

# Young at Heart

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MARSH

## FEBRUARY LUNCHEON

It was great to have Dave Harney back here with us in YAH. Especially so, after seeing him in the hospital last year because of his serious heart attack.

As always, Dave's music is outstanding. But, I personally think it is even more special, knowing how close he was to singing a very special concert in Heaven.

We also featured a nice piano recital for our prelude by Fred Scheffler and David Brandt.

There is more to see and read on our WHBC-YAH Blog.

## MARCH LUNCHEON—Mar. 8

We will feature one of our Pastoral Staff members in March. Charlie Pagnard is our Music and Worship Pastor. The last time he shared with YAH was in 2009. I know you will enjoy his humorous stories and his fantastic Trumpet.

Charlie is also a music professor at Cedarville University, teaching Trumpet. He also plays trumpet with the Dayton Philharmonic Orchestra, Euro-Brass, and his own group, Carillon Brass. Don't miss this opportunity for a real musical blessing.

## APRIL LUNCHEON—Apr. 5

**NOTE: THIS IS A WEEK EARLIER THAN OUR NORMAL LUNCHEONS.**

We want to take advantage of our annual missions conference by using some missionaries who will be in town for that event.

We will feature two missionary families. One family is from our own church. They will also involve their children. I've heard them speak and you will LOVE them!

Our missionaries are all exciting and great story tellers. Come and hear what they have for you!



We've missed having our day trips during this cold and snowy winter, so we are looking forward to the start of spring and the day trips.

We have a number of great things planned for this year. We are trying to intermix some low cost trips with the higher cost trips. We want everyone to have an opportunity to be involved with one or more of our trips. This is where we all get to know each other much better. I'm sure there are some trips that will interest you in 2011!

## MARCH DAY TRIP—Mar. 24

We will be seeing a lot of La Comedia this year. This month we will see "Seven Brides for Seven Brothers". This is a great musical comedy. Of course, we couldn't do La Comedia without a very nice meal. Space is limited, so you need to sign-up quickly. Because we must pay in advance, we will not accept reservations without payment.

## APRIL DAY TRIP—Apr. 26

Our day trip for April is a double feature with two mini trips together. We will start off at the Neil Armstrong Space Museum in Wapakoneta then move a little south for the Bicycle Museum of America in New Bremen. We will also have a nice lunch in New Bremen. This promises to be a nice educational trip with great fellowship over a nice lunch.

Be sure to sign up for this one.

## FOR YOUR CALENDARS

### MAY 2011

Luncheon (MAY 10)



In May we will feature a choir from the Dayton Christian Schools, led by Tracy Miller.

Day Trip (May 24)

Our May trip will be delicious! We will tour the Velvet Ice Cream factory and have a great meal.

### JUNE 2011

Luncheon (June 7)

We've had Chris Thompson here for a vocal concert in the past. You will want to hear and see his multimedia performance.

Day Trip (June 28)

Our June day trip will be another of your favorites that we haven't done for a couple of years. We will be driving down to Kentucky where we will board the B&B Riverboat for a paddlewheel trip on the Ohio River. This trip include a great meal at the onboard buffet with a great view of the city and country side. There will also be onboard entertainment. Seats on the bus will go fast, so be sure to sign up. Be sure to bring your camera and an appetite as we enjoy this great river trip.

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## Is Your Bag Causing You All That Pain?

by John Porter

**John is a special friend who does physical therapy for some of our friends in Nursing Homes. He spoke to us last year and has his own Physical Therapy practice. He gave me permission to reprint this article from his Newsletter. If you are interested in discussing this with him, you can contact him at: 937-718-3999**

A new fashion trend is emerging, one that can cause more pain than you may realize – it's those trendy, oversized bags (purses for women, and handbags and laptop totes for men) that wreak havoc on the human body.

There's nothing wrong with being trendy. The trouble starts when you start loading up these bags with your laptop, wallet, shoes, cell phone, water bottle, magazine, make-up, and some work related documents – and carrying this everywhere.

Before you know it, there's a nagging pain in the neck or shoulder that may even radiate down the arm. Carrying the extra weight may cause problems in two ways:

1. It pulls on a web of nerves that can cause aching or shooting pain from the neck down the arm.
2. Every time you sling your bag over your shoulder, the upper back muscles that stabilize the shoulder blade struggle to counterbalance that weight; eventually they get over-worked until a small movement like giving someone a hug or reaching for the phone causes sharp pain.

Carrying 10 **extra** pounds on one side of the body can cause the trunk to **tilt sideways** to compensate, causing more stress for your lower back. As the stiletto heel is to your foot, the designer handbag is to your upper back.

### What Can You Do?

Here are some tips that will help you stay injury-free.

1. **Posture** - This matters more than anything. The ideal stance is shoulders relaxed, back upright with no leaning to either side.
2. **Strength** - Strengthening the right muscles makes a big difference. Not sure what your muscle imbalances are? We can help. Call our office today to see what your muscle imbalances are and which exercises are ideal to keep painful days away.
3. **Strap-Hanging** - If your bag has a strap that rides diagonally across your body, use it. That should distribute the weight better, and you don't have the feeling it will slip off, so you're less likely to hike your shoulder. Also, swap sides so you're not always using the same shoulder.
4. **Switch It Up** - Pack as little into the bag as you can, the bare essentials. Also, try to vary the bags, and the weight you carry.
5. **Don't Ignore Pain** - If your bag is big and heavy, and your posture is far from ideal, you might be on your way to an injury. Frequent neck stiffness, headaches, and pain radiating down the arm may develop. **If you notice**

**any of these symptoms, and if ice and rest don't help, leave your bag behind. It's time to head over to our office.**

As your physical therapists, we recommend that your purse (or handbag) should not exceed 10% of your body weight. So a bag that's more than 5 pounds when empty is a bad start.

If the load is excessive, your head and neck jut forward rather than staying over your shoulders. This can lead to headaches, neck tension, and back pain.

Things to look for in the right purse:

- Avoid long-straps – they cause the purse to bump you at the hip, and may slip down the shoulder (causing you to hunch up the shoulder).
- Short-handled bags/purses should be:
  - Over the shoulder, tucked under your arm
  - Over the forearm, or
  - Held in your hand.
- An over-sized bag is dangerous because it invites you to put lots of things in it, which can get pretty heavy.
- Try placing your things in a way that minimizes any twisting of the trunk when you look in your bag to find something.



## 2011 Fall Trip Savannah, Georgia

This month, we will begin the sign-up process for our fall trip to Savannah, Georgia. Mark the dates and plan to join us. The trip will depart from WHBC on Sunday, Sept. 18 and return Saturday, Sept. 24, 2011. The cost will be \$600 per person, double occupancy. If you prefer single occupancy, the price is \$750. We also recommend adding trip insurance which will cost \$45 per person. The first payment would be due in March and is \$75 plus the insurance, if desired. Following payments would be \$150 for April through June and final payment of \$75 in July.



## On The Lighter Side

**Pearly Gates**  
By  
**Ian Jones**



With all we read about teachers, students and classroom security these days, I thought you would enjoy this cartoon from "down under". It appears that our friends down in Australia, where this cartoon strip is produced, may be having some of the same issues that we see here in the good old USA!

### Optimist's Hunting Dog

Friends, one an optimist and the other a pessimist could never quite agree on any topic of discussion.

One day the optimist decided he had found a good way to pull his friend out of his continually pessimistic way of thinking - the optimist owned a huntin' dog that could walk on water.

His plan? Take the pessimist and the dog out duck hunting in a boat.

They got out into the middle of the lake, and the optimist shot down a duck. The dog immediately walked out across the water, retrieved the duck, and walked back to the boat.

The optimist looked at his pessimistic friend and said, "What do you think about that?"

The pessimist replied, "That dog can't swim, can he?"

### Funeral

Three friends from a local congregation were asked, "When you're in your casket and friends are mourning over you, what would you like them to say?"

Art said, "I would like them to say 'He was a wonderful husband, a fine spiritual leader, and a great family man.'"

Gene replied, "I would like them to say 'He was a wonderful teacher and servant of God who made a huge difference in people's lives.'"

Don answered, "I'd like them to say, 'Look! He's moving!'"

### Lisa's Corner

I just wanted to take some of Roger's space and tell everyone a great big Thank you and Hello. I have been busy in the kitchen cooking so I have been absent from my duties. I do get to see some of you on the trips and really enjoy seeing your smiling faces. You can wave to me as you go by the kitchen, in the future.

I can't tell you how much snow we have gotten this year but I have had enough. I forget sometimes that God's creation of snow is a miracle. To know that each snowflake is different and with how much has fallen that is a lot of different flakes. God makes each of us different and aren't we glad that we are not the same. I can't cut a straight line if I had to save my life, but some of my friends will help keep a straight line. Isn't He wonderful in that our friends can be different and yet we all can stick together and make a beautiful picture? So I am thankful for the snow after all. Hope to see you on the day trips that are coming up. I'm looking forward to May with ice cream. :-)

Here are a few of the recent recipes that you've asked for.

#### Chili (12 servings)

2 Lbs. Ground beef  
Onion  
¼ tsp cinnamon  
1 TBSP Cocoa powder  
1 28oz Italian Sauce  
1 28oz tomato Puree  
1/8 c. sugar  
2 cans (15oz) Light Kidney Beans  
¾ can of water

Brown beef with onion. Drain grease. Add to beef rest of ingredients. Stir to mix well. Cook on low for 30 mins. Serve with cheese, or sour cream.

#### Cornbread (12 servings)

2/3 c. butter  
1 c. sugar  
Cream together until light and fluffy.

3 eggs  
1 2/3 c. milk  
Add to cream mixture and mix well.

2 1/3 c. Flour  
1 c. cornmeal  
4 ½ tsp baking powder  
1 tsp salt

Combine in bowl then add to cream mixture. Bake in a greased 9x13 at 400 degrees for 22-27 minutes.

#### Cherry Crumb Dessert (12-16 servings)

½ c butter or margarine, chilled  
1 pkg. 18 ½ oz yellow cake mix  
1 can (21 ounces) cherry or blueberry pie filling  
½ c. walnuts  
Whipped cream or ice cream, optional

In a mixing bowl, cut butter into cake mix as for pastry dough. Set aside 1 cup. Pat remaining crumbs onto bottom and 1.2 in up sides of greased 9x13 baking pan. Spread pie filling over crust. Combine the walnuts with reserved crumbs; sprinkle over top. Bake at 350 degrees for 30-35 min. Serve warm, with whipped cream or ice cream if desired.

## Do You Trust Him?

by Max Lucado

*I know God knows what's best.  
I know I don't.  
I know he cares.*

Such words come easily when the water is calm. But when you're looking at a wrecked car or a suspicious-looking mole, when war breaks out or thieves break in, do you trust him?

Scripture, from Old Testament to New, from prophets to poets to preachers, renders one unanimous chorus: God directs the affairs of humanity. No leaf falls without God's knowledge. No dolphin gives birth without his permission. No wave crashes on the shore apart from his calculation. God has never been surprised. Not once.

*I am the one who creates the light and makes the darkness. I am the one who sends good times and bad times. I, the Lord, am the one who does these things. (Isa. 45:7)*

Some find the thought impossible to accept. One dear woman did. After I shared these ideas in a public setting, she asked to speak with me. Husband at her side, she related the story of her horrible childhood. First abused, then abandoned by her father. Unimaginable and undeserved hurts scar her early memories. Through tear-filled eyes she asked, "Do you mean to tell me God was watching the whole time?"

The question vibrated in the room. I shifted in my chair and answered, "Yes, he was. I don't know why he allowed your abuse, but I do know this. He loves you and hurts with you." She didn't like the answer. But dare we say anything else? Dare we suggest that God dozed off? Abandoned his post? That heaven sees but can't act? That our Father is kind but not strong, or strong but doesn't care?

I wish she could have spoken to Joseph. His brothers abused him, selling him into slavery. Was God watching? Yes. And our sovereign God used their rebellious hearts to save a nation from famine and the family of the Messiah from extinction. As Joseph told them, "God turned into good what you meant for evil" (Gen. 50:20).

Best of all would have been a conversation with Jesus himself. He begged God for a different itinerary: a crossless death. From Gethsemane's garden Christ pleaded for a Plan B. Redemption with no nails. "Father, if you are willing, please take this cup of suffering away from me. Yet I want your will, not mine." Then an angel from heaven appeared and strengthened him" (Luke 22:42-43).

Did God hear the prayer of his Son? Enough to send an angel. Did God spare his Son from death? No. The glory of God outranked the comfort of Christ. So Christ suffered, and God's grace was displayed and deployed.

Are you called to endure a Gethsemane season? Have you "been granted for Christ's sake, not only to believe in Him, but also to suffer for His sake" (Phil. 1:29 NASB)?

If so, then come thirsty and drink deeply from his lordship. He authors all itineraries. He knows what is best. No struggle will come your way apart from his purpose, presence, and permission. What encouragement this brings! You are never the victim of nature or the prey of fate. Chance is eliminated. You are more than a weather vane whipped about by the winds of fortune. Would God truly abandon you to the whims of drug-crazed thieves, greedy corporate raiders, or evil leaders? Perish the thought!

*When you pass through the waters, I will be with you; And through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, Nor will the flame burn you. For I am the Lord your God. (Isa. 43:2-3 NASB)*

We live beneath the protective palm of a sovereign King who superintends every circumstance of our lives and delights in doing us good.

Nothing comes your way that has not first passed through the filter of his love.

Learn well the song of sovereignty: *I know God knows what's best.* Pray humbly the prayer of trust: "I trust your lordship. I belong to you. Nothing comes to me that hasn't passed through you."

A word of caution: the doctrine of sovereignty challenges us. Study it gradu-

ally. Don't share it capriciously. When someone you love faces adversity, don't insensitively declare, "God is in control." A cavalier tone can eclipse the right truth. Be careful.

And be encouraged. God's ways are always right. They may not make sense to us. They may be mysterious, inexplicable, difficult, and even painful. But they are right. "And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them" (Rom. 8:28).

From ***Come Thirsty*** Max Lucado  
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Although this article by Max asks "Do you trust Him?", I would like you to also ask yourself, **"Have I trusted Christ as my Personal Savior?"** If you cannot say yes to this question, you need to consider doing this now, before it is too late.

No matter who you are or what you've done, all your sins can be forgiven. You can have a brand new life today. Jesus Christ said, "Behold, I stand at the door and knock; if any one hears My voice and opens the door, I will come in to him." Revelation 3:20

God knows the desire of your heart. You can receive Christ right now by praying this simple prayer: "Lord Jesus, I trust you. I accept your forgiveness for my sins and receive you as my Savior and Lord. Thank you for giving me eternal life and help me to live life ABUNDANTLY. Amen."

If you prayed this prayer, or would like to speak to someone about knowing God personally, we encourage you to come by the church office and speak with me or one of our other pastors.

## Who Are We?

"Young at Heart" is the Senior Adult Ministry of Washington Heights Baptist Church.

Roger Jensen is the Pastor of Senior Adult Ministries. Our goal is to provide opportunities for meaningful fellowship in a Christian environment.

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