



Volume 82 Issue 5

March 9, 2025

## From the Pastor...

The Season of Lent is upon us. Lent literally means “to lengthen”, and refers to the lengthening days of spring. In the early Christian Church, Lent was a time new converts prepared for baptism on Easter Sunday. They would repent, fast and learn the Way of Jesus.

Today, Christians use Lent as a time to prepare our hearts for Easter. To do so, we focus on our spiritual lives. We seek to let go of anything that blocks our faith and open ourselves more to God’s Spirit.

Some choose to “give up something for Lent”. This ancient practice helps us refocus on our attention on God. For instance, if we crave sweets, we let the craving remind us that we need to crave God even more.

Some choose to add something for Lent. For example, committing to come to worship each Sunday of Lent or joining a Sunday School Class. Adding spiritual practice is a great way to make Lent meaningful.

I’d like to encourage you to both “give up” something and “add” something for Lent. A few years ago, a Methodist pastor, James W. Moore, wrote a book entitled: *Give Up Something Bad for Lent*. Moore says, “If you’re going to give up something for Lent, why not choose something bad?”

We’re going to use Moore’s book to guide us each Wednesday evening in Lent. I’d like for you to give up a little time each Wednesday and add in a little Bible study. I know this will help make your Easter more meaningful, and might just change your life!

*Nolan*

## Give Up Something Bad for Lent

### Wednesday Evening Series

**March 12**  
**Give Up Something Bad for Lent**

**March 19**  
**Give Up Harsh, Condemning Judgments**

**March 26**  
**Give Up Enemies Within**

**April 2**  
**Give Up Running Away**

**April 9**  
**Give Up a Bad Habit**

## Schedule

### Sunday, March 9

9:00 a.m. Sunday School

10:00 a.m. Worship - Sanctuary & Live Stream

### Monday, March 10

8:30 a.m. Pickle Ball

### Wednesday, March 12

8:30 a.m. Pickle Ball

5:15 p.m. Family Night Meal

6:00 p.m. Children's & Youth Activities

6:00 p.m. Adult Bible Study

7:00 p.m. Sanctuary Choir

### Thursday, March 13

1:00 p.m. Clothes Closet

### Sunday, March 16

9:00 a.m. Sunday School

10:00 a.m. Worship - Sanctuary & Live Stream

### Monday, March 17

8:30 a.m. Pickle Ball

### Wednesday, March 19

8:30 a.m. Pickle Ball

2:30 p.m. Wond. Wed. After-School Program

5:15 p.m. Family Night Meal

6:00 p.m. Children's & Youth Activities

6:00 p.m. Adult Bible Study

7:00 p.m. Sanctuary Choir

### Thursday, March 20

11:00 a.m. Senior Adult Luncheon

1:00 p.m. Clothes Closet

## Church Staff Directory

Dr. Nelson Granade.....Senior Minister  
Mr. James Martin.....Minister of Music & Worship  
Rev. Melissa Wilson.....Minister of Children & Youth  
Mrs. Kristina Kyles.....Children's Ministry Associate / Preschool Director  
Mrs. Elizabeth Kilby.....Minister of Young Families & Missions  
Mr. Eddie Wiseman.....Accompanist / Music Assistant

OFFICE HOURS: 9:00 AM - 5:00 PM Mon - Thur, 9:00 AM - 1:00 PM Fri  
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## Biographical Sketches of First Baptist Personalities

### Miss Amy

Miss Amy Heinzerling was born in Reidsville, North Carolina and together with her parents and other members of the family, moved to Statesville in 1911. She received her education at Mitchell College, Statesville and Meredith College, Raleigh, graduating from the later institution. She also pursued post-graduate studies at Cornell University.

Miss Heinzerling has served as organist on the staff of the First Baptist Church for twenty years. She has been unusually faithful in her attendance at the worship services at our church, and she is always on hand on Wednesday night for the prayer services and choir rehearsals. We all want you to know, "Miss Amy", that we appreciate your loyalty and the fine service which you render.

Miss Heinzerling lives with her mother, Mrs. J. E. Heinzerling at their home on North Tradd Street. In Addition to her music, "Miss Amy" enjoys several hobbies, including reading, making scrap-books, cooking, and housekeeping.

*When FBC began printing and mailing The Interim in 1945, one member was featured in each issue. Amy Heinzerling was the first woman and sixth member featured in the December 28, 1945 issue. A plaque illustrating her devotion to music at FBC is on display in the breezeway.*

## Spiritual Statistics

	2/23	3/2
In Person . . . . .	186 . . . . .	157
Live Stream . . . . .	19 . . . . .	25
Sunday School . . . . .	97 . . . . .	85

## Financial Statistics

	March	Year-to-Date
Giving Goal	78,359.00	417,889.00
Budget Receipts	19,326.00	531,860.00
Goals Not Met	(59,034.00)	(113,972.00)
Alms	1,515.00	7,159.00
Designated	843.00	68,367.00

# Remember, We Are Dust

by Mary VanRheenen, [www.cbf.net/blog](http://www.cbf.net/blog)

Psalm 103:14 (ESV) For he knows our frame; he remembers that we are dust.

Learning to live with my own “frame” has been a life-long, life-giving process. I remember sitting in the doctor’s office about a year after our youngest child was born. I’d felt tired for a long time and had finally come to find out why. Then I saw the doctor’s questions were leading towards a problem that I’d seen in other family members. A sibling had wrestled with it. A parent and a great uncle had been hospitalized for it. It was a chronic problem I really did not want to have: depression. It would be several more years before I was willing to try medication. Our doctor here in the Netherlands prescribed a very low dosage to counteract the winter blues. When spring came, I wondered about stopping.

“I’ve lived with you on medication,” my husband Keith said. “And I’ve lived with you without medication. Keep taking it.”

Rick Landon, our CBF member care person at the time, agreed. “Thank God for your medicine just like you thank God for your food.”

Since then, I’ve added another medication, prescribed by the same helpful Dutch doctor, this one for restless leg syndrome. It isn’t a strong dosage; but without it, I literally cannot lie still enough to sleep through the night. Lots of other things help—exercise, the right kind of mattress, prayerful journaling at the close of the day. Even with all that, I’d still be a crazed insomniac without the medication.

We are but dust. The Creator molded that dust into clay and breathed eternity into us. But in this imperfect world, some of that dust is also imperfect. My dust has a chemical imbalance. Meditation helps. Prayer time and fun time with friends help. Time outdoors, regular exercise, creative expression, adequate rest—all help. Knowing that I am a child of God through the power of the risen Jesus helps even more. But none of that corrected the chemical imbalances in my brain. So, I thank my Creator for all of that—plus the pills in my hand as I take the daily medication which keeps me sane.

Pray, Practice, Ponder

When our children were young, we made a point of discussing how every human being has differences. We kept it concrete. That family member has limited eyesight and wears glasses; this friend can’t walk and uses a wheelchair. The concept fascinated our daughters. They wanted to know what their flaws might be. What are your differences? Are you ready to accept help for them, whatever that help might be?





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## Announcements

### A Message from Minister of Missions

**Elizabeth Kilby**

We are looking forward to a great mission trip, and things are coming together.

As it turns spring soon, I think about all the new things that come out, both in the yard and in our lives. Things seem to lighten a little as the seasons change. While we still process the feels of the winter season, we are reminded of newness coming and bright days ahead. With that said, I think of all the different opportunities that we as a church are able to aid one another, both in our community and in our congregation. I am reminded of our caring spirit, encouraging presence, and our sense of peace that we can provide with each other. May we use this lens as we interact with one another.

Many thoughts and prayers.  
Elizabeth

### Eddie Steele Offering Largest Ever

Thank you for giving to the Eddie Steele Offering to help Fifth Street Ministries. So far, we have raised \$1,490; which is our largest offering to date for this fund. If you were not able to give yet, and would like to contribute, you may do so throughout March. Just write Eddie Steele Fund on an offering envelop or on your check.

### Senior Adult Luncheon Thursday, March 20, 2025 11:00 a.m.

Spring Seniors Luncheon will begin Thursday, March 20 with Clay Lunsford and Friends, including their female singer Tennille. Luncheon will be salad and soup. Cost is \$6.00. Make your reservations by Monday, March 17.

