



Taking Strides

Many of you are already using our weekly study guide, Taking Strides. This is designed as a tool to help you prepare for our time together in worship and God's Word on Sunday, or to help you flesh out God's Word in the week afterward—in other words, to explore what God is saying directly to you. For those of you who are not familiar with Taking Strides, I want to give you a brief introduction and hopefully encourage you to use this resource.

Each week you can read a brief story or introduction to get you thinking about a topic. For instance, in our study of Matthew 13, *The Hidden Things of the Kingdom*, there was this story:

People have tried many different ways to unlock the secrets of the universe. Oliver Wendell Holmes, Sr., was a doctor. As such he was very interested in the use of ether. In order to know how his patients felt under its influence, he once had a dose administered to himself.

As he was going under, in a dreamy state, a profound thought came to him. He believed that he had suddenly grasped the key to all the mysteries of the universe. When he regained consciousness, however, he was unable to remember what the insight was.

Because of the great importance this thought would be to mankind, Holmes arranged to have himself given ether again. This time he had a stenographer present to take down the great thought. The ether was administered, and sure enough, just before passing out

the insight reappeared. He mumbled the words, the stenographer took them down, and he went to sleep confident in the knowledge that he had succeeded.

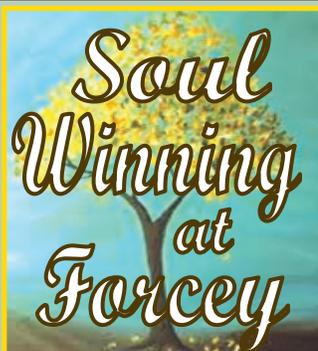
Upon awakening, he turned eagerly to the stenographer and asked her to read what he had uttered. This is what she read: "The entire universe is permeated with a strong odor of turpentine."

But there is a way to know those deep mysteries—to understand the truths of God that have been hidden. God has revealed this formerly hidden wisdom to people who have His Spirit in them (1 Cor 2:9-10). And Jesus revealed hidden secrets of the Kingdom to certain people too. Are you one of those people?

This is followed by a discussion question: *Would you want to know the mysteries of the universe? Why or why not? What mysteries would you especially want to know? What would you do with the knowledge?* And if you decide to stop there, OK. But if you take at least the next step to see what God says in His Word—even better! You will find a short passage from Scripture on which several questions for thought and application are based. This will help you to seriously ask God, "Are you speaking to me? What do I need to hear? What are you asking me to do?" And for the adventure-some, we have a short commentary section of notes at the end to help you understand the Scriptures, and even a suggested memory verse to take with you that week.

So why not give it a try? You can pick up a paper copy of Taking Strides at the church Welcome Center, or download one from our website. **God's Word will change you - guaranteed!**

~ Phil Powers, Senior Pastor



“Put thou my tears into thy bottle: are they not in thy book” (Ps 56:8). During times of grief or sadness, a person’s heart may be open to the gospel message, that otherwise might be indifferent. The soul winner should be alert to such opportunities to present the plan of salvation. Recently a Forcey member found just such a troubled heart while visiting at a local hospital.

As he entered the room of a young patient named Novella, the Forcey member noticed that she had been weeping. Sensing that these tears might indicate a heart receptive to the gospel, he offered her some literature, explaining that it talked about how to get to Heaven. When asked if she knew for sure that she was going to Heaven someday, Novella responded that she did not know. The Forcey member then began to present the gospel to her. She listened carefully to the message concerning Christ’s death on the cross for her sins and her need to trust Him as her Savior. With tears in her eyes and evident sincerity in her voice, Novella then called upon the Lord Jesus to save her.

As the Forcey member reviewed with Novella the assurance of her salvation in Christ, she confided in him the cause of her grief. He assured her of the sufficiency of God’s grace in her situation and encouraged her to seek reconciliation with her family members. As the Forcey member reflected later on this conversation, he rejoiced that God had used Novella’s sorrow to draw her to the Lord Jesus. God had indeed recorded her tears and then used them for His glory.

~ *Ralph Zimmerman, Evangelism Team*

A CENTURY OF SERVICE

Six weeks ago I had the unexpected opportunity to visit Forcey’s oldest missionary, Edith Johnson. Edith is retired from ISI (International Students, Inc.) At our April Mission Committee meeting, it was mentioned that Edith had recently moved from a studio apartment where she resided for over 25 years, and into an assisted living facility also in Denver. Since I was leaving the following week to visit a friend in the hospital in Denver, I made a point of contacting Edith to see if I could visit with her.

What a blessing that turned out to be! Edith took me to lunch at her place (she had already purchased the tickets before I got there) and introduced me to everyone she knew! I met the dining staff, the kitchen staff, her table mate, her housekeeper, and assorted neighbors, most of whom were internationals. When we were back in her apartment chatting, she told me she tried to get to know everyone possible. She’d pray for them and if they seemed remotely interested in

spiritual matters, she’d offer them a Bible.

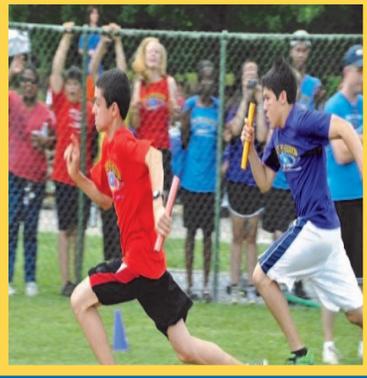
Our time went by quickly and she reminisced fondly about several Forcey families she’d known. Her mind was keen and she took down some prayer requests I mentioned about Forcey and those she had met decades ago.

Edith’s attitude and outlook were quite inspirational to me. As we sat in her modest, 1 BR apartment, she remarked, **“This is the grandest place I’ve ever lived. The Lord is letting me go out in luxury!”**

**Edith will turn 102 on July 9.
She would love to hear from her Forcey family:
11 S. Adams St. #209 Denver, CO 80209.**

~ *Mary Jane Barrow*





wrapped up another year on June 13, when students enjoyed their last day of school and Pastor Lonnie Harris spoke at our 8th grade graduation, featuring 51 graduates. We praise the Lord for all He did this past year!

We said goodbye to two of our teachers, Mrs. Carman and Mr. Wiedeman. Rita Carman, our elementary art teacher is retiring, while Luke Wiedeman, one of our 5th grade teachers, has been called to a new vocation. We will miss them both and wish

them all the best as God leads them on to a new season of life.



Meanwhile, we are welcoming some new staff members and current teachers to some new positions. Former FCS teacher Stephanie Campbell will be returning as a 3-year-old preschool teacher. Mrs. Boardman will be moving from 3's to 4's, while Mrs. Malanoski will be moving to elementary art. We are welcoming former Forcey student Victoria Marroquin to our 5th grade team. She will be coming back to FCS by way of Liberty University.

Until students return on August 27, we will be preparing for another successful school year—one that holds extra promise because we will be finishing up the accreditation process with the Association of Christian Schools International and the Middle States Association. For more information about our school, visit www.forceychristianschool.org.

~ *Rev. Ezekiel Wharton, Administrator*

Lowering Blood Pressure **PART 2**

This month we continue our discussion on natural ways to help reduce hypertension. We covered the importance of keeping hydrated with water and lowering our sodium intake, let's look at four other topics.

There are other harmful things to avoid besides salt. Animal fats and trans fats (hydrogenated oils) as well as refined sugar (which in excess is stored as fat) can clog our arteries and negatively impact hypertension. Meat and cheese thicken our blood, raises our triglyceride levels, and takes hours to be removed from the blood stream. According to research from the Univ. of MD Medical Center, for those with high blood pressure, even just one high fat meal can increase the risk of a heart attack. The Mayo Clinic recommends limiting your un-

healthy fats and controlling your portion sizes.

The good news is there are foods we can add that actually help lower blood pressure. High fiber foods (preferred over fiber powders) like fruits, vegetables, beans, peas, nuts and seeds are what the Mayo clinic recommends for robust health. Many people don't realize that there are healthy fats that actually reduce inflammation. In small amounts (1/2 cup a day) raw, unsalted, nuts and seeds, such as almonds, walnuts, brazil nuts, pumpkin and sesame seeds, are very beneficial. They also have loads of fiber, the amino acid Arginine, and heart supportive minerals like potassium and magnesium. Other healthy fats in small quantities include olives, avocados, and wild caught salmon.

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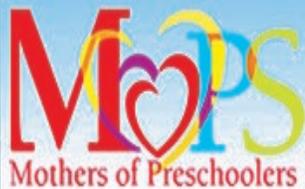
Lowering Blood Pressure

High fiber and mineral rich fruit & vegetable choices include bananas, prunes, and oranges, all dark leafy greens (note these are high in vitamin K and if you are taking a blood thinner you can have it adjusted to a lower dose to balance this out.), carrots, broccoli, beans, and sweet potatoes.

Space does not allow me to elaborate on the importance of exercise and sleep. Everyone should aim for 30 minutes, at least, of exercise a day such as walking or swimming. Without enough sleep our stress hormone, cortisol, is elevated and this increases the risk of heart attacks. Aim for 7 to 8 hours of sleep a night. Napping is good too.

*Did you miss the info from Part 1?
Relax and visit www.forcey.org and download
previous Forcey Focus articles.*

~ Nancy Parlette, Health Ministry



The MOPS (Mothers of Preschoolers) ministry is for any mom with a preschooler — a time

set aside so moms can deepen their faith, improve their mothering skills, and have fellowship with their peers. We are happy to announce the start of a new MOPS group that meets Monday evenings. We want to welcome all moms with children of Kindergarten age and younger to register.

For information, please contact Kristy Sievers at mondaymops@forcey.org. Regular meetings will be from September - May, every 2nd & 4th Monday evening 7:00-9:00PM. We are also having summer activities, so get involved now.



Sunday, July 15,
2012 at 3:30 PM
at the Harry Grove
Stadium
In Frederick, MD
Tickets are only
\$5 a piece
(Pre-order only!)

- **4 p.m.:** Pre-game Praise & Worship Program featuring music by Bill & Karen Itzel and Waterboyz.
- Player testimonies
- **5 p.m.:** Bring your glove and play catch in the outfield pre-game!
- **6 p.m.:** Frederick Keys Baseball Game.
- Kids can run the bases and "score a run" after the game
- **9 p.m.:** Fireworks after the game.

Let's see...that works out to *less than \$ 1 per hour!!!*

Get your tickets at the Band of Brothers table on Sundays.

Do it now so you'll have something fun to look forward to!