



CF Joyous News

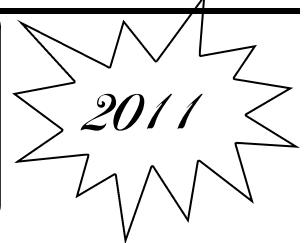
Crusselle Freeman Church of the Deaf "The Church That Jesus' Love Built" Since 1902
A Non-Denominational Christian Church

Volume 12 Issue 1

January-February-March, 2011



Happy New Year!



The Pastor's Pen
Felix Love

Sheila and I hope that everyone had a merry Christmas and a Happy New Year! This new year promises to be a wonderful departure from the problems our nation faced in 2010. Economic indicators tell us that this year will see a recovery, and that unemployment will be reduced below the current levels. Do we pat ourselves on the back? No! We have been praying daily for just such a miracle, and now that things seem to be getting better we should give credit where credit is due; to the Creator of the universe.

Leviticus 27:30:
And all the tithe of the land, whether of the seed of the land, or of the fruit of the tree, is the LORD'S: it is holy unto the LORD.

What is the significance of prayer if we take credit for what God has done? In all things we must honor and glorify Him. Our church is facing a new year that brings increased challenges along with decreasing membership and decreasing revenues. Thank God for the opportunity to overcome these challenges with His guidance.

The new year is full of opportunities to serve Him. If you are a member and you are not tithing, (giving one-tenth of your income) to help Crusselle-Freeman with its obligations, now is the time to pray that God will help you meet this obligation. Make it part of your new-years resolutions to include CF Church in your 2011 budget. God has promised blessings to all who are willing to listen to His word and act on it. Tithing is Biblical. Leviticus 27:30 tells us that all tithes belong to the Lord, and that they are holy to the Lord.

The time has come to honor the Lord with our tithes. May God continue to bless us all in the coming year. Love to you all.

Editor's Note:

Du Dukes, Editor

Some of you have elected to receive the CF Joyous News by e-mail. Thanks! You will receive this issue by email and your name will be removed from the Snail Mail list so you will no longer receive it in your mailbox.

Anyone else wanting the newsletter by e-mail, simply send a message to the editor at dudukes4731@aol.com or crussellefreeman@gmail.com and tell us your preferences.

Be sure to give your full name (so that we can remove you from the snail mail list), and your correct e-mail address (so we can be sure to have it correctly).

Thanks to the many who have sent clippings or writings for the newsletter. They are important to us so *keep them coming!*

Welcome SCHEDULE OF SERVICES

Choir Rehearsal	8:30a.m.
Sunday School	9:45a.m.
Morning Worship	10:55a.m.
Evening Worship	4:00p.m.
Wed Night Dinner	5:00p.m.
Prayer/Bible Study	6:00p.m.

Check out our website at
www.crusselle-freeman.com

Member Musings



WHO LOSES?

by Jay Sanders

A number of years ago, I quit coming to Crusselle-Freeman. Why? Because someone else made me mad. So who lost? ME!

Some people may be surprised at me

telling this. But, it's true. It's also true that Lucifer

So, take the breaks you need and rely on God to heal your spirit, but never let Lucifer keep you from God's House.

(Devil's real name) loves the dark. He loves for people to keep secrets and he especially loves any excuse people use not to go to church. Let's bring problems out into God's Light.

Crusselle-Freeman Church has had several people quit coming to church because their feelings got hurt. I really believe that most of the time, nobody meant to hurt their feelings. If Jesus could say, "Father, forgive them for they know not what they do." (Luke 23:34), then we can forgive those who hurt our feelings. Jesus suffered far more than we ever will. Remember if anyone keeps you away from God's House (any church), who loses? YOU do.

But, suppose you are just tired. You've done a lot of activity for the church and need a break. There is nothing wrong with that. If you need time to heal, then take that time. One of my favorite songs is "Field of Grace." The song speaks of being tired and a little bit angry. It speaks of God's understanding of when we need rest and how He will give us that rest.

So, take the breaks you need and rely on God to heal your spirit, but never let Lucifer keep you from God's House.

FIELD OF GRACE

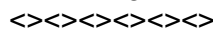
(author unknown)

*Clouds are disappearing, skies
are turning blue
Only just a while ago, I told Him
I was through
He did not rebuke me, but let
me see His face
Picked me up and carried me
into a field of grace*

CHORUS:

*Where all is quiet, leaning on
His breast
He pulled me from a stormy
sea to a place where I could
rest
Told me I was loved, told me I
was saved
And I could stay till healing
came in this holy field of
grace*

*I have to pass thru deserts,
have to face strong winds
I don't dread then all that much,
I'll know he'll come again
Lead me to still waters, there
He'll let me stay
Till my soul has been restored
in this healing field of grace*



Malachi 3:3

Sent by Felix Love
Author unknown

I heard this story a long time ago and had forgotten it. It was like hearing it for the first time. God has proved Himself over and over in the intervening days. He has stood in the fiery heat with me and held me fast. I wonder if He can yet see something of His image in me? For sure, it will be His steadfast love and faithfulness that will bring it about. Even the trust I have in Him comes from Him. On my own, I would certainly dissolve. What would I be? May you feel His steady loving hand holding you in these days of fiery pressure.

Malachi 3:3 says: "He will sit as a refiner and purifier of silver."

This verse puzzled some women in a Bible study and they wondered what this statement meant about the character and nature of God.

One of the women offered to find out the process of refining silver and get back to the group at their next Bible Study.

That week, the woman called a silversmith and made an appointment to watch him at work. She didn't mention anything about the reason for her interest beyond her curiosity about the process of refining Silver.

As she watched the silversmith, he held a piece of silver over the fire and let it heat up. He explained that in refining silver, one needed to hold the silver in the middle of the fire where the flames were hottest as to burn away all the impurities.

The woman thought about God holding us in such a hot spot; then she thought again about the verse that says: "He sits as a refiner and purifier of silver."

She asked the silversmith if it was true that he had to sit there in front of the fire the whole time.

The man answered that yes, he not only had to sit there holding the silver, but he had to keep his eyes on the silver the entire time it was in the fire. If the silver was left a moment too long in the flames, it would be destroyed.

The woman was silent for a moment. Then she asked the silversmith, "How do you know when the silver is fully refined?"

"Oh, that's easy -- when I see my image in it." If today you are feeling the heat of the fire,

remember that God has his eye on you and will keep watching you until He sees His image in you.

**Malachi 3:3:
"He will sit as a refiner and purifier of silver."**

Member
Musings...
...Continued



The cowboy and the pastor

Sent by Felix Love

Author unknown

In the end, it's between You and God. It was never between you and men at all.

One Sunday morning an old cowboy entered a church just before services were to begin. The old man and his clothes were spotlessly clean -- jeans, a denim shirt and boots, all worn and ragged. In his hand he carried a worn out old hat and an equally well-worn Bible.

The church he entered was in a very upscale and exclusive part of the city. It was the largest and most beautiful church the old cowboy had ever seen. The people of the congregation were all dressed with expensive clothes and jewelry.

As the cowboy took a seat, the others moved away from him. No one greeted, spoke to, or welcomed him. They were all appalled by his appearance and did not attempt to hide it.

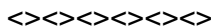
As the old cowboy was leaving the church, the preacher approached him and asked the cowboy to do him a favor: "Before you come back here again, have a talk with God and ask him what he thinks would be appropriate attire for worship in church." The old cowboy assured the preacher he would.

The next Sunday, he showed back up for the services wearing the same old jeans, shirt, boots, and hat. Once again, he was completely shunned and ignored. The preacher approached the cowboy and said, "I thought I asked you to speak to God before you came back to our church."

"I did," replied the old cowboy.

"If you spoke to God, what did He tell you the proper attire should be for worshipping here?" asked the preacher.

"Well, sir, God told me that He didn't have a clue what I should wear. He said He'd never been in this church."



The son and the car

Author unknown

thanks to Du Dukes

A teenage boy had just passed his driving test and inquired of his father as to when they could discuss his use of the car.

His father said he'd make a deal with his son: "You bring your grades up from a C to a B average, study your Bible a little, and get your hair cut. Then we'll talk about the car."

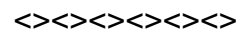
The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it.

After about six weeks his father said, "Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut."

The boy said, "You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair,

John the Baptist had long hair, Moses had long hair...and there's even strong evidence that Jesus had long hair."

His father replied, "Did you also notice they all walked everywhere they went?"



The fork

Sent by Jay Sanders

There was a young woman who had been diagnosed with a terminal illness and had been given three months to live. So as she was getting her things "in order," she contacted her Pastor and had him come to her house to discuss certain aspects of her final wishes.

She told him which songs she wanted sung at the service, what scriptures she would like read, and what outfit she wanted to be buried in.

Everything was in order and the Pastor was preparing to leave when the young woman suddenly remembered something very important to her.

"There's one more thing," she said excitedly.

"What's that?" came the Pastor's reply.

"This is very important," the young woman continued. "I want to be buried with a fork in my right hand."

The Pastor stood looking at the young woman, not knowing quite what to say.

"That surprises you, doesn't it?" the young woman asked.

"Well, to be honest, I'm puzzled by the request," said the Pastor.

The young woman explained. "My grandmother once told me this story, and from that time on I have always tried to pass along its message to those I love and those who are in need of encouragement. In all my years of attending socials and dinners, I always re-

Congratulations

to:

**Debbie Landes and
Dennis Stewart**
on their marriage.

Pat and Brooks Blankenship
on their 50th Wedding
Anniversary.

Stella and Bobby Warthen
on the birth of their new
Grandson.

THE FORK—cont from page 3

member that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork.' It was my favorite part because I knew that something better was coming...like velvety chocolate cake or deep-dish apple pie. Something wonderful, and with substance!

"So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder 'What's with the fork?' Then I want you to tell them: 'Keep your fork..the best is yet to come.'"

The Pastor's eyes welled up with tears of joy as he hugged the young woman good-bye. He knew this would be one of the last times he would see her before her death. But he also knew that the young woman had a better grasp of heaven than he did. She had a better grasp of what heaven would be like than many people twice her age, with twice as much experience and knowledge. She KNEW that something better was coming.

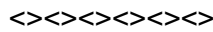
At the funeral people were walking by the young woman's casket and they saw the cloak she was wearing and the fork placed in her right hand. Over and over, the Pastor heard the question, "What's with the fork?" And over and over he smiled.

During his message, the Pastor told the people of the conversation

he had with the young woman shortly before she died. He also told them about the fork and about what it symbolized to her. He told the people how he could not stop thinking about the fork and told them that they probably would not be able to stop thinking about it either.

He was right. So the next time you reach down for your fork let it remind you, ever so gently, that the best is yet to come. Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. Cherish the time you have, and the memories you share...being friends with someone is not an opportunity, but a sweet responsibility.

And just remember . . . *keep your fork!*



**Ten things
GOD won't ask...**

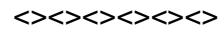
sent by Michelle Adams

1. God won't ask what kind of car you drove ... He'll ask how many people you drove who didn't have transportation.
2. God won't ask the square footage of your house, He'll ask how many people you welcomed into your home.
3. God won't ask about the clothes you had in your closet, He'll ask how many you helped to clothe.
4. God won't ask what your highest salary was. He'll ask if you compromised your character to obtain it.
5. God won't ask what your job title was. He'll ask if you performed your job to the best of your ability.
6. God won't ask how many friends you had. He'll ask how many people to whom you were a friend.
7. God won't ask in what neighborhood you lived, He'll ask how you treated your neighbors.

8. God won't ask about the color of your skin, He'll ask about the content of your character.

9. God won't ask why it took you so long to seek Salvation. He'll lovingly take you to your mansion in heaven, and not to the gates of Hell.

10. God won't have to ask how many people you told this to, He already knows your decision.



Take my Son.....

contributed by Sylvia Hattrich

A wealthy man and his son loved to collect rare works of art. They had everything in their collection, from Picasso to Raphael. They would often sit together and admire the great works of art.

When the Vietnam conflict broke out, the son went to war. He was very courageous and died in battle while rescuing another soldier. The father was notified and grieved deeply for his only son.

About a month later, just before Christmas, there was a knock at the door. A young man stood at the door with a large package in his hands.

He said, "Sir, you don't know me, but I am the soldier for whom your son gave his life. He saved many lives that day, and he was carrying me to safety when a bullet struck him in the heart and he died instantly...He often talked about you, and your love for art." The young man held out this package. "I know this isn't much. I'm not really a great artist, but I think your son would have wanted you to have this."

The father opened the package. It was a portrait of his son, painted by the young man. He stared in awe at the way the soldier had captured the personality of his son in the painting. The fa-

See **MY SON** on page 5



MY SON—con't from page 4

ther was so drawn to the eyes that his own eyes welled up with tears. He thanked the young man and offered to pay him for the picture. "Oh, no sir, I could never repay what your son did for me. It's a gift."

The father hung the portrait over his mantle. Every time visitors came to his home he took them to see the portrait of his son before he showed them any of the other great works he had collected.

The man died a few months later. There was to be a great auction of his paintings. Many influential people gathered, excited over seeing the great paintings and having an opportunity to purchase one for their collection.

On the platform sat the painting of the son. The auctioneer pounded his gavel, "we will start the bidding with this picture of the son. Who will bid for this picture?"

There was silence...

Then a voice in the back of the room shouted, "We want to see the famous paintings. Skip this one."

But the auctioneer persisted. "Will somebody bid for this painting? Who will start the bidding? \$100, \$200?"

Another voice angrily. "We didn't come to see this painting. We came to see the Van Gogh's, the Rembrandts. Get on with the Real

bids!"

But still the auctioneer continued. "The son! The son! Who'll take the son?"

Finally, a voice came from the very back of the room. It was the longtime gardener of the man and his son. "I'll give \$10 for the painting." Being a poor man, it was all he could afford.

"We have \$10, who will bid \$20?"

"Give it to him for

\$10. Let's see the masters."

The crowd was becoming angry. They didn't want the picture of the son. They wanted the more worthy investments for their collections.

The auctioneer pounded the gavel, "Going once, twice, SOLD for \$10!"

A man sitting on the second row shouted, "Now let's get on with the collection!"

The auctioneer laid down his gavel, "I'm sorry, the auction is over."

"What about the paintings?"

"I am sorry. When I was called to conduct this auction, I was told of a secret stipulation in the will...I was not allowed to reveal that stipulation until this time. Only the painting of the son would be auctioned. Whoever bought that painting would inherit the entire estate, including the paintings.

"The man who took the son gets everything!"

God gave His son 2,000 years

ago to die on the cross. Much like the auctioneer, His message today is: "The son, the son, who'll take the son?" *Because, you see, whoever takes the Son gets everything.*

Because, you see, whoever takes the Son gets everything.

Without God

Thanks to Jim Kelley

Without GOD, our week would be:

Sinday

Mournday

Tearsday

Wasteday

Thirstday

Fightday

Shatterday

Remember: seven days

WITHOUT GOD

makes one

WEAK

Tips you can use...

compiled by Du Dukas

Clean your coffeemaker...

Fill your percolator or the water chamber of your drip coffeemaker with water and plop in four Alka-Seltzer tablets.



When the Alka-Seltzer has dissolved, put the coffeemaker through a brew cycle to clean the tubes. Rinse the chamber out two or three times, then run a brew cycle with plain water before making coffee.

We Need Your E-Mail Address!

Many of you may not know that CFCD has its own Yahoo Group for various church-related announcements. We use CFNEWSFLASH to send out information about guest speakers, workshops, revival information, banquets, sick list, etc. etc.

We are very thankful to E-Peachy for posting lots of news about the Deaf Community; but sometimes you will receive news about CFCD faster if you are a member of CFNEWSFLASH.

To join, simply email us at crussellefreeman@gmail.com with your email address requesting to be added

-or-

You can logon to: <http://groups.yahoo.com/group/cfnewsflash/>

Understand we will not give your address out to anyone or any organization.

**CHURCH FINANCES
FUNDS SUMMARY
as of December 31, 2010**

■	BUILDING IMPROVEMENTS	\$ 7,006
■	CHOIR: ADULT	\$ 8,685
■	MISCELLANOUS FUNDS (Combined)	\$ 7,760
■	MISSIONS (Combined)	\$ 4,938
■	WOMEN'S MISSIONARY UNION	\$ 1,616
■	GENERAL FUND	\$ 889
■	BROTHERHOOD	\$ 480

NOTE: None of our fund-raising activities are for our general expenses. These day-to-day expenses are paid for by church member's tithe and the generous donations of other individuals. Fundraisers are used for special projects such as building renovations.

The Church Officers & Department Leaders

General Administration/Church Officers

- **Pastor:** Felix Love
- **Music/Choir Director:** Jay Sanders
- **Chairman of Deacons:**
- **Deacons:** Clarene Brooks, *Chair*, Charles Watson, Richard Riley, Frances Sanders, Sandra Dukes, James Vickers, Faye Byrd, Lucy Parker
- **Church Moderator:** Du Dukes
- Monthly Wednesday Business Meetings
- Churchwide Meetings Twice Yearly
- Monthly Deacon/Council Meeting
- **Assistant Church Moderator:** Richard Riley
- **Church Clerk:** Sandra Evers
- **Assistant Church Clerk:** Frances Sanders
- **Treasurer:** Cheryl Shaver
- **Assistant Treasurers:** Sandra Evers, David Spencer
- **Chairman of Trustees:**
- **Trustees** (3-Year Terms): Charles Watson (3), Jay Sanders (3), Richard Riley (2)
- **Alternate Trustees:** Frances Sanders, Clarene Brooks
- **Financial Secretary** (Tithes): Clarene Brooks
- **Assistant Financial Secretary:** Frances Sanders

Sunday School Department

- **Sunday School Superintendent:** Letha Smith
- **Assistant Sunday School Superintendent:** Clarene Brooks
- **Adult Sunday School Teachers:** Clarene and Philip Brooks
- **Assistant Adult Sunday School Teachers:** Laura Dubberly, Sylvia Hattrich, Letha Smith, Sandra Evers
- **Sunday School Treasurer:** Doris Hughes
- **Children/Youth Teacher:** Loisteen Mann
- Youth (12-17)
- Preteens (9-11)
- Children (4-8)
- **Assistant Children/Youth Teacher:** Vacant
- **Nursery & Toddlers:** Vacant
- **Children/Nursery Worship:** Vacant

Church Staff Committees

- **CF Joyous News Editor:** Du Dukes
- **Assistant CF Joyous News Editor:** Felix Love
- **Sunday Program Editor:** Du Dukes
- **Assistant Sunday Program Editor:** Jay Sanders
- **Computer/Web Site:** Chris Kerr
- **Sunday Morning Hostess (Coffee):** Doris Hughes
- **Sunday Morning Hostess (Donuts):** Vacant
- **Church Welcome Hospitality:** Jerry Sanders
- **Head Offering Usher:** Phillip Brooks
- **Lord's Supper:** Yong Kelley, Stella Warthen
- **Male Baptism Committee:** Philip Brooks, James Vickers
- **Female Baptism Committee:** Clarene Brooks, Letha Smith
- **Nomination Committee:** Sandra Evers, Richard Riley
- **Church Historian:** Lucy Parker
- **Building & Grounds Supervisor:** Jim Kelley
- **Building & Grounds Helpers:** Vacant
- **Custodians (Fellowship Hall/Kitchen):** Franklin Dubberly
- **Custodian (Sanctuary/Old Building):** Phillip Brooks
- **Outreach Coordinator:** Vacant
- **Wednesday Prayer Requests:** Clarene Brooks
- **Valentine Banquet Chairperson:** Cheryl Shaver
- **Assistant Valentine Banquet Chairperson:** Sandra Evers
- **Ticket Master:** Philip Brooks
- **Assistant Ticket Master:** Faye Byrd
- **Head Security:** James Vickers
- **Assistant Head Security:** Victor Torres
- **Kitchen Custodian:** Sandra Evers
- **Assistant Kitchen Custodian:** Yong Kelley
- **Fellowship Hall Coordinator:** Vacant
- **Assistant Fellowship Hall Coordinator:** Faye Byrd
- **Church Calendar Coordinator:** Vacant
- **Flea Market Coordinator:** Jim Kelley

Mission Organizations

- **WMU President:** Sandra Evers
- **WMU Vice President:** Loisteen Mann
- **Brotherhood President:** Jerry Sanders
- **Brotherhood Vice President:** Richard Riley

2011 SCHEDULE (subject to change)

JANUARY

Sat 01/01/11 Happy New Year
 Sun 01/02/11 Lord's Supper
 Sun 01/09/11 WMU & Brotherhood Meetings
 Sun 01/16/11 Council/Deacon Meeting
 Mon 01/17/11 MLK Day
 Wed 01/19/11 Business Meeting
 Sat 01/22/11 DSG Meeting

FEBRUARY

Tue 02/01/11 Ground Hog Day
 Sun 02/06/11 WMU & Brotherhood Meetings Luncheon
 Sat 02/12/11 Valentine Luncheon
 Mon 02/14/11 Valentine's Day
 Sun 02/20/11 Council/Deacon Meeting
 Wed 02/23/11 Business Meeting

MARCH

Th-Fr 03/03-04 Flea Market
 Sun 03/06/11 WMU & Brotherhood Meetings
 Sun 03/13/11 Daylight Saving Time
 Thu 03/17/11 St Patrick's Day
 Sat 03/19/11 Choir Practice
 Sun 03/20/11 Council/Deacon Meeting
 Mon 03/21/11 First Day of Spring
 Wed 03/23/11 Business Meeting

APRIL

Fri 04/01/11 April Fool's Day
 Sun 04/03/11 Lord's Supper
 Sun 04/17/11 WMU & Brotherhood Meetings
 Sun 04/17/11 Palm Sunday
 Sun 04/17/11 Council/Deacon Meeting
 Tue 04/19/11 Passover
 Wed 04/20/11 Business Meeting
 Thu 04/22/11 Good Friday
 Sat 04/23/11 Choir Practice
 Sun 04/24/11 Easter

MAY

Sun 05/01/11 WMU & Brotherhood Meetings
 Sun 05/08/11 Mother's Day
 Sun 05/15/11 Council/Deacon Meeting
 Wed 05/18/11 Business Meeting
 Mon 05/30/11 Memorial Day

JUNE

Th-Fr 06/02-03 Flea Market
 Sun 06/05/11 WMU & Brotherhood Meetings
 Sat 06/11/11 10th Annual Singing Hands
 Sat 06/11/11 Choir Concert
 Sun 06/12/11 Council/Deacon Meeting
 Mon 06/14/11 Flag Day
 Wed 06/15/11 Business Meeting
 Sun 06/19/11 Father's Day

Tue 06/21/11 Summer Begins

JULY

Sun 07/02/11 Lord's Supper
 Sun 07/02/11 Luncheon
 Sun 07/02/11 WMU & Brotherhood Meetings
 Sun 07/04/11 Independence Day
 Sun 07/17/11 Council/Deacon Meeting
 Wed 07/20/11 Business Meeting

AUGUST

Sun 08/07/11 WMU & Brotherhood Meetings
 Sun 08/21/11 Council/Deacon Meeting
 Wed 08/24/11 Business Meeting

SEPTEMBER

Th-Fr 09/01-02 Flea Market
 Sun 09/04/11 WMU & Brotherhood Meetings
 Mon 09/05/11 Labor Day
 Sat 09/17/11 Choir Practice
 Sun 09/18/11 Council/Deacon Meeting
 Wed 09/21/11 Business Meeting
 Fri 09/23/11 First Day of Autumn

OCTOBER

Sun 10/02/11 Lord's Supper
 Sun 10/02/11 WMU & Brotherhood Meetings
 Sun 10/02/11 WMU Covered Dish Luncheon
 Mon 10/10/11 Columbus Day
 Sun 10/16/11 Council/Deacon Meeting
 Sat 10/22/11 Choir Practice
 Wed 10/31/11 Business Meeting
 Mon 10/31/11 Halloween

NOVEMBER

Sun 11/06/11 WMU & Brotherhood Meetings
 Sun 11/06/11 Day Light Saving Time Begins
 Fri 11/11/11 Veteran's Day
 Sun 11/13/11 Council/Deacon Meeting
 Wed 11/16/11 Business Meeting
 Sat 11/19/11 Choir Practice
 Sun 11/20/11 Thanksgiving Luncheon
 Thu 11/24/11 Thanksgiving Luncheon
 Sun 11/27/11 Greening Service & Advent Begins

DECEMBER

Sat 12/01/11 Choir Trip
 Sun 12/04/11 WMU & Brotherhood Meetings
 Sat 12/17/11 Choir Practice
 Sun 12/18/11 Council/Deacon Meeting
 Wed 12/21/11 Business Meeting
 Thu 12/22/11 First Day of Winter
 Sun 12/25/11 Christmas Day
 Sun 12/25/11 Christmas Program and Luncheon
 Sat 12/31/11 Watch Night Service
 Sat 12/31/11 New Year's Eve

Cancer... and its treatment

update from Johns Hopkins:
contributed by Suzanne Dukes

After years of telling people chemotherapy is the only way to try ("try" is the key word) to eliminate cancer, Johns Hopkins is finally starting to tell us there is an alternative way.

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer

cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.

7. Radiation, while destroying cancer cells, also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

Cancer cells feed on:

1. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful.. A better natu-

ral substitute would be Manuka honey or molasses, but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.

2. Milk causes the body to produce mucus, especially in the gastrointestinal tract. Cancer feeds on mucus By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.
3. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
4. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans.. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are de-

See **CANCER** on page 9

SPECIAL NEEDS:

- **Volunteers to fill *Vacancies* in offices**
- **Volunteers to organize a youth group**



We need...

(Adult Youths and Youths Ages 12-17) continues to be very high priority.

Our WMU always, always has wonderful events scheduled and our Brotherhood is now very active! Remember, we always have special projects going on around the church. **GET INVOLVED!**

CANCER-Cont from page 8

- stroyed at temperatures of 104 degrees F (40 degrees C).
5. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.
 6. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.
 7. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.
 8. Some supplements build up the immune system (IP6, Florescence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells.. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, which is the body's normal method of disposing of damaged, unwanted, or unneeded cells.
 9. Cancer is a disease of the mind, body, and spirit A proactive and

positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

10. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

Additionally:

1. *No plastic containers in micro.*
2. *No water bottles in freezer.*
3. *No plastic wrap in microwave.*

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat,

and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper.

It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

This is an article that should be sent to anyone important in your life.

Source: Emory Healthcare - Internal Medicine, 875 Johnson Ferry Road, Suite 226, Atlanta, GA 30342

Church Bulletin Bloopers...
sent by Sheila Love
The Fasting & Prayer Conference
includes meals

EDITOR'S NOTE:

CFCD encourages other groups to let us know about their future events. We will be happy to include these events in our newsletter calendar. Interested organizations wanting to include calendar information and/or flyers in our newsletter, please contact us by mail to CFCD Newsletter Editor, or by e-mail to: crussellefreeman@gmail.com.

We may have included your event. If you object, please call or email the editor and ask that we don't. We apologize if you object.

Birthdays are still available at our website: www.crusselle-freeman.com.



Christian Love and Sympathy is extended to the families of:

- | | |
|---|--|
| Florrie Mae Bates | Joe Degby
(Billy Adams' Brother-in-Law) |
| Debbie Meadows
(Daughter of the late Alton Holman) | Verna Donaldson
(Frances Sanders' Aunt) |
| John Strickland
(Brother-in-Law of the Dukes) | Bill Nelson (Michigan) |
| Weldon Pope's Grandson | Louise Smith
(Stella Warthen's Sister) |
| Bobby Dukes
(Du Dukes' Brother) | Frances Mukley
(Stella Warthen's Aunt) |
| Walter Myrick
(Sylvia Hattrich's Uncle) | Marc Richardson
(Laura & Frank Dubberly's Grandson) |



OUR KNOWN SICK

The following friends and members need your prayers:

- | | | |
|---------------------------|---------------------|-------------------------|
| Judy Ayers | Ethel Johnson | Brinkley & Glenda Smith |
| Janie Baker | Geraldine Krogstald | Betty Smith |
| Andy & Margene Barengause | Doris Lanier | James Steverson |
| Pat Blankenship | Ellen Leathers | Carolyn Stone |
| Carmel & Elmer Bryant | Berthel Lewis | Wade & Laura Tallant |
| Connie Carter | Kathy Maddox | Sharon Thomas |
| Margaret Cooper | Esther McClarin | Renae Thompson |
| Randy Dewberry | Charles Moore | David Timms |
| Frank Dubberly | Grace Nyoko | Mamie Wade |
| Sandra Evers | Calvin & Velma Page | Ralph Wallin |
| Michael & Kaye Ford | Lucy Parker | Clarence Walker |
| Martha Jane Fraser | Patsy Peace | Bobby Warthen |
| Martha & Robert Garmon | Weldon Pope | Bobby Warthen Jr. |
| Elizabeth Gardiner | Stephen Richardson | Tommy Warthen |
| Van Grady | Mary Roberson | Charles Watson |
| Sherry Hady | Sara Saunders | Ronnie Weinberg |
| Mary Hinson | Missy Schmidt | Mary B. White |
| Nic Holton | Mazelle Shadix | Delbert Williams |
| J.L. Ison | Jerry Shaver | |

DEACONS:

Clarene Brooks, Richard Riley,
Charles Watson, Sandra Dukes,
Frances Sanders, James Vickers,
Faye Byrd, Lucy Parker

IN ASSIST LIVING, NURSING HOMES, & REHABILITATION CENTERS

Evelyn Brooks (Bryan Center), Lucille Cox, Annie Henklien, Avis Kelly, James Senn, Sheryl Sherifit (Warner Robins Nursing), Mary Hinson (Assist Living Home, Austell), Raymond Baker (Heritage Healthcare, Lilburn), Elizabeth Nix (Home Care, Maryland), Martha Jane Fraser (Lafayette Healthcare).



CF Joyous News

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