

# SONLIFE NEWS

**SonLife Community Church**

www.sonlifecc.org

February 2009

***Starts Feb. 17***

## **SHINE nearly ready to go; awaits kids**

After more than a year in the planning, SonLife's new SHINE program for youngsters is ready for launch.

The rooms have been painted bright and cheerful colors. The equipment has arrived and been set up. The starting staff, including volunteers, has been selected. The teaching plans and counseling process are in place.

SHINE (Staying Healthy in Nutrition and Exercise) is the church's outreach program to the community for helping those youngster's 6 to 14 years of age who want to get in shape, lose weight, and become more healthy. Without gaining control of their health, these youngsters do not feel well both physically and psychologically because they are frequently shut out from the playground activities and social life at school.

The SHINE program is a fun program to help children acquire confidence and self-esteem through weight loss, physical fitness, counseling and education to meet the specific needs of overweight and obese children. Parents and care-givers are a critical part of the program.

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### ***From the Pastor...***

As we continue our theme of "what does God need to change in MY life in order for me to grow?", we will be sharing in 40 Days of Fasting for the Lenten season, which begins on Wednesday, February 25<sup>th</sup>.

More information will follow, but may you be considering what God would have YOU to do.



*A big delivery at SonLife became a very up-lifting experience. What could that be? To see the delivery all unwrapped, **go to page 7** and read more about it.*

## **A Word from the Worship Team . . .**

Recently the worship team, including tech members, met for fellowship and discussion. From our discussion, some tentative plans were made for our future, as well as “how can we grow as a team?”

One of the suggestions made was that we each prepare ourselves for Sunday corporate worship *BEFORE* we come to church...by quieting ourselves and listening for 15 minutes or so before or on the way to the service...by being timely and encouraging others to do the same. There is strength and energy in numbers, so as “the crowd” gathers during worship, the spiritual energy builds and is an encouragement for all. May we each remember that we do “worship to the Audience of One”, but in the context of the “family” setting, we bless each other with our presence. Following are some thought-provoking statements for you to consider...

### **WHAT IS TRUE WORSHIP???**

The English word “*worship*” is derived from an Old English word “*worthship*” and encompasses those actions and attitudes that revere and honor the worthiness of God. However, *true worship* is a true relationship with God, and is how we show the world what He means to us. As a worshipper of our King, the thing we long for most is to bring pleasure to the heart of our God. As Paul states in Romans, our bodies should be offered as “living sacrifices”, this being our “spiritual act of worship” – a single minded *passion* to please God. Our bodies should be dead to sin, and temples of the Holy Spirit.

*True worship* is not confined to what we do in church or open praise (although these things are both good and we are told in the Bible to do them). It does include such acts as the singing of hymns, psalms and spiritual songs, prayer, and confession of sin. Other acts such as public reading of Scripture, tithes and offerings, the manifestation of the Holy Spirit and the celebration of the sacraments such as communion are also vital parts of worship. There are even many physical expressions of *worship* including lifting hands, bowing or kneeling, falling prostrate, silence, tears, dancing, and celebration. But *true worship* is not limited to one act or one way, but is true when the heart and attitude of the person are in the right place.

*True worship* is God-centered. It is the acknowledgment of God and all His power and glory in everything we do. The highest form of praise and worship is obedience to Him and His Word. To do this, we must know God. *True worship* takes place in Spirit *and* Truth. It is bridging the gap between what we believe and how we live our lives. “So whether you eat or drink or whatever you do, do it all for the glory of God.” 1 Corinthians 10:31

## **Ministry for teen girls visits Joseph House Crisis Center**

*(by Rhonda Lenehan)*

BUDS, a ministry to teen girls, visited Joseph House Crisis Center on Boundary Street in Salisbury for a tour on Tuesday, Dec. 23rd. It was a cold morning, and a line of people were waiting outside. Sister Pat kindly led us through the center and then showed us the process the applicants undergo to receive financial and/or food assistance.

The Hospitality Room, located within the center, was busy that day. It is open to the homeless for a few hours a day for a hot meal, laundry facilities, relaxation with a TV and hot showers. We also saw the building next door, the Joseph House Workshop, for the select men who live there. Many of them are formerly homeless and obtain counseling, spiritual mentoring and life-skills training to help them become employed and a self-sustaining member of society.

The girls and I made a donation of clothing, personal and food items that each girl personally selected during our December meeting.



*The Buds who visited Joseph House Crisis Center in Salisbury included Caitlin Wright, and Katherine Lenehan. In the center is Sister Pat with the Buds leader Rhonda Lenehan on the right.*

Accompanying us that day was Ina Seaton. It was very enlightening and an encouragement to us all to remember the poor who live right here in Salisbury, Lower Delaware and the Eastern Shore Virginia. We were all surprised to learn that Joseph House is totally funded by donations.

Our monthly meetings have been moved to the first Tuesday of each month at 4 p.m. to accommodate Caitlin's new pursuit, guitar lessons. In the meetings, we are alternating between two books: "Stupid Parents; Why They Just Don't Understand and How You Can Help" and "Mean Girls; Facing Your Beauty Turned Beast", both authored by Hayley DiMarco

### **Time to order your Easter Eggs;**

The ladies will be making Easter Eggs again this year as a fund-raiser toward the cost for the Women of Faith Conference's accommodations and travel. The flavors will be peanut butter, coconut and cherry almond.

Last year, we made the cherry almond ones for the first time, and they were a hit! We will be working on the eggs on Monday and Tuesday, March 30-31. The eggs will be available on Tuesday, March 31. Order forms will be on the back table later in February.

### **Janes Island site of annual Ladies' Retreat on Feb. 27-28**

The annual Ladies' Retreat will be at Janes Island (Crisfield) on February 27-28 (Friday evening through 3 pm Saturday). All ladies are invited and encouraged to bring a friend!

Come and join us in this time of building friendships, Bible study and reflection, relaxation and a lot of fun! You will be blessed!

Cost for the retreat is \$40 and can be paid to Inge. Make checks payable to SonLife Community Church.

## **Ladies' Team studies Chapter 6**

On Tuesday, Feb. 17, we'll continue our study of *Journey to the Well* by Bishop Vashti McKenzie. We'll discuss Chapter 6, "A Woman Overcomes Learned Ignorance."

Come and join us at 6:30 p.m. at the church for a potluck dinner and an evening of fellowship and Bible study..

## **Women of Faith 2009 starts July 31 at DC's Verizon Center**

Tickets can be purchased now for the 2009 Women of Faith Conference at the Verizon Center in Washington, DC, July 31<sup>st</sup> & August 1<sup>st</sup>. The main theme is "A Grand New Day". *"Every day God has a fresh batch of mercy ready to pour over your past, problems and disappointments. He never runs short of love for you. Don't let yesterday get in your way – today is a grand new day!"*

The Women of Faith website says: "It's a weekend event where you'll laugh... cry... and realize that you're not alone. Heart-felt, hilarious messages, gripping drama, amazing music - it's an experience like no other".

Tickets are \$99 each. If you have never attended, why not join us! You'll come back encouraged and spiritually refreshed! See Inge if interested.

## **HomeBuilders will meet on March 7th**

The next regular HomeBuilders meeting will be March 7. We will review Chapter 9 of our study book. The February meeting is the Valentine's Party at the Wisemans on Feb. 20.

# Valentine's Dinner

SonLife HomeBuilders' Group  
is inviting all couples to join  
them for a Valentine's Dinner



6:00 p.m. on Friday, February 20<sup>th</sup>!

at  
Jan & Ann Wiseman's home  
5765 Cairn Court  
Salisbury  
410-334-6626

Bring yourselves and a side dish or dessert!

Please R.S.V.P. by Sunday, Feb. 15<sup>th</sup>!  
to Pete or Inge  
410-860-2411



## **Report from the Peipon's in the Ukraine**

January 2009

Dear Friends and Partners,

*As we close out the old year and welcome in the new year, we naturally become retrospective, introspective and prospective. Retrospectively, we marvel at all God has done through us. Introspectively, we are thankful for all that God has done in us. Prospectively, we look forward to what God has planned for us in the future.*

We praise God for what He has enabled us to do and our partnership together. We pray that we do in God's name combined with your financial and spiritual support are like a fragrant offering, an acceptable sacrifice, pleasing to God. And may our God meet all our needs according to his glorious riches in Christ Jesus (Philippians 4:18-19)

Marianna and I want you to know that we are planning to return to the States from the end of February through the beginning of April. If you would be interested in meeting with us, hosting a dessert or arranging a meeting to speak at your church or with members of your missions committee, please contact us via e-mail [peipons@ukrainemedicaloutreach.org](mailto:peipons@ukrainemedicaloutreach.org). We would appreciate the opportunity to share what God is doing through Ukraine Medical Outreach to advance His kingdom.

We pray for you regularly. If there are specific ways we may pray for you, please let us know.

*Jim and Marianna Peipon*

You may contact the Peipons through International Faith Initiatives, Inc., 5592 Pinecrest Circle, Noblesville, IN 46062.

## **ON-GOING EVENTS**

### **Sundays**

- 10 a.m. Worship Service (with nursery provided)
- 6 p.m. Prayer

### **Mondays**

- 7 p.m. Mattson-Still Team (410-742-0675)

### **Tuesdays**

- 6:30 p.m. Shepherds 1st Tuesday of each month
- 6:30 p.m. Men's Team 2<sup>nd</sup> Tuesday of each month
- 6:30 p.m. Ladies' Team 4<sup>th</sup> Tuesday of each month with potluck meal

### **Wednesdays**

- 7 p.m. Wise Team (410-548-5688)

### **Thursdays**

- 7 p.m. Larson Team (410-742-5134)

### **Fridays**

- 9:30 a.m. Ladies' Prayer Team at church
- 7 p.m. Homebuilders at Frosts (410) 860-2411 once monthly

## **SPECIAL EVENTS**

- Feb. 1 Super Bowl Party at Thomas' home, 416 Ethels Way
- Feb. 8 Church Chat after Sunday Services
- Feb. 20 HomeBuilders' Valentine's Dinner at Wisemans, 5765 Cairn Court
- Feb. 27-28 Ladies' Retreat, \$40

## **Birthdays**

- Feb. 2 Alex Waller
- Feb. 3 Alison Duck
- Feb. 3 Rob Still
- Feb. 4 Katy Seman
- Feb. 5 Estrella Knutson
- Feb. 6 Jadean Watkinson
- Feb. 13 Nathan Luck



Feb. 13 Tyler Shawen  
March 5 Cameron Merryweather

## **Anniversaries**

Feb. 13 Tom and Rhonda Lenehan

*If you want to send cards, the addresses are in the latest SonLife directory.*

## **Behind the FAÇADE**

It is tempting to see the people with whom we come in contact like we see the lush flowers on a visit to the greenhouse. Our culture has taught us to look good. We dress for success. We are conditioned to say, "I'm fine!" "I couldn't be better!" "Life is good!" These are the automatic responses we give and receive at work, in our neighborhood and even among our friends and family. It's easy to miss reality. We tend to gaze across the ocean of faces and see only a "perfect crop": men and women looking their best.

At first glance, we scan the surface and conclude "all's well." It is less troubling to ignore weeds of anxiety, loneliness and hurt that have been growing in the heart of an acquaintance. It is simpler to overlook the hollow pain of a soul starved for relationship.

Behind their pleasant facades, the deep longing for meaningful friendship is a reality for countless people. A sense of isolation is one of the most disturbing trends of our modern world. Men and women are driven and intense, pursuing careers and dreams with an air of success, disguising their lonely, anemic souls.

On a recent flight, I had a casual conversation with the young woman sitting beside me. She told me that she had recently been transferred from the West Coast where she had lived all her life to a large East Coast city. She had a great job that she said, "I absolutely love." This young lady looked the part. She was dressed for success, confident, engaging and assertive, with a cell phone in one hand and a laptop in the other.

Our conversation continued easily until I asked a question that touched a hidden part of her life. "How do you make friends in a new city?" Her confidence vanished. As tears filled her eyes, she quietly said, "I have no friends."

As we continued to talk, she shared with me the difficult task of trying to connect with someone to form a meaningful friendship in a new location. This young woman is not an isolated case. She was simply describing one of the most common and desperate needs in our world today. (excerpt from *The Friendship Book* by Steve Wingfield)

It's unfortunate that this scenario plays the same in churches, too. We get so accustomed to each other or become good friends with each other so that when a new person comes along, we forget that they, too, need friendship/relationship. As you prepare yourself for church each Sunday, perhaps you can take the time to pray that God will show you a new person to talk to – whether it's their first time at church **OR** someone you just have never really taken the time to get to know. And please remember – the ones in "silk" are just as lonely as those in "rags" – possibly even more so!



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Without intervention and help in learning a healthy lifestyle, familiar patterns will continue and unhealthy children then become unhealthy adults.

The SHINE program is looking to parents, school counselors, family doctors and pediatricians, and other health-youth-related organizations to make referrals for youngsters who need to increase their joy of life through increasing their fitness and nutrition, reducing their weight, and becoming more active.

Program director Estrella Knutson, has been busy promoting the program to the media, with schools and with the health profession. Recently, she received an offer from Tom Brown, the former Green Bay Packer who now runs his football and basketball leagues in Salisbury. He will be hooking the SHINE program up with home-schoolers who need physical fitness as part of their required curriculum and also with the NFL's program connecting with youngsters.

Right now, the next 10 days are the most critical for the kick-off of the program. SHINE needs all members of SonLife to think who they know that would benefit from the program and then **commit to talking with at least five families in the next week** while providing them with the SHINE flyer.

Where will each of us find prospects for SHINE?

Here's a checklist to review and see who you might know...and provide information to them and invite their kids participation in SHINE:

- families with kids who are overweight;
- home-schoolers who need education credit;
- your doctor who could refer current patients;
- teachers and school counselors who may refer families;
- kids who are inactive, preferring instead to play video or computer games; and
- nephews, nieces, grandchildren, etc.

*Photos show the SHINE equipment set up and ready to go, including being imprinted with the SHINE logo.*