

# The Messenger

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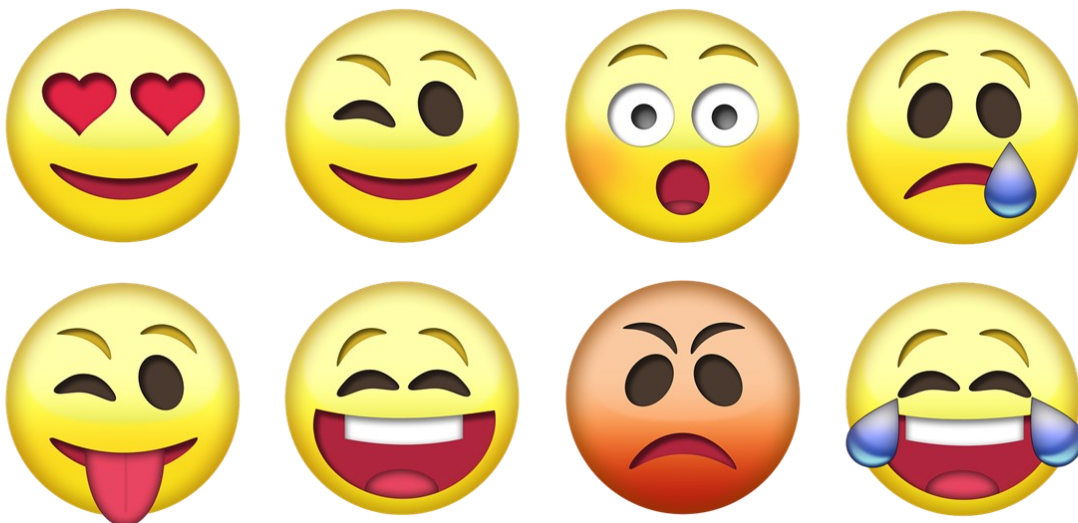
**First Baptist Church**  
*Fort Valley, Georgia*

Church Staff:  
Rev. Ed McQueen, Pastor  
Elizabeth McQueen, Music Director  
Jacob Whitehead, Youth Director  
Melanie Wiswell, Admin. Assistant

Vol. No. 25, June 23, 2019

## Current Sermon Series:

# TRUUBLING FEELINGS, TRIUMPHANT FAITH



### June Memory Verse

Never be lazy, but work hard and serve the Lord enthusiastically.

Romans 12:11 (NLT)

From My Heart



to Yours....

Last week I wrote about the importance of finding balance in life and some of the areas where we need to be intentional about seeking balance. I think it is part of the wisdom that we should be asking God to give us (James 1:5). In the shadow of Father's day most dads I have known (myself included) were trying to find the right balance between work and family. Because the work I was mostly involved in was ministry, it always seemed important and it was easy to feel guilty when I was spending the time with my family. Yet as the adage well puts it, "No one gets to the end of their life and says, 'I sure wish I had spent more time at work.'"

It occurred to me that an area of balance I did not directly address was the balance between care for oneself and care for others. The message of Jesus for us is most definitely that we "deny self" and give ourselves away in caring for others. In many ways, this is the selfless example of his life. Its easy for us to have trouble embracing this servant lifestyle because our "old nature" is so strongly me centered that our natural preference is to do something for ourselves rather than others. Our own comforts, preferences, interests, desires, and convenience dictate much of our decision-making. The voice of "what do I want to do?" is often the loudest one of all. At the same time, if there is no thought of self-care we end up diminished and depleted and get burn-out being a care-giver.

The other day a friend shared with that his uncle had pushed his own health to the "back burner" as he cared for his mother. A very natural thing to do, yet shortly after she passed away he discovered that he had some bad health problems, including stage 4 colon cancer that had metastasized. One can only wonder if the cancer had been detected early could he have gotten some treatment that could have halted the cancer from spreading. Caregivers can give out without any self-care. When Mom was with Heart of Georgia Hospice they offered "respite care" for the families around the declining loved one. Respite care gave inpatient care for the patient, for the benefit of the regular family caregivers. Jesus self-care is not as obvious to us as His self-giving. But we can know it was in place because he was fully human. We can see it in the way Jesus withdrew from the crowds to rest and spend time with his Heavenly Father which were seasons of replenishment in his life. The One who was always pouring Himself out for the sake of others made time so that God could pour strength back into Him. If we intend to be caregivers, as Christ has called his followers to be, then we have to also be willing to make time for self-care. This idea seems

## VACATION BIBLE SCHOOL



July 22-26 6pm-8pm Ages: 3years to 5<sup>th</sup> grade

### VACATION BIBLE SCHOOL

#### Donations Needed!

**We need the follow for our crafts for VBS:**  
**5 boxes of flat toothpicks, Quart Ziploc Bags,**  
**Fake leaves and fruits (at least 20), Glo-Sticks (10),**  
**Goggles(10), Feather Boas(10), Mosquito Spray**  
**Drop off donations to the church library.**

Dear God

We thank you for your love and your promise to be with us.

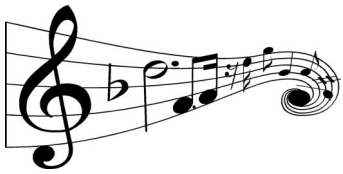
At school or work, at rest or play, help us to feel near to you and hear your voice.

Guide us to always do our best in every situation and to love one another.

Amen

quite simple yet when you are committed to being an unselfish person the ideas of exercising, relaxing, resting, and sleeping, enjoying a hobby, or "getting away for a few days" does not seem right. The whole idea of "stepping back," though, is to be able to step back into the caring role with renewed strength. I believe God sometimes says, "Care enough about what I want to do through you to take care of you."

He cares, I care,  
Brother Ed.



## Music Notes...

### Summer Concert Series

*Psalm 150:4 Praise him with tambourine and dance;  
praise him with strings and pipe.*

The last two summers have given us opportunity to enjoy a variety of music groups on the Sunday evenings in August. This year is no exception! The Concert Series begins on August 4<sup>th</sup> and continue through the 25<sup>th</sup>. Each evening will present a guest musician in concert along with a wonderful meal.

The August 4<sup>th</sup> will be a musical performance by Mr. Kevin Ward. Kevin has worked in Peach County with both DFACS and the Peach County School system.

August 11<sup>th</sup> will be the Art and Music enhanced ministry of Kerry Jackson. Kerry presents and Art demonstration, set to music and worship. This will be a unique experience.

August 18<sup>th</sup> we will have a return of the Amen Choir from Phoenix City Alabama. The 75 member community choir provided a great experience for us last year and many of you asked that we have them back this year and they have welcomed the opportunity to worship with us again!

August 25 will be a wonder time of instrumental worship as Rodrigo Rodriguez comes sharing his worship through a classical guitar event.

Each of these Sundays will provide an opportunity for creative and corporate worship! Come be a part of that God is doing at Frist Baptist Fort Valley



**American  
Red Cross**

**BLOOD DRIVE**

*Together, we can save a life*

**Tuesday, July 2, 2pm-7pm**

**Fellowship Hall**



**DOOR OF HOPE**  
COUNSELING

Partnered in ministry with FBC

### LUNCH-N-LEARN Jul 15 @ Noon

Struggling to cope with life? Marriage need a tune up?  
Feeling down, sad all the time? Angry all the time?

Lost a loved one? We are here to help.

Call to schedule an appointment (478-822-0033)

Most insurances accepted.



### Advisory Committee Meeting

Sunday, July 21 @ 12.30

(lunch included)

One of our young members, Alex Sanchez, is looking for a room or small apartment to rent in Fort Valley or Byron. Please see Pastor Ed if you would be able to help out or know of somewhere to rent.

**THE DANIEL PLAN**  
Glorifying God in the Way We Eat, Move, and Think!

**Come and join us and learn to glorify God in the way we eat, move and think!**

**Wednesdays @ 8:15am**

**Exercise Days: Monday & Friday @ 8:15am**

## QUARTERLY BUSINESS MEETING

Sunday, July 28

9am Service in Sanctuary

10am Sunday School

11am Business Meeting with covered dish luncheon to follow

## Weekly Calendar

**Sunday** Jun 23

9:00 Traditional Service  
10:00 Sunday School  
11:00 Contemporary Service  
5:30 Youth Service

**Wednesday** Jun 26

7:00am Bended Knee Society  
**Wacky Wednesday—CHILDREN**  
8:15am Daniel Plan  
6:00pm Youth/Children Activities  
6:30pm Prayer Meeting  
7:35pm Choir Rehearsal

### Counting Committee

Carol Bryant  
Leon Cobb  
Judy Holland

### June Usher

James Cummings

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The flowers in our worship  
service  
are given in memory of  
**Ernie Matias**  
By  
the family.



Meeting  
Monday July 1  
@ 10am  
Church Library

Join us FOR ALL THE  
**FUN!**



June 26, Bring Towel & Sack Lunch, \$10/child

MOVIE DAY



July 3

## Wacky Wednesdays

**Ages: 4-11**

Meet at church at 8:30  
for the days activities.

Make your reservation  
by the Monday prior for  
each event.



July 10 Cost \$10/child



July 17

First Baptist Church 209 S Miller St Ft Valley 478-825-5725

(Release Forms need to be completed prior to activities. Contact church office (825-5725) for forms.)



**Monday-Thursday**

8:30-4:30

Closed for lunch

12:00-12:45

**Friday**

8:30-2:30

Office closed July 4.