

# Fellowship Informer

Stephens City Mennonite Church

Stephens City, Virginia

The body is a unit, though it is made up of many parts:  
and though all its parts are many, they form one body.  
So it is with Christ. I Corinthians 12:1

## Worshiping: September

**September 4** – Highland Retreat – The *heart* of Mennonite Worship. This service will be held at Highland Retreat.

**September 11** – Christian Education Sunday. The focus will include some thoughts from *Teaching that Transforms*, a book written by John Roth, a Goshen College professor. There will also be reflections on Peace using Ephesians 2:13-14. Destroying the barrier: the dividing wall of hostility.

**September 18** – We will begin a study on I John on the tests of true fellowship: God is Light and the tests of true Sonship: God is Love.

Our key verse: *I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.* I John 5:13

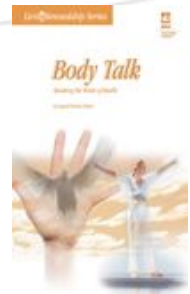
## Upcoming Activities

- |                                |  |
|--------------------------------|--|
| September 2-4                  | Church Retreat at Highland Retreat                             |
| September 11                   | Hymn Sing 6:00 PM  |
| September 22                   | Fundraising Reception for ABBA at Fellowship Bible Church 7 PM |
| September 30 through October 1 | Virginia Mennonite Relief Sale (See article)                   |



*FRIENDS AND VISITORS ARE ALWAYS WELCOME.*

## *From the Parish Nurse*



I plan over the next months to bring you insight from the book *Body Talk* (the words of Health) from the Living Stewardship Series by Ingrid Friesen Moser.

### **Chapter 3 My Body Created as Good**

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well” (Psalm 139: 12-14).

Trying to think about being created as good may be hard to do when we feel less than perfect due to illness, injury, genes, or aging. We can look at creation and know that God loves variety and variation, and that he did not make any mistakes. All that God created is good.

Christ lives in each of us, not just the individuals who look healthy or engage in healthy lifestyles. God came to earth in bodily form; it is an indicator that He sees the body as good, and longs to redeem and restore it to wholeness from the brokenness when sin entered the world. “I am making everything new” (Rev. 21:5).

God created our bodies as good, and wants to redeem and bless our bodies. We often use words that do not reflect a sacred view of the body: Gut, Flab, Beer Belly, Thunder Thighs, Love Handles, Age Spots, Lazy Lump, Having a Bad Hair Day. These words we choose about our bodies and those around us can make a big difference in how we live and feel. Negative words can cause us to feel judged and inadequate regarding our bodies.

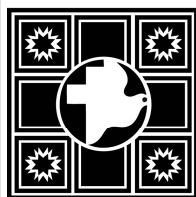
A good spiritual discipline to honor God with our bodies would be to repeat Psalm 139 when negative thoughts come to us about our bodies. The more we repeat it the more likely we will start believing, living, and reflecting it in how we look to others.

Blessings,

*Joan Rosenberger, Parish Nurse*



Used by  
permission



to benefit MCC

# VIRGINIA Mennonite Relief Sale

Congregational Newsletter 3

[www.vareliefsale.com](http://www.vareliefsale.com)

Sign-up on the sale website to receive this monthly newsletter via email

Follow us on 

**September 30—October 1** Rockingham County Fairgrounds, Harrisonburg, VA

### Giving Back Makes a Happy Heart

A Colonial Heights, VA, woman is giving back to MCC and the Virginia Mennonite Relief Sale. At the age of 10, Darlene Bass had a school bus driver who she'll never forget. The bus driver was a Mennonite from Harrisonburg who saw the unspoken need of her family. The driver organized a group of Mennonites to deliver food to Darlene's family when they didn't have enough. Now, almost 45 years later, she hasn't forgotten the help she and her family received, and has been giving back to MCC and the Relief Sale ever since.

This year, Darlene crafted about 175 cloth bags to hold quilts, comforters, and wall hangings after they have been purchased at the auction. The bags will be stamped with the Relief Sale logo, compliments of Daniels Promotional Products in Harrisonburg. When asked about her motivation for creating the bags, she simply stated that it "makes her heart happy."

Each year at the relief sale, Darlene loves looking at the different patterns and beautiful creations of the quilts. She and her husband enjoy all the foods and baked goods - especially the homemade brownies with nuts. They also get a kick out of eating meals in the big barn - just because it's so different!

Darlene's generosity is one piece of the puzzle that helps make a successful sale each year. **The puzzle will not be complete without you. What can you give or donate this year?**



### 2nd Annual 5k Run/Walk for Relief

Look for registration information and more details in the next few weeks. Fun for all ages!

#### Special Thanks to Our Generous Corporate Sponsors



### Contacts

**Auction Items:** Phil Helmuth (746-2068) or Joy Coakley (810-6960) [auction@vareliefsale.com](mailto:auction@vareliefsale.com)  
**Apple Butter Boiling:** Peter McCarthy (241-5173)  
**Publicity:** Lisa Lehman ([publicity@vareliefsale.com](mailto:publicity@vareliefsale.com))  
**Relief Sale Chair:** Dave Rush (433-9993 or [info@vareliefsale.com](mailto:info@vareliefsale.com))  
**Set-up and tear down:** Dave Mininger (337-0702)  
**Sponsorships:** Sherrill Glanzer (908-7165)

**Get your first glimpse of auction items to bid on this year —photos of items already donated are now on the sale website!**

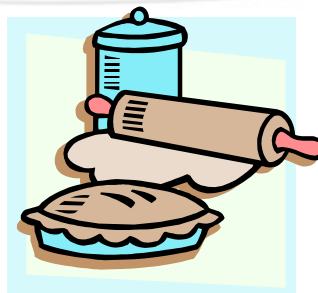
Please visit the web site at [www.vareliefsale.com](http://www.vareliefsale.com)

# Virginia Mennonite Relief Sale



## Penny Power Challenge

We have done an amazing job at filling our jug so far. I believe we can easily fill it to the top before the Relief Sale on September 30 and October 1. If you are really brave, offer to match our total! Remember, the money goes toward water projects in Tanzania and Haiti.



## Time to Bake for the Relief Sale

It is time to start planning to bake for the relief sale. I will have pie plates in mid-September.

From the food committee for the sale: More baked goods (breads, cookies, rolls) are needed, as so many are sold on Friday evening, leaving fewer to sell on Saturday. Some of the past bakers are not baking anymore, so we need people to fill their places.

### MCC Relief Sale Special Projects:

**Global Impact: Sudan: Coming Home:** This is a multiyear program that grows out of more than 35 years of partnership with Sudanese churches, and will assist MCC-supported work in the region. Trauma healing, peacebuilding, food relief, agriculture projects, and HIV and AIDS education and care are helping with recovery and rebuilding—as people return to their communities in southern Sudan, after a 22-year civil war shattered their communities, in one of the most impoverished regions in the world.

**Local Impact: Mennonite Disaster Service, Virginia Unit:** MDS is a volunteer network of anabaptist churches responding in Christian love to those affected by disasters. The Virginia Unit is currently working in Pulaski, Virginia, where a tornado touched down in April.

### Schedule of Activities

#### Friday

- 6 PM, Arrive, settle in, and relax
- 9 PM, Campfire with s'mores or snacks and storytelling. All are welcome!

#### Saturday

- Breakfast on your own
- 9 AM, Morning devotions with our pastors
- 10-12 AM, Morning walk/hike
- Lunch on your own
- Afternoon free for activities. Swimming hours will be posted.
- 5 PM, Dinner
- 6:30 PM, Saturday evening program

#### Sunday

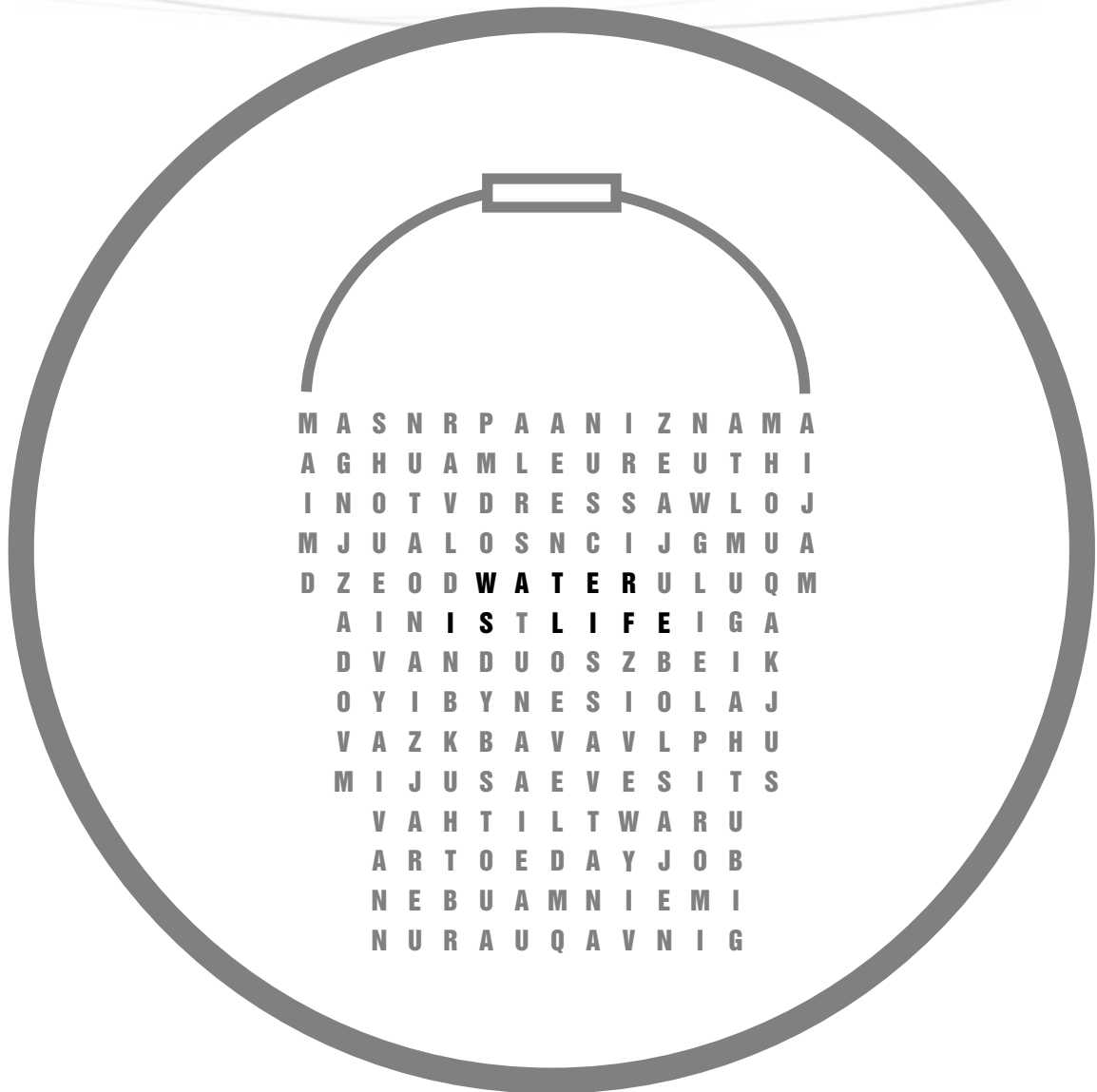
- 8 AM, Breakfast
- 10 AM, Worship gathering
- 11:30 AM, Lunch
- Clean-up and goodbyes by 1 PM

### Highland Retreat Reminder



For additional information on the retreat, please see the July/August Informer

**WATER FUN SHEET TWO**



**How many ways can you say water?**

Search across, diagonally, backwards and down for these water words.

Albanian **UJI** Armenian **DJOUR** Bengali **JAL** Burmese **YEI** Carib **TUNA** Chinese **SHOU EI** Finnish **VESI** French **EAU**  
 German **WASSER** Greek **NERO** Haitian Creole **DLO** Hebrew **MAIM** Hindi **PAANI** Hungarian **VIZ** Icelandic **VTAN**  
 Italian **AQUA** Khmer **THUK** Korean **MUL** Lebanese **MAILLE** Lithuanian **VANDUO** Norwegian **VANN** Russian **VODA**  
 Sardinian **ABBA** Somali **BIYO** Spanish **AGUA** Swahili **MAJI** Tagalog **TUBIG** Vietnamese **NUSC** Zulu **AMANZI**



This activity was taken from the **MCC WaterWorks Fun Pack**  
 For more information go to [www.pennypower.org](http://www.pennypower.org).  
 © 2004 Mennonite Central Committee.