

# Salina Heights Christian Church



## All Church Prayer & Fasting

SUNDAY  
MARCH 7

Next Sunday, March 7, we will conclude our three week focus on the topic of prayer. You are invited join in a day of prayer and fasting from noon on Saturday, March 6, until noon on Sunday. The spiritual discipline of fasting can focus our attention on our need for a deeper relationship with God and with each other. On Sunday we will break our fast (see info on fasting below) by sharing a meal together and celebrating the wonderful fellowship we share here at Salina Heights.

## Future Link . . .

- **March 6**  
Father-Daughter Outing at K-State
- **March 7**  
SHCC Family Fellowship and Lunch
- **March 14**  
Daylight Savings Time Begins
- **March 20**  
Let's Go Fly a Kite Family Day
- **March 28**  
Ministry Leaders' Meeting

- Bring a meal to share on Sunday
- Consider allowing this event to be a springboard for deeper, richer, more meaningful relationships within the SHCC body.
- See page 2 for a list of attitudes, principles and issues to be praying for during the next few weeks and certainly during your fast.

### Christian Fasting

The Book of Acts records believers fasting before they made important decisions (Acts 13:4; 14:23). Fasting and prayer are often linked together (Luke 2:37; 5:33). Too often, the focus of fasting is on the lack of food (which is what we've chosen to do as well). However, the purpose of fasting is to take our eyes off the things of this world and instead focus on God.

Fasting is a way to demonstrate to God and to ourselves that we are serious about our relationship with Him. Although fasting in Scripture is almost always a fasting from food, there are other ways to fast. Anything you can temporarily give up in order to better focus on God can be considered a fast (1 Corinthians 7:1-5). So, if you are unable to participate in a food fast, perhaps you'll consider a fast or cessation of something else?

Fasting should be limited to a set time, especially when the fasting is from food. Extended periods of time without eating are harmful to the body. Fasting is not intended to punish our flesh, but to focus on God.



### Do You Have Time To Pray?

Ever wonder about the abbreviation A.S.A.P.? Generally we think of it in terms of even more hurry and stress in our lives. Maybe if we think of it in a different manner, we will begin to find a new way to deal with those rough days along the way.

There's work to do, deadlines to meet;  
You've got no time to spare,  
But as you hurry and scurry -  
A.S.A.P. -- Always Say A Prayer

In the midst of family chaos  
"Quality Time" is rare.  
Do your best, let God do the rest -  
A.S.A.P. -- Always Say A Prayer

It may seem like your worries  
Are more than you can bear.  
Slow down and take a breather -  
A.S.A.P. -- Always Say A Prayer

God knows how stressful life is;  
He wants to ease your cares  
And He will respond to all of your needs  
A.S.A.P. -- Always Say A Prayer

This prayer is powerful, and there is nothing attached. Prayer is one of the best gifts we receive. There is no cost, but lots of rewards, so let's continue to pray for one another.

God bless and have a nice day!!!

*Kerry*



801 E Cloud / Salina, KS 67401  
785-823-7050

email: [shcc@salinaheights.com](mailto:shcc@salinaheights.com)  
website: [www.salinaheights.com](http://www.salinaheights.com)

## Outreach Link . . .

### Spring Break Youth Group Service Project

Monday March 15<sup>th</sup> – Thursday the 18<sup>th</sup> the youth group is going to be partnering with some other local youth groups to serve the community of Salina. This is a great opportunity for our youth and even some adults to be the hands and feet of Jesus. If you are interested in being a part of giving back to our community don't hesitate to contact Micah! And let's all join together in prayer that our service will bring glory to God!

## Mission Link . . .



### Mission Trip to Mexico

May 29 - June 3

Each year a group from SHCC travels to Juarez, Mexico, to work with Casas por Cristo to build a home for a family in need. If you would like to be a part of this adventure, please contact Bruce Wilson as soon as possible for further details.

**PRAYER FOCUS**

As we continue to go deeper in our relationship to God, individually and as a church family, please pray specifically for the following:

- Focus on your relationship with God and what He might be calling you to during this corporate time of prayer and fasting.
- Pray for God's presence and a spirit of peace and harmony to permeate throughout His body here at SHCC
- Pray for a sense of unity, strength, and support for one another.
- Pray for the individuals who walk through our doors each week; that we will be prepared to minister to them and effectively lead them to Christ.
- Pray for our future elders.
- Pray for more volunteers for our children's ministry during second service.
- Pray about what God is asking **YOU** to do in **HIS** church.

**Youth Update**

March is almost here and hopefully it's bringing Spring with it! We've been having a great time studying Jesus' Parables in Youth Group and we'd love to have your middle or high school student come check it out on Wednesdays from 6:45 to 8:00 pm!

Here are some upcoming events that we'd like you to know about:

**Spring Break Dodge Ball Tournament, Wednesday March 17<sup>th</sup>**

The Wednesday of Spring Break we will be participating with a group of Salina Youth Groups to play in a dodge ball tournament! We will be playing from **7 – 11 PM**, and the cost is \$3 for the evening which includes a snack. Everyone will be meeting up at Webster Conference Center (if you will need a ride, please RSVP with Micah ahead of time). This is an event you need to sign up in advance for, so please sign up by Wednesday March 10<sup>th</sup> so that you can be sure to be a part of the fun! And don't forget to invite your friends!

**Winter Jam 2010 Concert! Sunday March 21<sup>st</sup>**

We are going to be going down to Wichita Sunday March 21<sup>st</sup> right after church to see one of the most awesome concerts ever! Third Day, Newsboys, Tenth Avenue North, Fireflight and more will be headlining and just \$15 will cover the ticket and gas! You can't beat that price! This is a first come/first serve concert so we will be heading down as soon as we can to make sure we get some great seats! Doors will open at 5:00 and the concert starts at 6:00 and we'll be hanging out and having fun all the way up until the concert starts! So grab a friend and bring \$10 and we'll have a blast rocking out to some awesome music!

**Also on the horizon – King Solomon Christian Camp and CIY!**

Summer is just around the corner, so it's time to start thinking about summer camp and CIY! The dates for camp are up on the main hallway info board, we are recommending as many students as possible to go to the **Sr. High 1 Camp** (June 7<sup>th</sup>-11<sup>th</sup>) and **Jr. High Camp 1** (June 20<sup>th</sup> – 25<sup>th</sup>). **Christ In Youth** conference (CIY) is from Saturday July 17<sup>th</sup> through Saturday July 24<sup>th</sup> and is for incoming freshmen up to graduating seniors. CIY is a blast and we are going to be traveling to Lee University in Cleveland Tennessee this year for an awesome week! We'll have more information on all of the summer events coming up in the next few weeks!

**Get connected!**



**LIFE GROUPS**

**Sunday Afternoon:** 1pm  
Monica Englehardt's home  
1316 Indian Rock Lane

**Monday Evening:** 6:30  
Men's Fellowship at the church  
*God's Gift - My Response* series

**Tuesday Morning:** 9:30am  
Church Overflow Room w/ Sue Dickey

**Tuesday Evening:** 6:45pm  
Eric & Amy Wolf's Home  
2873 Mahan Rd., Brookville

**Thursday Evening:** 7:00pm  
Chuck & Lana Heaton's home

We're excited for these events and we'd love to have your student and their friends be a part of the great times hanging out and growing closer to God! Don't forget that youth group is on Wednesday nights from 6:45 to 8:00 PM. If you have any questions you can contact Micah at [micah@salinaheights.com](mailto:micah@salinaheights.com) or you can reach him at 823-7050.

**What's in the Library?**

**ENCOURAGEMENT FOR LIFE**  
By Charles Swindoll

This is a small book of excerpts from other books that the author has written. Like tasty morsels, a reader could linger over the comforting words, digesting them slowly. As for me, I almost devoured the book whole!

Either way, this book will feed your soul.  
Terri Macormic

Are you reading your Bible?  
It's real soul food!

• **Date Night Update**

**Let's Go Fly a Kite Family Day**

March 20, 3:30 pm, at the old airport on Markley Road. Bring a snack to share, drinks will be provided.

• **Men's Life Group**

The men's life group for the next few weeks will be sharing a series entitled *God's Gift, My Response* from the National Missionary Convention. They meet here at the church on Monday Nights from 6:30pm to 8:00pm.

• **Bible Reading Plan**

There are Bible reading plans available at the at the Information Center located at the back of the sanctuary.