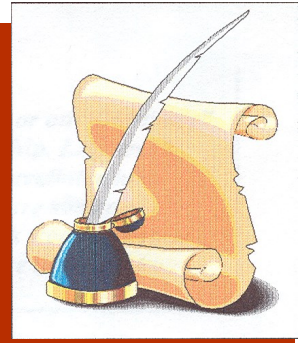


The Holy Post



MARCH 2022

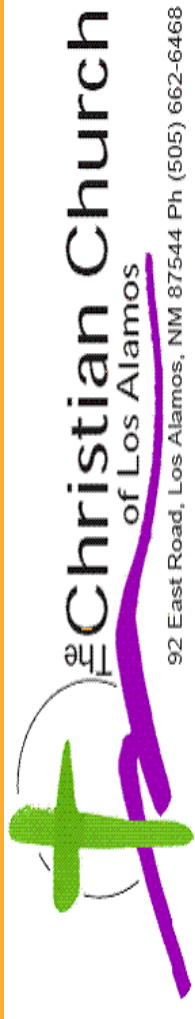
Fear is an awful feeling! It covers you like a blanket being pulled over you in the darkness. It can rob you of your common sense and make your mind play all kinds of games with your body. Your natural reaction to it is an increase in respirations which in turn increases the pulse and sends your blood chemistry into a whirlpool of misery. It matters not what started the whole thing, in the first place, but once you get everything going, it's hard to stop its frightening cycle.

Some people suffer from attacks of fear (panic attacks) on a regular basis and usually end up on medication. Some have phobias of one kind or another. These can be extremely difficult for those suffering from it and for their loved ones too. Most people have occasional bouts brought on by psychological triggers. Excluding the neural fight or flight reactions that all humans have to threats of danger, some of us have had "profound personal experiences" that leave psychological scars, like being in combat... being caught in a fire or being trapped under a collapsed building, as examples. Strangely they can be triggered by unusual things like smell, darkness, enclosures or often dreams.

It's likely that more than a few of you have some form of a phobia. It's that common. We work hard at focusing on ways to avoid or minimize our triggers... or in worst case scenarios, we take drugs. Anyone who has experienced this kind of behavior or witnessed it in others knows how overwhelming it can be! I've been there... both to help others in this kind of agony and dealing with my own past terrors.

My experience has taught me the following: Do something physical... engage the mind so that it releases the cycle of fear. **ONLY YOU CAN CONTROL WHAT HAPPENS IN YOUR MIND!!!** Locate readings in the Bible that address this issue. Read them and read them and read them again. Seek out a counselor that you have complete trust in and share whatever it is that is imprisoning you. Just releasing the poison and having a good cry can do wonders. Try to see yourself as someone else and imagine how you would comfort them. In a worst case situation seek medical help. For me, *the Bible has helped to bring me to better places again and again and again... Don't underestimate it!*

Phil





Lori Morris	1 st
Janice Gross	4 th
Tammy Hinckley	7 th
Joe Nasise	11 th
Greg Hart	22 nd
Cindy Rooney	23 rd

Phil & Doris Logan	17 th
Steve & Sherri Bublitz	18 th

Look here each month for the special days of our church family. If you're not here, send me your family member's dates and I'll add them to our list.

Everyone loves to share special days together.

If I get your celebration dates wrong, please let me know.

Commentary

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Page 6 Triple Treats & Bob Nolen

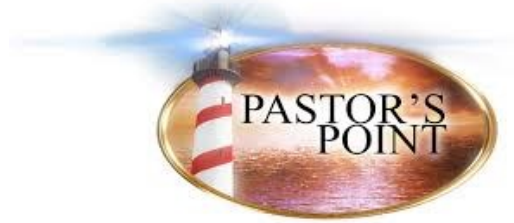
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In like a Lion...



“If March comes in like a lion, it will go out like a lamb” is bit of predictive folklore that has been used to express that this month’s usual and early roaring tempests will ultimately yield to whispering winds. This age old adage seems especially appropriate this year, but not because of the weather. As March begins we are witnessing the largest conventional war in Europe since the end of World War II. Nobody knows yet how this will play out, how many people will die, how long it will last, or how it will impact the rest of the world. It is my hope and prayer that the roar of war will dissipate into the sweet sounds of peace.

But I also know that our adversary, the Devil, is described as a roaring lion pacing back and forth looking for someone to devour. I hear his voice in the roar of war. Peter called on the first believers to resist him, standing firm in their faith. He reminded them that God would exalt them at the proper time. And until that time came, they would suffer. But only for a little while, then the God of grace, who called them to His eternal glory in Christ, would Himself perfect, confirm, strengthen and establish them. (1 Pt. 5:6-10).

The opposite order, lamb then lion, is also found in the Bible. Jesus first came as the lamb of God, but will return as the Lion of the tribe of Judah. He first came as a humble servant, but will return as a victorious warrior. Yet, Jesus can be both lion and lamb at the same time. In his Revelation, John wept because no one is worthy to open the book of life. But he was told to stop crying because the Lion from the tribe of Judah had overcome and was going to open the book. John looked and saw, not a lion, but the slain lamb of God who purchased with His own blood people from every nation. (Rev. 5)

Our Hope is to leave this world behind, for, as children of God, it is not really our home. Our home is heaven. But while we are here, let us live for Christ. Let us advance His Kingdom by expressing His love. Let us in this way stand against and resist the evil one. May we be used by Him to quieten down the roar of war with stalwart expressions of love and peace.

Peace in Christ,

Pastor Doug

Who's Who in the Pews?

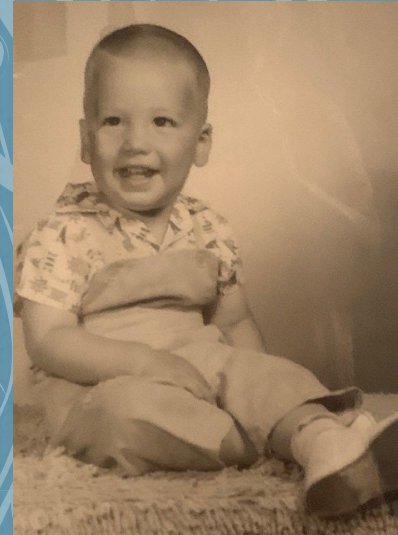


Eric and Elizabeth Brosha are both from Bucks County, Pennsylvania. Eric started working at LANL in 1991. Elizabeth moved to New Mexico in 2003, and taught first grade until 2018.

They have 4 doggie children; Daisy, Enzo Jean-Luc, and Cinderella.

Elizabeth has been playing the harp at The Christian Church since they became members in 2004. Eric enjoys Mountain Bike riding and target shooting.

The Frame Game Who is this?



Last Month Was
Bob Nolen

Hey!

If you haven't seen someone you know at church lately, give them a call... say hello and ask if they are OK.

Let them know they are missed and cared about.

**Growing
Together
in Faith**

Don't worry about tomorrow,
you did that yesterday!



Try trusting God
Remember: 1Peter 5:7
Because He cares
for me I will cast
all my anxiety on Him.

Trust in Him

Good Afternoon

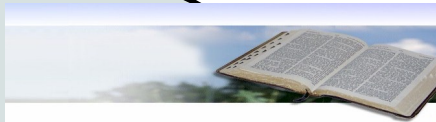
THANKFUL
THIRTEEN



When you stop to look you will find a stack of things for which to be *Thankful*



MARCH 13TH



Dear Friends,

Thank you for your support of my family and myself at the passing of my mother in early February. The church body and leadership provided an outpouring of compassion and assistance that allowed my family to witness Christianity in action. It was greatly appreciated that we did not have to stand alone in this hard time.

Thank you and God Bless you!

Bob Houlton





Fun & Games
On Wednesday Night



See our website at:

www.lachristian.org



Triple Treats

Triple Treats was at the Logan's home on February 25th and included the Millers and the Haultons. Games (no brainers) followed. If you'd like to be on our list for Triple Treats, just call 920-7367, email me at philanddorii@msn.com or let us know when we see you at church. This is a "Parents Night Out" event. We try to mix it up with new members and old. Dorii and I will supply the main course and ask the other friends to bring a salad or dessert to share.

It's a great way to meet new people in our church.

PEACE

We have all received the dreadful news of the Russian invasion of Ukraine. It is not a member nation of NATO, and does not enjoy full NATO support as would a member nation. NATO nations are providing some support, but not the sort of intervention that Ukraine pleaded for before the invasion by Russia. I have not talked to anyone who is not deeply upset by what they are seeing and hearing take place. We can pray. It is a powerful way you can respond. I encourage you to spend some extra time praying specifically for those involved in and impacted by this war.

Pastor Doug

Our Expression of *Care*

It is not the result of an "official" group, but there are many members at the Christian Church who are expressing care for others by offering to take them to a doctor's appointment. It is not just one or two people but many. And it is not just our Pastors, Elders or Deacons. It is how

many in our Church are expressing love to one another. In following Jesus' example they are going out of their way to make themselves available to help in this way. There are enough people doing this that we are considering keeping a list of their names at the church that we can use to

direct someone who may need a ride to someone who will give them a ride. What they are doing might encourage you to find a way to express God's love to someone in need in a very practical way.

Doug



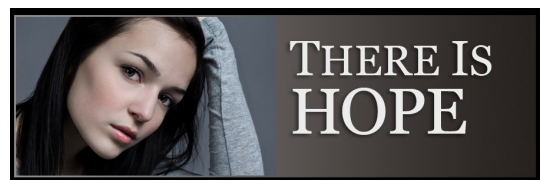
Hope Pregnancy Center is a mission that our church supports. HPC is a non-profit Christian organization committed to supporting women and providing accurate information on pregnancy options. All of their services are offered free of charge and are confidential to the fullest extent allowed by law. HPC is staffed almost entirely by volunteers who receive no financial compensation for their work here.



For clients who choose to parent HPC offers a parent mentoring program which allows them to meet with a client advocate on a regular basis to discuss parenting as well as relational and childcare issues. Each session is tailored to their particular needs and is very flexible. Some women choose to participate in regular private sessions at HPC and others prefer to attend Center-approved community classes. In exchange for their participation they earn "Baby Bucks" which are good for items in HPC's extensive material assistance closet. Clients are welcome to attend by themselves or with a partner or friend.

HPC is a religious organization. However, they are not affiliated with any particular denomination and HPC personnel will only share their personal faith with a client if they are given permission first!

HPC is a 501(c)3 non-profit service organization. They receive most of their funds from individuals and organizations which have a heart for the community. Because HPC is a charitable organization, those supporting it receive tax benefits, and that means HPC never has to charge a client for services they receive.





More
Fun &
Games on
Wednesday
Night





Sunday Morning:

Gospel of John

Philippians *with a study guide by McAurther*

Wednesday Night:

Philippians

Faith & Fire



Update from Cowboy Sunday, Feb. 13

That Sunday was very special and unique for our church. Not only was Ron Nolen of Cowboy Up International Ministries our guest speaker, but Bruce Weikeenget, a worship leader with East Mountain Cowboy Church, was traveling with him. He is a multi-talented musician and added some real cowboy flavor to our music. They had been down in Las Cruces holding some organizational meetings to launch a new Cowboy Church. Ron Nolen provided us with an update on the work happening to plant a major, high impact Western Church this Spring in Las Cruces.





Mayhem with the Mertzzes

Steve Bublitz and Bert Mertz were talking to Bert's cousins, Cleatice and Buford. They told him that they had just raffled off a mule and made over a thousand dollars. Bert was amazed.

"Yeah" said Cleatice, "We wuz real happy, cuz the mule died before we was done getting all the money in."

"What!" said Steve and Bert together. "You raffled off a dead mule?"

"Well he wasn't that way when we started" said Buford.

"You can't do that!"

"Well no one was mad 'cept the guy that won and we gave him his two dollars back and a quart of Uncle Rubin's home brew. Then he was great."

"We're gonna raffle Cleatice's huntin' dawg off next, cuz he can't see none no more since he got hit by a truck."

Since Steve and Bert talked to Cleatice and Buford, they have been called to Washington for a job with the Department of Finance.

Did Cleatice and Buford go to Yale or Harvard?
Can they turn the economy around?
Does the government sell mules or huntin' dawgs?
Look for the answers next month in
Mayhem with the Mertzzes



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