

GREENFOREST COMMUNITY BAPTIST CHURCH
June 1 – June 14, 2009 ANNOUNCEMENTS

JOURNEY TO WELLNESS: The Year of Implementation
STANDING FIRM ON THE WORD ~ STAYING FOCUSED ON THE MISSION



THE PASTOR'S CUP
WEIGHT LOSS AND FITNESS CHALLENGE

Top 10 Health Tips

- + **Eat Different Types Of Foods:** Try to eat vegetables and fruits of different colors each day. Try eating a different food at least three times a month.
- + **Don't Skip Your Breakfast:** When you eat a good breakfast: It results in faster weight loss; your body gets more nutrients. If your breakfast is rich in fiber foods & wholegrain, your heart is healthier. A good breakfast sets your mood right & enables you to handle stress better. Eat fresh fruits, fruit juices, hard-boiled eggs, wholegrain cereals
- + **Drink Lots Of Water:** Drinking a minimum of 7 to 8 glasses of water everyday cleanses all the impurities and toxins from your body and helps to get healthy, flawless skin. In addition, the fluid in your body is responsible for the functioning of your internal organs including the metabolic processes.
- + **Exercise Regularly:** Regular exercise is the best natural "anti-aging" recipe because it helps you stay and feel young by raising your energy levels, stabilizing your body weight, and enhancing flexibility. Take 15-20 minutes off your busy schedule everyday to sweat/burn off those extra-pounds.
- + **Say No To Stress:** Leading a relaxed, stress-free life will reduce the risks of health related disorders and will calm you down and let you enjoy your life more.
- + **Take Care Of Your Teeth:** Dental health is an important aspect of your overall health. One of the best ways to have healthy teeth, prevent gum-related infections and protect your heart is by flossing your teeth every day.
- + **Build And Maintain Close Relationships** To be healthy and happy, we need to build strong support networks and relationships. Make time each day to connect to your spouse, kids and/or friends.
- + **Sleep Well:** A good 7-8 hours of uninterrupted sleep is a must for our body to reboot itself and feel energetic next day. Lack of sleep affects our hormone levels and slows down metabolism often resulting in weight gain.
- + **Keep Your Brain Active:** Keeping your mind in "good shape" is just as vital as taking care of your physical health, so be sure to indulge your brain on a daily basis.
- + **Try some of these activities to keep your mind active and free from boredom:** Learn to play a new musical instrument; Learn a new language; Indulge in crossword puzzles; Play scrabble with a friend; Participate in discussions and forums; Read books on unfamiliar topics; Pursue a new hobby; Stay aware about what's going on in the world.

Gameapalooza is coming! For All Age Groups!

What is Game-a-pa-looza? It's non-stop games for the whole family. Games and activities featured for the evening include: Twister, Jenga, Dominoes, Checkers, UNO, Bingo, Connect Four, Candyland, Chutes and Ladders, Card Games, Musical Chairs, Balloon Relay, Obstacle Course, Hoola Hoop, double Dutch, basketball Shoot-out, kickball, Family Feud, (featuring Greenforest Trivia), and Karaoke.

Foods featured on the menu: Hot Dogs, popcorn, Funnel Cakes, Cotton Candy, and Lemonade (healthy eating suspended for the evening).

Get your teams together for competition and pack up the car or van with your family and friends and join us on Friday, June 26, from 6-7p.m. - 10p.m., at the "Forest" for GAME-A-PA-LOOZA!

Adult Division Fulfillment Hour Lessons

"How To Pray"

June 7, 2009

Lesson 1

"When You've Really Blown It"

Psalm 51:1-17

Lesson 2

June 14, 2009

"When You Don't Know What To Do"

2 Chronicles 20:1-2

Youth Division Fulfillment Hour Lesson

"Conversations With God"

June 7, 2009

Session 1

"Conversations Starters"

Psalm 134:1-8; 107:1-2; 32:3-5; 55:16-17, 22

June 14, 2009

Session 2

"Conversation Topics"

Matthew 6:8; James 1:5;

Jeremiah 33:3; Hebrew 4:16

Children Division Fulfillment Hour Lessons

"Jesus' Parables and Miracles"

June 7, 2009

"Jesus Fed Five Thousand "

John 6:1-15

June 14, 2009

"The Parable of the Sower"

Matthew 13:1-23

The Greenforest Audit Committee is in need of volunteers to serve as members to assist the church in fulfilling its financial oversight responsibilities in order to improve the internal control structure of the church organization.

The Audit committee serves as an independent and objective group which provides assurance that the church has the appropriate culture and the personnel policies, systems and control in place to safeguard assets. The Audit Committee members shall have a very important liaison function---to provide and maintain an open line of communication between the deaconship, church administration, and the independent auditor.

All interested persons with experience in Accounting/Finance and related fields, please contact Deacon Charles Robinson, Jr., at [404-502-6290](tel:404-502-6290) or charles.robinson@greenforest.org

GCBC Major Events Calendar May - July '09

June 14, 2009: Missionary Commissioning

June 21, 2009: Father's Day/Men's Day

June 26, 2009: Gameapalooza

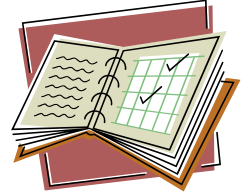
July 11, 2009: Church Family Picnic (Watkins Annex/Picnic Pavilion)

Summerfest at The Forest @ Columbia

July 12, 2009: High Attendance Sunday/One Great Day of Giving

July 12-16, 2009: Revival

July 13-16, 2009: Ministry Fest



Men's Day Weekend

On Saturday June 20th @ Greenforest-McCaleb Christian ELC-Genesis Room, the annual Father/Son/Single Men's Breakfast will be held at 9:00am. The celebration will continue on Sunday, June 21st when the men of GCBC will lead in the worship services. Our own Deacon Anthony Henry will be the speaker for the 7:45am service and Deacon Clarence (Rudy) Hicks will speak at the 10:45am service.

Commissioning Service for Missionaries

All Greenforest members who are embarking upon a mission trip in 2009, please plan on attending the **Commissioning Service for Missionaries scheduled for June 14, 2009 at the 10:45am worship service.** Please provide Rev. Lockhart with your name, mission trip location, and projected date of the mission trip to ministerofmissions@greenforest.org. Your mission trip should be in response to your call from the Lord and does not have to be sponsored by or connected with Greenforest.

Lillie Bell's Children's Home & Orphanage

Missionary Lillie Bell McGowan and the Lillie Bell's Children's Home & Orphanage in Lusaka, Zambia are in need of donations. The orphanage offers unconditional love, hope and education to children with special disabilities. If you would like to make a donation to this worthwhile cause, please contact Sis. Lille McGowan at 404 881-9485.

GREENFOREST SPORTS CAMP

Take advantage of sports camp at the Forest during the summer break. Now registering ages 6-12. Camp began June 1st and ends July 31st. Space is limited. For registration and more information, call the Family Life Center at 404 289-0340.



GREENFOREST GOLF CLASSES

GCBC Golf Classes began on May 30th and will continue for 10 weeks. Classes are held each Saturday morning from 10am to 12noon. Beginner Golfers, Intermediate Golfers, Advance Golfers, Short Game and Putting. For classes please call: Coach Perry at 770 716-8971 or 404 484-0479 or Mike McCalep at 404 486-6751.



Emory University School of Medicine

The Summer Science Academy for high school students began Monday June 1st. Spaces are still available for students in grades 11 and 12 in all three sessions. The dates are June 1st-12th, June 15-27th, and June 29th-July 10th. More information can be found at www.med.emory.edu/summercamps or you may contact Deacon Robert Lee @ 404 727-0016 or 404 561-2797.

The **Annual Southern Baptist Convention** will be held this year in Louisville, Kentucky on June 23-24, 2009. Greenforest has been allocated ten (10) delegate slots. If you are interested in serving as a delegate to this year's convention, please contact Patrice Dickerson, Church Clerk patrice.dickerson@greenforest.org, 404 247-7696 or Deborah Morrison, Asst. Church Clerk at 404 863-1976, deborah.morrison@greenforest.org. For more information about the annual convention meeting, visit the following website: <http://www.sbcannualmeeting.org/SBC09/>.

Pick up CD Orders

Have you paid for and ordered CD's of our powerful worship experience but forgotten to pick them up? If so, please retrieve them in the church office! We are unable to retain them indefinitely. Please claim your order as soon as possible.

HBCU ALUMNI/UNCF 5K Run/Walk

The Atlanta HBCU ALUMNI/UNCF will sponsor a 5K Run/Walk for Wellness and Higher Education on Saturday, June 27, 2009. Please visit our website @ www.hbcualumniatlanta.com or call Thadis Morgan, Jr. at 404 288-0841. Thanking you in advance and we look forward to a spiritual and positive turn out.

The Diabetes Support Group will not meet in June, July or August. Our next meeting will be on Tuesday, September 8, 2009. Enjoy your summer! Rose Outlaw 770 760-8123 Barbara Boyd 770 987-3887

The **Adult Dance Ministry** will not rehearse during the month of June. Rehearsals will resume on July 14th at 7:00pm. The **Wee Praisers** will not rehearse during June or July. Rehearsals will resume on August 18th.

The Boys-To-Men Ministry will meet every third Saturday of the month in the Fellowship Hall. Please contact Dea. Glenn Dixie at 404 294-8405 for more information.

Forest at Columbia Ministry

Did you know that we re filming a TV pilot show called "Click This..."? We are looking for comic talent. Do you know someone who possesses a comedic personality that makes you fall down laughing, and who has a talent doing impersonations? If that is you or you know someone, please contact us! Call Norella McCalop at 678 670-1767. Rehearsal is Saturday, June 13th at the Tech Center at the Forest @ Columbia from 2-4:00pm.

Greenforest Summer Programs

Summer Enrichment Program



Hours: 6:30a.m. – 6:30 p.m.
Begins: Monday, June 1, 2009
Ends: Friday, July 31, 2009



Lunch and Afternoon snacks included

Daily Devotional Period, Math, Reading & English Classes
Basketball Clinic, Recreation/Arts & Crafts, African-American Culture,
Fun with Spanish, Weekly Field Trips, Free Recreational Swimming

Swimming Lessons *(8 lessons at an additional cost)*

Golf Instruction *(at an additional cost)*



Enrollment Fee: **\$180.00/child**

*(Includes a \$100.00 non-refundable registration fee and a \$80.00 deposit,
which will be applied to the first weekly payment.
Also a T-shirt, field trips and supplies are included).*

Weekly Fee: **\$85.00***

Out-of-area students are welcome to participate in the
Summer Enrichment Program
as “drop ins” on a per week basis



*Children of Greenforest Members receive a discount on Weekly Fees.

Accepting Credit Card payments:



GREENFOREST/MCCALEP CHRISTIAN ACADEMY
3250 RAINBOW DRIVE ■ DECATUR, GA 30034
(404) 486-6737

**ENROLLING
NOW!!**

