



Parkway Baptist Church

The Messenger

February 2018

PASTOR KEVIN'S "KORNER": HEALING FROM YOUR GRIEF

Grief (grēf) definitions: 1. deep sorrow, especially that caused by someone's death. 2. the reaction to disappointment, loss or unwanted change of any kind. Of itself, grief is neither a pathological condition nor a personality disorder. 3. a response to loss. The loss can be of something tangible or intangible.

Since grief is such a wide topic in that it covers so many kinds of losses there isn't really a single best definition that covers it all. However, beyond the fact that grief is a normal, I like what the website blog.griefrecoverymethod.com offers as a description for it:

"Grief is the conflicting feelings caused by the end of or change in a familiar pattern of behavior."

I also like a further and more poignant description of grief in relational terms that the same writers of the blog give:

"Grief is the feeling of reaching out for someone who's always been there, only to discover when I need her [or him] one more time, she's no longer there."

Grief, while a part of the shared human experience that can include emotional reactions of anger, guilt, anxiety, sadness, depression and despair, can also vary from person to person in both the timeframe it takes to heal and the way we process our hurt.

For some people grief may be caused from an increasing loss of control or limitations that can come with an aging body. For others, grief may come from moving to a changed setting at work. While some people may rejoice over the birth of a new family member or addition, others may grieve over it. I have even heard of people experiencing grief over a change in the frequency of arguments.

Grief may occur over a child addicted to drugs or when we stop trying to live vicariously. It can occur over the holidays, through a change of eating or sleep habits, when our health changes or even through an announced change being made or already occurring at our church.

- **DID YOU KNOW?** That according to US government statistics, about 228,000 children die every year. This means that approximately 36% of the population is grieving now or has grieved in the past, for a son, daughter, brother, or sister. This type of grief is a profound and all too often, devastating experience for family members who are left behind.
- A longitudinal general population study of children and adolescents (9-16 years old) in western North Carolina found that one quarter had experienced at least one potentially traumatic event in their lifetime, 6 percent within the past three months.
- In a continuation of the North Carolina study, more than 68% of children and adolescents had experienced a potentially traumatic event by the age of 16.

What does this mean? Trauma, PTSD and grief, if left unchecked, no matter the cause, can quickly turn into deep depression and lead to other serious disorders. At this point, grief counseling becomes a very important part of the healing process.

In fact, did you know there are even several names for recognized grief disorders, including prolonged grief disorder and complicated grief disorder?

Some grief experts have identified at least five stages of grief. Here, from another, are even seven identified features:

- 1. SHOCK & DENIAL**
- 2. PAIN & GUILT**
- 3. ANGER & BARGAINING**
- 4. "DEPRESSION", REFLECTION, LONELINESS**
- 5. THE UPWARD TURN**
- 6. RECONSTRUCTION & WORKING THROUGH**
- 7. ACCEPTANCE & HOPE**

(see <https://www.recover-from-grief.com/7-stages-of-grief.html> for more details)

The Word of God says when you go through a season of loss, the first thing you need to do is turn to God through your transparency so as to begin the process of releasing your grief.

“Pour out your heart to him, for God is our refuge” (Psalm 62:8b NLT).

“God blesses those who mourn, for they will be comforted” (Matthew 5:4 NLT)

When we have experienced a loss of any type we need to acknowledge our pain, share it with another and admit when whenever we are not over something. This requires tremendous self-awareness and honesty. Even though we may experience enormous feelings bubbling up within us we need to realize that if we don't deal with them now, it will take us far longer to recover.

Rick Warren says, *“Some people never directly deal with grief in life. They stuff it. They push it down. They pretend it's not there. They play like it doesn't exist. And that's why they're still struggling with emotional stress from losses that occurred 20 or 30 years earlier.”*

There's a myth that says God wants you to walk around with a smile on your face all the time saying, “Praise the Lord!” But the Bible doesn't say that anywhere.

What do you tend to do with your feelings? Do you tend to repress them or stuff them deep inside you because you have been taught that way by your family or trained to function that way because the success of your job demands you be more like a robot?

The healthiest way to deal with grief and one that will help you maintain your humanity and simultaneously your sanity, is to simply cry out to God and say, “God, I'm hurt! I'm grieving! This is a tough one to take.”

If you are going through a loss right now, please understand that if you don't release your grief, it will pour out eventually. In fact, “hurt people will continue to hurt people.” Prolonged emotions just have a way of eating us up and swallowing others with them. Pushed down feelings will only fester, and eventually they will explode into a much worse situation.

I encourage anyone who may be struggling in our congregation to release your grief first so that God can begin to heal your heart. Will you take your pain to Him today? Or will you end up hurting someone else along the way?

Remember, *“The LORD is close to the brokenhearted and saves those who are crushed in spirit” (Psalm 34:18)*

Pastor Kevin VaLeu

Pastor Kevin had many requests to have “The Warriors Creed” published after preaching it at the end of our prayer service on January 7th, here it is:

Warriors Creed: I Am a Soldier—author unknown

I am a soldier in the army of God. The Lord Jesus Christ is my Commanding Officer.

The Holy Bible is my code of conduct. Faith, Prayer, and the Word are my weapons of Warfare.

I have been taught by the Holy Spirit, trained by experience, tried by adversity, and tested by fire.

I am a volunteer in this army, and I am enlisted for eternity.

I will either retire in this Army, or die in this Army;

But, I will not get out, sell out, be talked out, or pushed out.

I am faithful, reliable, capable, and dependable. If my God needs me, I am there.

I am a soldier. I am not a baby. I do not need to be pampered, petted, primed up,

Pumped up, picked up or pepped up.

I am a soldier. No one has to call me, remind me, write me, visit me entice me, or lure me.

I am a soldier. I am not a wimp. I am in place, saluting my King, obeying His orders,

Praising His name, and building His kingdom!

No one has to send me flowers, gifts, food, cards, candy, or give me handouts.

I do not need to be cuddled, cradled, cared for, or catered to.

I am committed. I cannot have my feelings hurt bad enough to turn me around.

I cannot be discouraged enough to turn me aside. I cannot lose enough to cause me to quit.

When Jesus called me into this Army, I had nothing.

If I end up with nothing, I will still come out even. I will win.

My God will supply all my needs. I am more than a conqueror.

I will always triumph. I can do all things through Christ.

Devils cannot defeat me. People cannot disillusion me.

Weather cannot weary me. Sickness cannot stop me.

Battles cannot beat me. Money cannot buy me.

Governments cannot silence me, and hell cannot handle me!

I am a soldier. Even death cannot destroy me.

For when my Commander calls me from this battlefield, He will promote me to a captain.

I am a soldier, in the Army, I'm marching, claiming victory.

I will not give up. I will not turn around. I am a soldier, marching Heaven bound.



THE CHURCH ON MISSION: KNOWING AND DOING MISSIONS

Share the Change Campaign

January 14 – March 4, 2018

Baby bottles were distributed on **January 14, Sanctity of Human Life Sunday**. We ask that you fill the bottles with change, preferably silver, and return the bottle to the church by **March 4**. The money collected will go to **Greensboro Pregnancy Care Center**, an agency that defends the unborn and ministers to pregnant women in our city. If you did not receive a bottle, that's OK! Pick one up at the missions table on the first floor at the top of the stairs. Cash and checks are very welcome also! Please make checks out directly to Greensboro Pregnancy Care Center and write "Parkway Share the Change" on the memo line. Please note: It would be a great help if you would include a slip of paper with the total amount on it in your baby bottle before you return it. Thank you!

Prayer & Ministry Group

The February meeting of the Prayer & Ministry Group will be at **10:45 am** on **February 22, 2018** in the Conference Room. Ladies, please bring **\$1.00 for Samaritan's Purse to help Rohingya refugees** and **3 cans of tomato soup & 2 cans of chicken noodle soup for Urban Ministries**. Our guest speaker will be **Marianne Donadio of Room at the Inn**. We will present two stocked diaper bags to Marianne. The bags will be given to needy RATI clients. Lunch after the meeting will be provided by the **Becki's group**.

Focus on WMU

WMU Emphasis & Heck-Jones Offering for North Carolina WMU

"Fan the Flame" is the theme of the 2018 Heck-Jones Offering which supports WMU-NC's missions and ministries – missions and ministries reflective of that which God called us to over 130 years ago – being followers intent on taking the message to the uttermost ends of the earth, surrendering, sacrificing and serving. WMU-NC challenges, prepares and equips others for the fulfillment of this task, called the Great Commission, by providing opportunities for missions engagement in our churches, associations and our communities. If you believe in the aims of WMU and appreciate the missions education they have provided for children and adults since 1886, I hope you will support NC WMU by giving generously to this offering. The **Ingathering** will be on **February 25. Our church goal is \$1,000.**

PBA WMU Focus Week Brunch

February 17, 2018, 10:00 am – 12:00 noon

Theme: "Fan the Flame"

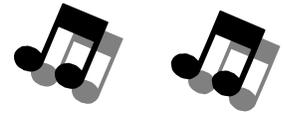
First Baptist Church, Greensboro, NC

1000 W. Friendly Ave.

Ladies, please sign up to attend this Associational event! Come and enjoy a delicious brunch, celebrate the work of WMU, meet old friends from other PBA churches and support missions! **The cost is \$11.00, due by February 7.** The speakers will be **Don & Pam Lynch, IMB missionaries to Belgium.** See Felicity Gordon for details and to register to attend.

Missions Involvement Update - When one makes a list, it is probably inevitable that you forget to include something or someone. When the list of missions activities and projects was compiled, our wonderful Community Clothes Closet and the energetic ladies involved in that ministry were accidentally omitted. So, June Alderman, Treva Henley, Dare Tinnin, Sarah Caldwell, Kathy Roberson, Jean Coward and Barbara Harris, we appreciate you and the ministry to the community that you provide!

Director Of Music and Worship Ministries



During the Christmas Holidays we were getting ready to sit at the dining room table for a great meal that my wife had cooked. Janie was still in the kitchen doing something and our Granddaughter, Hunter said, “Papa, you sit right here”, pointing at the chair beside her. Wow, I felt so honored that a little two-year-old thought of me and wanted me to sit beside her. That made my day, my Christmas was complete.

I wonder if that is how Jesus feels when we ask him to come sit beside us because we need to talk or just have fellowship. Does he get overwhelmed with joy as we do when our grand kids want us to be with them?

There is a song that we have sung in our worship services called “Friend of God” The following are the Lyrics.

“Who am I that You are mindful of me That You hear me when I call Is it true that You are thinking of me How You love me it's amazing I am a friend of God I am a friend of God I am a friend of God He calls me friend”.

John 15:15 New International Version (NIV)

¹⁵ I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.



-Sunday, February 4th after am service-**Souper Bowl of Caring with Soup, Salad and Bread Lunch for Congregation.**

-Saturday, February 10th from 1:00 to 4:30 pm. **Youth and Children Ice Skating at Ice House in Greensboro.** More details to come.

-Sunday, February 18th-Deadline for 2nd part of \$25.00 **Good Faith Deposit Due.** Last day to sign-up for mission trip.

-Saturday, February 24th-**Winterjam in Greensboro.** More details to come.

-Sunday, March 11-**Youth Spaghetti Fundraiser** for Mission Trip.



Susan's Scribbles

During the Christmas holidays our family was eager to see how my granddaughter, Amaya would react to her 9-month-old cousin, Everett. We were interested because Amaya is scheduled to become a big sister in March and we wanted to see how she may react to having a baby in her family.

Amaya was fascinated by Everett. She loved to watch him and frequently commented on what he was doing. If she could not see him, she wanted to know where he was. She seemed to be focused on where he was and what he was doing all the time. She loved the idea of Everett. The reality of Everett was another matter.

Amaya soon discovered that Everett had no understanding of personal space or personal possessions. He generally behaved in a way that made her very uncomfortable. He thought nothing of crawling over the tower she had just completed. He took any toy that he could get his hands on no matter who was playing with it and if he could get his hands on her snack that was fair game too. The reality of Everett caused her to become quite upset. We would chuckle and talk about the rude awakening that was in her future.

It occurred to me that sometimes we are no different when it comes to Jesus. We love the idea of Jesus as our Savior and a constant help in time of trouble. We are so grateful for the gift of salvation that promises us eternal life. We are not quite so thankful for Jesus, our Lord. That is where we start to become uncomfortable. Jesus our Lord has the habit of getting into our business and messing with our stuff. If Jesus is truly Lord of our life that means that we follow his directions. It means we let go of our desires and preferences and care about His desires and preferences. When the Holy Spirit convicts us that we need to forgive someone who has hurt us in spite of the fact that they aren't sorry, it is easy not to be happy about the reality of Jesus as Lord. When the Holy Spirit speaks to us and tells us not to respond in anger to someone even though they deserve it, it is hard to be thankful for Jesus as Lord. If we allow Jesus to truly be Lord of our life, we allow Him access to all the parts of our life not just the ones that are easy to give Him. If we are going to be the Christians that we have been called to be we need to accept the idea of Jesus as Savior and the reality of Jesus as Lord.



Riley Leggett
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A MATTER OF PERSPECTIVE...

Three clergymen were deep in discussion of the best positions for praying while a telephone repairman worked nearby. "Kneeling is definitely best," claimed one.

"No," another contended. "I get the best results standing with my arms out stretched to heaven."

"You're both wrong," the third argued. "The most effective prayer position is lying on the floor facedown."

The telephone repairman could contain himself no longer. "Gentlemen," he interrupted, "the best praying I ever did was hanging upside down from a telephone pole."

Inclement Weather: As we approach the time of the year when extreme weather conditions may occur, we want you to be aware of how you can stay informed regarding any cancellations of our church services and activities. The deacons will make every effort to phone each of their member families and you can also **watch WFMY-TV Channel 2**, which is also **Cable Channel 9** for cancellation notification.

**FEBRUARY
PRESCHOOL CHILDCARE
WORSHIP SERVICE 11:00AM**

- 4th (Babies & Toddlers)**
Donna Burton
Georgia Gaines
(Two, Threes, & Fours)
Sarah Caldwell
- 11th (Babies & Toddlers)**
Felicity Gordon
Darlene Daniel
(Two, Threes, & Fours)
John Small
- 18th (Babies & Toddlers)**
Barbara Seay
Logan Lipford
(Two, Threes, & Fours)
Tracy VaLeu
Shana Doss
- 25th (Babies & Toddlers)**
Dare Tinnin
Susie Doss
(Two, Threes, & Fours)
Johannah Welch
Gina Johnson

Office Door

Dare Tinnin

Fellowship Door

Sarah Caldwell

Door Keeper

Bobby Doss



**FEBRUARY
MINISTRY SCHEDULE**

USHERS

- 4th Team 1**
Jimmy Davis
Diana Davis
Ed Moody
- Team 2**
- 11th** Susie Doss
Bobby Doss
Brandon VaLeu
Ed Hubbard
Tom Smith
- 18th Team 3**
Bobby Daniel
Darlene Daniel
Ron Gordon
Paul Curry
- 25th Team 4**
Craig Navey
Barbara Seay

Deacons

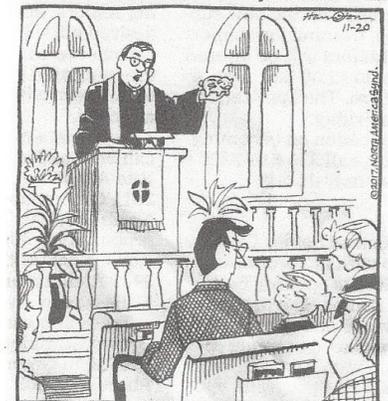
- 4th** Norris Davis
Sarah Caldwell
- 11th** Ron Gordon
Dare Tinnin
- 18th** Charles Greer
Darlene Daniel
- 25th** Nicki Dodd
Georgia Gaines



- 2/01 Ann Yarboro
2/01 Becki Kellam
2/02 Joyce McFeters
2/03 Carolyn Evans
2/03 Jackson Kanoy
2/04 Amber Bolling
2/04 Kendall VaLeu
2/08 Heather Scott
2/09 Katee Kanoy
2/09 Dot Watts
2/12 Mike Swanger
2/13 Nathaniel Luckadoo
2/16 Tyrnan Carter
2/17 Charles Greer
2/18 Libby Boggs
2/18 Brock Hailey
2/19 Betsy Huffine
2/21 Diana Davis
2/22 Ron Gordon
2/22 Ginger Crews
2/23 Kirby Roberson
2.23 Brandon VaLeu
2/26 Harriet Kanoy
2/26 Barbara Moody
2/26 Mary Anne Seay

***Please notify the Church
Office if we have omitted your
name or have your birthday listed
Incorrectly.***

DENNIS THE MENACE by Hank Ketcham



**"WILL THE OWNER OF THE PIGGY BANK PLEASE STOP
PASSING IT AROUND WITH THE COLLECTION PLATE."**

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Amber Bolling

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**Director of Discipleship & Church
Ministries**

Susan Small
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The Old and the New

The year is past and all mistakes should be sealed and put away.
Everyone should do their best to bring about a better day.
It is only through the forgiving heart that we can close the erring door.
When it's closed, we should forget and open it no more.

The year is past. We should not mourn nor should we cry for yesterday.
A world of tears cannot erase, can't wash one sin away.
Nor can they change those yesterdays into a bright or new tomorrow,
But we can change ourselves, and then bring joy where we brought sorrow.

The new is here. The old is gone. Those good old days we can't relive.
What is tomorrow we do not know but we can pray and we can give.
And when another year appears, if we have done our best,