

# Suburban Christian Church

Loving, Serving and Growing Together

# SCC Newsletter September 2011

## MISSION STATEMENT:

**SCC exists to:**

**EXALT**

**God**

**EVANGELIZE  
the Lost**

**EQUIP  
Christians for  
Service**

Every month I sit down in front of the computer and think to myself, "What am I going to write about this month? What awe-inspiring and captivating words of wisdom can I impart to the members of the Suburban Christian Church in this month's newsletter?" Often the same thoughts run through my head, grace, forgiveness, the sacrifice of Christ, God's love for you, repentance, and a thousand other topics I've talked about many times. Today, it's everybody's favorite subject, fasting.

In Matthew 6, Jesus mentions three spiritual disciplines he expects believers to practice. First on the list is giving. Every Christian understands the importance of financial giving. Next he addresses praying. Again, every Christian understands the importance of praying. Then he comes to fasting, "When you fast," he says. It's never a question of "if," it's always a question of "when." Most people would say a Christian

who doesn't give is not a very good Christian. In the same way, most would say a Christian who doesn't pray is not a very good Christian. So what does that say about a Christian who doesn't fast? It was a common part of worship and religious practice in the New Testament, but it seems to a forgotten practice with American Christians.

Why doesn't the church fast like it should? Are we to accustom to the abundance of our country? Have all of our fast food restaurants and all-you-can-eat buffets pushed the concept of fasting far away from us?

There are numerous physical and spiritual advantages to fasting on a regular basis. Fasting helps to sever the ties with the physical world and refocus your attention on the spiritual. Fasting from elements necessary for physical survival strengthens

your dependence on God for your spiritual growth and substance. On the physical side there are numerous biological advantages to the practice of fasting. Besides the obvious weight loss or weight maintenance, fasting gives your digestive system a rest, helps to remove toxins from the body, and has shown to have numerous other health benefits.

Jesus never questioned that his followers would fast. It was an expectation of all Christians.

*Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"*

*Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."  
Matthew 9:14-15 (NIV)*



**Suburban  
Christian Church**

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**Rich Pannell  
Minister**

**Eric Wilber  
Youth Minister**

For up to date information, please visit the website at: [www.suburbanchristian.org](http://www.suburbanchristian.org)

## This Month's Events

### Special Music

- 4 Cecil & Jeanette Anders
- 11 Megan McCracken
- 18 75th Anniversary  
Specials
- 25 Kelly Rife

### Meditation

- 4 John Kegley
- 11 Tony Riffe
- 18 Eric Wilber
- 25 Jerry Musick

### Elder

- 4 Jim Cook
- 11 Jerry Musick
- 18 John Kegley
- 25 Merle McVey

### Greeters

- 4 Deborah, Faith, London,  
& Mallory Wise
- 11 Cary Drake &  
Penny Stanley
- 18 Cecil & Jeannette  
Anders
- 25 Jerry & Judith Schuler

### Communion Prep.

- 4 Jeffery Musick
- 11 Jeffery Musick
- 18 Ona Burress
- 25 Ona Burress

- **September 4, 3:00 p.m.: Haven of Rest Meal**  
Carol Wilkie's Team will be serving.
- **September 7, 7:00 a.m.: Men's Breakfast at IHOP**
- **September 16, 10:00 a.m.: CWF**
- **September 16: ACC Golf Tournament**  
Plan to attend the 10th Annual Appalachian Christian Camp Golf Scramble! This is the camp's biggest fundraising event of the year and gives you the opportunity to help make a lasting impact in the lives of hundreds of young people each year. The event is at Elizabethton Golf Course, and the flyer and registration information are on the bulletin board.
- **September 17: SCC 75th Anniversary**  
The invitations are ready, and the final details are being made. We are excited about celebrating the past, present, and future of our church. The Sunday Service will begin at 10:00 a.m., followed by a potluck meal on the church lawn. At the conclusion of the meal, there will be a service to ordain William Pannell into the ministry. Continue to pass the word along to past members and friends of SCC to join us for this momentous event!
- **September 20, 7:00 p.m.: Elders' Meeting**
- **September 22: Visit and a Meal**  
Please let Jeffery Musick, Patsy Prater, or Carol Wilkie know if you know someone who needs a visit. Team One will be serving.
- **October 1: Youth Apple Butter Day**  
It's almost here...the day you've been waiting for all year!! The youth will be making apple butter on first Saturday morning in October. Until then you can help because pint jars are needed for this fundraiser. Please put your donated jars in the kitchen. Thank you in advance for your help!
- **October 12, 6:30 p.m.: Thomas Shelton in Concert**  
With more than thirty years of music ministry experience, Thomas Shelton is performing here at SCC next month! He has toured all 50 states and 11 countries with groups like the "Gospelites", "Watchmen", and "Operation Evangelize." This is sure to be an excellent show and we hope you plan to attend!
- **November 19: Taste of Home Event**  
Visit the Southwest VA Higher Education Center in Abingdon to shop local vendors, sample tasty treats, and learn new culinary techniques. Guests will receive a free tote bag with goodies and will be entered in the door prize drawings. There is a sign up sheet on the bulletin board, and talk to Kim Edwards if interested!

Morning Worship  
Nursery

- 4 Dotty Woods & Linda Kegley
- 11 Kathy Trivett & Hannah Eastridge
- 18 Seth Kegley
- 25 Patsy Prater & Tuesday Dowell

Children's Church  
Assistant

- 4 Michaela Pannell & Kamryn Blankeship
- 11 Trisha Wilber & Tuesday Dowell
- 18 Cindy & Hannah Eastridge
- 25 Family Sunday

*Summer is almost over. We had a wonderful time enjoying vacations and numerous summer activities. Now we are back to school, and we are getting back into a routine. We want to encourage everyone to make prayer and Bible study a part of this routine. Our September prayer focus is as follows:*

- \* Praise the Lord for a beautiful, peaceful place to worship.
- \* Pray for workers, those looking for work, and wisdom for those helping to create jobs.
- \* Pray that more churches will become involved with Inter-Faith Hospitality Network as it strives to meet the needs of families without homes.
- \* Pray for our 75th Anniversary Celebration on September 18. Pray for good attendance and a wonderful time of fellowship as we remember the past, enjoy the present, and celebrate the future.
- \* Pray that we all would be willing workers ready to be sent into the fields that are ripe for harvest.

## Outreach News

- Parkers' in Thailand: Puppets, brown paper bags (lunch size), stickers (Christian or other), stick on jewels, doll craft clothes pins, assorted wiggle eyes, felt material, colored pipe cleaners, flash cards from Life of Christ series 3-5 (Bible Barn website).
- Barrons' in Kenya: Signo Uniball or Pilot pens (Office Depot or Wal-Mart), DVD of Jesus Film and the Story of Jesus for Children (cost \$9.95 each— ordered online), cost of one training seminar, printing cost of published curriculum (Massai, Swahili, and Kenya languages).
- Working with Lynn Pannell: A huge thank you to everyone who contributed to this program. We filled 25 backpacks to the Head Start to College program. THANK YOU!

Monies to assist the Thailand and Kenya missionaries can be by cash or check (written to Suburban Christian w/missionaries in the memo). If anyone would like to purchase any listed item on their own talk to Jeffery Musick or place purchased items in the container provided in the fellowship hall.

***The Suburban Christian Outreach Committee thanks each of you for your prayers and monetary support as we reach out to "Serve Christ's Community."***

HAVEN of REST  
September 4

VISIT-and-a-MEAL  
September 22

Prayer Time

*September Birthdays*

- 1 Michaela Pannell
- 1 Thomas Copley
- 4 Marie Almaroad
- 6 Wilma Bare
- 11 Jasmine Schuler
- 15 Lynn Pannell
- 15 Hannah Eastridge
- 18 Jonnie Gilliam
- 18 Karen Smith
- 22 Jim Cook
- 22 Arvella Riffe
- 24 Larry Roberts
- 25 Mabel Bowman
- 25 Dema Woods
- 30 Brad Wagner
- 30 Corey Edwards
- 30 Trisha Wilber

- Connie Wilkie
- Lillian Worley
- Jerry Hagy
- Ted Garrett
- Sonny & Libby Scott
- Carol Kay Church
- Betty Little
- Addison Miller
- Connie Azure
- Kenneth Bowman
- Carter Eldreth
- Brian Moonay
- Brenda Jared
- Nancy Mays
- Dotty Webb
- Jay Taylor
- Deborah Wise
- Jerry Hagy
- Megan Maderias
- Mary Stiltner
- Jordan Bullington
- Shane Spears
- Marsha Whited
- Bernice Salyer
- Tanner Marshall
- Wayne Youst
- Sandra Collins
- Aaron Tackett
- McKenna Family
- Dean McVey
- Jeffery Musick
- Kathy Fields
- Gena Fulton
- Judith Schuler
- Frankie Grant
- Michelle Widener
- Phil Timp
- Natalie Musick
- Patsy Prater
- Theresa Azure
- Elizabeth Childress
- René Matusevich
- Leslie Debusk
- Edmond Sisk
- Tom Mancari
- Ruby McVey
- Laura Whaley
- Cody Riffe

- Zelma Anderson
- Rick Altizer
- Elizabeth René Cox
- Micah Cox
- Albert and Katherine Owens
- Tarina Cox
- Eddie Little

**Sympathies, the families of:**

- Alan Blevins
- Danny Collins
- Mary Gray Sanders

**Military**

- Colton Hess
- John Keen
- Andy Frye
- Corey Edwards
- Brandon Anders
- Ron Justice
- John Chung
- Forrest Schuler
- Kaleb Littreal

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