

# The Sugar Beat



## SUGAR GROVE CUMBERLAND PRESBYTERIAN CHURCH

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### From the Pastor

As I was getting ready one morning, the TV caught my ear. A pastor was telling about the church's determination to decrease complaining within bracelet was de-color, with the "Complaint Free bossed on it. A per-bracelet on his/her

**HOW IT WORKS (FROM THE COMPLAINT FREE WORLD WEBSITE)**

*Scientists believe it takes 21 days to form a new habit and complaining is habitual for most of us. As Twain said, we must coax our old behavior down the stairs. The purple bracelet is a powerful tool to remind you of how well you are creating your life with positive intention.*

<http://www.acomplaintfreeworld.org/howitworks.html>

the amount of the church. A signed, purple in words "World" em-son places the wrist. When the

person realizes he/she has complained, the bracelet is taken off the wrist and placed on the other wrist. This continues on until the person does not complain for 21 days. Do you think this can work? Let me know if you think I should order some bracelets for SGCP!

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How was Lent? Has your spiritual journey changed? Does your daily life reflect a closeness to the Lord than it did before? If Lent seem to pass you by, not to worry, you can begin a closer walk at any time. It is up to you to do so. Maybe one of the spiritual disciplines has caught your imagination. Just do it!!

This Lent was the second time that I "gave up" chocolate. It is amazing to me, that such a trifle act, caused me much thought and meditation upon the great sacrifice of our Lord and Savior. But it does point out that the daily simple ordinary living can direct our thoughts and actions to worship and serve the risen Savior.

**Bro. Gary**

**Thanks!!!** To **James Henley** for having the vision of placing cabinets under the new counter top. To **Ed Hunt and his brother Doug**, for installing the cabinets and countertop. Great Job!!! If you haven't seen the improvements, check it out in the Fellowship Hall.

To **Heather Spitzer and Anna Hunt** for heading up the Easter Egg Hunt.

To **everyone** that invited others to attend the Easter Service.

To **the choir and Billy Joe Crider** for their dedication and leading us in worship.

To **Jayne Ann and Joy** for providing their musical talents to our worship services.

To **David Travis, Doug Coleman, and Ed Hunt** for cleaning up the church yard after the ice storm.

### **Gaither Homecoming**—Evansville April 25th

Tickets are \$36.50, \$28.50, \$19.50. Additional information is on the bulletin board.

### **Relay for Life**

Nearly 30 people have signed up to be on the R-f-L team. That is super!!! David Travis is the team captain. Their first fund raiser is a Spaghetti / Lasagna Lunch after the morning worship on April 13th. Please make plans to join in the fellowship.

It is believed that God will use this team to not only raise money for a worthy cause, but also to build relationships within the church. It is blessing to see so many people willing to get involved and make a difference in other people's lives.



### **Wanted: Nursery Attendants**

Children want you to play with them during the worship service. If you would like to serve the Lord by providing this blessed service, please sign up and receive the blessing.

### **Fighting for Your Marriage**

Bro. Gary will be leading a discussion based on the above named book. This will be offered during Sunday School beginning on April 6th. More information will be given later.

### **Idle Time Thinking**

Write what you think SGCP can mean.  
Saving Grace of Christ Proclaimed  
Sovereign God Christian People  
Write down your ideas and give them to Bro. Gary.


**Covenant Presbytery** meets here on Saturday, April 5, at 9am. This is the next highest judicatory above the church session. An elder and the pastor from the church are the delegates to presbytery. Presbytery administers the health insurance program, church camps, retreats, approves the relationship between the church and the pastor, and provides oversight of churches. You are invited to attend the Presbytery meeting.

## Prayer List

<b>Pray For</b>	<b>Requested By</b>
Ilene Avery	Darl Henley
Adrianna Blackford	Sunny Hodge's granddaughter
Phyllis Blake	Doris Fritts' sister
LeAnn Blazina	
Debbie Brown	David Fritts' mother
Jim Brown	
Debbie Carlton	
Anna Collins	Ann Crider's mother
Rick Dimagio	
Agnes Duncan	David Fritts
Wilma Gass	Tina Gibson's mother
Gordon Guess	Everlasting SS
Juanita Harrison	Caitlyn's Great grandmother
Carol Hendrix	Joy Wesmoland's brother
James Henley	
Kenny & Carolyn Hill	Everlasting SS
Pauli & Laurie Impastato	
Jen & Jeremy Jones	Michelle Orr
Stephanie Lester & baby	Michelle Orr
Deborah Lewis	Darl Henley
Mike McDowell	Chad Perryman
Herman McMMain	
June Norman	Mary Ann Brewer
Carrie Meeks & Family	Jayne Ann Head
Beatrice Priest	
Tommy Roberson	
Valerie Roberson	Everlasting SS
Tracy Rozwalka	Anna Kirby Hunt
Amy Hill Tabor	Becky McKinzie
Donna Teague	Johnnie Travis
Bob Topp	Hip replacement
Gene Summers	
Ann Winters	Ron Ordway's Aunt
Harold Woodside	

### Members of the Military

Mark Boaz	Josh Jackson
Cody Brandon	David Jones
Brandon Carlson	Rev. Curtis Pruitt
Valerie Edwards	Joey Shirey
Keith Finney	John Venable
T K Guess	Johnathon Taylor
Kevin Householder	John Watson
Scott Hurley	Troy Woody



### Walking Group

Do you want to be part of a community that is on the move? A community that prays and walks with the Lord? This is your opportunity! Let Bro. Gary know if you would like to join this movement.

**Covenant Presbytery** will be meeting here on April 5th. The meeting begins at 9am. This will be an opportunity for you to experience the next level of judicatory above the session. Please be in prayer for this meeting.

### Lord, Teach us to Pray

This is a six week study on spirituality and the Lord's Prayer. If you are interested in this study, please let Bro. Gary know. (This is a Kerygma study)