In this Issue:

- Strength in Numbers
- Silence is Golden
- Tennis Night!
- Love and Other things!

Share a Simple idea with a friend.

Dear Lexie,

"Strength in Numbers"

I watched this video several times and laughed each time. Coupled with laughter is a very deep message: we accomplish more in life when we work together. After all, this is God's design. Nature is replete with examples of teamwork. The Red Woods of California that soar up to 350ft are able to soar so high not because their roots plummet so deep, rather it's because their shallow roots are extensively intertwined with each other, providing strength, stability, and protection. You will also notice the importance of teamwork when observing birds flying south, bees hard at work, dolphins and orcas hunting, or a school of fish swimming together for protection...
This Sabbath:
February 22, 2014

Speaker:
Cheryl Bridges,
"The Windows of Worship"

Special Musical Guests:
Brothers of CPC,
A cappella quintet

Sligo Children's Choir,
Charisse Sullivan-Mensah, Director

Silence is Golden
The Wonder of Worship

How often have you heard yourself saying, "Be quiet!" If you are a parent, schoolteacher or librarian, you probably recite this phrase often...

Read More>>

Tennis Night!
Saturday evening, March 1

Tennis Anyone? Whether you are pro, a beginner or would just "LOVE" to learn the game of tennis, you are invited to join your Sligo family for a night of indoor tennis on Saturday evening...

Info. and directions >>

Love and Other Things
Prepare and Enrich Couple's Seminars

It is true that love never fails, but anyone who has ever been in a relationship knows it is the "other things" that make or break, weaken or strengthen love...

Register Today>>

Missed Last Week's Sermon?

Watch Live or OnDemand:
Sligo WebTV>>

Sermon Audio Archive:
The Wonder of Worship: Silence is Golden
DAT Feature: We Have This Hope!!

STRENGTH IN NUMBERS

By Pastor Prathna on February 10, 2014 - Add Comment - In a Weekend

I watched this video several times and laughed each time. Coupled with laughter is a very deep message: we accomplish more in life when we work together. After all, this is God's design. Nature is replete with examples of teamwork. The Red Woods of California that soar up to 350ft are able to soar so high not because their roots plummet so deep, rather it's because their shallow roots are extensively intertwined with each other, providing strength, stability, and protection. You will also notice the importance of teamwork when observing birds flying south, bees hard at work, dolphins and orcas hunting, or a school of fish swimming together for protection.

I recently read an article in the Star Tribune Business section that recounts the story of a farmer who won the blue ribbon each year for having the best corn. It was discovered that the farmer shared his award winning corn kernels with his neighboring corn farmers. When asked why he did something so counter intuitive to having the best corn, he responded to a reporter; "Why, sir did you know that the wind picks up pollen from the ripening corn and swirls it from field to
In his old age, King Solomon reflects on the life of a man who toiled alone, the king concludes that teamwork is not only beneficial but is essential for living. It's not something to just be admired in nature; it's something to be practiced.

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. Ecclesiastes 4:9-12 (NIV)

God designed nature, human relationships; and He also designed the Church for this kind of symbiosis. The church was designed for all the members of the body to work together for the common good, to work together towards one goal. It is not just a good idea, or an admirable trait in the body of Christ; it is part of our essential design and mission. We cannot accomplish the work God has committed to our care unless we intertwine our lives like the Red Woods, share our gifts like the farmer, and defend each other against our enemy who is like a roaring lion like the crabs, ants, and penguins did.

Paul shares these words with the church in Corinth and also to the church in all ages.

"Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. Even so the body is not made up of one part but of many...so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it. 1 Corinthians 12:12-27 (NIV)
The Wonder of Worship: Silence is Golden

Cheryl Bridges

“Speech is Silver; Silence is Golden.” Thomas Carlyle

How often have you heard yourself saying, “Be quiet!” If you are a parent, schoolteacher or librarian, you probably recite this phrase often. Yet, how many of us really know how to be quiet? In our society the saying, “Silence is Golden,” seems to have lost its luster. It is difficult for us to be silent because we are surrounded by constant noise. Our culture craves audible stimulation. For most of us, noise is no longer a nuisance. We enjoy our noises. Throughout the day, we fill our minds with all sorts of background noises. We wake up to the radio, turn on the TV, listen to the news or music as we travel and even when we arrive at our destinations. We exercise to music and hear the music playing while we shop. There seems to be no planned time in our day for silence or meditation. We rarely reserve quiet time to think!

Yet as quiet as it is kept, silence and meditation are critical. These disciplines allow us to put our lives in perspective. Benedictine monk Daniel Heisey states,

“There is a stressful silence, such as students experience when taking an exam; there is also an appreciative silence, such as one encounters among people in a museum. Also, there is a reverential silence, such as at a much visited cemetery or national monument. In each case, silence results from and signifies people recognizing that they are in the presence of something greater than themselves.”

Bodgan Scur, religion professor at Washington Adventist University, talks about the virtues of meditation. He states, “Meditation is saturating your mind with the Word of God. When it permeates your mind, it spills over into action, and we start reasoning and making decisions the way the Bible teaches.”

King David understood that silence signifies the recognition of being in the presence of something greater than himself, and meditation allows us to focus on the Word of God. Despite being a musician, David, more than any other Bible writer, used silence and meditation as a form of praise.

- The Third Form of Praise is Silence & Meditation

The Hebrew word “Selah” is most frequently used in the Psalms. Selah is a musical notation that means “To pause and think calmly on what has just been expressed.” The art of meditation is found in Psalms 77:12, “I will also meditate on all Your works, and talk of Your deeds.” Silence in worship is powerful. It gives the worshipper time to absorb, digest, and contemplate what was just heard. These practices are essential spiritual disciplines. Just like a musical rest enhances the beauty of a song, silence and meditation placed purposefully in our worship services enhances our ability to contemplate the awesomeness of God. Silence and meditation in worship is a golden treasure that must not be wasted.

Tagged with → · · · · · · ·
Tennis Anyone? Whether you are pro, a beginner or would just “LOVE” to learn the game of tennis, you are invited to join your Sligo family for a night of indoor tennis on Saturday evening, March 1, from 7:00 – 12:00 p.m. at the Fairland Sports and Aquatic Complex in Laurel, MD. There will be lots of good food and tons of fun for all ages. There is no cost for admission, although food will be sold by the Sligo Pathfinders to help raise money for their upcoming trip to Oskosh in August. So bring a racket and your enthusiasm for a night you will never forget.

Don’t forget to Bring a Friend!

Directions: Fairland Sports and Aquatics Complex
“Love and Other Things”

PREPARE/ENRICH Relationship Workshop

sligochurch.org/ministries/prepare-and-enrich

March 1 – April 19, 2014 1-2:30pm Sabbath Afternoons Location to be determined by size of group

Additional Information: PREPARE/ENRICH inventory is a customized couple assessment completed online that identifies a couple’s strength and growth areas. It is used for marriage enrichment, marriage counseling, and dating couples considering engagement. It is also one of the most widely used programs for premarital counseling and premarital education. As part of the 8 week workshop each couple will receive a Couple’s Report based on the PREPARE/ENRICH assessment. The assessment will take 30 – 45mins to fill out. After you register you will receive information from Pastor Fielder with directions on how to complete the online assessment. The price per couple, paid directly to PREPARE/ENRICH, is a onetime fee of $35.

If you have any questions, please email Pastor Fielder at pfielder@sligochurch.org.