



Greetings in the name of the Lord Jesus Christ!

Last week, we looked at the events of Holy Week with emphasis given to Palm Sunday through Maundy Thursday. This week, I want us to consider more carefully the events of Good Friday.

Aside from the empty tomb, nothing captures our attention quite like the cross. In 1965, C. Truman Davis, M.D., an ophthalmologist and pastor, wrote a detailed account of the crucifixion to help us better understand the physical torture and agony that Jesus experienced on the cross for the forgiveness of our sins.

Where Matthew 28:35 simply says, "Then they crucified Him," Dr. Davis elaborated in great detail: "The cross is placed on the ground and the exhausted man is quickly thrown backwards with his shoulders against the wood. The legionnaire feels for the depression at the front of the wrist. He drives a heavy, square wrought- iron nail through the wrist and deep into the wood. Quickly he moves to the other side and repeats the action, being careful not to pull the arms too tightly, but to allow some flex and movement. The cross is then lifted into place. The left foot is pressed backward against the right foot, and with both feet extended, toes down, a nail is driven through the arch of each, leaving the knees flexed. The victim is now crucified. As he slowly sags down with more weight on the nails in the wrists, excruciating, fiery pain shoots along the fingers and up the arms to explode in the brain – the nails in the wrists are putting pressure on the median nerves. As he pulls himself upward to avoid this stretching movement, he places the full weight on the nail through his feet. Again he feels the searing agony of the nail tearing through the nerves between the bones in his feet. As the arms fatigue, cramps sweep through the muscles knotting them in deep, relentless, throbbing pain. With these cramps comes the inability to push upward to breathe. Air can be drawn into the lungs but not exhaled. He fights to raise himself in order to get even one small breath. Finally carbon dioxide builds up in the lungs and in the blood stream, and the cramps partially subside. Spasmodically he is able to push himself upward to exhale and bring in life giving oxygen. This cycle of twisting, joint rending cramps, intermittent partial asphyxiation, and searing pain continues for hours as tissue is torn from his lacerated back as he moves up and down against rough timber. Then another agony begins; a deep, crushing pain in the chest as the pericardium slowly fills with serum and begins to compress the heart. It is now almost over – the loss of tissue fluids has reached a critical level – the compressed heart is struggling to pump heavy, thick, sluggish blood into the tissues – the tortured lungs are making a frantic effort to gasp in small gulps of air. He can feel the chill of death creeping though his tissues. Finally, he can allow his body to die."

Dr. Davis' account of the physical agony of crucifixion may be found at a number of sources on the internet.

Blessings in Christ,

Barry



SATURDAY AT 10 A.M.

Enjoy an egg hunt, egg toss, relay races, picture with the Easter bunny, and other games and prizes.

Help Our Youth!

Sign up for the Family Night Meal next Wednesday and help our youth! Donations will help with expenses to M-Fuge. Menu: Hamburgers, Hot Dogs, Chips, Dessert, and Drink. Be sure to call the office by Tuesday noon if you are not on the permanent list.



All Sunday School teachers are invited for fellowship and the sharing of ideas on Sunday, March 30 from 3 to 5 p.m. at the home of Warren and Allison Peden at 20 Lake Forest Drive.



Would You Like to help?

The Home Mission Group will be providing goody boxes for ladies as they leave Shepherd's Gate Shelter. They would like your help. Boxes will contain items the ladies can use in their new homes and include paper towels, toilet tissue, window cleaner, general purpose cleaning products, dish towels, scrubbers, bath towels and wash cloths, dust mops, brooms, dust pans, drinking glasses, silverware, pots and pans, dishes, sheets, and blankets. There will be a box in the hallway beside the church office. For more information contact Linda Hardesty, Debbie Folk, or Linda Garner.

Women on Mission Groups

Both WOM groups will meet Tuesday, March 25 at 10 a.m. in the Fellowship Hall to observe the prayer emphasis for North American missions. A salad lunch will follow.



Spring Fling is for all children in grade 5 and under. There will be **blow-up games, relay races, games, cake walk, food, and loads of fun.** There is no cost so invite your friends, especially those who do not attend a church.

Extraordinary Women's Conference

Ladies, if you would like to go to this conference March 28 and 29 at the Bi-Lo Center in Greenville, please contact Debbie Hudson as soon as possible. Only a few tickets left! If you would like to help at the event, call the church office.

New Women's Bible Study

How can we live like godly women in a modern day Babylon? Two 6-week sessions of "Daniel" by Beth Moore will begin Sunday, March 30th @ 5 p.m. in the Welcome classroom. Childcare available. Contact Tammy Wallace, facilitator, at 268-8970 or Wallacecooks@aol.com.



March 30

7 p.m.

at the church
to pray for members
who are undergoing
chemotherapy

Bible Drill

All children who are participating in Bible Drill are asked to be at an extra practice on March 30 at 5 p.m. Our church Bible Drill is set for Wednesday, April 2 at 6:30.



Northgate Goal

\$7,500

Received

\$2,585

NATIONAL GOAL:
\$61,000,000

The offering was started by WMU in 1895.

Name was changed to Annie Armstrong Easter Offering in 1934.

Amount given in 1895 was \$5,000.

Pray daily for these missionaries during our March Emphasis for North American Missions



David and Shirley Proffitt are collegiate church planting missionaries directing the Aletheia Campus/Student Organization at Virginia Commonwealth University with the intention of launching a new church plant. Pray for them as they seek a location for a new church plant and for college students to boldly share their faith with their peers.

Our church family MATTERS

Homebound Member of the Week

William Ables
15 Lake Forest Drive
Greenville SC 29609

Nursing Home Resident of the Week

Alice Norton
Martha Franks Retirement Center
1 Martha Franks Drive
Laurens SC 29360



A thank you note is posted on the bulletin board near the elevator on the second floor from Judy Rothfuss.

Because He Gave, We Give . . . March 16

Budget Receipts	\$6,885
Budget Requirements Y-T-D	\$117,722
Budget Receipts Y-T-D	\$100,570

Happy Birthday for the Week of March 23-29

- 23. Jim Hardesty
- 24. Isa Marie Harper
- 25. Alan Sams
- 26. Ross Winchester
- 27. Robert Taylor, Lou Ann Cox,
Jon Turner
- 29. Peter Rothfuss, Rachel Wallace,
Eli Grace Rainey



Happy anniversary to:
23. Robert and Nancy Taylor

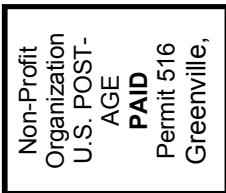
Family Night Supper . . . Wednesday, March 26

Make or cancel reservations by Tuesday noon by calling the church office. If you do not cancel your reservation by **Tuesday noon**, you are obligated to pay.

Menu: Hamburgers, Hot Dogs, Chips, Dessert, and Drink

Serving Team 1: Judy West, Rhonda Capparelli, Jean Outz,
Pam Waters

Reservation Attendant: Lewis Barker



Northgate Baptist Church
633 Summit Drive
Greenville, South Carolina 29609

Return Service Requested



The Gate Post

Northgate Baptist Church

*Loving God, Loving People...Here, There, and Everywhere
Helping one another develop healthy, growing, and
productive relationships with God, family, and community.*

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Number 8



Easter Events

Maundy Thursday, March 21

Colors of Grace will be presented by the Celebration Choir of Northgate, the Sanctuary Choir of St. John's Baptist, and orchestra at 7 p.m. Childcare will be provided. Bring a friend with you.

We will observe a silent Lord's Supper. Please enter and leave the sanctuary in silence and remain silent until you return home and discuss your experience with your family.

Good Friday, March 21

Church office closed

Easter Sunrise Service

7 a.m. @ Northside United Methodist Church
Dr. Jimmerson will preach and our choir will sing.
Breakfast provided by Northside.

Easter Celebration at 10:45

The resurrection will be presented through chalk art by Vince and Brenda Tharpe. A love offering will be taken for their orphanage in Africa. Make checks payable to Northgate Baptist Church. No children's church.



Servants This Week **Every member a minister**

Deacons of the Month: Walt Green, Mills Hunter,
Will Kirby

Preschool Volunteers: Carolyn Finch, Judy Anderson
Rhonda Caparelli

No Children's Church

Wednesday Preschool: No Mission Friends

Ushers: Rusty Hill, Bob Landers, Jack Nance

Sound/Video Projection: John Folk/Ryan Richards

Monday Counters: Carol Dill, Marian Huskey

Church Staff

Pastor: Barry Jimmerson
Minister of Students and Children: Blue Bryan
Interim Minister of Music: Joel Duncan
Financial Assistant: Brenda Whitaker
Ministry Assistant: Anne Beaver
Custodian: Tommy Murray
Pianist: Patty Nance
Organist: Pat Cannon
Hostess/Food Service: Tammy Wallace