

Torrance Church Calendar

CENTRAL CHURCH EVANGELICAL UNITED BRETHREN
 Marcelina & Arlington
 Rev. Homer H. Miller, Tor. 131
 9:30—Sunday School
 11:00—Morning Worship
 6:30—Youth Fellowship
 7:30—Evening Worship
 Midweek Worship Service 7:00
 Wednesday evening

FIRST CHRISTIAN CHURCH
 Engracia & Arlington
 Cecil J. England, Pastor
 9:30 Church School
 10:30 Church worship and nursery
 6:30 Christian Youth Fellowship

FIRST CHURCH OF THE NAZARENE
 1507 West Carson Street
 Rev. Freeman A. Brunson,
 Minister
 2057 N. Royal Blvd.
 Phone MEno 4-2620
 Torrance, California
 9:30 a.m.—Sunday School hour
 Classes and departments for
 all ages and groups
 11 a.m.—Morning Worship
 6:30 p.m.—Youth group meetings
 7:30 p.m.—Evangelistic

NATIVITY CATHOLIC CHURCH
 1447 Engracia Ave.
 Torrance 332
 Rev. P. J. McGuinness
 Rev. Robert Gera
 Rev. Michael Moser
 Sunday Masses 8:15, 10:30
 a.m. and 12 noon
 Weekday masses 7 and 8 a.m.
 Wednesday services 7:30 p.m.
 Saturday morning instruction for
 children, 8:30 a.m. to 10 a.m.
 and High School 9 to 10 a.m. at
 2371 W. Carson.

TORRANCE ASSEMBLY OF GOD CHURCH
 1317 CRAVENS AVE.
 Rev. Henry and Ida W. Sande
 Phone 725-M
 9:45—Sunday School
 11:00—Morning Worship
 6:45—Christ Ambassadors
 7:30—Evening Worship
 Thursday Eve Bible Study and
 Prayer Meeting, 7:30.

THE WALTERIA COMMUNITY METHODIST CHURCH
 Club House at Walteria
 Recreation Park
 Las Cadona and 24th St., Walteria
 Rev. Edwin Willis, Pastor
 2376 Park Ave., Torrance
 Phone FT 2-4013
 Weekly Services
 9:45 a.m.—Sunday Church School
 with classes for all ages
 10:30 a.m.—Worship Service and
 Praying
 7:00 p.m.—The Methodist Youth
 Fellowship

WALTERIA BAPTIST CHURCH
 (Fundamental)
 Park Street at Newton
 Pastor: Rev. Andrew Luty
 Ph. FR 2-2111
 9:30 a.m.—Sunday School
 11:00 a.m.—Worship and Fellow-
 ship

SOUTH BAY CHURCH OF GOD
 "The Church of the Christian
 Brotherhood Hour"
 1761 Yukon Avenue
 Torrance
 Phone FR 2-4013
 Sunday 9:45 a.m.—Sunday School
 11:00 a.m.—Morning Worship
 6:30 p.m.—Young People
 7:30 p.m.—Evangelistic
 Thursday 7:30 p.m.—Prayer Meet-
 ing

THE FIRST METHODIST CHURCH
 El Prado & Manuel Ave., Torrance
 Rev. Clarence E. Miller, Minister
 1620 Manuel Ave.
 Weekly Services
 9:00 a.m.—Sunday Church School
 11:00 a.m.—Morning Worship
 6:30 p.m.—Young People
 7:30 p.m.—Evangelistic
 Thursday 7:30 p.m.—Prayer Meet-
 ing

FIRST LUTHERAN CHURCH
 Arcadia and Sonoma
 Rev. Paul Wenzke, pastor
 Phone Tor. 291-Res. Tor. 3397-W
 Sunday
 9:30—First Worship Service
 9:30—Sunday School
 10:45—Second Worship Service
 10:45—Sunday League
 6:30 p.m.—Luther League first and
 third Sunday.

FIRST BAPTIST CHURCH
 Carson and Manuel
 Rev. C. Miles Northrup,
 Rev. R. Killman, assistant
 Torrance 3084
 Sunday
 9:30—Sunday School
 10:30—Story hour and Junior
 Church
 10:30—Morning Worship Service
 6:30—Training Groups, all ages
 7:30—Evangelistic Meeting
 Wednesday
 7:30—Prayer Meeting
 8:45—Choir Rehearsal

ST. ANDREW'S EPISCOPAL CHURCH
 1432 Engracia Ave.
 Rev. Arthur E. Bello,
 Office Hours 9 to 12
 Torrance 866
 Sunday Services
 9:00—Holy Communion
 9:30—Sunday School
 10:00—Family Service
 11:00—Sermon & Prayer
 Monday, Tuesday and Wednesday
 Choir Rehearsals

FOUR SQUARE GOSPEL CHURCH
 1207 El Prado
 Rev. & Mrs. Arthur P. Pedersen
 1505 Cabrillo — Ph. 1163
 9:30—Sunday School
 10:45—Morning Worship
 6:15—Cruiser, Builders, Cadets
 7:30—Evangelistic Service
 Midweek services Wednesday &
 Friday
 Saturday 2:30 Children's hour

See You IN CHURCH Sunday



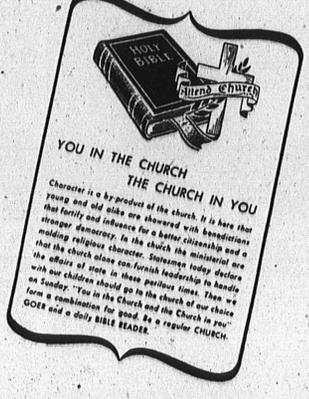
AMERICANISM and CHRISTIANITY or COMMUNISM and ATHEISM... which do you want? The inescapable challenge facing the Christian world today is COMMUNISM. COMMUNISM is OFFICIALLY ATHEIST. To destroy the American principle of FREEDOM OF WORSHIP is the declared intention of this ANTI-AMERICANISM.

ABOUT twenty years ago the Comintern declared: "The ultimate aim of the Communist International is to replace world capitalist economy by a world system of Communism... It will bury forever all mysticism, religion, and superstition." That anti-God declaration has never been challenged. In fact, it has strengthened its atheist principles to a point that has rarely been seen before in history. The Truth is, Communism cannot live with Christianity, because it is a religion unto itself, as much so as it is a system of politics and economics.

COMMUNISTS declare theirs is simply the "scientific" application of the teachings of history. They also say theirs is not only a "scientific" system but is the ONLY SYSTEM. Communists say Christianity is superstition. They refer to Christianity as something especially designed to capture the masses for exploitation by capitalist masters. Communists say "DOWN WITH THE CROSS WHICH IS THE SYMBOL OF FAITH FOR THE CHRISTIAN WORLD". Therefore, Communism and Christianity become the two great rival Faiths of the Twentieth Century.

CHRISTIANITY believes one thing about the nature of man and his destiny, the nature of morality, the basis of ethics, and the nature of the Universe; COMMUNISM believes the exact opposite. CHRISTIANITY believes in the INDIVIDUAL and in the RIGHTS OF MAN. COMMUNISM believes the individual is the wholly owned SLAVE OF THE STATE.

THIS atheistic, materialistic, conspiracy threatens to engulf the whole world. Unless it is stopped our liberties, political, civil and religious rights, will go the way of the unfortunate nations which have already been crushed to earth behind the iron curtain of Moscow. If you believe in God and the Bible of the Lord God Almighty, won't you help hold high the CROSS. It is being threatened by Communist enemies. For the sake of all that is dear to you... attend your church and support her good work.



With the Hope that More People Will Come to Church this Series is Sponsored by The Torrance Ministerial Association and Made Possible by the Following Civic Leaders . . .

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Rev. Wheeler Sermon Theme To Conduct Is Substances Service Here

The Rev. Paul Wheeler, rector of St. James Episcopal Church at Newport Beach, will be the preacher at the Wednesday night service at St. Andrew's Episcopal Church on March 19 at 8 p.m.

Rev. Wheeler is well known in the community since he was rector of St. Andrew's Parish from 1940 to 1948.

The service at which he will preach is one of a series of Lenten services which will bring to Torrance some well-known persons of the Episcopal Church.

The importance of building on a firm spiritual foundation is illustrated in the Lesson-Sermon on "Substance" in Christian Science churches on Sunday.

The Golden Text is from II Timothy (2:19): "The foundation of God standeth sure, having this seal, The Lord Knoweth them that are His."

Mary Baker Eddy declares in "Science and Health with Key to the Scriptures": "We cannot build safely on false foundations. 'The objects we pursue and the spirit we manifest reveal our standpoint, and show what we are winning.'" (pp. 201, 239).

Bishop to Give Confirmation Sacrament to 16

The Right Rev. Eric Bloy, bishop of the diocese of Los Angeles, will be at St. Andrew's Episcopal Church on Sunday, March 16, at the 7:30 p.m. service.

The bishop at that time will administer the sacrament of confirmation to 16 new members of the church.

This class has been preparing for the event under the instruction of the rector of the parish, the Rev. Arthur E. Bello, for the past 14 weeks.

The sacrament of confirmation is that which makes a person a full member of the Episcopal Church and which permits him to receive the Holy Communion, Rev. Bello explained.

Copper Tea Slated For This Afternoon

A Copper Syndicate Tea will be held this afternoon from 2 o'clock until 3:30 at the First Baptist Church dining room. A free will offering for the Indian Girls Scholarship at Bacon College will be taken.

Reflections

By J. HUGH SHERFEY, JR.
AN ARTIST SEES BEAUTY

An artist was painting a scene. All I saw was rubbish, nude trees and black water. As I watched him I was astonished at the transformation; that scene became beautiful. That rubbish heap was covered with a soft white blanket of snow, the nude branches had ermine cuffs and the sun stretched long shadowy fingers to make an exquisite pattern. The black water of the creek peeked impishly from under sparkling piles of snow. It determined then that ugliness was a matter of viewpoint.

I thought of a boy, belligerent, yet full of fun, good mind but an Imp of Satan. He was seldom out of trouble, until one man looked beyond the "rubbish" and saw the beauty of his nature. Through love and guidance that boy developed into one of the most beautiful characters I've ever known.

Be an artist. See beauty, beyond the ugliness.

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Health Chats
 BY DR. RAYMOND A. LARSON

Aids to Better Digestion

ESAR'S Comic Dictionary defines the abdomen as "a bowl-shaped cavity that contains the organs of indigestion." It is said that all humor contains an element of fact. If this is true, it would seem that the fact element in the above-quoted definition is that some people are more familiar with indigestion than with normal digestion.

Let us briefly consider what digestion is and what part it plays in the ability of the body to make full use of the food we eat. We shall then better understand the importance of good digestion and the importance of doing our best to promote it by eating in a wise manner.

After food is taken into the body it undergoes several changes before it is completely used up. First, it is mixed with secretions of the mouth, stomach, and small intestine and is reduced to a semi-liquid state. This is merely a preparation of the food for the use by the body. And this preparatory step is called digestion.

Then comes a second step in which the liquid food filters through the lining of the stomach and intestine into the blood stream, to be distributed to the millions of cells in all parts of the body. The second step is called absorption.

Now the body cells pick up and make use of the food material which has been brought to them by the blood stream. This third step is called assimilation. Thus the body derives

no nutrition from the food we eat until this third stage is reached.

1. Food should be chewed thoroughly before it is swallowed. The habit of eating hurriedly, of gulping half-chewed food, certainly does not promote good digestion.

2. For best digestion food should be tasty. It has been proved scientifically that tasty foods are conducive to good digestion.

3. Food should be eaten in moderate amount. A person should never feel "stuffed" at the end of a meal.

4. It is better to eat a few foods, rather than a large variety, at a meal.

5. It is an aid to digestion, not to do heavy physical work immediately after a meal.

6. The mind should be free of unpleasant thoughts during a meal. Heated arguments and emotional upsets have caused many a case of indigestion. Pleasant thoughts and pleasant conversation are friends of good digestion.

7. Restoration of the mechanical integrity of the body to assure normal nerve function is a "must" to achieve better digestion.

Follow the above suggestions and note a gradual improvement in your own health picture.

HEALTH CHATS sponsored by R. A. Larson, D.C., Ph.C., 1110 Sartori Ave., Torrance, Phone 2130.