

Greater Parkview Church

NEWS IN THE PEWS

From the Desk of Our Pastor

Bishop Carl E. Jones, Sr.



Vision + Teamwork + Submission & Obedience = **God's Excellence**

Hallelujah Saints of God and Happy New Year to all of you. God has been gracious enough to allow you and me to see another new year in 2014. I recognize that none of us left 2013 unscathed; we had some bumps and bruises along the way, but Praise God we are still here.

When you apply God's vision, work with His team, submit to His Word, and walk in obedience, couple that with Faith, you will realize God's Excellence. Why, because He will display it in everything He does in your life.

Listen, 2013 is gone. It's time to look forward and not back. It's a new year, and God has something new and excellent in store for you! His plan for your life is not for you to reach one level and get stuck and stay there for 30 or 40 years. His plan of excellence is to increase you, open new doors before you and take you places that you've never imagined.

Just like He is blessing Greater Parkview (GPC), He has something big in your future, and He has something big in store for this year! He's already planned big breaks, big opportunities, and big ideas for you and GPC. You may have seen God's goodness in the past, but you have not scratched the surface compared to what God has for you in 2014!

He is doing a new thing! Listen, we are called to strive for Excellence in order to be the best testimony for the Lord that we can be. Unbelievers are watching to see what kind of a difference Jesus is making in your life, and you can point others to Him by being diligent in your tasks and being above reproach in your ethics. So, go the extra mile, let's Trust God for Greatness in 2014 as He moves our Faith Forward and Remember I.M.A.G.E. is Everything. Until next time, be Blessed. Bishop Jones

Newsletter January 2014
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Greater Parkview Church
103 Westminster Avenue
Greensburg, PA 15601
(724) 219-3280

Bishop Carl E. Jones, Sr.

Office Hours:
Tuesday/Thursday
10:00 a.m. - 4:00 p.m.

Bible Study
Wednesday
12:00 noon and 7:00 p.m.

Sunday School
9:30 a.m.

Sunday Worship
10:30 a.m.

Van Service Contact:
Minister Jamie Woody
Brother Lucious Lewis

UPCOMING EVENTS

- ❖ January 8 – An open forum will be held at Greater Parkview Church, 103 Westminster Avenue, Greensburg, on Wednesday, January 8, 2014 at 7:00 p.m. Melessie Clark, junior at Point Park College and Carl E. Jones, Jr., Aerospace Engineer, will discuss the "Struggles of being a young adult and not losing sight of your Dreams, Goals and Pursuits." Keeping God First!!! The public is invited to attend.
- ❖ January 9 – Esther's Women's Ministry – Thursday 7:00 p.m.
- ❖ GPC Praise Team Rehearsal Saturday – 10:00 a.m.
- ❖ Joshua Men's Ministry Sunday – 9:30 a.m.
- ❖ Listen in to AM 1480 WCNS Sunday – 9:30 a.m.

SICK & SHUT IN

Brother Tim Black
Sister Lynne Bone
Mother Jackie Kirkling
Brother David Ricketts

**PLEASE CONTINUE TO
PRAY FOR OUR GPC
FAMILY & OTHERS...**

Happy Birthday!

**TO ALL THOSE
WITH A JANUARY
BIRTHDAY**

RESTORATIVE SLEEP

Many of us tend to burn the candle at both ends, trying to manage the demands of our daily lives. This can only be done so long before we begin to suffer the deleterious effects related to the lack of sleep. Sleep deprivation can have serious consequences, for example, one can experience slowed cognition, anxiety, increased stress and other mood-related problems, obesity, and cardiac problems, to name a few.

It is imperative that the human body experiences what is known as Restorative Sleep. By this I don't mean that you were able to lie down and doze for several hours and then off to the races again. I am speaking of Restorative Sleep, a sleep that will leave you refreshed and ready to begin your day with sustained energy.

The body cycles between two stages of sleep: REM Sleep which consists of rapid eye movement and NON-REM Sleep, of which there are 4 Stages:

- ❖ Stage 1 - The eyes are closed and one can be awakened without difficulty, this stage can last 5-10 minutes, if a person is awaked in this phase they will not feel rested.
- ❖ Stage 2 - This is a period of light sleep, we experience a period of muscle tone and muscle relaxation, the heart rate slows and the body temperature decreases. At

this point the body is ready to enter into a deep sleep.

- ❖ Stages 3 and 4 - these are the deep phases of sleep, with Stage 4 more intense than Stage 3. If aroused from sleep, the person may feel disoriented for a few minutes.

During the stages of NON-REM Sleep, the body repairs and regenerates tissues, builds bone and muscle and appears to strengthen the immune system.

As the body ages, if the sleep patterns change and the older adult sleeps lighter and experiences longer periods of the Stage 2 Sleep, whereas, the younger body sleeps more and experiences Stages 3-4 for longer periods of time.

What can we do to ensure that we have periods of restorative sleep? Several tactics can be employed, for example, you should have a relaxing bedtime routine, maintain a consistent bedtime, keep sleeping areas dark, cool and quiet, and if possible prevent interruptions.

If you find you cannot improve your sleep cycle, consult your health care provider for evaluation to determine if there are other reasons for poor sleep patterns.

Give yourself the gift of restorative sleep.

Submitted by
Norma Skillings, RN, CRC

The Disappearance of Sunday Best and the Relaxation of Proper Church Attire

Over time a new description of attire arose in western society called Sunday Best. This literally meant one's best clothing and it was set aside specifically for worship. Sunday Best could mean your finest black and white tunic, your sharpest suit, your brightest dress, or an unbelievably uncomfortable suit that you grew out of last year, but your mother still refused to replace. As with all other aspects of 20th century society, a certain casual attitude intruded even into the church and Sunday Best began to trickle into the historical consciousness along with house calls by doctors, baseball players who don't cheat, and newscasts about actual news. While there are still many thousands of churches in which Sunday Best is required or encouraged, there are thousands more churches in which the dress code has been relaxed, sometimes to a shocking degree.

The concept of Sunday Best clothing is metaphorical. Sunday became the day of worship in western Christian society and that day of all days people were expected to be on their best behavior in deference to Jesus Christ. Church was the place to engage in your worship and respect of Christ; it was the place to be your best in the eyes of Jesus. Wearing one's best clothing then became a metaphorical concept of this more abstract idea of being at

your best. Etiquette in this case requires that men wear suits and ties and nice pants and shoes while woman wear their best dress as a means of showing respect to the Lord.

Church attire etiquette dictates modesty above all. Church was never intended as a place for the congregation to draw attention to themselves; everything that takes place is intended to be done for the glory of God. Modesty has changed over the years, of course, and what passes for modest clothing is often in the eye of the beholder, but while stark clothing of the pilgrims may have gone out of the style that does not mean church is the place for miniskirts and shorts. Unless you know that the church you are attending is extremely lax regarding dress, modesty should reign when choosing attire. What that means today is no bare midriffs, no ultra-short shorts or skirts, no see-thru shirts on either men or women, and going easy on makeup.

It is recommended to show up in Sunday Best.

Elaborate outfits also served as a way to honor God. Women showed respect and reverence by dressing up for church. In earlier times, slaves might wash their one set of clothes; field workers might decorate a straw hat with a ribbon or flower to look more formal.

When the Apostle Paul declared that women must cover their heads during worship (1 Corinthians 11:15), African American women took his

decree, attached feathers and bows to it, and turned it into something beautiful.

In the early 20th century, Sunday church services provided African American women who worked as domestic servants or in other subservient roles the only real chance to break away from their drab, dreary workday uniforms. They favored bright colors and textured fabric — the bolder the better, really — and topped their outfits off with a flamboyant hat, or “crown.”

“I Have A Dream”

Dr. Martin Luther King, Jr. (1929-1968), clergyman and civil rights leader, stirred the nation's conscience about the injustices suffered by African Americans and stood at the forefront of a nonviolent movement for equality. King's leadership led to the Civil Rights Act of 1964 and the Voting Rights Act of 1965. At 35, he was the youngest individual to have received the Nobel Peace Prize. King's “I Have A Dream” speech at the 1963 March on Washington envisioned a future in which character is more important than skin color.

TOO BUSY

As Bill Graham says, “We hurt people by being too busy. Too busy to notice their needs. Too busy to drop that note of comfort or encouragement or assurance of love. Too busy to listen when someone needs to talk. Too busy to care.”