

Good News



Community Presbyterian Church

January, 2010

From the Pastor

I would like to make a suggestion for a New Year's resolution. But first a little introduction.

New Year's resolutions are notoriously short-lived. Generally we plan to make changes for the better, but soon discover that we have fallen back into our old habits.

This doesn't mean that New Year's resolutions are impossible to carry through on (I have a few success stories; you may too) or that they are unimportant.

God knows that there are changes each of us can make in our lives to make us better people (not just thinner people). The beginning of a new calendar year is one of the good times to make some changes because of psychological, social, and even biological reasons.

One of the problems we encounter when we try to follow through on our resolutions is that we think we can change one little part of who we are without having to change much else. We think we can change by adding something on ("I will pray each evening before I go to bed.") Or we think we change by taking something away ("I won't eat any desserts except on special occasions.") But we often find that in order to add one thing or subtract one thing we have to reconfigure a bunch of other things, from how we relate to other people, to the image we have of our selves.

That is the most troublesome of troubles with making changes in our lives. A change in what we do, even a little change, might change our identity, who we are and who we think we are. Accepting a change in our identity is something we are naturally and rightfully very wary of doing. When our New Year's resolutions run up against our identity, the resolutions lose.

A resolution has a chance of working if you

are willing to accept a change in your identity along with a change in your habits. ("I am not the same person in 2010 that I was in 2009. And because I have a new image of myself, I will act in ways I haven't until this year.")

Think about a resolution of a past year that is still part of your life. Is it connected with a change in how you view yourself? The connection, of course, works both ways: a resolution acted upon can lead to a change in identity, or a change in how you view yourself can lead to a resolution which becomes a part of your life.

Now, making resolutions which resonate with changes in your identity is not neither quick nor easy. You can't simply resolve to change who you are and how you view yourself. And you can't simply resolve to accept the changes in who you are which are brought about by following through on the resolutions you have already made.

Making changes in your identity requires soul-searching and prayer. It requires faith that God knows who you are better than you do yourself. It requires the desire to become the person God has created you to be. And it involves grief for the person you are leaving behind. It takes time. I've been praying and listening to God for the past two months and now I think I'm about ready to make a resolution for this new year.

If I were going to suggest that you make this type of resolution I would have had to warn you a couple of months ago. So here is what I suggest as a pre-resolution resolution:

I resolve, once a week (Sundays), to listen for God to call my name, to talk with God about who I am and who he has created me to be.

Give it a try. It might lead to a happy new year.

Pastor Mark

For the new year

Hold fast to your faith (Hebrews 4:14)

Assemble with the saints (Hebrews 10:25)

Pray earnestly every day (1 Thessalonians 5:17, 18)

Pray for great blessings (Malachi 3:10)

Yield not to temptation (1 Thessalonians 5:22)

Neglect not your talents and opportunities (Galatians 6:10)

Examine yourself daily (2 Corinthians 13:5)

Work diligently for the Lord (1 Corinthians 15:58)

Yield your members to righteousness (Romans 6:11,16)

Exercise yourself in godliness (1 Timothy 4:7)

Aim at sinless perfection (Hebrews 6:1)

Redeem the time (Ephesians 5:15, 16)

— Gus Nichols

January Birthdays

- 16 Shirley Groefsema
- 17 Janette Hudson
- 21 Alice Schlak
- 23 Valerie Arnold
- 25 Richard Hoover
- 27 Gerald Richmond
- 30 Nicole Costa





“The Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being”
Genesis 2:7

January is: National Radon Action Month. Even though we cannot see or smell or taste radon, it may already be a problem in our homes. Only smoking causes more lung cancer deaths in the United States.

Radon is a radioactive gas. It comes from the natural decay of uranium that is found in nearly all soils. It typically moves up through the ground to the air above and into your home through cracks and other holes in the foundation. Your home traps radon inside, where it can build up. Any home may have a radon problem. This means new and old homes, well-sealed and drafty homes, and homes with or without basements. Radon gets into our homes through cracks in solid floors, construction joints, cracks in walls, gaps in suspended floors, gaps around service pipes, cavities inside walls, and the water supply. Nearly 1 out of every 15 homes in the U.S. is estimated to have elevated radon levels. The Environmental Protection Agency and the U.S. Surgeon General recommend that all homes in the U.S. be tested for radon. Testing is easy and inexpensive.

There are many kinds of low-cost "do-it-yourself" radon test kits you can get through the mail and in hardware stores and other retail outlets. If you prefer, or if you are buying or selling a home, you may choose to hire [a qualified tester](#) to do the testing for you. For links and informa-

tion, visit www.epa.gov/radon/radontest.html.

EPA Recommends: **Step 1.** Take a short-term test. If your result is 4 pCi/L or higher take a follow-up test (Step 2) to be sure.

Step 2. Follow up with either a long-term test or a second short-term test:.

The higher your initial short-term test result, the more certain you can be that you should take a short-term rather than a long-term follow up test. If your first short-term test result is more than twice EPA's 4 pCi/L action level, you should take a second short-term test immediately. There are several proven methods to reduce radon in your home, but the one primarily used is a vent pipe system and fan, which pulls radon from beneath the house and vents it to the outside. This system, known as a soil suction radon reduction system, does not require major changes to your home. Sealing foundation cracks and other openings makes this kind of system more effective and cost-efficient. Similar systems can also be installed in houses with crawl spaces. Radon contractors can use other methods that may also work in your home. The right system depends on the design of your home and other factors.

For more information: 1-800-SOS-RADON (1-800-767-7236)*

National Radon Hotline Purchase radon test kits by phone. www.epa.gov/radon

May we be renewed in this New Year by taking a moment each day to breathe deeply of God's Spirit.

Happy New Year! **Nancy**

COMMUNITY PRESBYTERIAN CHURCH

399 Sixth Street
Gustine, CA 95322
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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

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ANNUAL MEETING

The Annual Congregational Meeting will be held on Sunday, **January 24**, following worship (approximately 11:30 AM). This year the annual meeting will also include the election of officers for 2010.