

Your Amazing Body

by David Nelson
Pastor of Discipleship

Flying machines are absolutely amazing! In my younger days, I used to fly in the Navy and I got to see and fly in some pretty awesome helicopters, jets, and prop planes all over the world. Once when I was on Okinawa (a Japanese island south of the main island) I got to see an *SR-71 Blackbird* taxi and takeoff.

The SR-71 was an amazing spy plane! It was designed to fly at 85,000 feet (over 16 miles high) at speeds over Mach 3.3 (2,180 miles per hour) all while taking pictures clear enough to read a license plate. As the plane taxied by, I smelled jet fuel and saw it dripping from the wings. I was told that the temperature and pressure changes of such high and fast flight required some sort of "expansion joint" type design in the fuel system which allowed a little of the fuel to leak at the relative low temperature and pressure of ground operations. All of this and the SR-71 was designed and built in the 1950's and 60's.



Helicopters are pretty amazing too! Some of my fellow aviator friends used to say, "Helicopters have to fly. They're so ugly, the earth repels them." and things like that.

Did you know that a wide body jet airliner uses at least 150 miles of wire? That's enough wire to go from Mount Holly to Chapel Hill! Its amazing! All that complexity and intricate design that go into making these heavier than air flying machines that actually travel through the sky; and some of us ride in them.

As amazing as all this is, there's something even more amazing, more complex, and more intricate in design. What is it? The human body. And, God's constant communication with each person is even more amazing! Consider these words written by King David:

O LORD, You have searched me and You know me. You know when I sit and when I rise; You perceive my thoughts from afar. You discern my going out and my lying down; You are familiar with all my ways. Before a word is on my tongue You know it completely...

Where can I go from Your Spirit?... If I go up to the heavens, You are there; if I make my bed in the depths, You are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there Your hand will guide me, Your right hand will hold me fast.

For You created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. My frame was not hidden from You when I was made in the secret place. When I was woven together in the depths of the earth, Your eyes saw my unformed body.
Psalm 139:1-4, 7-10, 13-16

God made man the crowning glory of His creation; each person made in His image. Not that we are little gods, but we have positive traits like He does. He loves, we can love; He creates, we can create and appreciate beauty; He thinks and communicates, we can think and communicate; He is powerful and makes things happen, we can exercise power to make things happen. I'm sure you get the picture.

Anyway, what's so amazing about the human body as compared to some of the aircraft mentioned above? The average adult is made up of 100 trillion cells; your brain is more complex than the most powerful computer and has over 100 billion nerve cells; your circulatory system is about 60,000 miles long - more than twice the distance around the earth; in one day your blood travels about 12,000 miles; each cell in your body has between 6 to 8 feet of DNA; your heart beats about 100,000 times a day; you create about two million red blood cells every second; your liver has over 500 things it does to maintain your body.

You are *fearfully and wonderfully made!* And God knows every detail about YOU all the time! That's more amazing than any aircraft... even the helicopter or the *SR-71 Blackbird!*

One Sq. Inch of Skin has:

- 4 yards of nerve fibers
- 600 pain sensors
- 1300 nerve cells
- 9000 nerve endings
- 36 heat sensors
- 75 pressure sensors
- 100 sweat glands
- 3 million cells
- 3 yds of blood vessels

An average adult has about 940 sq. inches of skin.

SUMMER HAPPENINGS

Children's Ministry

Summer Schedule will be released soon!

Youth Group

High School Retreat
5/14 - 5/16

Summer Sports Camp

**** Register NOW**
June 14 - June 18, 2009
Ages 6 - 12
Soccer, Basketball, Cheer
9:00am - 12:15pm
Soccer, Baseball, Volleyball
5:30pm - 8:45pm

Youth Baseball / Softball

Registration on June 19th
June 19 - August 21, 2010
Ages 5 - 16, evenings

Vacation Bible School

July 25 - July 29, 2010
Ages 3 - 5th grade
Mark your calendars!

Adult Sports

16 yrs - 99 years

Men's Basketball Open Gym

Saturdays 2:00 - 4:00pm



Photos courtesy of Bill Ward

Soccer News

Whether it's training for a soccer game or playing a backyard game of catch, children's athletic performance, development, and growth depend largely on eating the right foods. Unfortunately, most children (and adults) forget just how important nutrition is to good health and athletic performance. Many children, especially in the years before puberty, have poor eating habits (skipping breakfast, eating the same foods day after day, consuming too many energy drinks). As a result, their diets are missing nutrients and their growth and athletic performance may be impaired.

It is important to recognize that children are not miniature adults; they have special nutritional needs. It is especially important to meet their nutritional needs as they enter puberty, when they experience rapid growth as they undergo hormonal changes marking the beginning of adolescence.

Team Pictures

Saturday, May 15th
Arrive 30 minutes early



Soccer Finale
Sat., June 5th
Mark your calendars!!!

Proverbs 22:6

*Train up a child
in the way he
should go, and
when he is old
he will not turn
from it.*



Child
Development
Center

Summer Child Care

Pre-School
Ages 2 - 4
June 22nd - August 12th
8:30am - 12:00pm
Tues, Wed & Thurs

Summer Care for School Age Kids
Ages 5 - 12
7:00am - 6:00pm (M-F)

Pre-School 2010-11

Classes begin Sept. 8, 2010
Mother's Morning Out
1 year-olds 8:30am - 11:30am
Pre-School
Ages 2-4 8:30am - 12:30pm
Choose what works best for you
M/T/W/Th/F M/W/F T/Th
For more info, contact us at
704.263.4274



**We're
Going
Green!**

In an effort to reduce printing and paper waste, the SOARing newsletter is now being delivered by email! If you would like to continue to receive paper copies, simply let your coach know and we'll make sure your copy is waiting for you on Saturday mornings.

Questions? Contact the church office at 704.263.4275 or you can email us at fpctanleyncc@carolina.rr.com.

**First
Presbyterian
Church**
Stanley, North Carolina

Presenting Everyone Complete in Christ

Morning Service

8:30 Worship Service
9:45 Sunday School
11:00 Worship Service

Sunday Evening

Beginning in June
6:30 Family Worship

On the first Sunday night each month, we'll have a family meal at 6pm & worship at 7pm

Call us at 704.263.4275

Visit us online at
www.fpcstanley.org

Team Rosters
Game Schedule
Parent's Corner