

## Cornerstone Christian Church

March 2023

We Love, Because He First Loved Us!

(1 John 4:19)

### 2 Timothy 3:14-17

#### And the point is...

... to make sure you end up in heaven!

After we accept Christ, we face the beginning of the journey, not the end. There is ample grace for our missteps and mistakes as we grow (1 John 1:5-10), but we must remain faithful and progress toward maturity (Ephesians 4:11-16). If we abandon the faith, we will not end up in heaven (Hebrews 3:12-19; 4:1).

Therefore, we should be excited about the resource we've been blessed with which will help us head down the road of life with spiritual success; the information, inspiration, encouragement, and exhortation that we need: God's Word, the Bible.

Two items from 2 Timothy 3:14-17...

1. The "sacred writings" are able to give wisdom that leads to salvation through faith in Christ (v. 15). This is a process, ongoing. It is also a promise as to the power and effectiveness of the scriptures. We should "continue in the things" we've learned "and become convinced of" (v. 14)!
2. The scriptures will make us "fully capable, equipped for every good work." We don't need to look further, we'll be ready to serve as we learn to apply the wisdom of God given to us by the scriptures (Psalm 119:129-133).

Stay strong in the Word! Expect progress and praise Him as it comes!

Blessed to be serving with you-

Jay

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#### YOUR BODY GOD'S TEMPLE

#### MARCH – THE COLONOSCOPY CLUB

JOE RIGHTMYER, DNP, CRNP-BC, MELANIE RIGHTMYER RN, DNP

You know you are getting old when your physician starts ordering mandatory uncomfortable procedures. Ten years ago, I remember the dreaded prep like it was yesterday. I had turned 50 and was about to be officially inducted into the "Colonoscopy Club." I barely got all the four liters of liquid prep to stay down, fighting off nausea and dry heaves. On June 25, 2023, I turn 60 and will be getting in line for my repeat colonoscopy. I just hope and pray science has evolved into a more tolerable prep!

Recently the American Cancer Society has changed their recommended age to begin colonoscopy screenings from 50 to 45 years old. This change came about after observing an increased trend of colon cancer in younger people. Perhaps you are familiar with the actor Chadwick Boseman. Some of you may know him from when he played Jackie Robinson in the film "42." I enjoyed his performance as "Black Panther" in the Marvel Universe. He was diagnosed with Stage III colon cancer in 2016, battling four years until his death in 2020 at the age of 43. No one realized he was fighting off cancer during the filming of "Black Panther." He wanted to keep it private.

Colon cancer is by far one of the most silent types of cancer, one that only gives out symptoms when it has grown large enough to cause complications and spread its cells to other organs. Many lifestyle-related factors have been linked to colorectal cancer. In fact, the links between diet, weight, exercise and colorectal cancer risk are some of the strongest for any type of cancer. Since these risk factors can be changed through better management of self-control, it is said that colon cancer is preventable. We can make the right choice when it comes to choosing to smoke, exercise, use alcohol, or even reach for that donut. We have control over what we do and not do.

Fiber is an easy example of ways to prevent colon cancer. For example, adding three servings, or 90-grams a day, of whole grains was linked with about a 20% risk reduction of colorectal cancer. They also found each 10-grams of fiber a day increase in total fiber and cereal fiber was linked with a 10% reduction in colorectal cancer risk.

We want to help our family at Cornerstone Christian Church become as healthy as possible. We are presently looking into providing a free at-home screening for colon cancer. Please stay tuned for additional updates on this home screening opportunity.

## Things Happening In MARCH!

Saturday March 4 at 8 AM- Ladies Prayer Breakfast at the CCC building.

Monday March 6 at 4PM- Elder's Meeting at the CCC building. See Jay, Jack, or Larry if you have business for them to discuss, or if you want to meet with them. Need to meet some other time? Just see one of the elders- they're happy to accommodate!

Wednesday March 8 at 5 PM- Meal- Ham Sliders.

Tuesday March 14 at 6:30 PM- Ladies' Bible Study at the CCC building.

Saturday March 18 at 8 AM- Men's Breakfast at the CCC Building.

Sunday March 19 at 5 PM- Movie Night- We will be watching "God's Not Dead". Josh Wheaton (Shane Harper) is a Christian who never thought his faith would get in the way of his higher education. So, he's deeply shaken when, on the first day of Philosophy class, Professor Radisson starts by demanding that each student must deny God's existence to earn a passing grade.

Wednesday March 22 at 5 PM- Meal- Potato Bar.

Friday March 24 at 12 noon- Keenagers at the CCC building; devotion by Victor Clark.

Saturday March 25 at 8 AM- CCC Handcraft Fair- We will be serving sausage biscuits with coffee from 8 AM till 10 AM, and at 10:30 we will handout hotdogs and chips with water. We will need people to help cook and get the food out, to meet those attending the Fair and make sure they are invited to visit Cornerstone. We will assemble about 7 AM to begin the process of organizing for the day. PLEASE WEAR YOUR CCC SHIRT.

### Communion Meditation:

3/5- Wayne Nickols

3/12- Larry McKemey

3/19- Jack Jackson

3/26- Loyd McBride

**FEBRUARY 2023**

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19	20	21	22	23	24	25
26	27	28				

# MARCH 2023

**APRIL 2023**

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1 Bible Class, Prayer, and Praise/6 PM	2 B-Day/Sarah McKemey B-Day/Gini Woods	3 CCC Quilters/9 AM	4 CCC Women's Prayer Breakfast/8 AM B-Day/Ellah Ingram
5 Sunday School/9:30 AM Worship/10:30 AM B-Day/Elisa Thompson	6 Elders Mtg/4 PM	7 B-Day/Edwina Oliver	8 Dinner/5 PM Bible Class, Prayer, and Praise/6 PM B-Day/Lillian Zaworski	9 Survivors of Suicide Support Group/6 PM	10	11 B-Day/Hannah Ingram
12 Sunday School/9:30 AM Worship/10:30 AM	13	14 Ladies Bible Study/6:30 PM	15 Bible Class, Prayer, and Praise/6 PM	16	17 CCC Quilters/9 AM	18 CCC Men's Meeting/8 AM
19 Sunday School/9:30 AM Worship/10:30 AM Movie Night/5 PM Anniv/Chuck & Cindy Dodd	20	21	22 Dinner/5 PM Bible Class, Prayer, and Praise/6 PM	23 Survivors of Suicide Support Group/6 PM	24 Keenagers/12 Noon	25 CCC Handcraft Market/8 AM
26 Sunday School/9:30 AM Worship/10:30 AM	27	28	29 Bible Class, Prayer, and Praise/6 PM	30	31 B-Day/Cindy Dodd	1