

"View From My Window" by Pastor Everhart

A couple words about running in the winter before sunrise: First, check the internet for the temperature and wind chill. Overdressing for a run can be as uncomfortable as under-dressing but not as dangerous. For any temperature above 40 degrees a tee shirt and shorts along with good running shoes is sufficient. At 40 degrees you'll start out chilly but feel fine after the first mile. Between 35-40 a sweatshirt added to your ensemble is good. From 28-35 degrees I add a pair of gloves and a knit cap. Anything under 28 degrees requires sweatpants: light ones in temps above 20, heavier ones for the teens and lower. Once it's in the teens I add a second sweatshirt with a turtleneck and a hat that completely covers my ears. For single digits I also tie the hood of my sweatshirt over my hat. For wind chills below zero I have a face mask and add an extra pair of sweatpants. When wind chills are in the double digits I run in the gym. On top of it all you need to have something florescent and glowing is even better. Never assume that the people in the cars can see you or that they care about your welfare; there are a few rare examples out there that actually enjoy watching you jump out of the way. Next week we'll discuss weather conditions. Who cares? Anyone thinking about adding a morning run to their exercise routine. Okay, maybe that's nobody reading this column. Let's try this then: everyone reading this will one day die. Are you prepared for what comes next?

Lead Pastor:

Pastor Joel Everhart

Associate/Youth Pastor:

Pastor LeRoy Bunker

Board Members:

Vickie Blevins: Secretary, Emily Strine: Treasurer

Greg Geiman, Dave Mickley, Rick Quinn & Andy Storm

Take some time to visit our website:

www.eastberlinassembly.org

To see more events, select Calendar. To schedule the facilities for use, please see or email Deb Flickinger at:

elphtlvr@embarqmail.com

**Another way to stay connected? Find us on Facebook:
New Life A/G & Amplified Youth Ministry**

Welcome to

newlife



Assembly of God

To Know Him & To Make Him Known



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Welcome! We're glad you're here.

Announcements:

- ◆ Healing Service: Sunday evening March 8 at 6 p.m.
- ◆ **MAN DAY:** Van leaves church 8 am for Trop's Gun Shop in E-town. Lunch at Pork & Wally's afterwards.
- ◆ The Annual Business Meeting will be held Sunday Evening, March 15th at 6 p.m. All able members should attend.
- ◆ LADIES TEA: Saturday March 21st at 1 pm. Cost is \$12/lady; friends will be in the foyer to help you register.
- ◆ Family Worship Sun morn March 29th: Kids in sanctuary.
- ◆ April 1-5 District Fine Arts Competition & Youth Convention.

Upcoming Events:

- ◆ Tomorrow 6:30: Open Gym Volley Ball, everyone welcome!
- ◆ Wednesday: 7 pm Bible Study, Girl's Club & Royal Rangers
- ◆ Thursday: Open Gym Field Hockey
- ◆ Fri-Sun: Kid's Break Away, Carlisle, PA.
- ◆ Saturday: TURN YOUR CLOCKS AHEAD ONE HOUR!

Coming Soon:

- ◆ Crown Financial Class: Learn how to manage ur money Biblically. It will help u organize ur priorities, pay off ur debts and get on a path to a healthier budget & a more secure future. See Bob or Angie Kline if you are interested in joining such a class: 292-5706 or bobang78@comcast.net. Scheduling is flexible.

Thank you Pastor LeRoy & Wanda for taking the Youth to Sectional Fine arts & Tim & Tom for hosting a Royal Ranger weekend last week!

Sunday, March 1, 2015

- ◆ 9:00 am: Sunday School
- ◆ 10:00 am: Morning Worship Service
Sermon: "The Timing of God" Nehemiah 2
Children's Church: Please bring your child back to sign them in and out for safety reasons.
* Pink Day Luncheon following this morning's service.

No Evening Service

Having completed two full terms on the board, Vickie Blevins & Rick Quinn will each need to take a year off the committee according to our Constitution and By-laws. We want to thank them for their faithful and skilled service to our church!

The nominees to fill their offices are:

*Larry Bray
Alina Dusharm
Steve Gebhart
Tom Russell
Bill Wagner*

Please pray for these candidates and for us as we vote to fill these important places of service.

Milk or dark chocolate covered peanut butter eggs are available at a cost of \$1/egg. Proceeds benefit a mission trip to Alaska. See Deb Flickinger or Carrie Batts for information; orders must be placed by March 15.