

# Internet aids church missions

Continued from 10A

about the church, its parish, a newsletter, a parish electronic mail directory and links to other religious sites.

Calvary Baptist Church maintains a similar information site at [www.wctc.net/7/8cbw/wrap/index.html](http://www.wctc.net/7/8cbw/wrap/index.html).

"I think we've barely scratched

the surface of what we can do with the Internet. We are very much on the threshold of how useful this can be for us," said the Rev. David Culver.

"In a way, we're still in the process of developing a complete home page for the church."

Culver said the page, which went online this spring, mainly features information that can be

found in a church bulletin or newsletter.

"We give a description of our church, a schedule of weekly services, information about our ministries and some other Christian connections," he said, adding that he uses e-mail extensively to communicate

with missionaries and members of the congregation who are away at college.

For those close to home, Culver said, maintaining the page is very useful.

"It is good to keep the message up to date so that they know this is the latest information. It is an easy way to communicate."

# Weight loss taught in churches

Continued from 10A

start eating, I'd keep going until I was so full I felt sick. I've learned that my weight problem was just God's way of getting my attention."

In the six weeks that Hackett's group has been meeting, the 18 participants have lost a bit over 100 pounds — proof, she says, that improving your relationship with God can truly change your weight.

But even though the weight loss can be inspirational, most of the participants in the workshops say the important thing is that they've gained control of their lives — even in areas not having to do with weight, such

as their relationships with their families and their financial situations.

"It helps with everything," says Maryann Kowalsky, a Guilford mother of three, who for two years has been running the workshop at St. George's Church in Guilford.

"It's very spiritual, very personal. The facilitator has nothing to do with inspiring people to lose the weight; there's nothing I say to the workshop people that brings about this change. It's as though once people are willing to turn their problems over to God — whatever those problems are — they can get solved. It's a real re-directing of

life." But, Kowalsky cautions, it isn't a quick-fix process, and participants often struggle with painful issues, the ones that led to their being overweight in the first place.

"People learn to follow God's will instead of their own, and through that, they learn to face things in their lives. It can be painful, but they also see that God is with them through the process," she says.

Participants, Hackett says, also learn to desire the foods that are truly going to help their bodies — and they learn to limit themselves so they are eating like thin people, instead of like

there's no tomorrow and there will never be another slice of pizza in their lives again.

And you know how experts say that most Americans gain between five and eight pounds between Thanksgiving and New Year's? Kowalsky just laughs. "It won't be the Weigh Down crowd," she says.

• For information about the Weigh Down workshops and for a list of churches near you offering them, call the national headquarters at (800) 844 5208. The workshops are ecumenical and are open to anyone, regardless of religion.

# Church services held despite fire's damage

THE ASSOCIATED PRESS

LUEDEERS, Texas — In the wake of a fire that ravaged the First Baptist Church in this small north Texas town, the community on Sunday set its mind on Sunday's services and rebuilding its sanctuary.

The Rev. Mark Chadwick, who assumed his first pastorate at the Lueders church less than six months ago, was treated for smoke inhalation after the fire, but still planned to give a sermon Sunday.

"It's going to be on prayer — which we're going to need a lot of right now," Rebecca Chadwick, the pastor's wife, said Saturday. Her husband was resting his vocal cords to prepare for the sermon.

The First Baptist Church burned to its foundation Thursday night. Authorities have not determined the cause of the fire, but say they have no reason to suspect arson.

"In some ways it was devastating — for me and for the community," Chadwick said Friday as church members prepared the unscathed Children's Building for services.

Chadwick said Saturday that the Children's Building had been cleaned up and would accommodate 50 to 60 people. On an average

Sunday, she said, about 40 people attend services.

It was the second time the First Baptist Church has burned in Lueders, which is about 30 miles north of Abilene. After a 1975 fire, the congregation built on top of the ruins by caving in the church basement and pouring a new foundation over it.

"We still have the lot, and we have the foundation," said church member and Lueders Volunteer Fire Chief Russell Mullins. "It's the second time I've seen it burn in 20 years. We'll rebuild just like last time."

The fire began in the front portions of the sanctuary, Mullins said. He said it appears the fire spread into the rest of the building through the attic.

About 30 firefighters from Lueders, Stamford and Anson battled the blaze for about four hours.

"It was almost as if we (firefighters) had more at stake," Mullins said. "There's a lot of sentimental value that went up with the smoke — a lot of memories."

"My daughter was married here in August. She was baptized here. My grandparents and parents went to church here. I was on the church's first rebuilding committee," he

said. "For a while there, I thought we might have had it under control."

An investigation will begin on Monday, said Deputy State

Fire Marshal Don Turk of Anson.

The full investigation of church fires began earlier this year.



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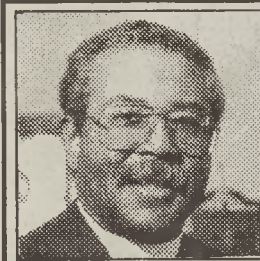
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## Correction



Shawna Alexander

Alexander-Ford

Shawna Alexander and Wilson Ford were united in holy matrimony Nov. 30, 1996 at Clanton Presbyterian Church. The reception was held at The Senior Center.

The bride is the daughter of Mrs. Tina Dean and Mr. Larry Alexander. She is a graduate of West Mecklenburg High School and Johnson C. Smith University. She is currently employed with First Union National Bank as a cash man-

agement coordinator.

The groom is the son of Carolyn and Wilson Ford and a graduate of South Mecklenburg High School and Johnson C. Smith University. He is employed with Hannaford Food and Drug.

The Maid of Honor was Kathryn Goins. Bridesmaids were Cheryl Bennett, Carmen Benson, Angel Manago, Harriet Simmons and Cynthia Wilson. Junior bridesmaids were Ashley Alexander, Temeka Dean and Kyla Alexander. The flower girls were Shaina and Samira Ford.

The Bestman was Antoine Ford. Groomsmen were Reggie Ford, James Harris, William Ford, Wilson Davis and Clarence Ford. Junior groomsmen were John Mahatha, Remington Simmons and Marc Simmons. The ringbearer was Master Cameron Alexander.

Hostesses were Chanel Howard, Lydia McCullough, Audrey Foggie. Ushers were Darryl Simmons and Cedric Simmons.

The couple honeymooned on Hilton Head Island, S.C. and will reside in Charlotte.