

# Good News



Community Presbyterian Church

April, 2010

## **From the Pastor**

I was sitting at coffee hour. Most of the people had gone home and I was beginning to relax. It was a warm, pleasant, contented moment. Then I noticed how I was sitting and I looked at my hands and the way I was holding them and I felt the slight cock of my head. And it hit me: I'm turning into my father.

Last week I was talking with Nancy and I said something that seemed a little strange even as I was forming the words. I'd never said something quite like that before. It was as if my father was speaking through me.

As time passes I seem to be getting more and more like my father. Sometimes I feel good about this; I really love and admire him. Sometimes, though, it's a little eerie; it happens subconsciously and I seem to have little control over it.

So I wonder how this is happening. Have I always been like this but am only now noticing it? Did I learn these things many years ago, hide them away somewhere in my brain, and only now am acting on them? Or is this all hardwired in the makeup of my body, some little pieces of DNA activated by a biological clock? It's probably a combination of the three.

I developed an allergy to avocados in my twenties, like my father. I've recently developed a tremor, like he did at about this age. These things I attribute to the hardwiring. But my response to these physical changes is similar to my father's, and that's something more than DNA.

There are many things that I learned subconsciously. Some of these I have acted on most of my life but am just now noticing them. Some things, however, I am just now beginning to act on. Part of this process of becoming like my father involves our having spent time together in a

variety of circumstances over an extended period of time, and it includes memories of that time together. Another important part is that love and admiration I mentioned earlier. So I am getting more like my father, and I am paying closer attention to how I am becoming like him.

So it happened in February, as I was putting together the devotional booklet for Lent, I noticed a couple of instances in which I seemed to be thinking like Jesus. It was the same sort of feeling I get when I catch myself acting like my father.

I've spent enough time studying Jesus and praying with Jesus and being around people who know Jesus that I can recognize some of his actions and thoughts. I know how different these are from my normal thoughts and actions. So I have tried for many years to learn from him and become like him. In a variety of situations I have tried to imagine how Jesus would act and then tried to pattern my actions accordingly. Regularly I ask myself how Jesus would think about things and try to bend my mind around that way.

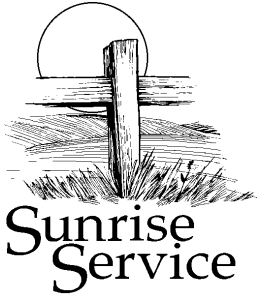
But this was different. I wasn't consciously trying to think like Jesus. I just caught myself doing it, as if Jesus was doing the thinking and I was merely observing. It was a little eerie, and it was very heartwarming.

For those of you who have walked with Jesus for years: Has this ever happened to you?

For those of you who are fairly recent friends of Jesus: Trust that God is working in your lives, often subconsciously, to help you become like Jesus. Take heart, "God predestined us to be conformed to the image of his Son, in order that he might be the first-born among many brethren." (Romans 8:29)

Christ is risen indeed, even within our lives.

# Easter Sunday — April 4



Easter Sunrise

6:30 AM

Harry Schmidt Park  
(by the redwood grove,  
across from Diamond)



For all the kids!

Easter Sunday

9:30 AM

Meet in the Social Hall

## Easter Service of the Resurrection — 10:30 AM



Bring an easter lily to decorate our sanctuary for Easter in memory of a loved one. Sign up on Palm Sunday or call the office.

And bring some flowers on Easter to decorate our Living Cross.



**Coming up ... April 24**

Clean out your closets, garage, whatever and save the stuff for our yard sale. We'll begin collecting after Easter.

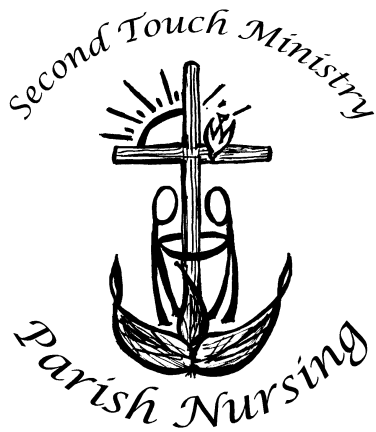
### April Birthdays

#### Birthdays

- 1 Barbara LeFever
- 8 Beverly Techerra
- 15 Betty Adams
- 15 Cheryl Borbon
- 22 Paul Friesen
- 25 Marlene Costa
- 27 Dawain Costa

### April Anniversaries

- 16 Marlene & Dawain Costa
- 20 Bob & Ruth Williams



**“He will not let your foot slip---he who watches over you will not slumber.”  
Psalm 121:3**

April is Foot Awareness Month- please refer to the American Podiatric Medical Association information at: [www.apma.org](http://www.apma.org) or 1-800-footcare.

As the youngest of four daughters in my family, I mostly wore hand-me-down clothing as a child. They were sturdy and basic garments that never went out of style. Mother was an excellent seamstress, so many of our clothes were also homemade. When it came to shoes, however, my mother was a stickler for buying good shoes for us. As it turns out, Mother was right (of course!)

The APMA website listed above has many interesting and informative topics, including specialty subjects for children and seniors. These Podiatrists stress the importance of paying close attention to our feet because they are constantly working to give us clues about our health.

A study by the American Podiatric Medical Association (APMA) has found that nearly 40 percent of all Americans have suffered from heel pain at some point in their lives. The number one cause of heel pain is a condition called **plantar fasciitis**. Plantar fasciitis is an inflammation of the tissue band (fascia) connecting the heel bone to the base of the toes. It is often characterized by pain on the bottom of the heel when you take your first steps in the morning, but can also last all day long. Plantar fasciitis can be caused by a number of factors, including weight gain, worn-out shoes, walking barefoot, increasing exercise, and walk-

ing on hard surfaces without proper support.

What to do:

- Wear supportive shoes
- Avoid walking barefoot
- Stretch your feet well prior to exercising
- Ice your heel if pain is felt

Over-the-Counter (OTC) treatment options such as Insoles made by Spenco and Pedag USA can often provide some relief by stabilizing the foot. Heel Supports such as those made by Spenco and Sorbothane are specifically designed to cup the heel using gel supports. Podiatrists also prescribe custom orthotics, injections, prescription medications, physical therapy and immobilization. The longer plantar fasciitis goes untreated, the more difficult it is to find relief, so if home remedies fail, visit a podiatrist.

Other foot problems listed on the website are tendonitis, blisters, bunions, ingrown toenails and nail fungus.

Suggestions include tips for choosing sandals and flip flops (leather; soles should be firm enough to not bend in half;—avoid completely if you have heel pain), and lots of common-sense advice about avoiding pointed or tight shoes or socks; limit the time you wear high heels or platform shoes; replacing worn-down or worn out shoes, and cutting toenails straight across, making sure not to round the edges. Hint: try on & buy new shoes in the afternoon when your feet are at their largest to ensure the best possible fit. Another hint: to combat foot odor, try rubbing cornstarch or use an antiperspirant such as Certain-dry on your soles, and spray Lysol into your shoes.

We all too often take our feet for granted until they have a problem. Since we truly depend on our feet to take us everywhere, let's be more aware of their needs and be proactive in their care.

May this Easter rejuvenate us as we celebrate Christ's resurrection not only in history but in each of our lives as well. He is Risen Indeed! Alleluia!

*Nancy*

# COMMUNITY PRESBYTERIAN CHURCH

399 Sixth Street  
Gustine, CA 95322  
Return Service Requested

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
Permit No. 12  
Gustine, CA 95322

Sunday School, 9:00 AM — Worship, 10:30 AM

Pastor — Mark Hollingsworth

Treasurer — Dorothy Gray; Choir Director — Jim Conrad

Secretary — Med Hoover; Parish Nurse — Nancy Hollingsworth

Office Hours — 9:00-Noon, Wednesday, Thursday and by appointment

Telephone: (209) 854-6772; email: [cpc-gustine@earthlink.net](mailto:cpc-gustine@earthlink.net)

Web Site: [www.wefollowjesusingustine.org](http://www.wefollowjesusingustine.org)

## Maundy Thursday

April 1

6:30 PM — Simple supper and communion

8:00 PM — Tenebrae Service



**Service of Darkness**