

The Martins and the Allens have some fun in the snow on Saturday, January 23, 2016.



Volume 73 Issue 3

January 31, 2016

## From the Pastor...



First Baptist Church of Statesville is a GREAT CHURCH! Notice I didn't say, "was a great church," or "will be a great church." I said we are a great church TODAY. Yes, we have a strong heritage. Yes, we have a bright future. More importantly, we have everything we need to be a strong and dynamic church today!

foundation upon which to build. God's calling to a hopeful future gives us direction to move. God's expectation, however, is for us to faithfully live our lives in the here and now.

We have a faithful congregation. We have a strong core of lay leaders. We have a great staff. We have excellent Bible teachers. We have meaningful worship. We have moving music. We have wonderful facilities. We have good financial resources. We have all these strengths and more!

Our commitment to strengthening our fellowship, deepening our discipleship, and serving our world is making a positive impact on our ministry today. We are experiencing a renewed sense of community. We are emerging in our faith. We are engaging in mission and ministry. All of this is happening because God is with us today and calling us to be God's church for this time and place.

It's so easy to look back and remember the good old days. It's also tempting to think forward and hope for a bright future. Both of these can be positive experiences; unless they distract us from living in the present. God's presence in the past gives us a strong

### Upcoming Sermons

**Sunday, January 31, 2016**  
**Learning Together in Christ**

*Nehemiah 8:1-8*

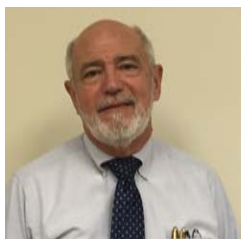
Discipleship, learning and sharing, is an integral part of our faith. Like the people of Nehemiah's day, First Baptist Church people stand to hear the scripture. This sermon is to remind us of the centrality of both hearing and doing the Word of God.

**Sunday, February 7, 2016**  
**Serving Together in Christ**

*I Corinthians 12:4-12*

We wrap up our theme of "Together in Christ," by remembering our call to serve together. Here again, unity does not depend upon uniformity, but rather purpose. The intention of this sermon is to encourage each member of First Baptist Church to find and use their spiritual gifts in service to the Lord.

## Welcome, Dr. Larry Gregg!



We welcome Dr. Larry Gregg as our interim Minister of Christian Education. Larry has worked in vocational Christian ministry for more than four decades. He has served as local church minister, seminary/divinity school professor and consultant with churches and non-profits. Larry has a profound commitment to the importance of the local congregation. His primary focus will be upon assisting the pastor, staff, and lay leadership in discovering and maximizing spiritual gifts. Working primarily through the Sunday School and other educational ministries, Larry's goal will be to assist in enabling FBC's ongoing ministry of Christian development and community outreach.

## Schedule

### Sunday, January 31

- 8:30 a.m. Early Worship - FLC
- 9:45 a.m. Sunday School for All Ages
- 10:55 a.m. Worship in the Sanctuary
- 11:00 a.m. Soup Lunch Fundraiser - FLC
- 5:00 p.m. Venture Students

### Monday, February 1

- 9:00 a.m. Prayer in Sanctuary
- 10:00 a.m. Sewing Group
- 12:00 p.m. Line Dancers - Gym

### Tuesday, February 2

- 9:00 a.m. Yoga - FLC
- 6:00 p.m. Precept Bible Study - Adams Hall
- 6:00 p.m. Yoga - FLC
- 7:00 p.m. Men's Basketball - Gym

### Wednesday, February 3

- 9:30 a.m. Precept Bible Study - Adams Hall
- 5:00 p.m. Family Night Meal - FLC
- 5:45 p.m. Adult Bible Study - FLC
- 5:45 p.m. Activities for Children & Students
- 7:00 p.m. Sanctuary Choir - Choir Room

### Thursday, February 4

- 1:00 p.m. Clothes Closet

### Friday, February 5

- 12:00 p.m. Line Dancers - Gym

### Sunday, February 7

- 8:30 a.m. Early Worship - FLC
- 9:45 a.m. Sunday School for All Ages
- 10:55 a.m. Worship in Sanctuary
- 5:00 p.m. Venture Students

### Monday, February 8

- 9:00 a.m. Prayer in Sanctuary
- 10:00 a.m. Sewing Group
- 12:00 p.m. Line Dancers - Gym

### Tuesday, February 9

- 9:00 a.m. Yoga - FLC
- 6:00 p.m. Precept Bible Study - Adams Hall
- 6:00 p.m. Yoga - FLC
- 7:00 p.m. Men's Basketball - Gym

### Wednesday, February 10

- 9:30 a.m. Precept Bible Study - Adams Hall
- 5:00 p.m. Family Night Meal - FLC
- 5:45 p.m. Adult Bible Study - FLC
- 5:45 p.m. Activities for Children & Students
- 7:00 p.m. Sanctuary Choir - Choir Room

### Thursday, February 11

- 1:00 p.m. Clothes Closet

### Friday, February 12

- 12:00 p.m. Line Dancers - Gym

## Spiritual Statistics

### Week of January 17, 2016

Note: No Services January 24, 2016

Church in Bible Study .....	91
Church in Worship. ....	187
8:30 a.m. service. ....	56
10:55 a.m. service. ....	131

## Financial Statistics

### Week of January 17, 2016

Note: No Services January 24, 2016

Budget - Received	7,741.50
Alms	0.00
Designated - Received	712.00
<b>TOTAL GIVING WEEK OF 1/17/16</b>	<b>8,453.50</b>
<b>Budget for 2015-2016</b>	<b>893,174.00</b>
Weekly Budget Needed	17,176.42
Budget Needs To Date	257,646.35
Budget Given to Date	308,953.38
Budget Ahead	51,307.03
Designated Funds Received-Year to Date	47,875.43
Alms Received-Year to Date	2,716.50
Total Giving-Year to Date	359,545.31
<b>Sound System Fund</b>	<b>325.00</b>

### Inclement Weather Policy

Our church follows the Iredell-Statesville Schools policy for closings due to inclement weather. If the schools are closed, the church office is closed and all church activities for that day are canceled. You may check the church closing status by calling the church office and checking the recording (704-873-7231), checking our website ([www.statesvillefbc.org](http://www.statesvillefbc.org)), and checking the following TV stations (WBTV, Charlotte; WSOC-TV, Charlotte; WCNC-TV, Charlotte).



## Church Staff Directory

Dr. Nelson Granade.....Senior Minister  
 Mr. James Martin.....Minister of Music & Worship  
 Ms. Melissa Wilson.....Minister of Children & Families  
 Mr. Eddie Wiseman.....Accompanist / Music Assistant

OFFICE HOURS: 9:00 AM - 5:00 PM Mon - Thur Tel: 704-873-7231

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# Additional Yoga Classes to be held Tuesday & Thursday Mornings

Present Moment Wellness LLC was founded by Jennifer Froyd, MA, LPC, RYT as an avenue for offering safe, accessible yoga and wellness practices emphasizing care to and mindfulness of the body's own wisdom. The yoga classes are gentle, focusing on promoting relaxation, relieving stress through fluid movement, and enhancing health and overall wellness. Modifications are offered throughout the yoga classes making the gentle practices safe, accessible, and adaptable to most individuals.

I, Jennifer, have had a long-standing interest in wellness and holistic approaches to enhancing health, restoring balance, and creating a sense of renewal for the people with whom I work. I have worked in the mental health field for over 17 years in public hospitals and in community counseling agencies. I am a Licensed Professional Counselor in NC and a Registered Yoga Teacher with Yoga Alliance. I have completed over 500 hours of training in yoga, with emphasis on emotional well-being and yoga therapy.

Yoga is a tangible practice that facilitates health promotion and disease prevention by empowering you to make decisions about your body and your health. It is an affordable, evidence-based, accessible modality to enhance one's own health, connect with others in a safe non-judgmental, accepting way, and improve your overall wellness. Yoga invites you to become aware of your body's abilities, exploring what you can do for yourself. Enhancing awareness creates the opportunity to explore making changes in your habits which leads to better overall health and wellness and improved relationships. It helps to lower blood pressure, lower perceived stress, decrease emotional reactivity, restore balance (in all aspects of your life), increase strength and flexibility, and enhance the functioning of your entire body (just to name a few of the benefits). The benefits of a regular yoga practice are cumulative leading to improved sleep, decreased restrictive muscular holding patterns in your body, and improved measurable health outcomes (i.e. blood pressure, stress hormone levels, cholesterol, etc).

The practice of yoga is an integrative approach to wellness that fosters your emotional, physical, spiritual, and social growth and development. Wellness is about enhancing ways in which you can live your life, reach your goals, build a strong sense of community and support, and connect mind, body, and spirit for greater well-being, peace of mind, and quality of life.

Yoga classes are currently held at First Baptist Church on Tuesday evenings 6:00-7:00 p.m. in the room across the hall from the gym in the Family Life Center. Additional classes on Tuesday and Thursday mornings from 9:00 - 10:15 a.m. (to be held in the same room) will begin in February. Yoga classes will be offered for a fee of \$10.00 per class or \$45.00 (package deal) for 6 classes. A portion of the net monthly gross will be donated to a designated First Baptist Church fund or function.

No experience is necessary for participating in yoga classes, as modifications will be offered throughout the class. The classes are gentle with an emphasis on listening to the messages of your own body. Some yoga mats and other props will be available; if you have your own mat bring it with you to class. When you come to class, wear comfortable clothes that invite freedom of movement (you don't have to buy special clothes, just check your closet for items you may already have). Also it's best not to eat a heavy meal two hours before practice.

In the New Year, gift yourself with the opportunity to nurture yourself through relaxation, renewal, restoration, and improved overall well-being. Allow your stress to melt away and your sense of ease and peace to come in. I look forward to seeing you soon so you can experience the benefits of yoga for yourself.

Please feel free to contact me either by email or telephone with any questions. Also, please check out my web page, [www.presentmomentwellnessllc.com](http://www.presentmomentwellnessllc.com) for additional information.

Kind regards,

Jennifer Froyd, MA, LPC, RYT 500  
Founder, Present Moment Wellness LLC  
[presentmomentwellnessllc@gmail.com](mailto:presentmomentwellnessllc@gmail.com)  
704-380-0185 (business line)

## Present Wellness Yoga Classes

### Tuesday & Thursday Mornings

9:00 - 10:15 a.m.

Family Life Center

### Tuesday Evenings

6:00 - 7:00 p.m.

Family Life Center





Message by: **Dr. Nelson Granade**

Worship with us Sundays 8:30 a.m. or 10:55 a.m.

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## Announcements

### Soup Lunch Fundraiser for Look Up Lodge Sunday, January 31, 2016 11:00 a.m. - 1:00 p.m. ~ FLC

The children of FBC will be hosting a soup lunch fundraiser to help with the cost of their trip to Look Up Lodge this summer. Please plan to stay for lunch and to make a donation following Sunday School or the 10:55 a.m. worship service. If you would like to donate a pot of soup, sandwiches, crackers, or a dessert, please sign up at <http://www.perfectpotluck.com/-meals.php?t=OMQN1818> or call the church office at 704-873-7231.



### Coffee Rotation Sunday, January 31

Melissa Wilson

### Sunday, February 7

Emanons Class

### Sound System Fund Established

A new designated fund has been established by the deacons to raise money for a new sound system in the sanctuary. If you would like to contribute to this fund, please simply write "Sound System" on your envelope and/or check. As with all of our designated funds, please only give above and beyond your budget offering. A new sound system is needed, but our ongoing ministry is always our top priority!

### Clothes Closet Needs

The Clothes Closet is in need to large kitchen trash bags and bibles. If you are able to donate any of these items, please bring them to the church Monday - Thursday, 9:00 a.m. - 5:00 p.m.; Friday, 9:00 a.m. - 1:00 p.m.; or Sunday mornings.

### Minister of Students

Thanks to all who have given us names of prospective Minister of Students Search Committee members. If you haven't submitted your suggestions, please do so by Wednesday, February 3, 2016. The deacons will use your suggestions to recommend a committee to the congregation. The proposed Search Committee will be elected at a called Church Conference, 6:00 p.m., Wednesday, February 10, 2016.



*Come now, let us argue it out, says the Lord: though your sins are like scarlet, they shall be like snow; though they are red like crimson, they shall become like wool.*

Isaiah 1:18 (NRSV)

## Prayer Point : "Fast & Furious" Prayers

O Lord, I hate to be fast and furious with my prayers, but I am just sooo busy! Help me to slow down and savor my time with You. Teach me to take the intimate back roads and avoid the impersonal interstates. Show me the people and things that are most important to You, and help me to make them my priority. Make Your thoughts my thoughts, and Your desires my desires. Keep my eyes lifted to behold You, and my feet grounded to walk the path that Jesus walked—selfless servanthood and humble obedience. Help me to listen before I talk and more than I talk. In Jesus' Name, Amen.

I believe God wants quantity time as well as quality time. " Pray without ceasing!"

His servant and your friend,  
Ginny Stikeleather