

THE FIRST BAPTIST NEWS

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An American Baptist Congregation Making God's Love Known in Los Angeles Since 1874
International • Intercultural • Ecumenical



The First Baptist Church of Los Angeles

MINISTER'S MESSAGE

After spending the month of May meeting with congregational members, I want to give you a sense of what was said. If you were unable to attend one of our meetings, I want to try to bring you up to date.

We held six small group meetings and focused on four main topic areas:

1. Worship
2. Stewardship
3. Mission/Outreach
4. Fellowship

In the area of **worship**, it was suggested and discussed that we include our children and young people in worship. Some ideas as to how would be to read scripture and also to include a regular children's sermon. It was also discussed that we share our diversity more often in worship through hymns and songs. Lastly, in the worship area, we discussed using more contemporary images during worship; this could be using a screen to show scriptures or the words to hymns.

In the area of **stewardship**, we discussed having a year round stewardship emphasis. We will continue our three-prong approach and establish greater avenues of communication about our budget and goals. We will also begin to offer classes on household budgeting and other financial education classes during the year.

In the area of **mission/outreach**, we discussed becoming more mission-oriented, partner-

ing with our current tenants to do ministry and establishing a not-for-profit arm of the church to help administer these areas. Becoming more mission-oriented means providing missional experiences for individuals. It could be going on a mission trip to Somoto, Nicaragua, or traveling to Mexico to deliver clothes and toys. An example of partnering with our tenants to do ministry would be our recent mission outreach with Hope-Net where we provided over 300 sandwiches to people in the community. Hope-Net provided a significant amount of the food and beverages that were given out. Another example could be working with FilAm Arts to provide art education to our neighborhood. Lastly, with establishing a not-for-profit, this would be so that as we work to provide additional services and ministry to our community, we solicit funding from foundations who normally do not give to churches.

In the area of **fellowship**, it was discussed that we have periodic potluck dinners and more fellowship moments. Thus far, we have had two potlucks and you will begin to see more opportunities to gather as a community of faith.

On June 27, at a Congregational gathering following worship, I would like to present some suggestions as a result of these meetings. Please plan to stay briefly after worship (and then you may go down to the Robbins Dining Hall for burgers to help the youth raise funds for their summer activities).

—Carlton A. Rhoden

SERMON: YOUR BODY IS A TEMPLE, I Corinthians 6:19

One area that is not often discussed in churches is the physical health of that Christian. Sunday after Sunday I talk to you about your relationship with God or spiritual health while not touching on the deep connection our physical health has on our spiritual being. Let me just say that both are important and today I want to touch on your physical well being. Please allow me to preface my comments by saying, in no way do I want this conversation to have a negative effect on anyone. My hope is that today you can take a turn for the better and begin the process of improving your health before it is too late. I want to raise awareness and offer hope to you through this message.

In America, we have a number of struggles dealing with our health. Obesity, or being above 30% on the body mass index, is a major problem with Americans. Obesity has doubled in the last 20 years in our country, causing major risk factors for cardio-

vascular disease, certain types of cancer, and type 2 diabetes. Here is an alarming statistic: nearly 34% of adults are obese and 17% of children. Persons of color, African-American adults, have the highest obesity rates – 37 percent among men and nearly 50 percent among women. For Hispanic women, the rate is 43 percent. Hispanic and black children have higher rates than non-Hispanic¹.

As noted by Tony Campolo, "Obesity is our struggle in the United States. On late night television, every ad is about losing weight. We have a problem with obesity while 35,000 children under the age of 12 die of starvation and diseases related to malnutrition every day. So obesity is our problem. We spend our money on fast food instead of healthy food. We eat so much red meat – it costs more and it clogs our arteries. Even if you cannot afford all healthy food, you can at least eat vegetables."

While obesity is our struggle, high blood pressure is one of the most serious health issues Americans face today. According to the American Heart Association (AHA), about one-third of adults in the United States have high blood pressure. When a person has high blood pressure, the force of the blood in his arteries is significantly higher than normal. This condition is linked to a higher risk of developing heart disease, having a heart attack and having a stroke.

High cholesterol is another health problem that affects many Americans. When a person has high cholesterol, deposits of cholesterol, a wax-like substance, build up in his or her arteries, making it harder for blood to flow through them. This condition puts a person at increased risk of having a heart attack or stroke².

Another major health issue in the United States is diabetes. In 2007, 23.6 million children and adults in the United States – that is 7.8% of the population—had diabetes. Those who are diagnosed are 17.9 million people and undiagnosed 5.7 million people. And those with pre-diabetes are 57 million people. About 1.6 million new cases of diabetes are diagnosed in people aged 20 years and older each year.

There are different types of diabetes, but they are all marked by

excess glucose in the blood. Glucose is blood sugar, and too much of it can cause a person to have seizures. If left untreated, diabetes can contribute to the development of heart disease, nerve damage, problems with the eyes and health issues that affect the feet, skin, bones and joints. A coma is another possible complication of untreated diabetes³.

We are told in 1 Corinthians 6:19, "Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?"

My friends, it is God's will—and your choice—to make your body a healthy temple of the Holy Spirit. By just "walking by faith" at least three times a week for 30-60 minutes at a moderate to fast pace you will make your heart healthier. Yes, regular exercise is a key component to having a healthy life. God has gifted us with these wonderful bodies and it is our responsibility to take care of them, to maintain them and to treat them right.

As we look to our text for a moment in 1 Corinthians 6:19, Paul raises a questions for us. He asks, "or do you not know" that your body is a temple? Do you know that your body is a temple? We are magnificently created by God, in His image. Do you know that? Scientists are still trying to figure out how our bodies operate and function, how the body heals itself, without the intrusion of some medicines. We really need to increase our knowledge about our own bodies and how we are to treat them. It is almost as if we are given the keys to a priceless automobile with NO idea how to drive it.

Your body is priceless, you only get one. And you need to learn what it takes to give it fuel, exercise, and rest.

In the same verse, Paul tells us that the Holy Spirit lives within us and that is the reason why we should treat our bodies as sacred. Know that you are God's and that God loves you as His own.

If you are determined to make some changes in your life and live better because you realize that you are God's, first and foremost, consult your doctor. Have him or her give you some advice as to how to maintain a

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SERMON (continued)

healthy lifestyle. Get a regular check up. That means at least every year. If you already know what you need to do but have yet to make the necessary changes, invite a friend to help get you started. Attend a weight loss group. The buddy system really works well when you need to be held accountable.

If you are unsure about how to get started, here are some simple suggestions taken from an article found on about.com (<http://exercise.about.com/od/healthinjuries/a/healthylifestyle.htm>.)

The trick to healthy living is making small changes...taking more steps, such as adding fruit to your cereal, having an extra glass of water...these are just a few ways you can start living healthy without drastic changes.

First, exercise. One of the biggest problems in America today is lack of activity. We know it's good for us but avoid it like the plague either because we're used to being sedentary or afraid that exercise has to be vigorous to be worth our time. The truth is, movement is movement and the more you do, the healthier you'll be. Even moderate activities like chores, gardening and walking can make a difference.

Just adding a little movement to your life can:

- Reduce the risk of heart disease, stroke and diabetes
- Improve joint stability
- Increase and improve range of movement
- Help maintain flexibility as you age
- Maintain bone mass
- Prevent osteoporosis and fractures
- Improve mood and reduce symptoms of anxiety and depression
- Enhance self esteem
- Improve memory in elderly people
- Reduce stress

Simple Ways to Move Your Body: You can start the process by adding a little more activity to your life. If you're not ready for a structured program, start small. Every little bit counts and it all adds up to burning more calories.

- Once a week, turn off the TV and do something a little more physical with your family. Play games, take a walk...almost anything will be more active than sitting on the couch.

- Walk more. Look for small ways to walk more. When you get the mail, take a walk around the block, take the dog for an extra outing each day or walk on your treadmill for 5 minutes before getting ready for work.

- Do some chores. Working in the garden, raking leaves, sweeping the floor...these kinds of activities may not be "vigorous" exercise, but they can keep you moving while getting your house in order.

- Pace while you talk. When you're on the phone, pace around or even do some cleaning while gabbing. This is a great way to stay moving while doing something you enjoy.

Second, eating well. Eating a healthy diet is another part of the healthy lifestyle. Not only can a clean diet help with weight management, it can also improve your health and quality of life as you get older.

- Eat more fruit. Add it to your cereal, your salads or even your dinners.

- Sneak in more veggies. Add them wherever you can – a tomato on your sandwich, peppers on your pizza, or extra veggies in your pasta sauce. Keep pre-cut or canned/frozen veggies ready for quick snacks.

- Make some substitutes. Look through your cabinets or fridge and pick three foods you eat every day. Write down the nutritional content and, the next time you're at the store, find lower-calorie substitutes for just those three items.

So, my friends, I want you to walk out of here this morning understanding that your body is a temple and you have to take care of it. Next week, we are having pot-luck lunch. Watch your portion size and put some fruit or vegetable on your plate. Amen.

– Sermon by Carlton A. Rhoden,
May 30, 2010

¹ CDC, <http://www.cdc.gov/obesity/data/trends.html>

² CDC, <http://www.cdc.gov/obesity/data/trends.html>

³ CDC, <http://www.cdc.gov/obesity/data/trends.html>



VACATION BIBLE SCHOOL IS COMING:

JULY 12-16

4:00 TO 7:30 p.m.

Sign-up at the
BLOCK PARTY on July 11,
or talk with
VBS Director, Ann Brodie.

COMMUNITY TRAFFIC MESSAGE



The Los Angeles Police Department–West Traffic Division would like to keep you safe.... Safety for Children in a Motor Vehicle

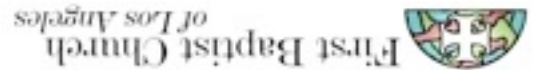
It is illegal to leave a child six years of age or younger unattended in a motor vehicle when:

- There are conditions that present a significant risk to the child's health or safety. Example: Leaving a child in a closed car on a very hot day.
- The vehicle's engine is running, the keys are in the ignition, or both. Children can start or move the car causing injuries to themselves or others.

NEWS SCHEDULE

The next issue of the *First Baptist NEWS* will be published **July 5, 2010** and will cover services and events through July 18, 2010. Material and articles for the July 5th issue should arrive in the church office **no later than June 23.**

760 South Westmoreland Avenue
Los Angeles, CA 90005



GRADUATION SUNDAY, JUNE 27, 2010

9:30 a.m.

Church School Classes for All Ages

11:00 a.m. WORSHIP:

“LIFE EXAMS”

(Please read Joshua 1:1-7 in preparation)

REV. CARLTON A. RHODEN, Preaching

Recognition of Graduates

12:30 p.m.

Youth Fundraiser Lunch in the Robbins Dining Hall

(\$5: burgers, chips, soda)



INDEPENDENCE DAY, SUNDAY, JULY 4, 2010

9:30 a.m.

Church School Classes for All Ages

11:00 a.m. WORSHIP:

“WHY DID I COME TO WORSHIP?”

(Please read Isaiah 6:1-9 in preparation)

REV. CARLTON A. RHODEN, Preaching