



GRACE

HAPPENINGS

A WORD FROM PASTOR STEVE:

During the summer months the last thing on our mind is the cold of winter, unless of course you're missing the snow and freezing temperatures. And whether you are sweating in the summer or shivering in the winter, it is God's amazing design of the human body that permits it to do those things to regulate body temperature. We are truly fearfully and wonderfully made as His Word tells us. It is an amazing thing to consider all of God's creation and from time to time we find things that speak again of an awesome Creator! The Antarctic Icefish is one of those creations! The following was written by Heather Brinson Bruce and can be found on the website of Answers in Genesis:



Subzero water is a death trap for most animals. Icefish, on the other hand, make their home in it. A unique property of their blood makes this possible.

You might be reading this outside, basking in the warm sunlight, iced drink in one hand. Maybe you're on the beach, salt wind in your hair, sunglasses leaving faint tan lines on your cheeks. Or maybe you're enjoying a cup of coffee in the quiet moments of the morning.

Now recall a time when you could find no warmth, when the cold grasped your bones and chattered your teeth. Do you remember that feeling?

Antarctic icefish happily live in the ocean waters surrounding Antarctica. The temperatures there often remain below freezing, making survival difficult for most living creatures. Saltwater freezes at a lower temperature than freshwater due to the salt's disturbance of water's crystallization. Though the water outside remains liquid, the frigid cold still causes the water in a fish's veins to freeze. Such freezing will prove fatal to any creature not prepared for it.

But no worries for the icefish. How does it manage to survive—and thrive—in such frigid waters? Just as one sparrow will not fall apart from the Father's care (Matthew 10:29), He carefully provided for the pale icefish as well. Within the blood of the Antarctic icefish is a special protein that acts as an antifreeze. When the ocean's temperatures drop, the water in the icefish's blood will begin to crystallize. However, the antifreeze protein latches onto the growing ice, forcing the water molecules to disperse and remain fluid. This specific design allows the icefish to enjoy a habitat with little competition for limited resources, so it can thrive in the quiet waters near the South Pole.

But stopping ice from forming in your veins is not enough to ensure good health in bitter cold. Under such conditions our blood (along with the blood of many other warm-blooded creatures) would thicken and cease to flow, overtaxing the heart's circulation, leading to a slow end. How does the icefish's circulatory system keep from becoming overwhelmed?

Antarctic icefish are the only known vertebrate on the planet to have no red blood cells or hemoglobin in their blood. Red blood cells are used to transport oxygen from the lungs to the rest of the body. Hemoglobin is the iron-based protein that combines with the oxygen, often within the red blood cells. However, the presence of these cells makes blood much thicker and sluggish in colder weather.

Icefish use a much simpler method of oxygen transportation. Since Antarctic waters are more oxygen-rich than other oceans, the icefish can absorb oxygen directly into their plasma, which then transports the oxygen to the rest of the body. Their clear blood is so much thinner than that of other animals that the fish appears translucent.

Surviving in the cold is no easy task, no matter how easy the icefish makes it seem. Be grateful our blood is red, soak up the warmth of the sun, and count your blessings that you don't live in such a cold place.

Building Together

AUGUST 2019

"....then they said, 'Let us arise and build.' So they put their hands to the good work." Nehemiah 2:18

REMEMBER OUR SHUT-INS

Pray for our shut-ins, send a card, make a phone call, pay a visit (call first), pick up groceries / medicines. Addresses and phone numbers are in the church directory

Wilma Davidson
Julie Lindsey
Gerry Gladfelter
John Klock

Carol Sarver
Russ Hearton
Rita Brewer

COMMUNITY EVENT

COMMUNITY VOLUNTEER FIRE CO. NO.1, STATION 38
WILL BE HOSTING THE 107th ANNUAL YORK COUNTY
FIREFIGHTER'S ASSOC. OF YORK COUNTY, PA

CONVENTION & PARADE
AUG 16th & 17th, 2019
IN YORKANA, PA

Event Marketing by *inovatech*

COME OUT & JOIN US FOR LOTS OF FELLOWSHIP & FUN

Schedule · Saturday, August 17, 2019

9:00 AM - 12:00 PM

Apparatus and Equipment Judging

This event will be held in the GBC Parking Lot

1:00 PM

Parade through Yorkana Borough

*"The one indispensable requirement for producing
godly, mature Christians is godly, mature Christians."
— Kevin DeYoung*

Grace Baptist Church
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Sunday: 8:15 Contemporary Worship
9:30 Sunday School
10:45 Traditional Worship
6:30 Against the Flow Youth
6:30 Evening Worship Service
Wednesday: 7:00 Bible Study & Prayer for Adults
Pioneer Clubs / Against the
Flow Youth

Rev. Steve Warner
Senior Pastor

Rev. Jon Barrett
Assistant Pastor



Sunday, August 25, proves to be
a "Very Busy Day" at GBC!!



So hold on to your hat and clear your
calendar now to be sure you don't
miss a minute of this special day!

The day begins at **8:15 a.m.** sharp with the regular
Contemporary Worship Service.

**Connect with your
GBC Family!!
Have your family's
picture and correct
contact info in the
2019 Church Family
Album**



Pictures will be taken of new families since the last album
was completed and those who missed having their pictures
taken before, as well as those with changes in their families
(new baby, marriage, etc.).

Before and after Sunday School or immediately following
the 10:45 service in Room #6 (choir room).
If not available this date, please contact the church office
to schedule a different date.

Everyone: Please check the directory completed in 2018
to be sure your contact information (address, phone, cell,
email, family changes) is correct. Email
gracebaptistyork@comcast.net or put a note in the
Marchant mailbox with changes.

Church Mailbox: If you've been attending GBC and do
not have a church mailbox located in the library and a
deacon and would like both email
gracebaptistyork@comcast.net or put a note in the
Marchant mailbox.

Next: Sunday School at 9:30 with all classes meeting together in the sanctuary for **Sunday School Promotion and Teacher Consecration**. 32 students from nursery through high school will be promoted to their next level class. These students receive a special certificate.

Approximately 67 teachers and helpers (Sunday School, Children's Church, Against the Flow youth, Pioneers) receive a small gift for their service during the 2018-19 year. Christian Education staff who plan to serve during 2019-20 then take "**The Pledge**" to model a consistently mature Christian lifestyle before their students, make faithful attendance at services of the church a high priority, carefully study and prayerfully prepare all parts of the class, pray specifically and regularly for each of their students, encourage each unsaved student in their class toward a salvation decision and to nurture saved students toward committed Christian living, build a positive personal relationship with each student and encourage him/her to grow spiritually and to utilize their gifts in Christian Service, foster a spirit of love and unity among members of the class and toward other Christians, encourage verbally and by activities outreach to the unsaved world, prepare or help with periodic fellowship activities for the age level they teach, seek self-improvement as a teacher by regularly attending scheduled CE Staff meetings, reading educational materials related to their area of teaching and taking advantage of training courses and workshops when available as their schedule allows.

The **Traditional Worship Service** begins, as usual, at **10:45**.

And did we forget to tell you to **attend services this morning dressed in your "Picnic Clothes"** so you will be ready for the:



Hot dogs, corn on the cob, and drinks provided

Bring a side dish **AND** dessert to share

Sign-up sheets are at both church entrances to ensure enough hot dogs, corn, etc. is prepared for you

Also bring your favorite lawn games and board games to enjoy with your GBC family after lunch

Leave time for Bingo and Movies for the kids!

Evening Service/Activities will not be held this evening

RED CROSS COMMUNITY BLOOD DRIVE

Tuesday, September 3
2:00 – 7:00 p.m. in the GBC Gym

Why Give Blood

You don't need a special reason to give blood. You just need your own reason.

- Some of us give blood because we were asked by a friend.
- Some know that a family member or a friend might need blood some day.
- Some believe it is the right thing to do.
- Some do it for the free cookies and juice.

Everyone enjoys the great feeling of helping save lives!

What to Expect at Your Donation

Registration — You will sign in, show an ID, and be asked to read some required information.

Health History and Mini-Physical — Answer some questions online or in a private interview, and receive a general health check.

The Donation — You'll be seated comfortably while a pint of blood is drawn. The actual donation takes only 8-10 minutes.

Refreshment and Recovery — After donating, you can enjoy a snack and a drink for 10-15 minutes before resuming your day. The entire donation process takes about an hour.

Testing — Your blood is tested and sent to a patient in need.

General Guidelines for Blood Donation

- Be in good general health and feeling well.
- Be at least 17 years old in most states (16 years old with parental consent in some states).
- Weigh at least 110 pounds. Additional weight requirements apply for donors 18 years old and younger and all high school donors.
- Have not donated blood in the last 56 days.

Common Concerns for First Time Blood Donors

- Afraid of needles?
- Unsure if travel or medications will prevent you from donating blood?
- Is it safe to donate?

Many people are reluctant to make their first blood donation, but once they do, they find the donation process to be easy and gratifying

How to Get Ready

Donors must have proof of age to ensure they meet the minimum age requirements and present a primary form of ID or two secondary forms of ID.

Ready to Help Save a Life?

Schedule your appointment to donate today at

www.redcrossblood.org/accountlogin and enter "Grace Baptist Church York".



Delicious snacks, give-aways and door prizes for all! First time donors are invited to a FREE pizza party at a later date.

SUMMER CAMP MEMORIES



Many of our GBC kids earned most if not all of their way to High Point Camp in Geigertown, PA. This year's theme was about "Finding the Treasure" and placed the kids in two teams for competition all

week—team red beard or team blue beard. Along with hearing God's Word preached daily at Highpoint Camp, they went tubing on the lake, zip lined over the lake, and canoed. They also went go-karting, jumped on the jumping pillow, played nine square, and enjoyed the treats from the snack shop.

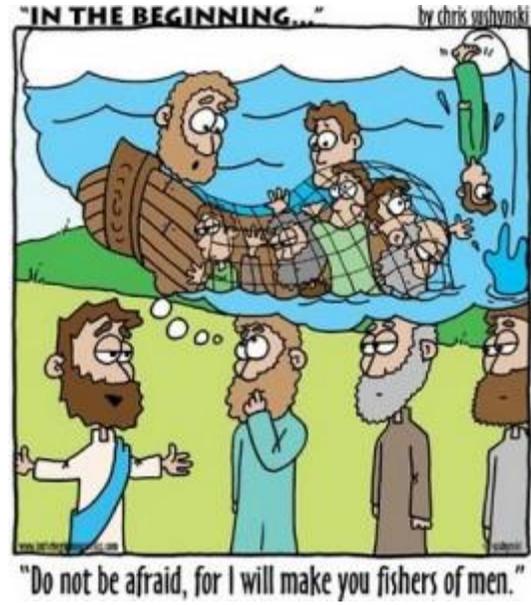


Beginning in September, students can earn their way to next year's camp by attending church and Sunday School, bringing their Bible and offering to Sunday school, learning Bible verses, and completing take-home papers. More information to come on Promotion Sunday at GBC. Meggan Moore is GBC's new camp coordinator.

~Submitted by Michelle Noll

"The "show business," which is so incorporated into our view of Christian work today, has caused us to drift far from Our Lord's conception of discipleship. It is instilled in us to think that we have to do exceptional things for God; we have not. We have to be exceptional in ordinary things, to be holy in mean streets, among mean people, surrounded by sordid sinners. That is not learned in five minutes."

—Oswald Chambers



How are you doing at Making Disciples?