

# August 2018

Beaver Terry  
*Senior Minister*

Jerry Dowdy  
*Associate Minister*

Brandon Craig  
*Youth Minister*

Christy Sparks  
*Children's Minister*

Jennifer Baker  
*Administrative Assistant*

Our Purpose...  
To make fully committed  
disciples of Jesus Christ

Our Process...  
To help people

Come to Christ

Connect with  
Each Other

Contribute to the  
Kingdom

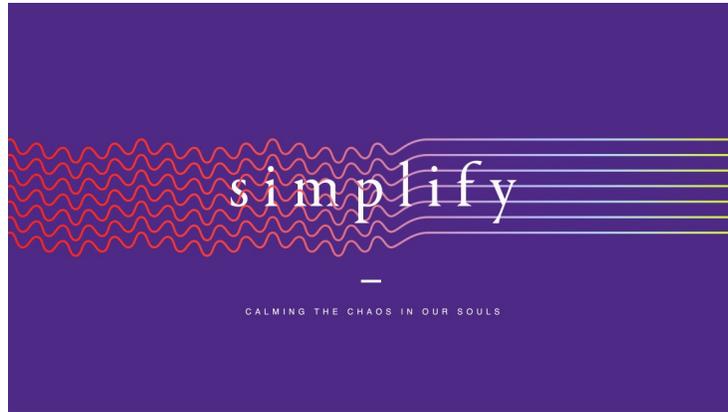
**Sunday Morning  
Worship Schedule**

*Traditional Worship*  
8:20 am

*Contemporary Worship*  
*Sunday School*  
(Nursery-Preschool & Adult)  
*Elevate!*  
(K-5th Grade Children's  
Worship & Small Group Time)  
9:40 am

*Contemporary Worship*  
*Sunday School*  
(Nursery-Preschool and Teens  
through Adult)  
*Elevate!*  
(K-5th Grade Children's  
Worship & Small Group Time)  
11:00 am

**Sunday Evening**  
**Youth & Children's Programs**  
6:00-7:30 pm



We spend many of our days feeling exhausted, anxious, dissatisfied. We blame much of it on the fast pace of life, the demands of our jobs, and the endless “to do” lists at home. But what if the real problem is inside all of us? What if the chaos comes from a disoriented, distracted, dissatisfied soul?

August 12 – Just Be  
August 19 – Just Forgive  
August 26 – Just Trust  
September 2 – Just Live

## Worship & Creative Arts Minister

All of us here at Belmont have rejoiced in the excellent growth of our body in recent times. Recognizing that our congregation of 600 plus has opportunities and needs that are somewhat different from years past, our church Elders, for over a year now, have been examining the need for additional staffing. After numerous meetings between staff, church leadership, and representatives from our many Worship teams, our Board has decided to move forward by initiating the congregational approval process needed to put in place another ministerial staff position to be known as the “Worship and Creative Arts Minister”. In anticipation of the desired congregational approval, funds for a new position were built into the 2018 budget that was approved by the congregation this past January.

All potential candidates were screened by a select committee, who narrowed the pool to one person. At our most recent Board meeting (which includes our church ministerial staff), it was voted unanimously to recommend to the congregation the approval of one of those candidates as a new staff member.

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### Worship & Creative Arts Minister...Continued

A **Congregational Meeting** will be held on **Sunday, August 26**, immediately following the 11:00 worship service. In order to answer any questions you may have about this new direction, leadership representatives will make themselves available in the Library immediately after the services on August 5. Additionally, we plan to hold a **“Meet and Greet” with the candidate** on **Saturday, August 25**. Drop by any time between 4:00 and 6:00 pm, in the Lobby!

We encourage you to come!

In order to protect the candidate’s current situation, his name and bio will be not be disclosed until we get closer to the congregational meeting.

It is indeed an exciting time to be a part of Belmont. We hope that you too will catch the excitement of this new direction!

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Do you find it hard to rest? Does relaxing on the Sabbath seem impractical? Does it seem unnecessary? It’s not. You need rest like you need food. If you don’t eat, your body becomes depleted. In a similar way, if you don’t rest, your body (mind and spirit included) becomes depleted. You may think it’s better to push yourself and try to accomplish as much as you possibly can, but if you’re not resting, you’re not rejuvenating. If you only push and push, then you’re wearing yourself out, but you don’t realize how much you’re hurting yourself because you’re too busy to notice. Instead you tell yourself, “Look at how much I’m accomplishing!” But if you were to rest, you might just accomplish a little more and feel better while you’re doing it.

Just like the cell phone you carry, there are times when you need to recharge. To put it simply we need rest. God knows this, and that’s why He commanded it!

The fourth commandment reads, “Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work... 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” – Exodus 20:8-11

Notice, resting is a command, not a suggestion. God is the only One who doesn’t need rest, but even He took a day off to set an example for us. If we’re going to be the kind of people God wants us to be; the kind of people He designed us to be, then we need rest. He’s hardwired it into us.

The heart is a muscular organ that serves as a pump, sending blood to every part of the body. The heart is always at work, even while you sleep. If your heart were to stop for any length of time, you couldn’t live, but that doesn’t mean the heart never rests. Each heartbeat consists of contracting and relaxing the heart muscles. When the heart contracts, it pumps blood through the blood vessels; when it relaxes, it allows blood to enter. The heart beats about once every second, but the contraction itself lasts less than 4/5’s of a second. For the remainder of the time (>1/5), the heart rests. Since the heart beats about 100,000 times daily, that means the heart actually rests for more than five hours each day! You’re heart works a lot, but God still designed it to rest. He designed you to rest too.

Don’t be so proud as to think you don’t need to rest. Don’t be arrogant and say, “I can keep pushing.” You’re wrong. God designed you to spend time resting. It allows you to rejuvenate your body, mind and spirit. Don’t rebel against God’s design. – Jerry

*“Remember the Sabbath day by keeping it holy, as the LORD your God has commanded you.”*

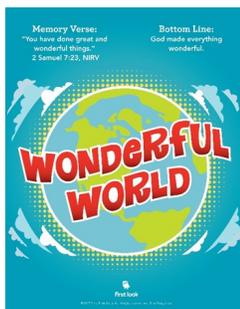
– Deuteronomy 5:12

## July Statistics

	<u>1</u>	<u>8</u>	<u>15</u>	<u>22</u>	<u>29</u>
8:20 Worship Center	116	113	112	109	122
9:40 Worship Center	223	234	234	199	231
11:00 Worship Center	193	185	173	186	163
Elevate Children's Worship	<u>65</u>	<u>82</u>	<u>71</u>	<u>60</u>	<u>72</u>
Total	607	614	590	554	588
Sunday School	133	143	113	136	135

General Fund/Missions Offering.....	\$84,191.73
Vision Fund Offering .....	\$ 8363.00
Total Offering.....	\$92,554.73
<i>Total Amount Needed Monthly .....</i>	<i>\$85,573.00</i>
<i>Offering totals from 7/1-7/29</i>	

BELMONT'S CHILDREN'S MINISTRY  
**GREENHOUSE**  
 A PLACE TO GROW



### Sprouts

This month our preschoolers will be learning that God's way is the only way! Join us at 9:40 or 11:00 for a time of learning!



### Elevate

When we make the wise choice, we reflect the character of Jesus to people around us. K-5 join us for Elevate at 9:40 or 11:00 learn how to make the wise choice.



kids in discipleship



**bodybuilders**  
 Ephesians 4:12

You don't want to miss it! The Return of Sunday Nights is August 19, 6:00-7:30!  
 Belmont Kids (Pre-K thru 6th Grade) and Bodybuilders (7th-12th Grade) join us for a  
 Back to School Bash!

\*\*Belmont Kids: Bring a school supply donation to support area students!\*\*

## August Calendar of Events

- 1 Bodybuilders @ Roanoke Rescue Mission—  
10:15 am, completed 10th & 11th Grades
- 5 Bodybuilders Convention Service—6:00 pm  
Worship Center
- 11 Bodybuilders @ Roanoke Rescue Mission—  
6:45 am, completed 9th Grade  
3:45 pm, completed 7th & 8th Grade
- 12 50+ Ministry Trip to Wohlfahrt Haus Theatre—  
12:00 pm
- 12 Belmont Picnic at Blue Ridge Christian Camp—  
Begins at 3:00 pm, Dinner at 5:00 pm
- 19 Promotion Sunday—All Children and Teens will  
promote to their new classes
- 19 The Return of Sunday Nights—Children's and  
Youth Programs—6:00-7:30 pm
- 20 Elders Meeting—7:00 pm, Fellowship Hall  
(Dominion Drive Building)
- 25 Meet & Greet the Worship & Creative Minister  
Candidate—4:00-6:00 pm, Lobby
- 26 Explore Belmont—9:40 am-12:00 pm, Library
- 26 Congregational Meeting to approve the Worship  
& Creative Arts Minister—12:15 pm,  
Worship Center
- 28 50+ Ministry Trip to Luray Caverns—7:30 am



COME JOIN US AT THE **BELMONT CHURCH PICNIC**  
**BLUE RIDGE CHRISTIAN CAMP**

**Sunday, August 12**  
3:00 pm - Recreation  
5:00 pm - Dinner  
Bring a dish to share



### Bodybuilders Convention Service

Our 7th-12th Graders will be leading worship and sharing their experiences from Summer in the Sun, at KCU, and CIY Move, at Lee University, on Sunday, August 5, at 6:00 pm, in the Worship Center!

### Upcoming 50+ Ministry Events

**Sunday, August 12:** Trip to Wohlfahrt Haus Theatre to see "One Nation Under God". Call 1-888-950-3382 to reserve your seats with Belmont. The vans will leave at 12:00 noon.

**Tuesday, August 28:** Trip to Luray Caverns. The vans will leave at 7:30 am.

Please let Brenda Reynolds (449-6153) or Jim Vanhoozier (392-9969) know if you plan to go on either of these trips.



New to Belmont or want to know more about our ministry and the ministries of our church family? You are invited to attend our next "Explore Belmont" session on Sunday, August 26, 9:40-12:00, in the Library. RSVP by emailing or calling the office: [jenni@belmontchristian.org](mailto:jenni@belmontchristian.org); 382-8521.