



FIRST CHRISTIAN ASSEMBLY

WELCOME to First Christian Assembly, an independent church whose mission is articulated by Jesus in Mark 16:15 when he said "...Go ye into all the world, and preach the gospel to every creature". Following this great commission, First Christian Assembly preaches and teaches the gospel of Jesus Christ. In so doing, we trust that God, working through His Holy Spirit will draw souls to salvation in Christ Jesus our Lord.

Meditation?

"Mine eyes prevent the night watches, that I might meditate in thy word." (Psalm 119:148)

Many people promote meditation as harmless and healthful. Of course, growing interest in meditation cannot be separated from the increased popularity of Eastern and New Age religion.

However, many don't place the claims that Eastern meditation reduces stress in the same category as the magical New Age claims made for crystals. Unfortunately, even children in public schools go through Eastern meditation exercises.

Eastern meditation has often been recommended as one treatment for hypertension. However, no one had ever studied these medical claims to see if they were true. Then the results of such a study were published in the Journal of the American Medical Association. Government researchers had studied effects of Eastern meditation on more than 2,100 men and women with high blood pressure. They concluded that it is ineffective in lowering blood pressure. Yes, it is true that there are changes in the brain waves of someone who is meditating. However, brain waves normally change when one type of mental activity replaces another. Nor is Eastern meditation a particularly good choice to produce brain waves associated with mental peace.

Eastern meditation is not harmless. It can open the mind to negative influences. And claims that it can reduce the effects of stress have been scientifically shown to be untrue. Let's return to our Bible and say with the Psalmist, *"My eyes are awake through the night watches, that I may meditate on Your word."* – Creation moments .com

[TBC: Biblical meditation is not a matter of emptying one's mind or focusing upon repetitive chanting of a "mantra." Rather, Psalm 1:1 summarizes what our Lord views as meditation: *"But his delight is in the law of the LORD; and in his law doth he meditate day and night."* The man of God meditates upon the Word of the Lord.]
Reprint from Berean Call

Missionary Highlights

John Koehler - Visit

Dear Friends,

It will only be a few days until I see some of you in person but wanted to take a moment to catch you up on what has been happening here.

Thank you so much for praying for my health! Wow, I have not had a bout with the flu like that in years! It feels so good to be well again!

Two weeks ago we commissioned the house by having the Morning Star team come and pray and then a few days later one of our volunteers followed up his commitment as a follower by being dunked! That was a great way to begin our time in the New Life centre!

We also had a 12 step training for our volunteers and then we began our first 12 step group just a few days ago. It did not start out with a bang, only three men came, but we found out later, that many men could not find the house! We will have a sign made this week before the next meeting..

While I am in the states we will start a second group to begin the rehabilitation process. Please pray as the weather has been super rainy and the living conditions for the men under the bridge are beyond deplorable, but we can not bring them in until the government signs our MoU. But with me traveling it looks like we will not begin bringing men in until I return.

Here is my travel itinerary in the US:

April 14 -19 Wheaton IL., April 19-25 Snohomish WA, April 28-May 4, Philadelphia. May 4-May 16 Dallas and Tyler area, May 16-20 Dominican Republic, May 20-26 West Palm Beach FL area.

If you are in one of these areas we would love to see you. I feel a great need to have an intercession team praying for us. If you would be interested, then please contact me. Thank you so much for partnering with us through prayer and giving. We can not do this without you!

Please keep praying! We/I need it!
Continuing in His radical grace, John

John will be visiting First Christian Assembly on Tuesday Evening May 2, 2017 – 7:00 PM

First Christian Assembly, 1900 S. 11th Street, Philadelphia, PA 19148
First Christian So Jersey, 123 Egg Harbor Rd. Sewell NJ 08080
Philadelphia Access Center, 1832 S. 11th Street, Philadelphia, PA 19148

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The Philadelphia Access Center is a ministry of First Christian Assembly. Our mission is *revealing Christ through compassionate service*. Services available at PAC include social services information and referrals, biblical counseling, support groups, volunteer training, and community outreach. All services are free of charge and available to anyone. To learn more, visit us in person (across the street from FCA) or online at www.philaccess.org or www.facebook.com/philaccess.

WEEKLY SERVICES /MEETINGS

	Meets at FCA	Meets at PAC
Sunday	9:45 AM <i>Bible Study</i> 10:00 AM <i>South Jersey Worship Service</i> 11:00 AM <i>Phila Worship Service & Children's Sunday School</i>	
Monday		7:00 PM <i>Stepping Stones</i>
Tuesday	6:30 PM <i>Prayer (Sanctuary)</i> 7:00 PM <i>Worship (Fellowship area)</i>	
Wednesday		1:00 PM <i>Women at the Well</i> 1:00 PM <i>Coram Deo</i>
Thursday		6:00 PM <i>Prayer Service</i> 7:00 PM <i>Bible Study</i>
Friday		7:00 PM <i>Right Path (on a hiatus)</i>

- *Coram Deo*: A men's Bible study and Christian fellowship.
- *Right Path*: A Christ centered support and recovery group for people whose lives have been affected by drug and alcohol addiction. In a warm and friendly atmosphere, we provide loving support and fellowship; in genuine confidential sharing, coupled with a Biblical twelve step model of recovery.
- *Stepping Stones*: A Christ centered support group for men and women impacted by a loved one's addiction. In a warm and friendly atmosphere, we provide loving support, fellowship, confidential sharing, and intercessory prayer.
- *Women at the Well*: This group is Biblically based and promotes hope, healing, and fellowship for women impacted and struggling with brokenness.



PRAYER REQUESTS

- Ministries at First Christian (Phila.& NJ) and the Philadelphia Access Center
- Christians around the world being persecuted for their faith
- Our supported missionaries
- For our Pastor and his family
- Paula Grazulis

John Koehler, missionary to Afghanistan, will be visiting FCA this Tuesday Evening May 2nd at 7:00 PM. Please come out to encourage and bless John and to hear of the ongoing work of the Gospel in that part of the world.