzheimer's development and children's behavior. **READ YOUR LABELS** because this stuff is in almost everything!
- ✔ **Drink Water!** Our bodies are about 70% water, which means that in order to stay in good health, **we MUST stay hydrated.** Water is necessary for every metabolic reaction in the body, making it the essential for optimal health. Ideally we want to drink ½ our weight in ounces of water a day (~8 cups). If we have dry skin, feel tired, sluggish, unfocused, or hungry, it is often because we need water.
- ✔ **Get Exercise.** This increases blood flow and oxygen to the brain, helps us stay alert, improves our mood, helps cleanse the body of toxins, increases our energy level and boosts our metabolism.
- ✔ Fitness expert, Roz Gruben, says, "We should huff and puff, push and pull, and stretch every day." Move towards five 30-minute sessions a week (a mixture of weight bearing exercises and aerobic exercises).
- ✔ **Enjoy time doing mentally stimulating activities.** Scripture memory not only is a great way to grow closer to the Lord, but it also is a great mental exercise at any age. Do crossword puzzles, board games, Sudoku, or other games. Learn to play a musical instrument or how to paint, or do crafts. A real challenge can be helping kids with their homework!
- ✔ **Stay socially active.** Research has shown that the more we build relationships, contribute to the community and spend time with family and friends the happier we are and the more mentally alert we remain.

In conclusion, we can see yet one more benefit to maintaining a healthy lifestyle is improved brain function. There was a fascinating study done that linked I.Q. and Nutrition. Dr. Stephen Schoenthaler, PhD, did a 1986 study of 1.1 million kids in 803 NY public schools. They found that "there was a fantastic increase in academic performance when the kids' diets are changed to provide more nutrients." They found that "many hyperactive kids don't actually have attention deficit hyperactivity disorder (ADHD), the behavior problems were because they were simply malnourished".

Romans 12:2 "And do not be conformed to this world but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

Pray for the remaining weeks of the summer programs and events:

* Forcey Day Camp *

* Mission Possible teams *

August Calendar Highlights

- 🔹 Forcey Day Camp - June 27 - August 12
- 🔹 SAM Annapolis Harbor Boat Cruise - August 24
- 🔹 SAM Bible Study (Summer Session) - Tuesday @ 10:00 a.m.
- 🔹 ESL - Tuesday @ 7:00 p.m. (weekly)
- 🔹 Weekly Prayer Group - Tuesday @ 7:30 p.m. (weekly)
- 🔹 SIS Prayer - Saturday @ 7:00 a.m. (weekly)

FORCEY BIBLE CHURCH PASTORAL STAFF

Philip Powers, Senior Pastor

Gerard Schneider, Associate Pastor for Counseling & Family Ministries

Ronald Jones, Associate Pastor for Christian Education

Lonnie Harris, Associate Pastor of Singles Ministries

Chris Marchand, Associate Pastor for Teens

John Itzel, Minister of Music and Worship

Art Kennedy, Minister of Arts and Worship