



Wish You Had A Personal Restart Button?

By Mark Krenz, D.Min.

Don't you just hate it when your computer starts running like an ant trudging through syrup? Programs take forever to open or close, there's a delay in the key strokes, the mouse jumps around, the hourglass cursor becomes a permanent fixture. It's very frustrating, annoying, down right enraging. Of course, all you Mac folks out there are alleging you know nothing of what I am talking about.



What I find interesting is that often I'll keep working, tolerating this pc snails pace, instead of restarting the computer. Why? Because restarting takes too long - I'll have to close everything out, shut down, then wait for Window's to reopen, restart all my programs, find all my files, and figure out where I left off.

Isn't that often just like us in our own lives? We get so busy running so many "programs," keeping office appointments, tracking kids schedules, running these errands, going to that event, cleaning the house, fixing a dinner, paying the bills, go, go, go. As we go, go, go, we eventually will slow, slow, slow - like our computers.

We need a personal restart. Unfortunately, many of us never make one happen. We're just too busy. We can't afford the down time. So we pack more in and pack more on. If we keep this up, we'll eventually "freeze" up - yup, like our computers, something will go out of whack or breakdown.

We're only a few weeks into this new year. Have you taken the time to hit your personal restart button? It's not as convenient as the Staple's "easy button," but you have one. It's called a rest, a break - the bible calls it a Sabbath - a

day of rest. When God created the world scripture says that after six days of creating, on the seventh, God rested. God taking a day of rest - that's a pretty powerful example.

As a matter of fact, in biblical times, the Sabbath was a mandatory weekly day of rest and worship. In Christian churches the Sabbath is typically honored Sundays with a time to come together to worship God and be encouraged by his love for us. It's also a time to gather and be challenged with living out the teachings of Jesus in our life today.

Since moving here almost a year ago to start a church myself, I've had the chance to visit many of the churches in the Queen Creek and San Tan area. Though each is unique, we have many great churches with fantastic leaders. Go to one of these churches and you'll likely find friendly, caring people, great times of worship, wonderful kids programs, and gifted communicators. Their heart is to share the freeing message of Jesus Christ and to live that out here in our community.

Do you need a restart? As we launch into 2007, take the time to give yourself a weekly Sabbath, take some rest, and visit a local church where you can feel comfortable exploring your faith. More than your body recovering, your soul will find breath and new life. Sunday worship is a great way to reboot from the previous week and start fresh for the next. Ahhh, there's nothing like having the computer up and functioning at full capacity again.

"Come to me all you who are weary and burdened and I will give you rest." - Jesus (Matthew 11:28 NIV)

Dr. Mark Krenz is the lead Pastor of ONE Community Church. You can hear Mark speak every Sunday at 9:30am in the outdoor courtyard of San Tan Flat Restaurant at ONE's worship service, lead by their band. The current teaching series is called "Fresh Start". For more information check out www.discoverONE.net.

Help for People Who Want to Quit Smoking

A Popular New Year's Resolution

By Patricia Sheppard

The Arizona Smoker's Helpline at www.ashline.org can not only help you calculate how much money you are spending each day or year on cigarettes but it also has a wealth of information and tips on how to quit smoking. The Smoker's Helpline is designed to help a smoker succeed in quitting by directing them to research based tobacco cessation services for Arizona residents. According to the web site, this includes telephone counseling, web based services, printed materials and referrals to classes within

the community. The web site is packed full of information including coping hints, information on medication and nicotine replacement therapy, pregnancy and smoking, second hand smoke and describes what's in a cigarette. It talks about the non smoker and has tips and information on how to help support a loved one who is trying to quit smoking as well.

For those who have made a commitment to quit smoking for their New Year's Resolution, don't give up. When it comes to quitting smoking, support is the key.

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