

The Church of the Damascus Road

Echo!

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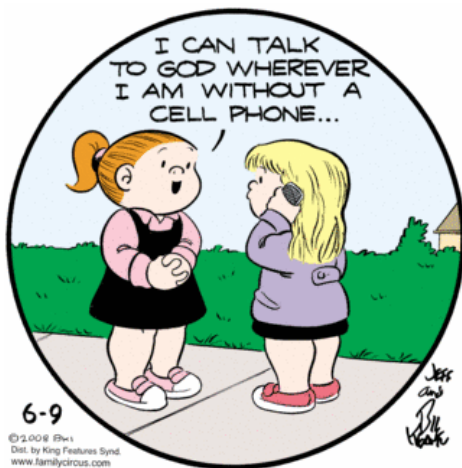


How to Stay Safe

1. Avoid riding in automobiles, because they are responsible for 20% of all fatal accidents.
2. Do not stay home, because 17% of all accidents occur in the home.
3. Avoid walking on streets or sidewalks, because 14% of all accidents occur to pedestrians.
4. Avoid traveling by air, rail, or water, because 16% of all accidents involve these forms of transportation.
5. Of the remaining 33%, all but 1% of all deaths occur in hospitals, so above all else, avoid hospitals.

BUT... you will be pleased to learn that only .001% of all deaths occur in worship services in church, and these are usually related to previous physical disorders. Therefore, logic tells us that the safest place for you to be at any given time is at church! And Bible study is safe, too — the percentage of deaths during Bible study is even less. So, for safety's sake — attend church and read your Bible. **It could save your life!**

—Unknown



6-9

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"...and I never get a busy signal."

Why Not Attend Church

There are a lot of excuses for not attending church. Can you imagine a dyed-in-the-wool sports fan giving reasons for giving up sports? Can you imagine a sports fan saying, "I'm not going to watch any more football in the fall, no more baseball in the summer, and no more basketball in the winter. I'm not going to attend those games. Forget it! I've had it all. I quit! I will never again attend sports?"

Here are my 11 reasons:

- Every time I went, they asked for money.
- The people I sat next to were not friendly so I'm not going back.
- The seats were too hard and not comfortable at all.
- The coach never came to my house and visited me.
- The referees make decisions that I can't agree with so I'm not going back.
- The game sometimes went into overtime and I got home late, and I can't stand that!
- The music there wasn't my style of music.
- Games are always scheduled when I am busy. I want to be somewhere else.
- I suspect that I was sitting next to some hypocrites because they came just to see their friends and just sat there and talked the whole time and didn't even participate in the game.
- I was taken to too many games by my parents when I was growing up, and I'm getting away from that.
- It is so crowded, I didn't have any elbow room and I had to park way out: no room for parking close in. I'm not going back.

—Ray Kerley



Attention Members:

I encourage all of you to submit articles to the Flash, and Echo for us all to read. It's good to hear personal testimonies of how God has inspired you. Let us know what's on your minds, and in your hearts.

—Tony Halsrud FDCF



Healthy Habits

Would you fast for a week without food or water? You might last up to fourteen days without food, but only four days without water, so they say. We need a regular diet of food and water to stay healthy. But what about healthy habits in our spiritual living? Many persons attend church only once per week for an hour or two and then never give a thought to their spiritual food intake until the next time they attend worship. Apparently the assumption is that once-a-week is enough to be spiritually healthy.

Think again. Spiritual "food" is just as important as a daily diet. Our growth in faith should be a daily part of our "menu" for living healthy spiritual lives. Attending worship and Bible study are two "feasts" during the week, but even though these activities feed us well and should be a regular part of our weekly diet, we need to supplement them with daily prayer, Bible reading, devotions and "thinking on God." It's the best way to develop healthy habits.

—Pastor Carroll Lang

Inside the Echo!

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Bulletin Bloopers

- Sermon Outline: I. Delineate your fear; II. Disown your fear; III. Displace your rear
- Next Friday we will be serving hot gods for lunch. If you would like to make a donation, fill out a form, enclose a check and drip in the collection basket.
- Nov. 11, An evening of bowling at Lincoln Country Club.
- Women's Luncheon Each member bring a sandwich. Polly Phillips will give the medication.
- Karen's beautiful solo "It is Well With My Solo."
- Congratulations to Tim and Ronda on the birth of their daughter October 12 thru 17.
- If you choose to heave during the Postlude, please do so quietly.
- We are grateful for the help of those who cleaned up the grounds around the church building and the rector.
- Hymn "I Love Thee My Ford."
- Sign-up sheet for anyone wishing to be water baptized on the table in the foyer.
- Newsletters are not being sent to absentees because of their weight.
- Helpers are needed! Please sign up on the information sheep.
- The Advent Retreat will be held in the lover level of St. Mary's Cathedral.
- The District Duperintendent will be meeting with the church board.
- As soon as the weather clears up, the men will have a goof outing.
- Fifth Sunday is Lent. Thank you, dead friends.
- Diana and Don request your presents at their wedding.
- Lent is a period for preparing for Holy Weed and Easter.
- Bless the Lord, O my soul, and forget all His benefits. For the word of God is quick and powerful...piercing even to the dividing asunder of soup and spirit.
- Glory to God in the highest, and on earth peach to men.
- Bring one dozen coolies wrapped for Christmas.
- The lovers in the exhaust fan are not working.
- Volunteers are needed to spit up food.
- Head Deacon and Dead Deaconess
- We pray that our people will jumble themselves.

—Ray Kerley

Carrot, Egg, Coffee

Are you a carrot, an egg, or a cup of coffee? We all fall into one of these categories. After reading this, you will never look at a cup of coffee the same way again.

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl.

Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me what you see."

"Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, the mother asked the daughter to sip the coffee. The daughter smiled, as she tasted its rich aroma. The daughter then asked, "What does it mean, Mother?"

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the

water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling.

Live your life so that at the end, you're the one who is smiling and everyone around you is crying.

May we all be COFFEE.

After I've Lived and Died

Tell me, what will it matter
 After I've lived and died
 If I had owned all the silver and gold
 But I had cheated and lied.
 If all my fancy clothes
 Came tailor made
 Or from a second hand store
 Is where I would trade.
 It makes no difference
 As to what I would wear.
 It matters only
 If I had loved and cared,
 Whether I lived alone in a mansion
 With golden pots and lids,
 Or in a shack with no money
 With a wife and three kids.
 Yes, there's more to life
 Than just living,
 It's more about loving
 And unselfish giving.
 So it's whether I choose to be
 Lost forever, or in Jesus' love I abide.
 This is what makes the difference
 After I've lived and died.

—Curtis Harms FDCF 2008

**The Church of the
 Damascus Road
 Echo!**

Issue 11.3b June 2008

An official publication of The Church of the Damascus Road, a Christian Community of Reconciliation, serving the inmate population of the correctional facilities at Rockwell City and Fort Dodge, Iowa.
 Rev. Carroll Lang, Pastor
 Tony Halsrud, Senior Editor
 Chad Bechtel, Editor

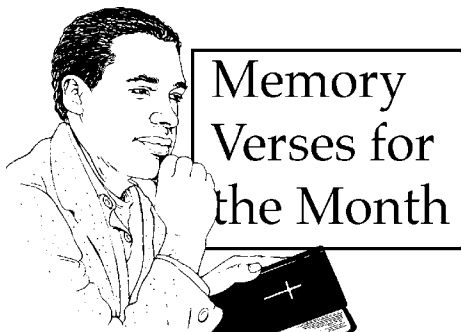
Your Favorite Scripture

Do you have a favorite scripture verse or verses in the Bible? Tell us what the Word of God means to you and where it is in the Bible. We will publish it in our newsletter each month. We all need encouragement every single day of our lives. We may never know how one single word from someone can affect us until we meet Jesus Christ and all is revealed. Is your daily goal to please Him? We need to abide in His word so that He will abide in us. And we will see God through our actions.

We must be able to "talk the talk" if we are trying to "walk the walk."

Give your scripture references to Pastor Lang or any Inside Church Council member.

—Tony Halsrud FDCF



Trust in the Lord and do good; dwell in the land and enjoy safe pasture (Psalm 37:3). And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins (Mark 11:25).

Do not say, "I'll pay you back for this wrong!" Wait for the Lord, and he will deliver you (Proverbs 20:22).

And this is my prayer: that your love may abound more and more in knowledge and in depth of insight (Philippians 1:9).



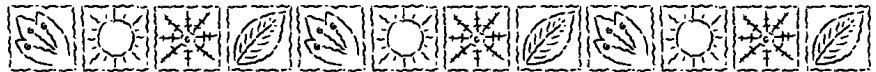
Story Tellers

Story Tellers is the third Friday of every month at FDCF and the third Saturday at NCCF unless a scheduling problem arises. You can read a book to your child on tape, and then send the book and audio cassette tape home for your child to listen to you read to them, and read along with you. The tape, and book are free to you. You just pay regular mail home to your child, or, at FDCF, you can send them out on a visit like regular property through R&D. Sign up with Pastor Lang, or at our regular worship service, or with any Inside Church Council member.



God made the seasons

Warmer weather means summer has arrived! God's beautiful creation is always changing, and we can praise God for every season.



Use this code to finish Genesis 8:22, NIV.

- | | | | |
|-----|-----|-----|-----|
| A = | I = | T = | S = |
| E = | O = | R = | N = |
| | U = | D = | |

"I will give you the sun to shine by day, the moon and stars to shine by night, and the wind and rain. I will give you the earth and the sea, and I will give you the trees and the plants. I will give you the wheat and the barley, and I will give you the vines and the figs, and I will give you the olive and the oil. I will give you the wheat and the barley, and I will give you the vines and the figs, and I will give you the olive and the oil."

Genesis 8:22, NIV

Answer: "As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease."

Reviewing the Decalog

When was the last time you reviewed the Ten Commandments? Martin Luther's explanation of the Ten Commandments really covers the waterfront as to how we are to be conducting our lives. Each commandment is extremely profound! Let's take a look.

1. You shall have no other gods. It sounds pretty simple, except, every time we replace God with anything else as being more important, even for a moment, we disobey this commandment: sleep, sports, money, self, alcohol, gambling, etc.

2. You shall not take the Lord's name in vain. Perhaps this is obvious, but it is more than cursing, swearing, or using vulgar language. When was the last time you lied to someone? How about the last time you deceived someone...maybe a friend?

3. Remember the Sabbath Day to keep it holy. What was your latest excuse to miss worship? How often can you truly say: "I have gladly heard and learned something from the Word of God?" Do you neglect his Word?

4. Honor your father and your mother. Do you anger your parents? Do you serve them because you love them? We're not necessarily talking to young children here. Remember your parents had to put up with your antics. This commandment also includes everyone who is in authority, such as COs, police, judges, etc., like them or not.

5. You shall not kill. Can you list how many ways you can and have hurt your neighbors, friends and family? This commandment is about much more than stopping life. In fact, it is about helping others in all their physical needs. Do you promote a good, healthy life for everyone you come in contact with?

6. You shall not commit adultery. Obvious? But my, how many people do it! It also says that our words and conduct should be pure and honorable. This also includes no sex before marriage. Believe it or not, not everyone is involved in fornication.

7. You shall not steal. Help your neighbors, friends and family keep what is theirs. Help protect it. Is there any way you can help them in their efforts in making a living?

8. You shall not bear false witness against your neighbor. Gossip? Rumors? Lies? How about always speaking well of everyone, no matter what? Don't we all like to hear something like, "I was talking to a friend of yours, and she said the nicest things about you"? What do people hear coming out of your mouth?

9. & 10. You shall not covet anything. Do not desire what is not yours: wife, house, children, possessions, etc. Encourage loyalty. Be excited for your friend's good fortune. Praise them for what they have.

"They who have my commandments and keep them are those who love me, and those who love me will be loved by my Father, and I will love them and reveal myself to them" (John 14:21). Where does your relationship with our Lord and Savior sit? Does he know you? Tough questions, right?

—Pastor Darryl Landsverk, Badger Lutheran Church

The Bell

I know who I am

I am God's child (John 1:12)

I am Christ's friend (John 15:15)

I am united with the Lord (1 Cor. 6:17)

I am bought with a price (1 Cor. 6:19-20)

I am a saint (set apart for God)—(Eph. 1:1)

I am a personal witness of Christ (Acts 1:8)

I am the salt & light of the earth (Matt. 5:13-14)

I am a member of the body of Christ (1 Cor 12:27)

I am free forever from condemnation (Rom. 8: 1-2)

I am a citizen of Heaven. I am significant (Phil.3:20)

I am free from any charge against me (Rom. 8:31-34)

I am a minister of reconciliation for God (2 Cor.5:17-21)

I have access to God through the Holy Spirit (Eph. 2:18)

I am seated with Christ in the heavenly realms (Eph. 2:6)

I cannot be separated from the love of God (Rom. 8:35-39)

I am established, anointed, sealed by God (2 Cor. 1:21-22)

I am assured all things work together for good (Rom. 8: 28)

I have been chosen and appointed to bear fruit (John 15:16)

I may approach God with freedom and confidence (Eph. 3: 12)

I can do all things through Christ who strengthens me (Phil. 4:13)

I am the branch of the true vine, a channel of His life (John 15: 1-5)

I am God's temple (1 Cor. 3: 16). I am complete in Christ (Col. 2: 10)

I am hidden with Christ in God (Col. 3:3). I have been justified (Romans 5:1)

I am God's co-worker (1 Cor. 3:9; 2 Cor 6:1). I am God's workmanship (Eph. 2:10)

I am confident that the good works God has begun in me will be perfected (Phil. 1: 5)

I have been redeemed and forgiven (Col. 1:14). I have been adopted as God's child (Eph. 1:5)

I belong to God

Do you know

who you are!?

"The LORD bless you and keep you;
the LORD make His face shine upon you
and be gracious to you;
the LORD turn His face toward you
and give you peace"
(Numbers 6:24-26).

Articles Invited

The editor of this newsletter is inviting all readers to contribute articles, poetry, art work, and opinions for the newsletter. So don't be bashful.



Check Them Out!

The Church of the Damascus Road Librarians are inviting you to come to the chapel (MPR 23 in FDCF H Building; Treatment Center Room A in NCCF), and "check out" the books, tapes and compact discs in our library! There are many genres of books to choose from! We hope to see you there!



Worship & Bible Study

FDCF Fort Dodge

7:00pm WednesdaysHoly Communion

6:30pm Fridays Prayer & Bible Study

FDCF Chapel Hours

4:00pm - Count Wednesday

2:30pm-4:00pm Friday

NCCF Rockwell City

6:30pm Tuesdays Prayer & Bible Study

6:30pm ThursdaysHoly Communion